

THE VOICE

Vol 26 Issue 40 2018-10-19

Love Beyond Tragedy
A Story of Resilience

The Reputation of DE
The Perennial Question

Cool Canadian Culture
Get the Real Thing

Plus:
FotW: No Terrain too Tricky
Council Connection
and much more!



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LETTERS TO THE EDITOR



We love to hear from you!
Send your questions and comments to voicemagazine.org,
and please indicate if we may publish your letter!

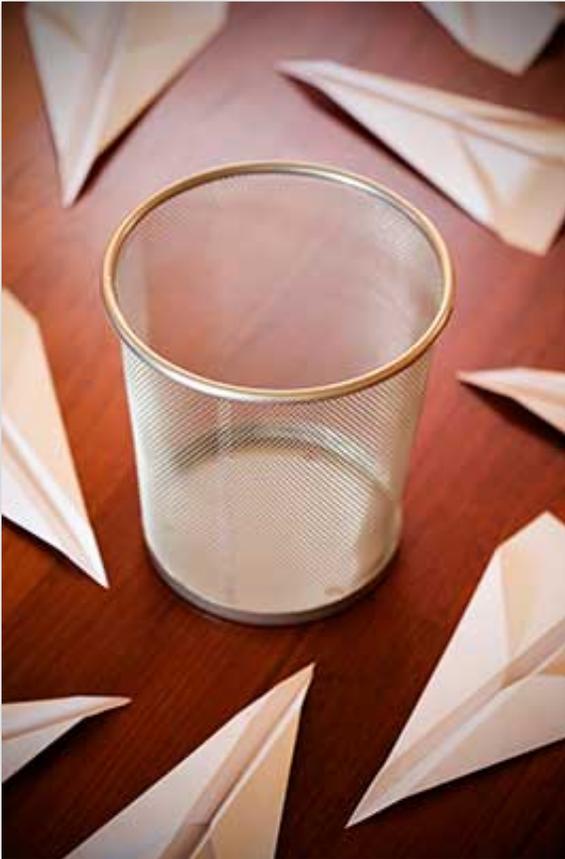
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

Editorial

What We're Known For

Karl Low



On October 17, Canada's legislation that legalized the use and cultivation of small amount of marijuana came into effect. Personally, I have no interest in partaking. I really don't care if you do, but please, not around me. I don't like second-hand smoke from cigarettes and the smell of marijuana is almost worse, albeit in a completely different way. So normally, that'd be where the story ends for me.

Except, this week, we have an article that lists a number of things you can do if you want to try experiencing some of the highlights of pieces of Canadian culture. And I found that, to my surprise, a large number of the pictures that came up in a search for "Canadian culture" were along the lines of marijuana plants or buds sitting on a Canadian flag.

Seriously? Are we so devoid of culture that our legalizing marijuana has become the most Canadian thing people can think of? It strikes me as very strange, especially considering that some US states legalized it to varying degrees well before we did, and it's well known as being legal to a degree in certain places in the Nordic nations, notably Amsterdam.

So why has it become such a defining feature for us, mere days after the legislation came into effect? But thinking about it more, what else is uniquely Canadian? It's interesting that when you think of pretty much any aspect of Canadian culture, you can see that it's an echo of another culture from somewhere else. The most Canadian thing we seem to have is that we bring them all together and allow them to mix while still remaining distinct to themselves. But that's hard to show in a photograph. So now, photographers have something that they can point to and say "Okay, that's Canadian. No other country has legalized marijuana across the whole nation." Which makes sense, I suppose, but I feel like in finally finding that one thing they can suggest represents Canada, they miss out on what truly represents us—Canada's being able to navigate a cavalcade of cultures without resorting to assimilation. It's a difficult balance to maintain, and whether we can continue to do so as we become a more global nation is not assured. But I sure hope we do.

In the meantime, however, this week's issue of The Voice Magazine features an article from Barb Godin about a family that experienced far too much tragedy in too short a time, yet love can continue to be found within. Read about the story of Jenn's family in "Love Beyond Tragedy".

Plus, Deanna Roney, spurred by questions on Facebook, looks at the reputation of distance education and what it's meant personally for her. We also have the Porkpie Hat that looks at what October brings, and the Fly on the Wall explores the connections between the gold rush in BC and AU students. Does his theory carry water? (You'll get the reference when you read the article).

Plus, a Council Connection from the October 11th meeting, scholarships, interviews, events, and more! Enjoy the read!

Love Beyond Tragedy

Barbara Godin



On September 15, 2018 we attended the wedding of Jenn, my brother's granddaughter. A few years earlier my sisters and I had been reunited with my brother Lyle and his family, following a long estrangement. When Lyle became ill, we were grateful to Jenn for contacting us and giving us the opportunity to spend some time with Lyle and heal old wounds before his passing. When we heard of Jenn's wedding, I wasn't sure we would be invited because of the years of estrangement. We knew the wedding day would be bitter sweet because of the tragedies that had occurred in

Jenn's family in the last few years.

The wedding was beautiful, even though so many people who should have been there were no longer with us. In 2014, shortly after we were reconciled with the family, Jenn's mother, Janet, was killed in a lone vehicle accident while delivering newspapers during the early morning hours. Reports say she fell asleep at the wheel and was killed instantly. My sisters and I did not know the family well, but couldn't help but feel the pain and loss they were experiencing.

Janet was a beautiful and devoted wife, a young mother and grandmother, who had just turned 47 years old. The loss of Janet was unbearable to her family—her husband, Mike, daughter Jenn, and son Josh, plus four young grandchildren. The family pulled together and supported each other through anguished tears. At the time, Jenn's three children and Josh's young daughter, Aaliyah, were unable to grasp the magnitude of the loss of their grandmother. When I saw the family, I had no idea what to say to them—how do you get over such a shock. Josh was in his twenties, still living at home with his father, and Aaliyah was often with him so they were a comfort to Mike. My brother, Lyle, who was in hospital and nearing the end of his life, was devastated by the loss of Janet. We tried to offer the family as much support as we could under the circumstances.

But our time with my brother was short. On January 31, 2015, just three short months after Janet passed, Lyle took his last breath. My heart ached for all the lost time we would never recover. This was another blow to the family—still raw from the death of their beloved Janet.

Following the death of my brother, we kept contact with the family, as my sisters and I wanted to be a part of their lives. We went on a family camping trip and they were learning to live with their new normal.

Josh met a great girl and they found a house and moved in together. Always was the adventurous type, Josh decided to buy a motorcycle. He was beginning to enjoy life again and often out riding with his buddies. Then the unthinkable happened. On his way to work one morning he was involved in a collision. He received massive head injuries and was rushed to the hospital. Jenn and Mike and a group of Josh's closest friends gathered together in the hospital waiting room sharing stories of Josh, all hopeful he would recover.

When Mike and Jenn were called into a private room with the doctor, they both knew it wasn't going to be good. The doctor informed them that Josh had no chance of surviving and said it would be best to remove him from life support. The pain was too familiar, less than two years after the death of Josh's mother and grandfather, another loss. A heroic decision was made, as Jenn knew her mother and Josh would have wanted to help others: Mike and Jenn made the decision to donate Josh's organs. Life support was removed on July 19, 2016 and the family had to say a tearful good bye to a young son, brother, and father. Not wanting to intrude on their grief, my sisters and I kept a distance but offered support when possible.

Jenn carried on her daily life, while unable to ignore the tremendous loss of her mother and brother. She cared for her three children, supported her dad and maintained a special relationship with Josh's daughter Aaliyah. Eventually I became aware from Facebook posts there was a new man in Jenn's life. Chad and Jenn seemed to be a good fit and we were happy there was finally some happiness in the family. We believed the losses were over, until we were all on a camping trip and I received a call that my older sister was in the hospital with pneumonia. One year after Josh's passing my sister passed. More pain, more loss, four deaths within four short years. Our hearts were heavy with tears, but our choices are limited, we have to go on.

So, that September 15, 2018, that wedding day provided renewed hope for everyone. Jenn and her new husband Chad had found each other. Chad had been fighting his own demons and Jenn was able to

rise up from the pain and loss in her own life to help Chad begin again. The wedding was beautiful. All those people who had gone in the years before were clearly represented at this wedding. When Josh's young daughter walked down the aisle with Jenn's daughter, I felt the tears well up, as I'm sure most people did. I believe Chad and Jenn were brought together to heal each other and create a beautiful life together.

No matter what life dishes out, we all have to make choices for our future.

More about Josh can be found in [Josh's Story](#), previously published in the April 28, 2017 edition of The Voice Magazine.

Business Undergrad Info Session

Wed, Oct 24, 12:00 to 1:00 pm MDT
 Online

Hosted by AU Faculty of Business
business.athabasca.ca/event-details/business-undergraduate-information-session-8/

Register online at above link

W(h)et your whistle: what is water and why is it so cool? A bit about water and watershed studies in northern Alberta

Wed, Oct 24, 7:00 to 8:30 pm MDT
 AU, Governing Council Chambers, 1 University Dr, Athabasca AB

In-person
 Hosted by AU and Science Outreach Athabasca
news.athabasca.ca/events/whet-your-whistle-what-is-water-and-why-is-it-so-cool-a-bit-about-water-and-watershed-studies-in-northern-alberta/

No pre-registration necessary

Bannock and a Movie "Our People Will Be Healed" Part 2 of 2

Fri, Oct 26, 12:00 to 12:50 pm MDT
 Athabasca University, Peace Hills Trust Tower, 12th floor, Room 1222,

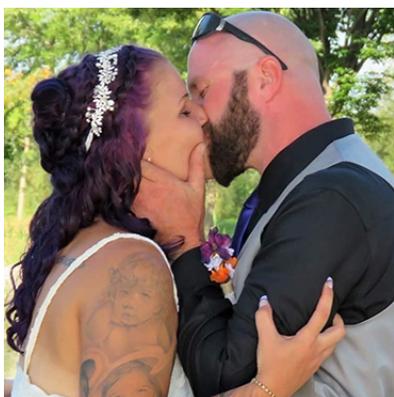
10011 - 109 Street, Edmonton AB
 In-person; limited seating

Hosted by Nukskahtowin, AU Centre for World Indigenous Knowledge and Research

indigenous.athabasca.ca/documentation/OurPeopleWillBeHealed-part2.pdf

Register by phone (780)428-2064 or e-mail ivyl@athabasca.ca

All events are free unless otherwise specified



Distance Education—Reputation

Deanna Roney



When I first started with Athabasca University a lot of what I saw in the online groups were questions about the reputation of the university and how that would affect applications to grad schools and getting a job with that degree in hand. These conversations made me wonder the same thing: was the degree I was getting going to hold the same weight as a degree from somewhere else? In the comments, there were always a few people chiming in and trying to reassure that, “Yes, the degree does hold the same weight, plenty of people get into grad school with it, etc, etc.”

There can be a lot of uncertainty around this, it is something that saw an influx around September when it seemed like a lot of new students were finding these groups. I think it is something we all consider because the idea of choosing a school, the right school, is so ingrained in us that worrying about possibly choosing the wrong school is a heavy weight.

Of course, on these groups, there are plenty of people that have gone onto grad school in many universities holding an AU undergrad degree. AU

has a fine reputation and is properly accredited. But, I wanted to share some of my experience since walking away from AU with a BA degree.

I made the decision to pursue a career in publishing. This meant applying for remote internships and positions because my small town of 3000 does not have a thriving publishing community, there is a small publisher nearby but it is just a 2-person operation (yes, I emailed and asked). The remote internships in publishing are difficult to find and get, it is a competitive marketplace. Because these internships don’t pay, or pay little, doing so remotely, regardless of where you live, gives an individual time to hold a job and gain experience at the same time—committed office time that doesn’t pay is challenging to impossible for most people to maintain.

It took a while to land that first internship, but, once I had the first one, having that experience helped me land the second one, and those combined got me to where I am now climbing a little higher on the publishing ladder and making a decent income. To get these positions though, I highlighted the fact that I completed my degree through distance, online. This was very effective in showing my potential employers/mentors that I was capable of organizing myself and motivating myself. If I could complete my degree under my own discipline then I could effectively complete these internships as well.

When I mentioned the distance education I was generally received with surprise, and then I felt the conversation shift and I knew then that they were no longer concerned about my ability to motivate myself or keep on top of the work. Every time I mentioned this, even with the internships I didn’t get or the ones I pulled my name from as I landed another, it was not seen as a red flag, the method of getting the degree wasn’t questioned, but applauded.

Of course, just by doing the degree online doesn't guarantee anything—even after that conversation there were application processes that needed to be completed. But having that experience to work from home felt like it helped me to get my foot in the door, to get from the resume to the second step of the application process.

In this sense, having a degree through distance was not just on level with any other, but it elevated my resume. Because wanting to work remotely means having the motivation to push yourself and to dedicate time to your work while being distracted by all the things in your home. If you can complete a degree through distance, remotely, from home, it assures any potential employer that you already have key organizational skills.

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

Cool Canadian Culture

Tara Panrucker



While many of us are still unsure exactly what it means to be Canadian, we do seem to share common so-called 'Canadian' activities, such as visiting Tim Horton's for our caffeine and Timbits fix. Beyond that, there are countless more cultural activities that celebrate all things Canadian, and this can only assist you in becoming a more cultured student, and well-rounded human being.

1. Support Canadian artists and download their latest music offerings.

2. Remember Stompin' Tom Connors? "Oh, the good old hockey game..." Good Canadian stuff.
2. What could be more Canadian for an outdoors person than ice fishing? Consult an outdoors professional first for ice safety precautions, gear up, bring a friend, and ice fish safe.
3. Try something different on your next beer run, like a Canadian craft beer or cider. Gather your friends around for a tasting. Add locally-sourced food pairings. Made in Canada—as sweet as maple syrup!
4. Grab a buddy and go canoeing or kayaking in a nearby lake or river. Wear your personal floatation device and explore nature.
5. Instead of traveling out of country, plan your next trip cross country and see what the other side of Canada has to offer. Absorb local dialects, food, arts, and of course, culture. Halifax and PEI are on my list.
6. Bake a batch of invented-in-Canada butter tarts or Nanaimo bars.
7. Proudly wear your flannel and plaid year-round, like a true Canadian.
8. You do not have to be religious to appreciate the beauty of a well-constructed church. Visit the Notre Dame Basilica if you ever go to Quebec. I've had the pleasure of touring through and it is truly a breathtaking feat of architectural wonderment. Visit old churches in your own town. Take your camera for a photographic contemplation.

9. Museums aren't just worthwhile in major cities; your local museum is rich with local history and cool objects on display that may leave you scratching your head in wonder at how far technology has come.
10. Never miss a chance to tour the Parliament buildings in Ottawa and Victoria and see where all the big decisions are made. Consider becoming a part of them and fix what's broken in our Canadian political system.
11. Art galleries are inspiring spaces to while away an afternoon. As Sir John Lubbock writes in *The Pleasures of Life*, "Art is unquestionably one of the purest and highest elements in human happiness. It trains the mind through the eye, and the eye through the mind. As the sun colors flowers, so does art color life."
12. Exploring a regional park in Canada can make anyone appreciate the natural beauty that surrounds us every day.
13. Although Granville Island Public Market in Vancouver, BC, is a must-stop for anyone seeking juicy Canadian culture, your own small-town market may also provide rich local colour and delicious produce that wasn't shipped from another country.
14. At the risk of being cliché, I cannot omit eating a giant lump of Canadian Poutine for lunch. And I do mean lunch because this gives you time to go for a long jog later to burn off the fat.
15. If, like me, you relate to the song lyrics "you said you didn't give a f*ck about hockey" (*Fireworks* by The Tragically Hip), let your defenses down and go to a hockey game. I have to admit, I get caught up in the yelling and music. Now, where did the puck go?
16. Ask a friend for an invitation to a sweat lodge or Hispanic Fiesta. Taste someone else's melted flavour of Canadian culture.
17. Join in celebrating a Chinese New Year, a Korean Cultural Heritage Festival, a Potlatch ceremony, or any other type of cultural celebration and find out more about how your friends and fellow students integrate their culture with their Canadian heritage.
18. Check out a local craft fair and see what talented artists are creating in your own backyard. Purchase your Christmas gifts from Canadian crafters this year.
19. Future green-thumbs will delight in a visit to local gardens to discover what grows native to their province's climate.
20. Be a friendly Canadian and get to know your local ethnic restaurateurs. Ask about your favourite dishes and why they've been included on the Canadian menu. You may hear a gem of a story that enriches your dining experience and makes you a new friend in the process.

"Arts and culture make considerable and necessary contributions to the well-being of communities. Arts and culture are powerful tools with which to engage communities in various levels of change. They are a means to public dialogue, contribute to the development of a community's creative learning, create healthy communities capable of action, provide a powerful tool for community mobilization and activism, and help build community capacity and leadership." (Creative City Network of Canada)

Living in Canada has so much to offer when we mine the gold of talented artists, volunteers, immigrants, and rich history. Honour yourself and fellow Canadians by supporting the arts and culture in our midst.

References

Creative City Network of Canada., Retrieved from: <https://www.creativecity.ca/publications/making-the-case/arts-and-positive-change-in-communities.php>, accessed 9 Oct 2018.

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



Council Connection

October 11, 2018 Meeting

Carla Knipe



Athabasca University
Students' Union

The October 11th, 2018 Council meeting was called to order on time and all councillors attended. A special “welcome back” was extended to Communications Coordinator, Donette Kingyens, who was away during the summer.

Beginning with this meeting and continuing forward is a change of format to the agenda. Meetings will begin with a question and answer period so that observers to the meeting, especially those from outside AUSU, can ask for clarification on agenda items. This change will hopefully increase engagement and communication in the monthly meetings.

The next section of the meeting was the review of action items. President Brandon Simmons and Executive Director Jodi Campbell noted that the Voice website was not capturing analytics with the “clicks” received each week. The error was noticed fairly recently, but steps are being taken to correct it. Capturing the all-important analytics has turned into a more

manual process by Voice editor Karl Low, but the process will be corrected. Overall, downloads of the Voice pdf were down, but Jodi Campbell noted that “This is because the new Voice website is now so good that it makes it easy for people to read it online without having to download it.”

The continuing process of bylaw revision encompassed the bulk of the meeting. AUSU hosted a student consultation on the bylaw revisions but a communication glitch meant that the teleconference was not as publicized as much as it could have been. Councillors have had some interesting discussions on the bylaw revisions during the course of this process. Most of the revisions have been around editing and simplifying the wording. In general, the procedures themselves were considered solid. Councillors thought that the revisions looked good and left the bylaws in a positive position for future councils. During the November meeting, the bylaw revisions will have a second reading and with a successful vote, will be successfully passed.

However, the policy regarding reimbursement of travel and related expenses for councillors required more revision and clarification, especially regarding legal ramifications for alternative arrangements and extended travel. AUSU sought legal advice about this policy to make councillors aware of their obligations with travel for council and compensation for official AUSU business. All councillors agreed with the revised policy.

An exciting development for AUSU is the creation of a Student Advisory Committee, which is an entirely new initiative. AUSU wishes to seek out the broader opinion of its members to provide input and feedback to council on its policies and operations. Membership in this new committee would be entirely voluntary and without honorarium. As President Simmons noted, “There will be work with the committee but hopefully there will be a lot of interest and people will get involved.” However, Alice Namu asked whether there should be some kind of compensation for members’ time and effort. President Simmons said that this would be difficult, as an honorarium is normally based on meetings and it is difficult to predict how much work the committee will do. He said that the work will not be as demanding as what is involved with being a councillor but will be a great experience and great to put on a resume. The SAC is going to be designed to be less work than a regular AUSU committee. Jodi Campbell added to these points by saying that

in designing the SAC, council spent a lot of time discussing honorariums but, with this committee, the workload and commitment is very low, perhaps four times a year at most. However, he pointed out that “volunteer appreciation is vital and AUSU will recognize that in some way because AUSU will be grateful for student participation and would still have access to student bursaries and awards.”

AUSU has also revised its social media strategy and goal-setting with the various platforms. Councillors all agreed with the policy.

The next main section of the meeting was highlighting the Executive Reports. President Simmons spoke positively about what he has been involved with over the past month or so. He attended the Board of Governors retreat and had a much more positive experience this time. The last time he attended, AU was without a permanent president but now AU is growing and the AU executive team is hopeful about the university’s future. The executive team also appears to be more willing to listen to students’ concerns than ever before. Melinda Goertz, Vice President External and Student Affairs, echoed the president’s sentiments. She also attended the Board of Governors retreat and noted that there was a lot of brainstorming about provincial policies and their implications for Athabasca University. AU needs to play a larger role in provincial advocacy because the largest part of the student body is based in Alberta, but the decisions that the Alberta government makes has a knock-on effect to AU students elsewhere. Students can expect to hear more from AUSU on this matter, especially as the upcoming Alberta provincial election draws closer. There has also been lots of discussion within AU regarding fulfilling the needs of Indigenous students.

Natasha Donohue, AUSU Vice President of Finance and Administration, attended AU’s first star party in September. The weather was not great for star-gazing but two-hundred people showed up and there were lots of meeting and greeting and children’s activities. AU hopes this will become an annual event that will draw more tourism to the town of Athabasca and highlight the Aurora study department.

Jodi Campbell formally welcomed back Donette Kingyens to her duties, and said that she really is the “backbone” of AUSU. The new AUSU survey will be executed very soon. Also, the new round of award applications is now live and are a great student benefit. There was no real update to the replacement of Student Lifeline. AUSU is still working hard at replacing the service and getting it going for students.

Donette Kingyens reported that there was low engagement with the AUSU LinkedIn page and Council was hoping to improve that. However, engagement on social media was “really great” in some areas, but other areas’ engagement was very low. The goal of council is to increase student engagement on all platforms.

Councillor Darcie Fleming asked about AU’s volunteer appreciation policy. There is not policy currently in place, and thought it would be a good idea to have one. AUSU, in conjunction with AU want to produce more volunteer opportunities and the recent star party was indicative of that. It is something that AUSU should revisit in the future.

The meeting was adjourned at 8:05 PM. The next meetings are on Thursday, November 8th 2018 at Thursday, December 13th at 2018. Both meetings start at 6:30 PM MST and all are welcome to attend by teleconference.

Carla is an AU student who lives and writes in Calgary, Alberta. Say “hi” to her on Twitter @LunchBuster.

The Fit Student Look Younger

Marie Well



Unless you're Selena Gomez, you'll want to look young. And, if you're like me, you long to fend off a granny-bod.

But stay away from going under the knife. My doctor had botched plastic surgery. Now she's camera shy. Another friend uses Botox which could harm her facial muscles. And on TV I saw a woman with breast implants that ate through her skin.

So, look younger the natural ways—through diet and exercise. And a bit of teeth straightening.

A friend had a mess of a mouth. Teeth growing in all directions—some teeth doubled up, one behind the other. But she got her teeth straightened. The last time I saw her, she sported a swimsuit smile. Now she needs to toss the cigs and hit the gym. She'll shave off another ten.

Oh, and search for stunning hair colors. Don't stop until you find one you love the minute the stylist takes off the towel. Test the colors by placing swatches next to your hair and eyes. And get highlights and lowlights with toner for a natural look.

As for the face, nothing shines the skin like fruits and veggies. But beware the sun. My boyfriend and I bake in sunrays every chance. But my face has since grown lumps—nubs I call them—that never seem to fade. So, I plan to slather sunscreen on my skin—even when it snows.

You can look five to thirty years younger, even if you're in your eighties. So, look youthful with tips from Diana Polska in her book *Look Your Best: Look Younger Beauty Products*:

- To look beautiful, go natural: "The best makeup products are natural, non-toxic, preferably organic, and contain no chemicals or as little as possible" (location 89 of 1761, 5%).
- But go edible natural: "If it can't be eaten then it shouldn't be applied to the skin" (location 357, 20%).
- Moisturize your skin the natural way: "Natural oils can replace the use of commercially prepared moisturizers You can use grape seed oil, squalene oil, rose hip seed oil, jojoba oil, borage seed oil, avocado oil, or sea buckthorn oil" (location 552, 31%).
- And use organic hair products: "Most women report that after they stop using commercial hair products, their hair stops shedding and grows faster. Switch to natural, organic, chemical-free hair products" (location 615, 35%).
- Grow long hair the natural way: "The most effective oils for promoting hair growth are emu oil, amla oil, castor oil, and coconut oil along with the essential oils of rosemary, thyme, lavender, and cedarwood" (location 661, 38%).
- And straighten crooked teeth: "The highest rated cosmetic facial procedures are Ultherapy and Invisalign. Invisalign straightens crooked teeth with a series of clear aligners that can be removed and are nearly invisible" (location 789, 45%).
- Use organic teeth whitener: "Botanical White is a teeth-whitening product that contains natural ingredients. It uses sodium bicarbonate micro crystals, which is an effective whitener that produces little or no teeth sensitivity" (location 873, 50%).

- And slather on sunscreen year-round: “Sunscreen should be treated like the most important beauty product and youth preserver” (location 375, 21%).
- Most of all, get fit: “Waist to hip ratio (WHR) and body mass index (BMI) are the two factors that determine the attractiveness of the body A woman must take care of her body through diet and exercise if she wants to be in perfect form” (location 996, 57%).

Fitness can shave twenty years off your body’s appearance.

Consider me. Over a year ago, I looked out of shape. So, I wore ugly sweaters. I hid in my friend’s deceased Mom’s hand-me-downs. And I’d whine when my boyfriend dragged me into boutiques.

But over a year ago, I began weightlifting and doing cardio. And just yesterday, while shopping, I tried on four shirts. Every shirt looked stunning.

Now I just need to eat enough veggies to correct my face.



In Conversation with Lavender Fields

Wanda Waterman



L.A.-based singer, producer, songwriter, and multi-instrumentalist Lavender Fields is both classically trained and completely free of artistic inhibitions. Wide open to musical influences of all sorts (including sounds she encountered on a trip to India), she uses the Moog, the flute, and her own voice to create original soundscapes that soothe, heal, and enlighten. She’s just released her debut album, *Music Beyond Music*, and plans to soon release an EP, *Gravitude*. On her European summer tour she launched her “Light Up the World Project,” planting lavender in every city she visited. Recently Lavender Fields took the time to tell us about her background and *raison d’être*.

What kind of childhood did you have?

My childhood consisted of practicing classical piano for three hours a day and attending music school and swimming classes. It was a great childhood.

What role did music play in it?

Major part. My mother is a piano teacher so classical music was always playing in the house and got ingrained in me early on.

What was your most precious childhood memory?

Probably watching a sunset at the sand dunes by the Baltic Sea. I will never forget that feeling. Something about watching the sun rise and set at the beach. Still love it!

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

I would say traveling and learning about different cultures, different music and spirituality and being free has influenced me the most as a human being. And, of course, all the wonderful people I've met along the way, but there are so many of them.

Why did you choose to produce experimental music?

Good question! I started out my song-writing journey just playing acoustic music and making songs. After I learned how to do that I started getting a bit bored with just one instrument and singing. At the time I was friends with lots of musicians who were into beat music scene, artists like Flying Lotus.

My friend gave me a copy of Ableton [a music creation software] and I was so fascinated with the ability to be your own composer and experiment with different sounds that I learned how to produce.

Ultimately it was the search for new sounds, sounds I'd never heard before, that drove my passion for experimentation. I'm still constantly looking for new sounds. I love field recordings. I have a Moog synth that has literally an infinity of sounds and you can actually create your own instruments by creating new patches on the Moog. I love it!

How did you find your bandmates?

It's just me. Although, sometimes I do have a live drummer or a tabla player, which makes it super fun to perform live.

How did you come up with that wonderful name?

I had a dream about lavender fields about three years ago, while camping in a very beautiful location in Northern California, sleeping under an ancient oak tree. I woke up under such a strong impression that it drove me to create this project.

Later a friend gave me a book called *The Field* about a quantum field surrounding all of us. I started learning about the effects of frequencies on the human brain, producing some binaural beats.

Little by little I find new dimensions of the meaning of "Lavender Fields." It's like a mystery that keeps unfolding. Now I plant a lavender plant in each city I tour in as well.

What do you like best about Music Beyond Music so far?

I love the diversity of the songs on it. I love the saxophones that James Muschler from the band Moonhooch recorded on a few tracks. During the making of it we traveled to India and spent two months there studying Hindustani music. That influenced some of the songs.

Why did you choose that title for your album?

Because there's a message that I try to convey through my songs. It's the wisdom I've learned, like music that's beyond the music itself. For example, "What makes you beautiful is your heart, what makes you beautiful is your soul —" I feel like it's an important message.

"Like the Wind" has some deeply felt lyrical lines in it that always remind me of a particular lesson I've learned in life: "Look at nature, how it's flowing, no anxiety . . . Winds are blowing, Leaves are falling, nature sets you free . . ." is one example. The lesson is not to worry too much and take an example from the natural world, to let things flow naturally.

What's the story behind the song "Ganga Puja?"

When I was living in Varanasi, India, earlier this year I would wake up daily around four in the morning and head down by the river Ganga, which is revered as very sacred among Indian people because its water comes from the Himalayas.

For the past four thousand years they've been having this prayer ceremony called "Puja" at 5:00 a.m. Young girls from an ashram would come and sing ancient Vedic chants. I was absolutely mesmerized by it; I sampled them on my little voice recorder. Then when I returned home I used that sample, came up with a beat, and the song was born.

And "Like the Wind?"

I wrote it when I was spending a summer in the beautiful redwoods by the Pacific Ocean. The energy of the ocean is so amazing to me. I tried to imitate the cleansing and flowing effect of ocean waters in this song. Then the second verse is about our true nature being light that's inside of every one of us. I would love all people to recognize themselves as that beautiful light, despite all their imperfections.

The third verse is my favorite. I think it was a quote from a spiritual text I was reading about, pondering on the flow of things in nature. Things just happen, without worries, without anger or obsession. Seasons change and leaves change color. It's nice to realize that and apply it in our lives to give it more fluidity and less stress. Because when you look at nature it's always incredibly peaceful and flowing.

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

Music regenerates me. Every time I feel down all I have to do is start singing and I immediately feel 100% better. Music is incredibly healing to me.

What conditions do you need in your life in order to maintain your creative output?

Peace of mind. Peace in my heart. A place to record too and unconstricted time.

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

I love reading spiritual literature: *The Bhagavad Gita*, *The Alchemist*, Bible, Rumi's poetry, listening to Bob Marley, who's my biggest musical inspiration because he was able to reach deeply into the hearts of people of all walks of life, anywhere in the world. It's powerful. Uniting people through music is very powerful.

I also find Alice Coltrane's work deeply inspiring and transcending. Her album *Journey to Satchinanda* is such a gem, I can listen to it an infinite amount of times and literally never get tired of it. *A Love Supreme* is amazing too! Some John Coltrane, but mostly Alice.

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

Absolutely. Everyday. I wake up and try to take some time to meditate, do yoga, reflect, spend time in nature, connect with the eternal part of my being where I think all of this music comes from. When I'm on tour and have to drive long distances I always listen to spiritual talk. Basically always striving to better myself so I can make the most of this life experience, to understand life more deeply.

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

To bring positivity and light into the world with my music. #LightUpTheWorld has been my motto — it's from a song I've written with the same name.

What's next for the Lavender Fields?

I'm about to do my first East Coast U.S. tour. Planning on touring in Brazil this winter, and Europe in the spring. I'm opening myself up for all the world touring opportunities, to spread more light and also plant more lavender fields everywhere I go. I absolute love doing what I do and am ever so grateful for such an amazing opportunity.

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

HERM 301 (Heritage Resources Management)

HERM 301 (Heritage Resources Management) is a three-credit course that introduces students to heritage resources management and creates a base for further study of the contemporary heritage field. Students study types of practice and current and emerging issues, as well as the social context, controversies, ethical questions and general concerns that characterize efforts in heritage preservation and the work carried out in museums, archives, historic places and interpretive centers. Throughout this course, students will begin to develop approaches and skills in administration, collecting, conservation and preservation, interpretation, audience development and visitor services. There are no prerequisites for this course and this course is not available to challenge.

Heritage Resources Management is made up of ten units and four assignments which consists of an experiential diary weighing fifteen percent, one essay on readings weighing twenty percent, one research essay weighing forty percent, and one critical review of an online exhibition weighing twenty-five percent. There are no midterms or final examinations for this course. The ten units within this course cover topics, such as conservation, interpretive programming, governance, ethics, museums, archives, and justifying heritage through tourism. To receive credit for HERM 301, students must complete all the assignments and achieve a minimum course composite grade of fifty percent.

Students should note that one of the textbooks for this course (The Standard Practices Handbook for Museums) will be used in other courses in the Heritage Resources Management Program and you must keep your copy of this book if you intend to take other courses in the program.

Dr. Shabnam Inanloo Dailoo has been with Athabasca University since January of 2014 and has been coordinating HERM 301 since joining. Alongside HERM 301, she also coordinates HERM 312 (Heritage Research), HERM 322 (Heritage Collections), HERM 327 (Heritage Policy in Canada), HERM 339 (Conservation), HERM 342 (General Principles of Planning Historic Places), HERM 361 (Interpretive Programming), HERM 512 (Advanced Methods in Heritage Research),

HERM 542 (Issues in Planning Historic Places), HERM 561 (Advanced Issues in Interpretive Programming), HERM 670 (Industrial Heritage), HERM 671 (Documentation and Condition Assessment), HERM 672 (Heritage and Risk Management), and HERM 673 (Architectural Conservation). She also teaches HERM 501 (Issues in Heritage Resources Management and supervises students taking HERM 491 (Heritage Certificate Practicum) and HERM 691 (Heritage Diploma Practicum).

I wanted to give Dr. Shabnam Inanloo Dailoo the opportunity to introduce herself to students, academically and personally, and so she shared, “I am Shabnam Inanloo Dailoo, Associate Professor/Director of Heritage Resources Management Program within the Centre for Interdisciplinary Studies in the Faculty of Humanities and Social Sciences at Athabasca University. I am based in Edmonton, Alberta.”

She continues, “I coordinate undergraduate and graduate HERM courses within the program, teach a graduate course, and supervise undergraduate and graduate practicum students who are completing their University Certificate or Post-Baccalaureate Diploma programs in Heritage Resources Management. I am also the director of the Historical Resources Intern Program (HRIP) at Athabasca University. The HRIP is an innovative partnership between Athabasca University and Alberta Culture and Tourism-Heritage Division in which the University provides scholarly training in heritage resources management for interns working at various museums, historical places and sites operated by the Province.”

“I serve as Co-Chair of the National Trust for Canada’s National Roundtable on Heritage Education. I am also a member of the World Heritage Task Group of ICOMOS Canada (the National Committee of the International Council on Monuments and Sites) as well as a member of the Virtual Museum of Canada Advisory Committee.”

Dr. Dailoo concludes, sharing “My research interests are cultural landscapes, nature-culture interrelationships, community engagement in heritage resources management, and World Heritage. My current research examines cultural representations in Canadian Landscapes.”

She describes HERM 301 as a course that “discusses issues related to historic places, museums, and archives and helps students become familiar with the practices, challenges, and issues that face practitioners and professionals in the heritage field. Students taking this introductory course will learn about the conceptual frameworks and theoretical foundation of the field in areas of conservation of built environment and museums studies. Students will learn about types of practices, ethics, significance and values of different types of heritage, as well as heritage tourism, education and interpretation.”

Dr. Shabnam Inanloo Dailoo provides her insight to the structure of the courses’ units and assignments, explaining “This course is an Individualized Course and students have six months to complete the course requirements. The course includes ten different units each discussing a particular aspect of heritage resources management. The course activities to be completed to receive credit include: Experiential Journal; Essay on Readings; Research Essay; and Critical Review of an Online Exhibition.”

“Students are required to write a statement (one to two paragraphs each) for their Experiential Journal reflecting on each unit’s topic and discuss their own experience as it relates to the issues discussed in each particular unit. By the end of the course, students write ten statements. The advantage of this activity is that students can connect their learnings to the real world and think of actual cases and students. Although students are required to submit the first part of their experiential journal when they complete unit five of the course, they can revise the statements as the course progresses, their thinking evolves, and new ideas emerge. “This assignment is based

on what is referred to as a “constructivist” approach to learning, in which it is assumed that people learn by applying their own experience, circumstances, and knowledge.”

She continues, “The second activity, essay or readings, is due after unit four of the course and has to be around fifteen hundred words. Students are asked to focus on the readings in units one through four and write on a heritage related topic. There are resources available to help students with essay writings and students have the opportunity to learn about writing styles and citations.”

She concludes, “The research essay is due after unit ten and is to be twenty-five hundred words in length. The course tutor provides a list of topics to students and they can choose any of those topics and conduct further research on that particular topic. However, students have the opportunity to choose another relevant topic based on their interest. In this case, students have to discuss their selected topic with their tutors and receive tutor’s approval in advance. The last activity is critical review of an online exhibition. Students can choose an exhibition from Virtual Museum of Canada. Students must confer with their tutors about their selected exhibition and they are encouraged to choose exhibitions that were developed within the last five years; however, they can choose older exhibits on topics that are of particular interest to them. Students critique the virtual exhibition in terms of content and relevance, audiences, and accessibility as well as visual and graphic design. There are sources available in the course to assist students with this assignment.”

Dr. Dailoo provides advice for students who are already enrolled or looking to enroll into HERM 301, sharing “This course is thought-provoking course that would equip students with information about heritage in general and skills to research heritage-related topics. Anyone can benefit from such a course and appreciate Canada’s diverse heritage and make connections with the heritage of their own community.”

She continues, “Students taking the course, as part their University Certificate in HRM or as non-program students, and prospective students might be interested to know that as of July 1, 2018 AU has a new Heritage Resources Management Minor (BA-HRM Minor). “The Minor in Heritage Resources Management is designed to provide the tools to understand contemporary heritage conservation as a theoretical and applied field. It offers an opportunity for students to add variety and depth to their studies and expand the scope of their BA Major fields. The students in the University Certificate in HRM program can ladder their studies towards BA studies.”

Dr. Dailoo would recommend this course to anyone, stating “Heritage resources management is an interdisciplinary field, and anyone can enjoy this course and learn about different aspects of heritage conservation in Canada and internationally. Particularly, students in the following disciplines/programs/areas of study can benefit from this course and other HERM courses: arts and art history; anthropology and archaeology; history; architecture; Indigenous studies; cultural and environmental studies; planning; engineering; and administration and management.”

Most courses have content that some students will find more difficult, though she states, “This course is developed in a way that includes many examples and visuals to help with the understanding of key topics and themes throughout the course. The course readings and commentary are all relevant and focus on each unit’s topic. As long as students follow the study schedule and continue communicating with their tutor, they would not face any particular challenge in completing this course.” That is a bonus!

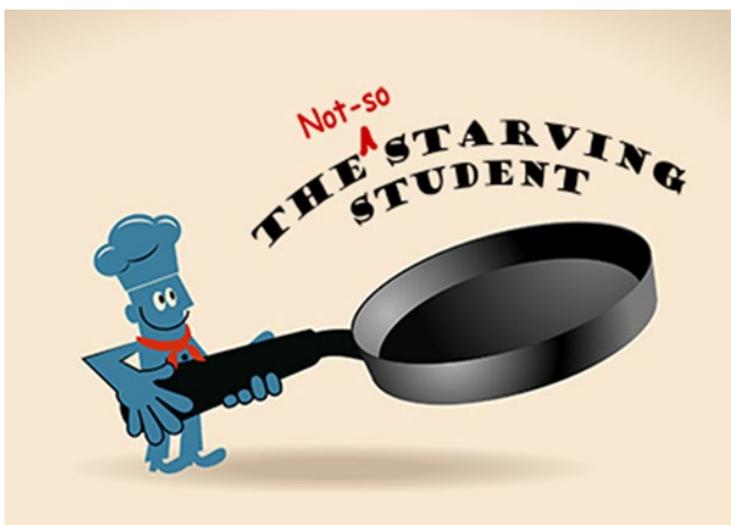
Whether HERM 301 is a degree requirement for you or you find the topics discussed above interesting, this course will have you learning interesting topics surrounding the field of heritage resources management and “will help you gain a better understanding of current and emerging issues in the heritage field.”

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 Chicken Drumstick Three Ways

Xin Xu



Meal prep can be a pain. Especially when you have to figure out which protein pairs with which vegetables, and what spices should go with which meal. When you pile on homework, midterm exams and term paper deadlines, meal prep can be the last thing on AU students' minds. After finishing my first degree, I realized that what students crave in meals is quality (healthy and delicious) that doesn't take much time to prepare. Eggs are an excellent source of protein in that regard. There are many ways to prepare and season eggs without exchanging time for food or nutrient quality. But what happens when you've prepared eggs for an entire week's

worth of meals? You crave other sources of protein. A second protein on the menu that fits is chicken drumsticks. Some of the best chicken drumsticks I've had required surprisingly simple ingredients and easy preparation. There are three go-to recipes that I have used when exam season rolls around.

B&B drumsticks (breaded and baked)

This is a personal creation of mine adapted for the busy students' schedule. I featured this dish at a family dinner once and caught the attention of peers who asked for the recipe. Upon realizing how simple this dish was to master, many have integrated this recipe into their weekly meal prep.

Ingredients:

- 6 Chicken drumsticks
- 6 unsalted soda crackers
- 1 tsp Pepper
- 2 tsp Onion salt
- 2 cloves garlic
- 1 tsp Cumin (optional)
- Cilantro for garnish (optional)

STEP 1: Crunch the 6 unsalted soda crackers in a bowl and combine with pepper, onion salt, garlic and cumin (if desired)

STEP 2: marinade with the chicken drumsticks inside a ziplock bag for 30 minutes

STEP 3: Place drumsticks evenly on a baking sheet and cook at 425 degrees Fahrenheit for 15 minutes.



Honey Mustard drumsticks

This recipe I learned from a family friend has taken me by surprise. When sitting down at Christmas dinner, I learned to make a dish that would save my dinner plans on multiple occasions.



Ingredients:

- 11 Chicken drumsticks
- 2 tbsp Dijon mustard
- 2 tbsp mustard
- 1 tsp pepper
- 2 tbsp cooking oil
- 1 tsp parsley (optional)

STEP 1: mix all ingredients except drumsticks in a separate bowl

STEP 2: brush sauce onto drumsticks evenly coating its exterior

STEP 3: place drumsticks onto baking sheet and cook at 425 degrees Fahrenheit for 15 minutes



Hainan drumsticks

For more experienced student chefs who are looking for a blast of flavor, the Hainan chicken is simple to make and adds some complex flavors to your everyday meals.

Ingredients:

- **7 Chicken drumsticks**
- **4 inches of ginger**
- **2 stalks of green onion**
- **Chilli sauce ingredients:**
- **1 minced garlic**
- **1 tbsp sriracha sauce**
- **Cilantro for garnish**

STEP 1: fill a pot (instant pot or pressure cooker can be used) with just enough water to cover the surface of the drumsticks

STEP 2: place all drumsticks in pot with sliced ginger, green onion and cook for 20 minutes

STEP 3: cool drumsticks in cold water

STEP 4: season drumsticks with chilli sauce and soy sauce as desired



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

Porkpie Hat In Praise of Autumn Comforts

Darjeeling Jones



October, it seems to me, is the perfect autumn month. Possibly the most perfect month of the entire year, at least in my pocket of the world. It's a time here of rare sustained equilibrium between the yin of the receding summer and the yang of the approaching winter. Shadows and light, moods and atmospheric conditions are perpetually shifting, maintaining a dynamic balance of fascinating variety. The nights are dark and clear, bringing into vivid view the swirling of the constellations and the dancing of the northern lights. Wild geese speckle the empty, hollow sky like tea leaves in a fortune teller's cup. Mellow fall sunlight spills over a freshly cut field. Swiftly moving clouds swim across the countryside like leviathans, burning lightning in their great dark bellies. Hailstones rattle the roof shingles, the east wind sings her lament, and already it is possible for thick, soft snow to fall like a radiant molecular miracle from the black sky. Books pile up, candles burn down, wine bottles become empty.

It's a time when a body yearns to stock up on certain necessary items that will ease the long tumultuous voyage through the imminent darkness of the winter months. As with sea voyages and arctic expeditions, preparation is key. Of course, what's considered 'necessary' will vary from individual to individual. For some, it's chai lattes, spiced vodkas, and a Scandi noir murder mystery. All good stuff. For me, the list must include a fresh batch of thrift shop sweaters, some good bourbon, a thick Russian novel or two.

I think it's vital at this time of year to not overburden yourself with senseless chores and quotidian demands. A mental health day or two, if possible, is highly advisable. There are infinite ways to spend pleasurable fall days. You might, for instance, spend a perfect afternoon drinking coffee laced with Grand Marnier, preparing duck breast, acorn squash, and roasted vegetables for dinner, whilst listening to moody recordings of Janacek and Sibelius. Renting a long, atmospheric foreign film is an equally plausible option. I would recommend Bergman's *Fanny and Alexander*, if you're wondering.

Summer, whilst wonderful in its own way, is all humidity drenched torpor, all margarita salt and jet lag. Winter here in Manitoba is all survival mode punctuated by manic, jangling seasonal joy.

Autumn is a time of relative psychological and spiritual calm. The post-summer tension and angst has burnt itself out. The pre-Christmas tension and angst has yet to build up much of a charge. Overall, I feel energized in a comfortable, sluggish way, if that makes any sense at all. I find myself writing, reading, listening, enjoying each day in a more intense, and yet relaxed way, than I do at any other time during the year. On most days, I feel as though I am able to better regulate the rhythm and flow of my days, and that I am capable of following Walt Whitman's admonition to "Let your soul stand cool and composed before a million universes."



Fly on the Wall: No Terrain Too Tricky Overcoming Obstacles at AU with Innovation

Jason Sullivan



If you're feeling overburdened or out of place as your coursework mounts this Fall it might help to consider the peculiar case of gold rush camels. Miners heading to Barkerville, B.C. during the 1860s tried importing camels to lug their rucksacks and mining tools through steep mountain passes (UVic, online). Our experience as independent scholars shouldering the load of distance education may feel similar; often our pre-AU lives seem to leave us unprepared to overcome academic obstacles. Although we're more resourceful than your average pachyderm it helps to grasp the context that faced these intrepid imports of cloven hoof.

The University of Victoria summarizes what may seem like an inevitable result of mismatching theoretical ability (the camels could carry more for farther than could pack mules) with the reality of what sort of life the camels were suited to lead (their Bactrian breed was suited to mountains but not the craggy harshness of the Fraser Canyon (Hibbins, online)):

"In 1862, 23 pack camels arrived in Victoria from San Francisco. Camels had been successful in the United States army for several years and it was believed that they would make excellent pack animals in the Cariboo gold rush. Between their arrival in Victoria and the voyage to the mainland, the camels found a home behind Esquimalt Halfway House Saloon and Brewery. This attraction brought crowds of Victorians and undoubtedly served as an excellent advertising tool for the brewery. The use of Camels in the gold rush was largely viewed as a failure. The camels caused problems on the trail because they frightened other pack animals. Also, the camel's feet were not designed to traverse the rocky terrain, being used to desert sand." (http://www.web.uvic.ca/vv/student/vicbrewery/content/making_beer/people/camels.htm)

Despite being used to long Caucasus mountain treks with nary a canteen of extra water, nothing in their past could prepare them for their time on the rugged mountain passes of BC. Even the famous Judge Begbie was carried off while riding one, much to his chagrin and to the detriment of expansionist camel policies (Hibbins, online). Not the camel's fault for being themselves, of course, and we at AU can be forgiven for also feeling overmatched and out of our element as we re-enter schooling. Jacques Derrida quoted a wonderful poem by Holderlin that shows how we may feel about school as we approach our AU experience:

"We are a monster void of sense. We are outside sorrow. And have nearly lost. Our tongue in foreign lands." (Derrida 33).

Being outside of our comfort zone is also part of how we learn and grow: Martin Heidegger noted that *being absent is part of being present* for human animals. When we're away, folks notice our absence and we are aware of what we would (or should!) be doing if we, say, were at home studying rather than engaging in other pursuits. Heidegger describes how we humans carry each other and our contexts with us such that we are never truly *away* from our identity:

"What we have designated as being there and being away are something in the being of man. They are possible only if and so long as man is. Being away is itself a way of man's being. Being away does not mean: not being at all." (Heidegger, 64).

If we feel out of place and away from what feels natural within our schooling it helps to remember that this is our personal journey, hopefully toward enlightenment and a place of serenity, presence and comfort. While an AU student, we carry this part of us throughout our lives because, not least of

which because, we could at any moment *find the time that was absent* to do some studying. The absence of such time becomes present as a lingering concern in our conscientious minds. In this way our studious selves are capable of discovering ourselves precisely when our expectations are challenged we learn to see study possibilities in myriad contexts.

Heidegger illustrates that: “*Attunement is in a certain way there and not there. We have seen that this distinction between being-there and not-being-there has a peculiar character, and is by no means equivalent to the distinction between a stone's being at hand or not being at hand...By comparison, being away, absence in its various forms, is not something like the exclusive opposite of being there....Only as long as we are there (da-sind) can we be away at all, and vice versa*” (65).

As students, we have to find a comfort level in our studies so as to feel personally connected with our material; unlike camels, we aren't wired to only survive in climes to which we're accustomed. Humans are nothing if not innovative animals and distance education certainly requires us to dream up new paths to success. When our normal environment changes we must adapt; lacking what we've been conditioned to think of as school (a classroom with teacher, a consistent timetable), this absence impels us to be our own taskmasters and time managers. AU enables us to tailor our learning to our needs in a unique way; miners once fashioned canvas shoes for their humped steeds, and we may need to adopt our own personal equipment: earplugs to concentrate amidst household hurricanes of activity, for instance.

When we skipped class, or failed to pay attention, our absence presented itself as declining grades; likewise, we can not avoid learning as life schools us along and thus we best be choosy about what we apply ourselves to. Having chosen AU, we simply have to remember that by being fully present, with it at the mental level, we will glean as much as possible from our experience.

We don't only have to overcome new and difficult contexts and course material: we also have to overcome the impressions made on us by our prior years in school. Our school days may have been long ago and far away, but the experience of those years is imprinted indelibly upon our psyche. Like a camel's cloven hoofprint, or the stereotypical camel toe of yoga yore, the space between that which makes the mark and the mark revealed is worth investigating. After all, we are not the same students as in years past, yet our past experiences have molded us into who we are in the present. In this way the absent past presents itself in the present and can all too easily become naturalized. But we don't want to be stuck in old expectations of school, especially if these were relatively unpleasant. It helps to know that each course, and certainly our AU experience as a whole, is a new life to live independent of our past schooling experiences. Unlike camels who are trapped by their genetic predispositions, we really can evolve ourselves into new students: sturdier, dynamic, creative: whatever we choose!

AU isn't all frosted hoofprint cupcakes and caramel camel candies, of course. At my nadir, my darkest time, I had to drop a course. It was immensely depressing to lose part of my tuition money and feel like I just could not proceed. But the loss was a growing moment and I realized that it was a learning experience; if I bit off more than I could chew I could chew my proverbial cud and get back up between the humps. Key thing is: *At AU success is in great part on our own terms*; brick and mortar professors I have known lament getting the 'wrong' hours for their course when the schedules are released. Monday mornings, Friday afternoons so many possible pitfalls when students have other obligations, including the obligation to have fun or sleep in. But we need not be afraid of such eventualities; we can work at 3 in the morning or 3 in the afternoon or when the children are sleeping.

School has made us who we are in essential ways; either by our presence or absence within its walls, we were always there—in that it was a fundamental part of our identity. Our formative sense of self-involved classrooms and teachers and peers, our existence in school, preceded our essential identity, fluid though it may be. Be it in or out, school is always-already what we have made of it as we grew along. If we are doing this for our personal growth there will be calls of “why” and “what are you gonna do with that?” But learning to answer, and, as a Fly on the Wall smashed many times for the perceived uselessness of my proceedings, I know this well, is a big part of the AU experience. Our

efficacy is in the meaning of our burdensome labour in the way the camel's value is in whether it delivers the goods. It's not like some mountain that we climb because it's there using whatever beast of burden on offer; AU is an intimate exploration weighed down only by the gravitas conveyed by the fact that we will never, ever be the same when we are through. In this sense we are all like genius artists and intrepid scientists who have taken life into our own hands to see what comes and may.

We're not hardwired to be unflinchingly the same. So, by harnessing our wild sides, the sides that maybe didn't give a toss about school and led us into the 'real world' with disdain for education, we deign to invite our creative learning capacities into our lives. Like spitting camels, we can protest at being in harness when the going gets rough, but if we're going to succeed, we have to bear the burden of hard work. And when we apply our disciplined productivity learned from having to somehow thrive in the world of so-called adulthood, we can make the most of our schooling. We may feel like imported creatures from foreign lands yet, in truth, we have never been more prepared for scholastic success than we are today.

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Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Live Your Dream Awards

Sponsored by: Soroptimist

Deadline: November 15, 2018

Potential payout: from \$1000 to \$16,000

Eligibility restriction: Applicants must be women who are the primary financial supporter for themselves and their dependents, have financial need, and are enrolled or have been accepted into an undergrad degree program or a vocational/skills training program. See [full eligibility requirements](#).

What's required: An online application, including a maximum 750-word personal statement about how this award could help you live your dreams, and two reference letters.

Tips: Check out the [Tips](#) section for everything you need to know to make a strong application.

Where to get info: www.soroptimist.org/our-work/live-your-dream-awards/apply-for-the-live-your-dream-awards.html



The Study Dude Learn How to Learn

Marie Well



What if you came up with a new field of studies, like Newton's calculus? Or what if you have a learning disability, and end up with a PhD? Or what if you paid for your own education while raising a family? A common theme among these scenarios is the skilled ability to learn.

At university I studied nonstop. And I ended up in grad school. My secret? I put in the time to learn how to learn. But some students have children to raise or careers to build. And some students might live with abusive parents, so they work menial jobs to move out. Sadly, divided time poses challenges for serious students.

But students do get PhD's while raising families or forging careers. Yet I've also heard tragic stories of eager students blowing up. Often, these students work

jobs while taking heavy course loads. So, if you've signed up for five hard sciences, consider a soft science substitute, a reduced course load, or a resignation letter to your boss at Macs.

Prior to the first day of semester, read one chapter from each assigned textbook. That way, you won't get dazed on day one. If you can't afford the textbook, scour similar books from the library.

Author I. C. Robeido says treat home studies like exams. And I add vice versa. At home, I'd graph functions to dumb down problems. When the exam came, I was the only student who graphed the functions to better see the questions. I wound up with a perfect grade. So, if you can visualize it, draw it—even during exams.

You can learn how to learn with author I. C. Robiedo in the book *No One Ever Taught Me How to Learn: How to Unlock Your Learning Potential and Become Unstoppable*. He notes a number of considerations such as:

- Why learn? "There are many different reasons to learn ... [such as] reliable employment ... school and university ... independent learning ... skills ... mastery ... strengthening weaknesses" (location 170-223, 14%-17%)
- The first step to study success is motivation. "Come up with many reasons why you want to achieve a particular goal, or many reasons why you are so motivated that you wouldn't give up so easily ... To skip this part can lead to issues further down the line" (location 562-577, 44%-45%).
- Then, learn the lingo of your subject: "In order to begin learning something new, you need to become well versed in the language. This can include both formal terminology and informal lingo that is used among those who work in the field ... If you fail to learn these things, you will constantly find that you misunderstand something" (location 588-603, 45%-46%).
- Treat your home study like a final exam: "Practice as you would in the final environment where you are expected to perform your skill ... When someone is practicing a skill, he should seek to do it in a as similar of an environment as he can to the actual one he'll be expected to do it in" (location 697, 53%).

- Push yourself hard to achieve your best: “The more we challenge ourselves, the more effort we will need to put in. The more effort we put in, the more likely we are to learn a great deal from our experiences” (location 1031, 79%).
- And make what you learn ‘your own’: “Relate what you learn to your prior experiences or to other phenomena ... you will find that this connection makes your learning much more reliable” (location 654, 50%).
- So, how do you make what you learn ‘your own’? “Think about how what you’re learning affects you. How does it affect other objects or people in your life? What would happen if you tried to apply what you’re learning to someone else ... Are there other concepts you’ve learned in the past the relate to what you’re learning now in some way?” (location 1024, 80%).
- And consider a double major: “When someone masters two fields, it becomes more likely to find more and more connections among the two areas. Through novel integrations, new fields can be created or discovered” (location 799, 61%).

Yes, link your learning to what you know. The deeper I got into math, the more I connected math with other subjects. For instance, dance translated into beats and angles. Music struck me as formulaic. And essay structures morphed into patterns. So, connect your new with your old to boost your ability to learn how to learn.

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Katy wonders what other students do with their study materials after a course; responses range from recycling to ritual burning. Laurie is crushed by a D+ grade; responders share encouragement and “me too” moments.

Other posts include trying to get a scholarship reference letter for grad school years after completing undergrad, myAU down, myAU back up, saving on insurance, and courses CRJS 491, FREN 100, ENVS 435 and SOCI 290.

Twitter

@AthabascaU tweets: “Announcing a new partnership between the Aboriginal Financial Officers Association of Alberta (AFOA) and Athabasca University’s Faculty of Business.” news.athabascau.ca/faculty-of-business/creating-opportunities-for-indigenous-learners/

@austudentsunion tweets: “Tell us what studying at @AthabascaU means to you! Make a fun video and apply for our #igo2AU Award, worth \$1000. Any AU undergrad can apply! Deadline: Nov 1. <https://bit.ly/1G1WJhi> #community #AthaU.”

Youtube

In tandem with the recently-announced partnership between the Aboriginal Financial Officers Association of Alberta (AFOA) and Athabasca University’s (AU) Faculty of Business , the Faculty of Biz posts the short video Creating Opportunities for Indigenous Learners.





Dear
Barb

Barbara Godin

Setting Up

Dear Barb:

Most of my friends have partners, are living together, or married. I have two friends who are single and in their mid thirties. They don't know each other but I think they would be perfect together. I really want to set them up. I talked to a few friends who know them both and they say I shouldn't get involved because if it doesn't work out, I may lose two good friends. I feel so sure that this will work out that I think it's worth a try.

Besides I don't think I will lose my friends if it doesn't work out, I think that's a bit dramatic. Both these friends have been through quite a few relationships and nothing seems to work for them and I just hate to see them miss out on such a perfect match. Do you think I should give it a try? Looking for an unbiased opinion.

Thanks, Christina.

Hi Christina:

Setting up friends can be tricky. It can work out great or it can be a disaster. Have you discussed with both whether they are open to being set up and what their expectations are if it isn't a good match. You need reassurances that they won't blame you. It's not a good idea to set up two friends simply because they are single. Do they have common interests and similar lifestyles? If they don't, they wouldn't have anything to talk about. If you have heard one person say they never want kids and the other one is anxious to start a family, it probably wouldn't be a good idea to set them up. They may change their minds at some point, but they may not.

Don't set two people up simply because they both want to get married. That is not a good enough reason. You seem to have such high expectations for this relationship, how are you going to feel if it doesn't work. Are you going to end up stuck in the middle? Would they blame you if it ends up in a messy break up? Will you and your partner be joining them on their first date, as that may ease the strain of finding something to talk about? Since you know them both you can bring up common interests to get the ball rolling. If your friends are willing to give it a try and not blame you if it doesn't work out, then what's the harm in trying, you could end up making two people very happy. Good Luck Christina

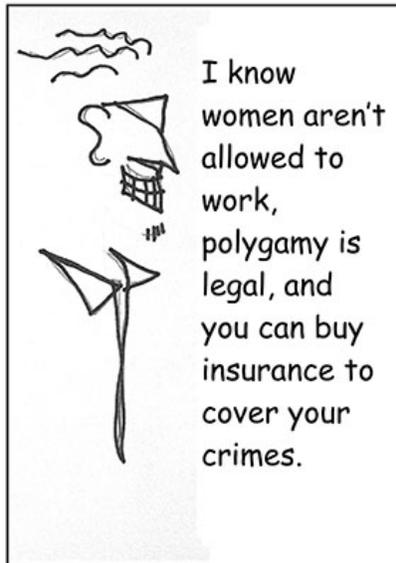
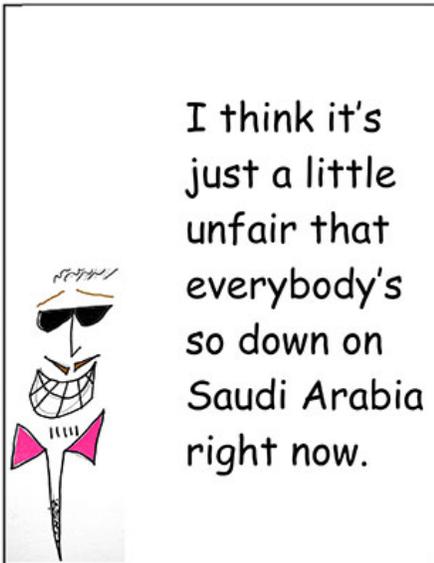
Follow Barb on twitter @BarbGod

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.

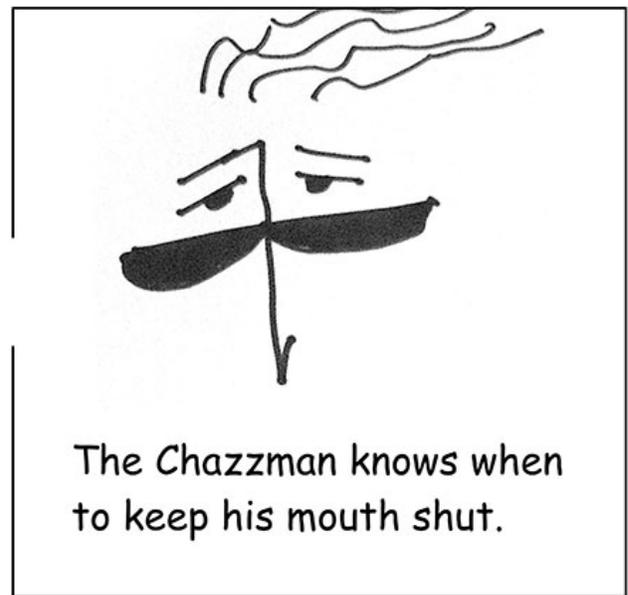
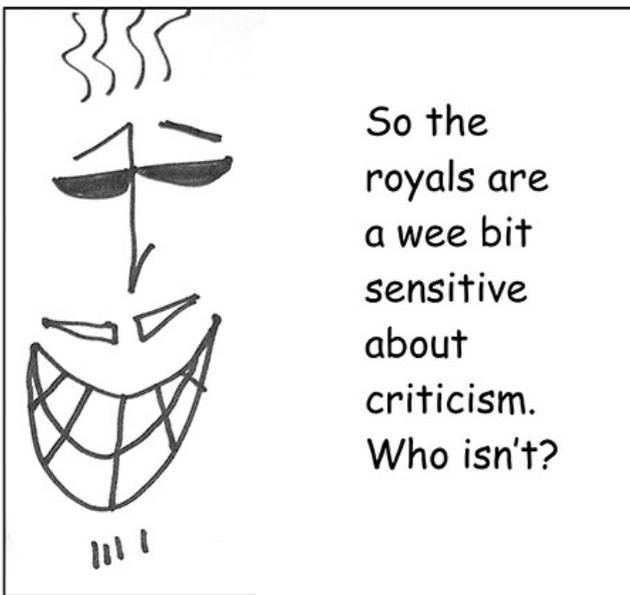


Chazz Bravado
Journalism Job

Wanda Waterman



So what's not to love?





AUSU

ATHABASCA UNIVERSITY
STUDENTS' UNION

IMPORTANT DATES

- **Oct 31:** [Deadline to apply for course extension for Dec](#)
- **Nov 08:** [AUSU Council Meeting](#)
- **Nov 10:** [Deadline to register in a course starting Dec 1](#)
- **Nov 12:** [AUSU Office Closed in lieu of Remembrance Day](#)
- **Nov 15:** [Dec degree requirements deadline](#)
- **Nov 30:** [Deadline to apply for course extension for Jan](#)
- **Dec 14:** [December Council Meeting \(tentative\)](#)

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Follow up on Social Media!

Keep up to date on what's currently going on at AUSU, available, what services and awards are available, upcoming events, opportunities for AU students to get involved, and more by following us on social media!



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AU Quick Links

Having trouble navigating the AU website?
Want an easy way to find out what resources are available to you?

Check out our AU Quick Links online [here](#).



Athabasca University
Quick Links

Courtesy of AUSU

AUSU Awards and Bursaries!

The deadline is fast approaching for AUSU's November Cycle. Over **\$20,000** in funding available to be won!

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



AUSU
Awards &
Bursaries

Deadline: Nov 1

CLASSIFIEDS

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

THE VOICE

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