

THE VOICE

Vol 26 Issue 28 2018-07-20

Minds We Meet

AUGSA Councillor, Joshua Newman

20 Ways to Save Electricity

Power to the People!

Survival in the Garret

The Bohemian Travel Plans

*Plus:
The Career Path
In Conversation...
and much more!*



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Views and articles
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 not represent the views of
 AUSU Student Council.

The Voice is published
 almost every Friday in
 HTML and PDF format.

For weekly email reminders
 as each issue is posted, fill
 out the subscription form
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Volume 26, Issue 28

© 2018 by The Voice
 Magazine

ISSN 2561-3634

LETTERS TO THE EDITOR



We love to hear from you!
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and please indicate if we may publish your letter!

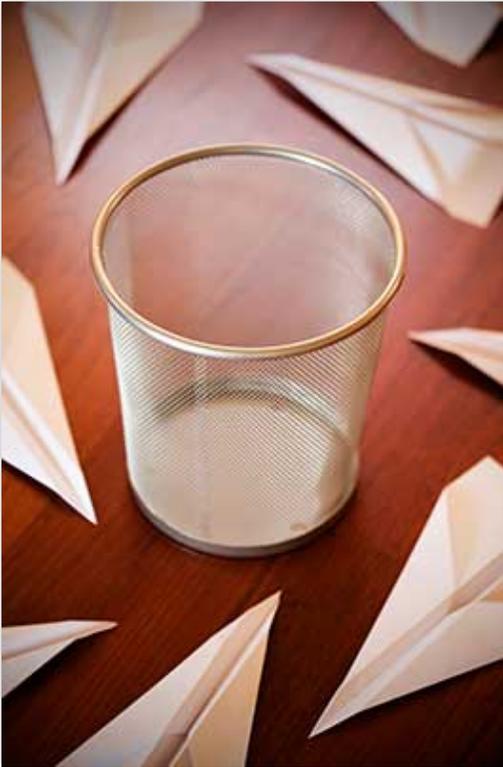
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

Editorial

The Bright Side of Lackluster

Karl Low



The Voice Reader Survey for 2018 will be closing soon, and, so far, response has been lackluster, to say the least. Of course, it's the middle of summer so that's not that unexpected, but it was noted that my preferred time for the survey, mid-September to early October, was also about the time when AUSU would be surveying you about how they're doing, what programs you tend to use, what you don't and there were some concerns that we'd be creating survey fatigue. I know whenever I see a Foresee window pop up these days, I immediately just curse at the site and close it. We didn't want the same thing happening for The Voice or AUSU.

Next time we'll have to see about getting it out earlier in the year I'm thinking perhaps February would be a good choice. What do you think?

On the bright side, it does mean that your chances of winning the draw are excellent right now. So if you've been looking at perhaps picking up a new tablet so you can do your courses on the go, or maybe just wanting to get some gift shopping done early, you might as well take a few minutes and fill out our survey. Worst case scenario, you

get nothing but a warm fuzzy feeling for helping out your fellow students, and a bucket-load of gratitude from me. That's not a bad exchange for a few minutes, right?

Meanwhile, in this week's *The Voice Magazine*, our feature article is an interview with a councillor not from the AUSU, but rather from the Graduate Students Association. AUGSA councillor Joshua Newman tells us a bit about himself and what brought him into AU student politics, and reminds us that even in the depths of summer, winter is coming.

We also have a great interview with Ruby Velle, from Ruby Velle and the Soulphonics. This was an article I briefly considered splitting in two, because it's a long read, but honestly, it all works so well together that I think splitting it would be doing it a disservice.

I also want to draw attention to the Career Paths article this week, as Marie Well talks to two financial planners to get a sense of what's involved in that career. Is it the one for you? This interview should give you some help deciding. And if you do decide that's the way you want to go, you'll probably need to take various accounting courses, so our course exam takes a look at Accounting 245, a generalized beginning accounting course with a focus on not-for-profit organizations.

With that plus a new book review from John Buhler, a look at how failure might be just what you need, advice on how to save money on your electric bills and on your travel, not to mention just some general advice for relationships, and we've got a great magazine this week. But we haven't even gotten into the scholarships, events, and everything else that usually makes up *The Voice Magazine*. It's all here too. And if you don't like it, or maybe you want more of some parts of it, well then now we're back to you filling out that survey.

So go. Do that. Then enjoy the read!

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

MINDS WE MEET



Joshua David Albert Newman, Doctoral Student, MBA, MAcc, CPHR Candidate, CertHRM, CPA, CGA, CIA, CPA (IRL), CPA (AU), FCCA (UK), Bachelor of Commerce (Honours) with Distinction is a Councillor in the Athabasca University Graduate Students' Association.

What brought you to AU?

I was researching for a business doctoral program that would not require me to move. I enrolled in the Doctorate in Business Administration (DBA) during 2016. I have found my professors and peers to be quite friendly and accommodating given my mental health challenges.

What is the last book you read?

The Presentation of Self in Everyday Life by Dr.

Erving Goffman.

What show do you think everyone should binge watch?

Game of Thrones. For me, that show is addictive. I watched season 7 in one sitting.

Why did you choose to run for AUGSA council?

I sought to make a difference in the lives of AUGSA students, be it mental and/or financial. I am a strong advocate for mental health service support for and for financial support for students. During the 2017-2018 AUGSA council service year, I lobbied heavily to retain the credit card payment option for students.

Tuition is very expensive and often mature students are forgotten. For example, Manitoba Student Aid has been based on an income test. This unfairly disadvantages working students who still pay high tuition. I shared my thoughts on social media that a more appropriate student loans funding criterion would be the tuition expense to income ratio.

Manitoba Student Aid has changed to be consistent with the Federal Government contribution amount which I believe is based upon how much tuition the student pays. The

change to the contribution amount should be a less discriminatory and fairer student loan program.

What are your academic goals for 2018?

My academic goal for 2018 is to successfully compile and to defend my dissertation proposal: *Mental Illness Stigma in the Canadian Accounting Profession: An Investigation into Impression Management and The National Standard of Canada for Psychological Health and Safety in the Workplace*

You have a lot of qualifications. What are the interests in these various, but associated, credentials for personal and professional life?

When I completed my undergraduate Commerce degree, I thought the accounting job market would be best compared to practicing in human resource management (I double majored in accounting and human resource management/industrial relations).

I have not had a stellar career as an accountant and an auditor. In fact, I have struggled in those roles having lost five jobs, mainly due to mental illnesses. As such, I made a decision after completing my MBA during 2013 to find a doctoral program.

I also began researching human resource management. I entered the DBA program during September 2016. I completed my human resource management certificate during 2017. At the time, I was also teaching at the University of Winnipeg (auditing) and facilitating with the CPA Western School of Business (taxation).

I also was and currently operate a small income tax practice. As such, I was involved with three Universities and a professional business school at the same time. In the end, my focus has taken me from accounting and auditing toward more of my interest in occupational health and safety, especially psychological health, safety, and wellness in the workplace (bullying, harassment, and mental illness in the workplace seem to be hot topics in management, and presumably in labour studies).

I hope to ameliorate human suffering.

What is one thing you would like to complete personally in 2018?

Moving from my current place of residence to a larger home in Winnipeg.

Since being elected, what are your hopes for the 2018-2020 term?

I will continue to lobby for mental health and financial need services for students. High tuition expenses and modest income may contribute to significant stressors for students in addition to the studies alone. I am always concerned with students developing mental illnesses and addictions in the educational sphere like I am with employees in the workplace domain.

Scott Douglas Jacobsen works with various organizations and runs In-Sight: Independent Interview-Based Journal and In-Sight Publishing.



Survival in the Garret

The bohemian guide to getting around

Wanda Waterman



Getting from home to class, from class to band practice, and from band practice to your dishwashing job are all necessary to your survival and, to some extent, to your overall happiness. But being short on funds as well as ecologically conscious necessitates a whole new attitude toward travel—to a mindset that values environment and economy over status and comfort. Rest assured that even when your financial circumstances improve, the habits you develop now will make your life better in the long-term. So here goes.

Make a list

Think of all the places you need to get to regularly and ask yourself if each destination might be reached by a means that would be cheaper, healthier, and create fewer carbon emissions. Shopping local might be a little more expensive, but if driving to the megalomonolithmart is the only reason you own a car, you'll save money by getting rid of the car and choosing a less expensive mode of transport to local supermarkets.

Do it from home.

Many of the obligations we once had to drive to can now be reached from the desktop with a computer and an internet connection, or even from the veranda with a smartphone. Work, shopping, visits, and even, as distance learners know, university study can all be conducted from home.

Do keep in mind that you need to rise at least every 20 minutes and move around—do some exercises or a bit of housework— so your brains don't settle in your butt. And make sure that when you do go out you're disengaged from the internet so that every step of your journey is mindful, inviting in-person connection.

Walk.

Whenever you can, put on yo' walkin' shoes and hoof it. Not only is walking relatively safe, it's a very healthy form of exercise and allows you to experience life at a slower pace, putting you in closer contact with your environment. Acquire light backpacks, handbags, instrument cases, and tote bags so as not to weary yourself more than necessary. Also carry a water bottle and snacks to keep your blood sugar up so you don't end up frittering away your savings at trendy eateries. Wear comfortable shoes with good arch support.

If you need to cover long distances often, consider...

Cycling.

The bicycle is one of the most efficient and ingenious of inventions. It packs the same health-enhancing wallop as walking but gets you over longer distances in less time. You'll need to exercise more caution to stay safe on a bike, and it will also be a good idea to join those cyclists

who are lobbying city planners to create more bike-friendly conditions. This does require you to spend money on renting or buying a bicycle, but the purchase will pay for itself in no time in savings from gas, taxis, and public transport.

But sometimes little things like weather, hazardous routes, and the need to arrive sweat-free make it necessary to seek other modes of travel. When that's the case...

Use public transport.

We can greatly reduce greenhouse gases and save money by reducing car travel in favour of buses, shuttles, and subways. Do a little research to find out the discounts your city offers and take advantage, tailoring them to your needs. Do a cost-benefit analysis. For example, if you need to use public transport twice a day five times a week, it might be cheaper for you to put a monthly pass on a plastic metro card than to pay for trips one at a time. This will also allow you to move around on weekends.

If you must, drive a car.

This often happens, so don't waste time feeling guilty. You can make the most of your car—to turn it into an investment and not just a necessary evil—with these tips:

- try to keep your stable to one vehicle
- save money by buying used
- seek opportunities to share rides with people willing to chip in on gas
- carpool as often as possible (Canadian Green Party leader Elizabeth May gave up her car years ago when she realised that there were usually at least a dozen colleagues moving in the same direction who'd be happy to give her a lift.)
- don't own a car just for vacations; you can rent vehicles on the rare occasions when you need them for long road trips
- keep your car tuned up and free of excess weight
- looks for discounts on gas, maintenance, repairs, and insurance
- always stay below the speed limit
- minimise the frequency of sudden stopping
- getting only a half tank of gas at a time instead of a fill-up also improves fuel efficiency by reducing weight
- You can also save money and help your local economy by spending your money closer to home and purchasing more items that are grown or made locally. This means shorter car trips.

If you must, fly.

There's no way around the fact that airplanes throw truckloads of carbon into the atmosphere, so if you can get somewhere by train, bus, or boat you can feel slightly less responsible for global warming. But sometimes you just have to go places that can only be reached by air. You can at least try to reduce the price by accepting layovers and planning your trips for days when ticket sales are lower. If you're going for a getaway you can get more bang for your buck by planning stopovers in two or more places on your route.

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





Brittany Daigle

Course Exam

AU courses, up close

Course Exam

Brittany Daigle

ACCT 245 (Accounting for Managers of Not-for-Profit Organizations)

ACCT 245 (Accounting for Managers of Not-for-Profit Organizations) is a three-credit introductory accounting course teaches the basic financial and managerial accounting concepts and how to read and analyze financial statements. This course is intended to provide managers and potential managers with an overview of the subject of accounting for not-for-profit organizations. There are no prerequisites for this course and there is a challenge for credit option if you are interested!

Accounting for Managers of Not-for-Profit Organizations is made up of ten lessons, eleven quizzes weighing a total of fifteen percent, one assignment weighing fifteen percent, and a pen and paper final examination weighing fifty percent. The ten lessons within this course cover topics, such as an overview of financials management, the language of accounting, statement of cash flows, decision making, planning, budgeting, and financial markets. To receive credit for ACCT 245, students must achieve a cumulative course grade of fifty percent and at least fifty percent on the final examination.

Dr. Fathi Elloumi has been with Athabasca University since August 1, 2000 and has been the course coordinator for ACCT 245 since 2016. Alongside ACCT 245, Dr. Elloumi also coordinates courses ACCT 355 (Cost Analysis), ACCT 454 (Decision Analysis), and EISM 622 (Implementing Strategy Through Management Evaluation). He states, "I have a PhD in Business Administration, a CPA and CGA, and I have been teaching several accounting and taxation courses since 1995. My teaching focus was on managerial accounting."

He continues, "My work at Athabasca University has given me experience in teaching, course revision and development, and research, including obtaining and effectively using research funding. Athabasca University offers an interesting and respectful work environment and is helping me to invest and excel in my main interests: scientific research and teaching."

When asked about the structure of the course, he notes that "The course has eleven mini easy quizzes worth fifteen percent, two assignments worth a total of thirty-five percent, and a final exam worth fifty percent of the mark. The difficulty level ranges from low to average. This course is not a difficult one for an average student. The quizzes, assignments and examinations are the basic means of evaluating your knowledge and understanding of course content. Your final grade for a course is normally determined by a weighted average of the marks for all assignments and examinations completed in the course."

He also gave more detailed information about what you'll be doing in the course: "**Problem-Solving Examples** are found throughout the textbook. Each lesson will direct you to specific examples that have been selected to help ensure that you understand certain concepts. These examples include the answers. You can challenge yourself by attempting the examples before looking at the answers.

Self-Test Exercises follow the Problem-Solving Examples in the textbook. Each lesson will direct you to specific self-test exercises that have been selected to help ensure you understand certain

concepts. If you want to do additional exercises, feel free to do so, but note that exercises that are not assigned often contain complexities that are beyond the scope of this course.

Practice Problems have been selected from the Learning Exercises listed at the end of each chapter in the textbook to illustrate the application of key concepts in the chapters.

Mini-Quizzes are interactive multiple-choice questions that test your grasp of key concepts from each chapter. Feedback is provided. These questions are at the same level of difficulty as the multiple-choice questions on your final examination. Access the quizzes from the Activities page in each lesson. Mini-quizzes do **not** contribute to your final grade for the course

Graded Quizzes are interactive, timed exercises that test your understanding of the concepts presented in the lessons. Since the marks you receive on the quizzes contribute to your final grade, you should not attempt the quiz(zes) for the applicable lessons until you have worked through the problem-solving examples, self-tests, and practice problems for the lesson. You only have one attempt at each quiz.

A Day in Your Life Practice Activity describes some "real-life" situations and transactions that you translate into accounting language (i.e., journal entries). This practice activity is a helpful primer for the Day-to-day Accounting timed quiz that you complete after Lesson 2.

The Day-to-day Accounting Quiz is an interactive, timed exercise that will allow you to apply some basic accounting and journal-entry principles to scenarios that depict typical day-to-day events and transactions. This exercise is worth 2% of your course mark and should be completed after Lesson 2.

Assignments must be submitted for marking. Assignment questions vary in length; some address single concepts, whereas others address multiple concepts. Assignment 2 draws on multiple concepts learned throughout the course; it should not be attempted until after Lesson 10 has been completed. Solutions to assignment problems will not be provided; assignment marking will provide guidance on the correct answers to assignment problems, but full solutions will not be provided."

When asked if he had any advice for students currently enrolled or about to enroll in the course, Dr. Elloumi responded "Good study habits, time management, reading to understand and remember, frequent reviews, and relating your studies to your everyday life all go a long way toward preparing you for examinations. Anxiety can prevent you from doing well in examinations. Many of our students have benefited from coping strategies offered by Athabasca University's Counselling Services. Athabasca University also produces a brochure "Mastering Exam Anxiety," and

AU-thentic Events Upcoming AU Related Events

Academic Integrity Webinar

Tues, July 24, 5:00 to 6:00 pm MDT
Online

Hosted by AU Library

library.athabasca.ca/orientations.html

No pre-registration required

MBA Info Session - Halifax

Wed, July 25, 12:00 to 1:30 pm ADT
Four Points by Sheraton, 1496 Hollis St,
Halifax NS

In person

Hosted by AU Faculty of Business

business.athabasca.ca/event-details/mba-information-session-halifax-july2018/

Register online at above link

New Program Students Orientation (Undergrad)

Wed, July 25, 5:00 to 6:00 pm MDT
Online

Hosted by AU Faculty of Business

business.athabasca.ca/event-details/business-undergraduate-new-students-information-session-july2018/

Register online at above link

provides online resources. Before you request your examination, discuss your preparedness with your tutor or learning facilitator. If you are having difficulties preparing for your examination, please review [Athabasca University's Counselling Services Mastering Exam Anxiety website](#) or email an AU counsellor."

So what does he think students will take away from ACCT 245? "Students will learn basic financial and managerial accounting concepts and how to read and analyze financial statements. The focus of the course is on not-for-profit organizations. It will take the student from the basic bookkeeping skills and to learning and applying tools that are commonly used in the decision-making process and financial analysis."

Dr. Elloumi concludes, "There is no specific difficult or challenging topic in the course. It is all about your work method. We strongly discourage you from spending time on textbook problems that you are not required to do. The problem-solving examples, self-test exercises, practice questions, and mini-quizzes suggested in each lesson are adequate for mastering the material covered in this course. Furthermore, the examination in this course will reflect the content of these suggested problems. Other problems in the textbook may deal with issues that will not be covered on the examination; this means that time spent on these problems will not contribute to your success in this course. In addition, we will not provide you with solutions to these additional problems or any guidance in trying to solve them."

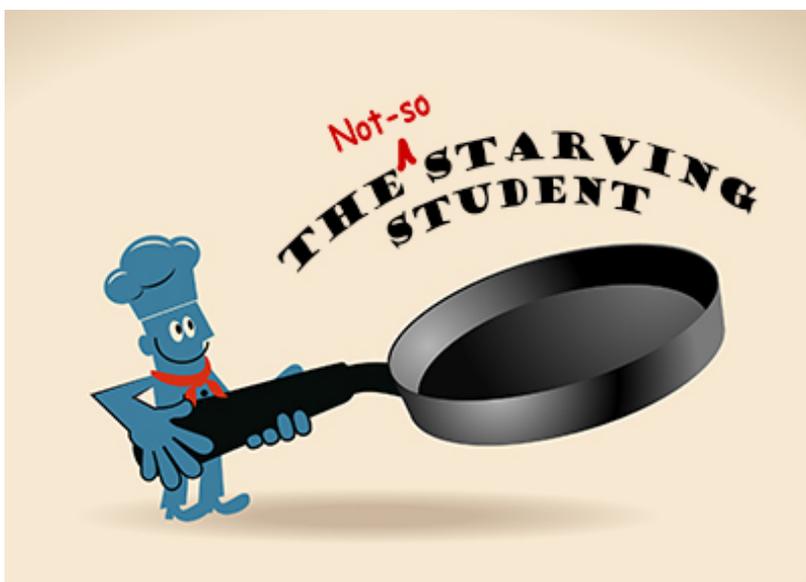
Whether ACCT 245 (Accounting for Managers of Not-for-Profit Organizations) is a degree requirement of yours or the topics that were discussed above are of interest to you, this course will have you learning the subject of accounting for not-for-profit organizations!

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



The Not-So Starving Student Top Six Snacks for a Productive Hike

Xin Xu



As Canadian weather reaches the peak of its summer highs, many students are taking it to the mountains to relish in the breathtaking views of national parks such as Banff or Jasper. For Albertans like myself, summer road trips to the mountains are a must do in the upcoming months. But for hikers, eating can be a headache in the mountains, especially since there's very little you can bring if you wish to stay light while climbing. In my last trip to Canmore, I took the time to plan my meals ahead and bring snacks that would optimize my hike without slowing me down or packing more weight and space in my knapsack. Here are the things that made

my hiking experience a tasty one.

Meat jerky

Any kind of hiker knows that you need long lasting energy that include proteins. However, the headache of packing a full salmon meal or pre-cooked chicken is simply not worth it, and bringing freshly cooked meat could attract bears and larger predators to your hiking trail. Any kind of meat jerky, including pepperoni sticks, make excellent power snacks.

Freeze dried fruits and veggies

While bringing fresh fruit may be a good idea, hikers who wish to avoid the extra bulky weight may want to bring assortments of dried fruits with them instead. Many supermarkets sell these in bulk and can be mixed and matched for variety. My favorite on hikes are dried mangos and bananas; they are both light and curb the afternoon munchies.

Nut based bars

It might be obvious to pack some energy bars for the road, but something heavy in sugar and chocolate could put you in a sleepy, exhausted mood for the afternoon hikes. It's a good idea to find ingredients such as walnuts, almonds, sunflower seeds, and other forms of nuts or seeds that will provide a protein boost but also keep you alert for the afternoon.

Cheeses

When it comes to cheese, think about small packaged cheese rather than a large slab of mozzarella. Similar to other items on the list, it is high in energy and loosely resembles the flavor of meat. So even though you're not biting into steak per se, it fools your body into thinking it is. Try to pick hard cheeses, such as cheddar, that will be less easily spoiled.

Seaweed

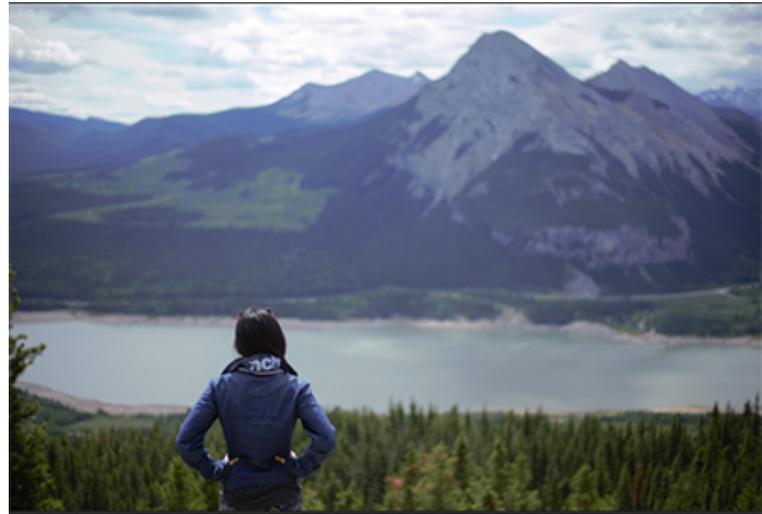
I know this doesn't fit into the traditional list of hiking foods such as nutrient bars and fruits, but it certainly holds its value as a light-weight, super food. Roasted seaweed has a variety of vitamins and minerals. Additionally, seasoned seaweed snacks have a burst of flavor that adds some excitement to your lunch and snacks.

Whole wheat tortillas

Tortillas are versatile carbs that can make great wraps with other items on this list such as cheeses, dried fruits, meat jerky, and even the seaweed! Whole wheat is an excellent choice for the fibres that prevent you from feeling the

afternoon slumps and takes more energy for your body to digest.

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



20 Ways Students can Conserve Electricity

Tara Panrucker



Energy conservation is a hot topic these days. With a surging global population, rapid inflation, and the consequences of pollution and global warming, now is the time to change how Canadians use electricity in the home. While we need electricity for day to day living, creating habits to save on electricity is our responsibility for future generations to have opportunities to succeed.

Leaving depleted resources and letting future generations face tremendous hardship is no legacy to leave behind. On the home front, conserving electricity results in lower electrical bills, lessens the

burden on electrical companies, and creates positive habits for all family members to practice. Saving electricity also conserves water in some cases, and helps us respect natural resources and use them with care.

As a student studying from home, there are all kinds of ways to lower the electrical bill.

1. Take your lap top and work to the public library and give your home electricity a break.
2. If your home is heated with electricity, lowering the thermostat two to five degrees will save 5-10% annually. Put on those layers and a nice big sweater.
3. Draw the blinds to block the hot summer sun and reduce air-conditioning demands.
4. Whenever possible, close doors to empty rooms and only cool or heat occupied rooms.
5. Reduce kitchen heating costs by making use of the outdoor barbecue, making salads and cold plates, and avoiding oven use throughout summer.
6. Turn off unnecessary lights every time you leave a room unoccupied. Also, use natural lighting as much as possible for reading areas.
7. Unplug appliances, lighting, and computers when not in use. While this may seem like an unnecessary chore, getting into the habit offers significant savings. Standby power can account for up to one tenth of yearly household electrical consumption!
8. Use ceiling lights less and task lighting more for study, hobby, and kitchen areas. Multi-lighting consumes much more electricity over time.
9. Run shorter showers since hot water is costly.
10. Turn off the faucet when shaving, washing hands, and brushing teeth; run the cold tap instead of the hot.
11. Repair leaky faucets immediately. Hot water leaks result in major electricity waste.
12. If you have old freezers or TVs, recycle or donate them—those energy suckers cost big bucks.

13. Run full loads of laundry instead of multiple smaller ones. Save additionally by washing in cold water.
14. Line-dry laundry as often as possible. Albeit easier when the sun shines, nothing smells as amazingly fresh as sun-dried sheets.
15. Add a small towel to dryer loads and drastically reduce drying time.
16. Deselect the heat-dry setting on the dishwasher and let dishes air-dry.
17. Unplug a second fridge or freezer and only plug-in as needed. A great tip for summertime is to freeze containers of water or purchase freezer packs and add them to coolers as required.
18. Use the microwave, toaster oven, or crock pot over the oven—they use much less energy.
19. When using the stove, keep lids on pots to reduce cooking time.
20. Check for a proper seal on fridge and freezer doors. The ideal refrigerator temperature is between 2 and 3 degrees Celsius and -18 for the freezer. Since it's the most costly appliance to run, it's sensible to ensure it's as efficient as possible.

Initiating a few small changes in how you run electricity creates positive changes to your annual electrical bill. Furthermore, when the entire family practices energy saving habits, it also generates a positive impact on the environment. When I received my first electrical bill for the new home I was renting, I knew I had to make some changes. I challenged myself to reduce my bill by at least 40%. Two months later, I opened my next bill to discover I'd managed to reduce my electricity costs by a whopping 54%.

And you can always use the extra money for other things, like school tuition or groceries. Take the challenge and spread the word.

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



In Conversation with Ruby Velle

Wanda Waterman



Ruby Velle & the Soulphonics is an Atlanta-based soul ensemble headed by a Canadian female vocalist. The band has already made a significant contribution to the soul revival by bringing the full flavour of true soul music, bestowing a new sheen with original tunes and unique delivery. Their single, "My Dear," sold over a quarter of a million downloads on iTunes and landed them in Billboard's Heatseeker top 30. They've just released their second album, *The State of All Things*, and are now touring it along the East Coast. The album has garnered positive reviews from numerous media including NPR, MTV, and *Paste Magazine*. Velle is on the Board of Directors of Girls Rock Camp, where young people, especially girls, are taught music

and performance in order to personally empower them. Recently Velle took the time to answer our questions about her background, the new album, and

What kind of childhood did you have?

I grew up with many joyous moments of clashing cultures, sounds and colors. I was born just outside of Toronto to two highly intelligent and loving parents whose motherland was India. Since my parents chose to immigrate to Canada, it afforded my sister and I some very warmhearted years in a cold land that seemed to embrace us right back. I look to the current situation now to understand how truly blessed we were at that time to start our stories as immigrants alongside the people of Canada.

What role did music play in it?

Music plays most every role in my life, so I remember music as this magic but invisible matter that kept all things filled in. The space between is a concept many songwriters explore and it's been inherent to me. Since as long as I can remember my aunt and uncle and parents were playing music and dancing all night. Music was played to wash dishes, after dinner with a live dohl drum . . . and even at night through the closed door I remember hearing warm vinyl recordings of Marvin Gaye, Paul Simon, Queen, Phil Collins, Stevie Wonder, and the Beatles with Ravi Shankar.

Were you trained in music or did you teach yourself?

A little of both, but I've learned to practice consistently regardless of guidance. I always enjoyed singing, so my mother guided me to choir classes, and I took off with them. In high school I was trained in Italian Opera and really dig into the emotion within those pieces and into the Italian culture at large. When I went to college I sought out a few great vocal coaches to help me expand my range.

Since being in the Soulphonics, I've had sporadic training with one of the best teachers in the south — Ms. Ebony Childs (Jan Smith Studios), and her approach really shaped me as an artist and a vocalist. Her teachings were focused on the primordial voice as the first instrument, and what it takes and gives to an artist who can fully manage all aspects of the voice, which is undoubtedly mind, body, and soul. Her teachings led me into mantra training and teaching, so I feel my string of teachers landed me in the right place to fully understand how the heart sings through the voice, something I've been training for my entire life.

Who — or what — in your life was the best influence on you as an artist? As a human being?

It's extremely hard for me to pick one human, because my songs and art are 100 percent pulled from the collective. I'm a big believer in seeing yourself in others, so I can't say that one person has brought me to myself artistically. There have been lovers and so called-friends, situations and hard times that have influenced me to write, and it's not always pulled from my situation. A few artists I've attempt to channel in my work and as a human are Brandon Boyd (Incubus), Ani DiFranco, Fiona Apple, Erykah Badu, Patty Griffin, and Sade.

As a vocalist, I love to site women in music who really led the way with their talented voices, singers like Aretha Franklin, Janet Jackson, Mahalia Jackson, Whitney Houston, Minnie Ripperton, and Etta James. Honestly, there are a lot of mostly old influences; I've listed a bunch on Spotify!

Why did you choose to do soul and r&b?

Soul music, to me, fits my heartspace the most. It's a perfect combination of awareness of joy and awareness of pain. It's the way my soul picked to express itself in this lifetime, and I just flow with it. I also believe all cultures have a soul music, so it becomes even more about accessing the collective good feelings coming from the music at that point.

How did the band meet?

I was studying advertising and marketing at the University of Florida, and the guy I was dating at the time was fronting a small soul project that wanted a fresh start. He moved onto some other endeavors, and I began writing songs with my partners Scott Clayton and Spencer Garn (we are the Soulphonics today!). We played around Gainesville and Florida for a while before I got antsy to learn more about the DIY music scene. I decided to move to Atlanta to study graphic and web design, and the guys came along with me. Now, we look to our 13th year as a band, so the rest really is history!

How did you come up with your name?

The band's name ("The Soulphonics & Ruby Velle") was a collective decision, whereas my stage name of Velle originated from my own musings over the classic American car, the "Chevelle." Overall, the name of the band originally sounded backwards to many fans, so we switched it about 6 years in to "Ruby Velle & The Soulphonics," and that seems to flow better.

What do you like best about *State of All Things* so far?

The ability to understand our music, and any good music, as a unifier. That's a powerful and pretty cool thing. This very notion was recognized by the Smithsonian for their recent event "America Now," and the air of love in the room was palpable. People are tuning into music for healing, and since making music has been healing to me, there is this connection we create by just being present with it. So unification is happening, and we can find common ground despite our differences. This is what *State of all Things* is proving.

What's the story behind the song "Overwhelming?"

"Overwhelming" follows the day-in, day-out semi-monotony of the grind. The part of many Americans lives where we wake up and go, skip lunch, and don't even drink water. We work and we keep *anything* that we can identify as ourselves as a human out of the equation. We essentially turn into robots, but since we're complex humans with real emotions our expectations overwhelm us and we succumb to chaos. This song is certainly cathartic for me as I've created our music in a cycle along with holding down many jobs in the creative arts fields. As an indie artist I'm no stranger to the litany of tasks to effectively keep shop, so there are parts of the song that details this as well.

And the title track, "State of All Things?"

The title track "State of All Things" is a sonic snapshot of "the now" from a social perspective, and the duality of our times wrapped in song. The lyrics are telling of the present, where we begin to question our systems and our leaders and where we start to notice that separatism has been fed to us as the norm. We see it but we choose love. So within these lyrics there's also hope, as we feel the world is connected through good, and we're blessed to have this music, and our band, to help share this story of burning hope for mankind.

Is Atlanta a creatively stimulating city for a music maker?

Absolutely! We were part of a great series called *Music Voyager*, commissioned by PBS and produced by Farook Singh, that aired in over 22 countries. This spotlight on my local loves, studios, bars, and fashion houses offered a glimpse of why creativity lives in Atlanta. Even just this year we were part of the launch for Atlanta's own video channel, #TheA, that will prove Atlanta knows expression through the arts in a way that is unique and now finally being recognized. I owe the city for bringing out my true creativity and ability to collaborate with other artists who also support the city's vibe. It's not always an open door, but opportunities are here for the evolution of your craft if you choose to look hard for them.

How do you regenerate after giving yourself heavily to the music?

What an amazing question! Thanks for asking this. When I was growing up as a budding artist I always wondered about this, but pre-internet it was nowhere to be found. Anyway, your time as a creator is subject to cycles and we have to be able to honor that. So after a tour, for example, I take it as easy as possible and forgive myself often! I try to spend relaxing time with my husband, I strum at the guitar, I sleep 6-8 hours, I drink a ton of warm non-caffeinated teas, I go for walks and I try to write and meditate as much as possible daily. These things bring me back to working on the behind the scenes of post-tour and get me into planning the next.

Are there any books, albums, or films that have influenced your work?

I've been really influenced by the following albums:

- D'Angelo: *Voodoo*
- Fiona Apple : *When the Pawn*
- The Beatles: *Hard Day's Night*
- Paul Simon: *Graceland*
- Portishead: *Dummy*
- Joni Mitchell: *Court and Spark*
- Jimi Hendrix Experience: *Are You Experienced?*
- Gal Costa: *(1969)*
- J Dilla: *Doughnuts*
- Erykah Badu: *Mama's Gun*

Do you follow a spiritual discipline that helps you stay balanced?

I try to elevate my spirit a bit everyday, but I wouldn't call it a discipline. More a work in flow and progress. I do meditate and practice an ancient form of breathing technique and yoga daily, but some days longer than others. Sometimes meditation means weeding the garden. I love to lean on Goddess Oracle cards and trusted friends for guidance, and I ask for help with dream and life interpretations. I used to be really bad at that last part, but as my spirituality grows, I understand that we all must ask for the love/guidance/help we're seeking. I think this is why our song "Call Out My Name" seems to strike a chord with people; it's a call for all to be okay with leaning on another emotionally or spiritually. Looking back, perhaps I heard John Lennon saying "Come together, right now, over me."

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

Keep the soul and spread the love!

My personal mission is to spread love and higher vibration through sound and through the first instrument, the voice, and hopefully to have a whole lot of fun doing it. The band's mission is to

pave the way for independent bands like us to feel freedom of expression versus the grip of an industry less focused on making quality music.

I've always been fond of this quote by my hero, the fabulous spirit warrior Maya Angelou, so I'll cite it here as my sentiments: "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

What's next for the Soulphonics?

First, we're excited to be supporting this new album with a tour for the rest of the summer and into the fall. Also we'll be releasing our video for "Broken Woman" in July and we're excited about having partnered with Hales Photography who used a new photo technology called Fixel to help bring our vision to life. Can't wait to share that one on 7/13!

Finally, we'll have two new vinyl releases in late summer/early fall for fans, too. All our vinyl was pressed on colored wax and we're really proud of how it's all come together! I'm proud to say that in keeping with our indie approach, I designed the "Call Out My Name" "7" which is on cream colored vinyl (releasing 8/31/18). This track is very special to us as an anthem, so we hope you dig, too!

We're so thankful that after six years of working on this album, the fans have stayed with us. It means so much, we couldn't do this without you, and we'll be in your town or country soon!

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



Reframing Failure

Deanna Roney



"I failed" can be the hardest statement to admit to ourselves; never mind to say out loud. But maybe failure isn't a bad thing. There is a cliché saying about if we never fail we've never tried. And this statement is true: if we never try something new we can never fail at that task. But, if we never try something new, are we not failing at being adventurous or living?

Failure does not reflect on who we are as people. It is a reflection on a task, one that maybe is not meant for us, but the only way we can know that is to try. I have failed at so many things, but I look

at where I am now and I wonder: what would have happened if I had succeeded? Would I be where I am now?

I applied for an internship at a highly respected literary agency—the first one I applied for—and I didn't get it. So technically, I failed. But, because I didn't get *that* internship I made a really great and solid relationship with the agent I did get my first internship with. She was exceptionally helpful and still relatively new to the game so was eager to answer any of my questions and kept me in the loop of what was happening with clients and manuscripts: she got

me hooked on this career path. To this day I stay in contact with her about some of the things I read while I was working for her. My experience with her led me to my next internship, which led me to where I am now. And what if I got the internship? It probably would be fine, but where I am now, is my dream position, or I should say my dream ladder.

I am exactly where I want to be. But had any of those other applications worked out I wouldn't be here. Not getting those hurt; it shook my confidence. But knowing what I do now? I wouldn't change a thing. My failure to get into those spots allowed me to succeed at where I wanted to be.

And what about those assignments, or that course that isn't working out so well? Isn't that a failure? Technically an "F" is a fail, but, again, I don't believe that means it is a bad thing. Maybe that F is going to push you in a new direction, maybe it is going to reignite your passion for the topic, or maybe it is a sign you are pushing yourself too hard and to give yourself some grace before you completely burn out. Failure does not have to be negative. It is a learning opportunity. You can dig in and push through or you can redirect.

There is always a chance to change our perspective and it is too easy to beat ourselves up over a perceived failure or our shortcomings. Everyone has their strengths, their passions, and none are better or worse than the other and it takes some trials to find out what our passion is. Some people seem like they are born knowing but others find it takes some time to find that perfect "thing".

The fear of failing stops so many people from trying. But failing is nothing more than a redirection, a lesson. So, this summer, don't stop yourself from trying something new for fear of failing, don't stop yourself from trying a new subject for fear of not understanding—just try. If it doesn't work out, then you know. Reframe how you see failure.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: WalletHacks \$1,000 Financial Freedom Scholarship

Sponsored by: WalletHacks

Deadline: August 1, 2018

Potential payout: \$1000

Eligibility restriction: Applicants must be actively enrolled full-time in an accredited university or college program in Canada or the United States. (See full [eligibility requirements](#).)

What's required: An online application form, along with a 1000- to 2000-word essay on a topic related to financial freedom.

Tips: Read the [Official Rules](#) for important details.

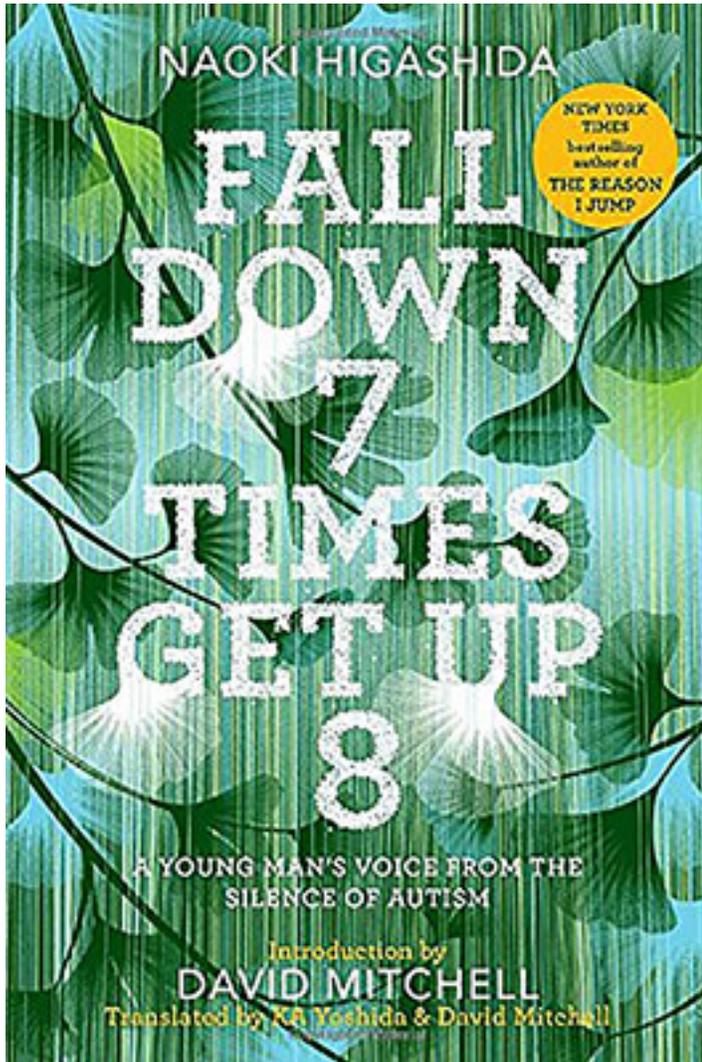
Where to get info: wallethacks.com/scholarship/



Book Review

Fall Down 7 Times, Get Up 8

John Buhler



Book: *Fall Down 7 Times, Get Up 8*

Author: Naoki Higashida

Translators: KA Yoshida and David Mitchell

To a great extent, autism is mysterious disorder. Its possible causes have been a mystery for a long time and are still being investigated. Some early psychoanalytic researchers held the view that “refrigerator mothers” were responsible for their children’s autism. More recently, anti-vaccinators seized upon childhood inoculations as the culprit and refused to have their children immunized, leaving many children and young adults vulnerable to harmful viruses. Currently, it is thought that genetics are a contributing factor but the effects of parental age, bacterial or viral infections, and exposure to pesticides, heavy metals, and even electromagnetic radiation are being considered by some researchers.

While investigators work to uncover the causes of autism, the perspective of someone with severe nonverbal autism is, to a great extent, also a mystery. Nonetheless, it is possible to find insights into the mind of one young man who struggles with this form of autism. Japanese author Naoki Higashida has written more than twenty books, two of which have become international bestsellers, *The Reason I*

Jump, and, most recently, *Fall Down 7 Times Get Up 8: A Young Man’s Voice from the Silence of Autism*.

For many people, writing can be a struggle, but for Higashida it is an especially difficult task. It requires him to point to the letters of the English alphabet printed on paper in a QWERTY keyboard arrangement and vocalize the corresponding sound in the Japanese *hiragana* alphabet. Meanwhile, another person must transcribe his words. (Videos such as his series “What I’d like to convey as a writer” on [his YouTube channel](#) give one a sense of the tedious process involved). An image of an alphabet grid, smudged and obviously well-used, is reproduced in *Fall Down 7 Times Get Up 8*. Alternately, Higashida can write using a computer but he gets distracted by the phonetic text-converter.

The Reason I Jump and *Fall Down 7 Times Get Up 8* were translated into English by KA Yoshida and David Mitchell. Mitchell is an accomplished author, having written several popular novels including *The Bone Clocks* and *Slade House*. He is married to co-translator Yoshida and the couple have an autistic child. The couple became aware of the original Japanese edition of *The Reason I Jump* as they searched for information to help them understand their own child. Mitchell also provides an introduction to *Fall Down 7 Times Get Up 8*, helping readers to understand the depth

and significance of Higashida's writing, and how it influenced the way in which Mitchell and Yoshida interact with their own autistic child. Apart from the difficulties in raising an autistic child, Mitchell explains that he also struggles with society's ignorance of autism. He confronts the beliefs of some critics that a person with severe autism could not write books, that the young Japanese author or someone around him is orchestrating a hoax, or that Higashida was misdiagnosed and is not really a severe autistic.

In particular, some critics of *The Reason I Jump*, written when Higashida was 13 years-old, suggested that facilitated communication – a communication technique in which a caregiver gently touches the hand of a disabled individual in order to help them point at letters on an alphabet board or press keys on a keyboard – had been used in writing the book. The concern with this controversial method is that the words produced are those of the facilitator, rather than those of the disabled person. In *Fall Down 7 Times Get Up 8*, Mitchell and Higashida respond to the controversy associated with the earlier book and deliberately emphasize that the author has no physical contact with anyone else when he is using his alphabet grid for writing.

Higashida not only addresses critics who refuse to acknowledge him as an author, but also disproves the assumption that people with severe autism must be intellectually disabled as well. Through short, insightful passages, Higashida demonstrates an awareness of himself and the world that surrounds him, as well as the assumptions that people make about him. He is aware that he is different from neurotypical people, aware of his own struggle to work through emotional meltdowns, and aware of the difficulties that his parents are faced with.

He shares the frustration he experiences when he tries to communicate with others and explains why he sometimes involuntarily utters some seemingly random phrase that he may have learned in school or heard in an advertisement, describing these compulsions “like a replay button that I have no control over.” He writes about the challenge of dealing with his obsessive behaviours, the involuntary sounds and motions that he makes, and the judgments made by strangers. The short stories, commentaries on his everyday experiences, poetry, and excerpts from a newspaper interview demonstrate that, in spite of severe disability, he is ultimately a thoughtful observer of himself and others.

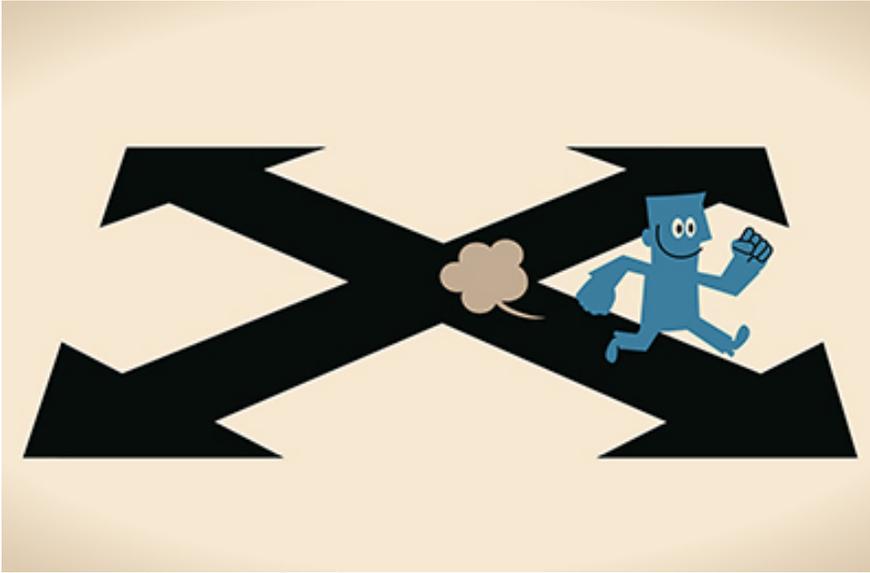
Poignantly, the first and last stories in *Fall Down 7 Times Get Up 8* are about Mother's Day. “Mother's Day 2011” is but a single paragraph in length, nevertheless Higashida conveys his profound sadness about being unable to simply say “thank you” to his mother. In the final story, “Mother's Day 2013”, he is able to tell his caregiver of his wish to buy a carnation, which he later presents to his mother. His small request, “Carnation ... Buy”, is no simple task for someone with his disability, and he explains the difficult process he had to undertake to produce these two words. Taken together, the two stories illustrate his passionate ambition to connect with other people.

Through his writing, Higashida has managed to take away some of the mystery surrounding autism. Through translators Yoshida and Mitchell, he has managed to bring that to English-speaking readers as well. Mitchell's introduction, written from the perspective of co-translator and parent of an autistic child, complements Higashida's insights from the realm of autism. In translating *Fall Down 7 Times Get Up 8*, Mitchell and Yoshida bridge a language gap, while Higashida, through his books, bridges a gap between the world of severe nonverbal autism and the neurotypical world.

John has his BGS from AU and started writing for the voice while he was taking it in 2003.

The Career Path Financial Planner

Marie Well



Were you the kid who loved math in kindergarten? But you also had bundles of friends and could think of new ways of doing things in the future? And you loved to study? Then you're made for a career in financial planning.

AU offers an eight-course program to help you become a financial planner: FPSC Level 1 – Becoming a Certified Financial Planner. These courses enable you to write the FPSC Level 1 Financial Planning Exam. But to become a Certified Financial Planner, you'll need

further education for the CFP Examination.

Here's the rundown on the financial planner career for AU students. The two interviewees include, first, Wilf Roesler (AU Academic Coordinator of Finance) and Dr. Zengxiang (Eric) Wang (Associate Professor, Finance and Associate Dean, Student Experience).

What do financial planners do?

Roesler: Financial planners will work with individuals and families to help with all of their personal finance matters. These may include budgets, investments, insurance, credit facilities, estate planning, etc. Beyond specific advice and planning, financial planners help people achieve their financial goals. With good planning Financial planners are able to help people reduce stress levels and live happier lives.

Dr. Wang: Financial planners help clients develop personal financial plans. This includes such aspects as education planning for kids, home purchase plan, retirement plan, estate planning, etc. The Financial Planners work with clients to build plans that put according to their education, family, employment prospects. With this in mind, a financial plan with a portfolio of investment securities is created and implemented. Financial planners use their acquired experience and access to research in the financial planning industry to help clients make plans to meet their needs.

What are working conditions like for financial planners?

Roesler: Dedicated and hardworking financial planners will typically find their working conditions very demanding but rewarding. The profession is attractive to those individuals who want to help others by showing their knowledge and providing advice. Relationship building is a requirement. Many financial planners enjoy a flexible work environment often working from home with flexible work hours.

Dr. Wang: Working conditions are similar to those found in a bank branch. Financial planners do need to move from one branch office to another at various times of the day to meet clients at their convenience. The work of financial planners is less stressful than, say, an investment fund

manager although each year for the first sixty days of the calendar year financial planners are quite tightly booked. The first two months of the year is the last time window for registered retirement saving plan contributions for the previous year.

What credentials do you need to become a financial planner?

Roesler: Currently, there is no credential legislated in order to work as a financial planner, except for the in province of Quebec. The Ontario government has indicated it may introduce legislation very soon based on an Expert Committee recommendation. Other provincial governments are watching Ontario's actions closely to determine the merits of such legislation. Aside from legislation, many planners a Certified Financial Planner (CFP®) designation in order to gain capabilities and consumer confidence.

Dr. Wang: A financial planner requires a good command of basic accounting and financial knowledge as provided by the eight courses listed here <https://business.athabascau.ca/certified-financial-planner/>. In addition, a financial planner needs to develop a very strong work ethic and to be professional savvy in helping clients to realize their financial goals.

How can a Bachelor of Commerce help someone get a career as a financial planner?

Roesler: The Bachelor of Commerce degree will provide a solid foundation for professionals to gain consumer confidence and progress in a financial planning career. Those that complete the CFP® stream of courses within the AU Bachelor of Commerce will master all of the concepts needed to help clients with a vast variety of financial planning needs such as retirement planning, investing, credit decision making, risk management, and estate planning.

Dr. Wang: The Bachelor of Commerce degree provides the foundational knowledge required of a financial planner: For example, basic financial accounting skill will enable a financial planner to advise his/her clients to develop net worth statements, which usually is the starting point for personal financial planning. The financial knowledge gained will help clients to understand the importance of making financial investments through a modern portfolio approach.

What kind of wages do financial planner earn?

Roesler: There is a wide range of income that can be earned by a financial planner. Some may work on a salary basis, especially in the early years of their career. Many work in a 'base-salary plus unlimited variable-pay' arrangement. Yet others work solely on a commission or self-employment basis. There is no limit to the income level possible and certainly many financial planners earn 6-digit salaries.

Dr. Wang: A financial planner works more or less like a sales person of financial products. Therefore, salary can vary and also depends on performance. At the entry level, a financial planner typically earns an annual salary of approximately \$70,000 and an experienced advisor \$140,000 in Canada.

Is the financial industry contracting or expanding? Is it due to automation or something else?

Roesler: The financial planning industry has experienced very substantial growth over the past couple of decades - this is expected to continue into the foreseeable future. The importance and benefits of financial literacy and planning are becoming more recognized by average Canadians and this is creating significant industry expansion. The complexity of personal financial management is also growing, which is creating more need for financial planning professionals.

Dr. Wang: I think that financial industry will move along with the overall economy. Employment opportunities in financial industry will be more diversified than ever before as technology advances. Automation will enhance efficiency and accuracy of financial transactions, as well as provide opportunities for those meetings and transactions to occur in various locations or space via technology tools. Among the many possibilities, the financial planning industry will actually create employment opportunities: for example, financial planning for retirement may take place over coffee at Tim Hortons or online over Skype. The options are limitless.

Where do financial planners work?

Roesler: Financial planners work for bank branches and wealth management centers. Also, they commonly work in brokerage firms, insurance companies, credit unions, mutual fund sales offices, and fee-only planning firms. Some financial planners may work as entrepreneurs and build their own businesses.

Dr. Wang: Financial planners usually work at a financial institution such as a bank, trust company or credit union.

Financial Planning can be highly a highly rewarding career choice. You are able to help others learn through knowledge and advice. You can help your clients plan for a more prosperous future for themselves and their families.

If you feel this might be the right career for you, please call Athabasca University's Faculty of Business at 1-800-468-6531 or email us at business-support@athabascau.ca. For more information, please [visit our website](#).



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Kayla celebrates completing the requirements for her degree after six years of study; woohoo, Kayla! Paddy invites WGST students to join new Facebook group: www.facebook.com/groups/1598279140257150.

Other posts include HRMT 386 quiz, ACCT 250 versus 253, temporary e-text inaccessibility, and courses COMP 372, FNCE 370, NURS 603, and PSYC 210.

Twitter

[@AthabascaU](#) tweets: "[#AthabascaU](#) offers monetary awards, usually based on academic excellence coupled with other criteria including, but not limited to, career pursuits, volunteer activity, and active community participation. <http://bit.ly/2NpTcK3>."

[@austudentsunion](#) tweets: "Looking for new specs? All AUSU members can utilize our partnered FYidoctor eye-wear discounts. You can get up to 40% off on your next pair! Visit our website to find out more. <https://www.ausu.org/services/student-resources/eyewear/> ..."



The Study Dude Achieve Your Goals

Marie Well



I offer you four lessons to help achieve your goals. First, don't give up. Second, get resourceful. Third, find the sweet spot. And lastly, focus on the positive.

Let's break these down further.

First, when we strive for goals, what first seems fun grows difficult. Don't give up.

When I held a gala for charity, I felt hardship. My business partner at the time screamed at me daily. He funded the initial down payment with the expectation I'd pay it back through ticket sales. Not only did I undergo daily scream sessions, but the animators for a PSA I produced threatened to sue me, an artist threatened to sue me when his cheap art frame cracked, an artist demanded I allow unlimited art pieces into my art auction (although I didn't have insurance), the charity I represented threatened to withdraw their ties to my event midway through, and a guest speaker encouraged someone to sneak in (without a ticket) to protest my not giving free tickets to her circle.

I held the event to raise funds and awareness for charity. And I didn't pay myself a penny.

Most people would have given up. But the show went on. The night of the event, an artist asked me why I was crying. I told her, "You don't know what it took to get here." She looked puzzled, "What did it take?"

Whatever you strive to do, you'll face challenges, says author Tommy Baker. So, keep-at-it to claim the pay-off.

Second, don't get derailed from your dreams. Get Resourceful.

I used to rationalize that if I didn't have the right tools, I couldn't proceed with a task. But entrepreneurs who make billion-dollar empires often start with very little. In other words, they get resourceful. In other words, use a broken wrench if that's all you got.

Third, discover your dream's sweet spot.

There is a sweet spot with any goal you chase. When you hit the sweet spot, your dream morphs into pure fun.

For instance, fitness freaks preach how easy it is to get in shape. Well, it's not only easy, it's fun—once you hit the sweet spot. But you need to do it daily. Make your goal as big a priority as showering, going to work, or eating dinner. Once you hit the sweet spot, the fun mounts. First your mood lifts. Then your face glows. Then your energy spikes. Then your body gets shapely. In other words, the more you put in, the more you get out.

Same goes with studying hard. Studies, like muscles, require daily grooming. Go one week without studying, and you fall behind. Study all day every day, and you hit a sweet spot come exam time.

Tommy Baker writes about motivation in his book *The 1% Rule: How to Fall in Love with the Process and Achieve Your Wildest Dreams*:

- Seek out the state of not just knowing or doing, but being: “Any process of learning can be separated into three buckets: knowing, doing, and being” (4 hrs 30 mins left in book, 15%).
- Here’s a breakdown of the stages of doing, knowing, and being: “If you’re accumulating endless information, you’re clearly in the knowing phase. If you’ve paired it with practice and daily reps, you’re in the doing phase. If you’ve put in the work for years and have become it, you’re in the being phase” (4 hrs 30 mins left in book, 15%).
- The five rules for progress? “1. Fall in love with the process. 2. Do it every single day. 3. Celebrate your commitment. 4. Track your metrics and data. 5. Master your craft.” (4 hrs 29 mins left in book, 16%).
- If you really want a goal, you’ll commit to daily practice: “Most days you probably won’t feel like it. You’ll want to sleep in a little longer, slack off on your fitness, and wait to launch your business project until tomorrow However, if it’s truly important to you, you’ll do it every single day” (4 hrs 23 mins left in book, 18%).
- Persist even with small things (like making your bed): “If you can’t build the muscle of persistence during low-stakes situations, it’ll become incredibly difficult to show up when the stakes are high” (2 hrs 57 mins left in book, 40%).
- Here’s how to focus on your goal: “If you want to harness the power of focus, you have to flex the muscle every single day If you’re starting out, your practice can be as simple as 20 minutes of undistracted deep work Once you’ve proven you can do this for at least 45 days, add time” (3 hrs 23 mins left in book, 31%).
- And stop settling with the rut: “We’d much rather stay in what’s known and uncomfortable—even if it’s painful” (4 hrs 16 mins left in book, 20%).
- Don’t give up when obstacles loom: “If you stay with it when it gets hard, you can have breakthroughs to new levels in all areas of your life” (4 hrs 5 mins left in book, 23%).
- Chase your goal even when it bores you: “It’s easy to invest time and effort in a skill when it’s new. Once you start to become decent at it, it can become boring. Embracing this and pushing past to a place where you endure will make you invaluable to any marketplace” (3 hrs 47 mins left in book, 25%).

Fourth, focus only on what makes your goals reality.

Whatever you focus on manifests in your life. I applied for a job with a global company. When the company fell prey to a scandal, I saw the scandal slapped on every headline—in stock market reports, on social media, and in news media. But if I hadn’t applied for the position, I wouldn’t have known of the scandal.

So, focus on what you want to manifest: your goals.



Dear
Barb

Barbara Godin

Slim Shading

Dear Barb:

Hi, I read your column every week and love it! Myself and three other girls grew up together and remain good friends. We are now in our thirties and we have all had weight issues. We've tried various diets and procedures to lose weight and initially the weight comes off, but eventually it creeps back on. Except this last time, one of us was able to keep the weight off. Melissa lost 50 pounds and she looks awesome. We have all supported her and congratulated her for her success. The problem is that the weight loss has changed her. She used to be a great friend and a really sweet girl. Now she is always talking about her weight loss and how good she looks. It's almost like she is trying to make us feel bad that we weren't able to accomplish what she has. For example, she will say things like "Oh I think I gained a few pounds, what do you think?" When it's obvious she hasn't gained any weight. She will say things like "I have to get rid of all my fat clothes, do any of you want any of them?" We have talked about how Melissa makes us feel, but we haven't said anything to her. I'm not sure if she is trying to make us feel bad, or is unaware of what she is doing. My other two friends don't want to hang out with Melissa anymore and they are making excuses not to have to be around her. I don't want to end a lifelong friendship over this. Do you have any suggestions? Thanks for your help, Rebecca.

Hey Rebecca:

Thanks for reading my column. I understand you not wanting to throw away a lifelong friendship, as they are hard to come by. I am thinking that Melissa doesn't realize what she's doing. I'm sure she is so proud of her accomplishment and yet somewhat insecure that she will regain the weight; therefore she is looking for validation from her friends. It's kind of like a person who is newly sober and they keep talking about it. They are proud and need validation from family and friends. A good idea would be to have a discussion with her about how you and your friends are feeling. Preface your discussion with reinforcements of how proud you are of her and that you hope one day you can achieve the same results. Then explain to her how it makes you feel when she describes her clothes as her "fat clothes" while asking you if you want them. She has been where you are, but clearly needs to be reminded of how it feels. She may still be on a high and proud of her new slim body. Try to be understanding and give her some time. You may have to find a way to remind her when she says things that are hurtful to you and your friends. Hope this helps.

Thanks for your email Rebecca.

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.





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STUDENTS' UNION

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Contact services@ausu.org with any questions.

IMPORTANT DATES

- **July 12:** Public Council Meeting
- **July 16:** AUSU 26th Anniversary
- **Aug 9:** Public Council Meeting and Town Hall

Policy Updates

AUSU's Council and staff have been hard at work updating our policies.

We've modified our Anti-Harassment Council Governance policy to help create a safer space for members.

[Policy 2.12](#)

Our Executive Committee Policy has been updated to better fulfill members' needs.

[Policy 8.09](#)

Many of our Committees' Terms of Reference have been updated as well to ensure our committees are running efficiently to best represent our members.

[Policy 8.01, 8.02 & 8.04](#)

Stay tuned for more important policy updates!

Did someone say contest?

Check out our Instagram to find out how you can win some amazing prizes?



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Website: ausu.org

How to Join the Council Meetings from Anywhere

AUSU uses an on-line conferencing system. Go to <https://athabasca.pgimeet.com/AUSUCouncil>, select "Enter as a guest", enter your name and email address and click "Join Meeting". In a moment the "Connect Audio" box will pop up. Under the "Call My Phone" tab, enter your phone number and extension if applicable and click "Connect Me". The system will call your telephone for the audio component of the meeting.



You can also connect audio through your computer, but your speaker and microphone set-up may affect sound quality for you and other participants. If, and only if, you do not have computer access for the meeting, you may join the audio only portion of the meeting by calling **1-877-806-9883** and entering the participant code **206869#**.

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www.voicemagazine.org

The Voice is published almost every Friday in HTML and PDF format.

Contact *The Voice* at voice@voicemagazine.org.

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ISSN 2561-3634