

the insider

A newsletter published for everyone in the Athabasca University community

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Science Outreach – Athabasca will present the Athabasca Mushroom Exhibit on August 24. Learn about the mushrooms that grow in Athabasca and the surrounding boreal forest. See page 2.



Posted on The Landing:
<https://landing.athabascau.ca/>

Athabasca University 

Connors Discovers First Trojan Asteroid



Dr. Martin Connors

Dr. Martin Connors, a professor in the Faculty of Science and Technology, and two co-researchers at the University of Western Ontario and the Canada–France–Hawaii Telescope in Kamuela, Hawaii, have confirmed the existence of the first known Trojan asteroid associated with planet Earth. The discovery was presented in the July 28 issue of *Nature*.

“The discovery is important,” Connors said, “because it proves that Trojans can exist in orbit around the sun in a very earth-like orbit. And since U.S. president Obama announced NASA’s intentions

to land a man on an asteroid by 2025, we may find Trojans or related asteroids that are the ideal candidates for that landing.”

Connors, a Canada Research Chair in space science, instrumentation and networking, oversees the Athabasca University Geophysical Observatory and is a world-renowned expert in asteroids and near-earth objects.

See the full story of this exciting discovery in *Open AU*.

Fascinating Fungi

Why are mushrooms so small? Because there isn’t “mush” room.

But that won’t stop Dr. Roland Treu from making a big deal of them on August 24. At the next Science Outreach – Athabasca event. Treu, an associate professor of biology in the Faculty of Science and Technology, will host a mushroom exposition.

Those attending the Athabasca Mushroom Exhibit will be able to view a variety of mushrooms that grow in Athabasca and the surrounding boreal forest and learn how to recognize common edible mushrooms and how to avoid poisonous ones.

People are encouraged to bring their own mushrooms for identification. They can drop them off at the Maple Room before 4 p.m. on August 24. Starting at 5 p.m., Treu will introduce the mushrooms on display and explain the basics of mushroom identification.

Adults and children are welcome to this free event. Refreshments will be available after the presentation. For more information go to the [Science Outreach-Athabasca website](#).



Athabasca memories

Transportation on the
Athabasca River in 1914.



Material collected by former Athabasca mayor and broadcaster Ed Polanski has been assembled in a five-disc DVD set, *Athabasca Memories*, to celebrate Athabasca's Centennial. The collection reflects 100 years of Athabasca history through music, photographs, documentaries and interviews.

"Over the years, Mr. Polanski recorded many community events and interviewed many community members," said Karen Langley, manager of the Thomas A. Edge Archives and Special Collections. "His plan was to create a documentary series called *Athabasca 2000* to celebrate the millennium. He started the project but was unable to complete it due to his health."

In 2008, the Town of Athabasca donated the Polanski material to the AU Archives so that it could be digitized and a history of the area produced for the town's centennial.

The *Athabasca Memories* project was directed by Tom Bernier, founder of Edmonton Film School, who also works part time at the Provincial Archives of Alberta, and produced by the Edward Polanski Committee: Langley, Centre for Integrated Studies director Dr. Mike Gismond and Marilyn Mol, an archivist at the Alice B. Donahue Library in Athabasca.

Athabasca Memories includes music recorded at a 1956 Kinsmen Harvest Ball, a Christmas concert in the Athabasca United Church, songs by Jack Whyte (a teacher and musician who once lived in Athabasca) and interviews with residents, including Frank and Dorothy Appleby, former AU president Dr. Dominique Abrioux, Josephine Brown, Colleen Powell and Arnold Birkigt.

The set can be purchased through the [Thomas A. Edge Archives and Special Collections](#) or through the Town of Athabasca at 780-675-2063.



Michael Shouldice

Celebrating With Style

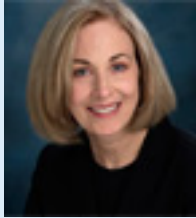
AU student recruitment co-ordinator Michael Shouldice received an early present for his fortieth birthday on July 24: a tasteful and elegant redecoration of his office. He is such a big fan of the new design that some of the decorations are apparently still up.



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facebook.com/
Athabasca.
University](http://www.facebook.com/Athabasca.University)

News In Brief

New Role for Redpath



Dr. Lindsay Redpath, former executive director of AU's Centre for Innovative Management, was recently appointed vice-president academic at University Canada West in Vancouver.

Redpath brings 20 years of experience in education to her new position, including two terms as head of CIM (director 1997 to 2002, and executive director 2004 to 2007). She led CIM through periods of rapid growth and played a major role in building the quality and reputation of the MBA program.

Redpath holds a PhD in sociology from the University of Alberta. Her teaching experience includes courses in organizational behaviour, organization theory, human resource management, organizational learning and the sociology of work and organization.

University Canada West is a private, for-profit institution approved by the B.C. government in 2008.

Hip-Hopping to Dance Fame

AU student Jade Jager Clark, 23, is making a name for herself in the in the Brampton, Ont., dance community.

Clark founded Jade's Hip Hop Academy, a youth dance school that is winning prizes for "authentic hip hop," during her second year of college. "I sort of started my career backwards," the self-taught dancer told reporter Leah Sandals of the Toronto online weekly magazine *Young Street*. "Any other dancer will take their dance training, go and dance professionally, tour, and then open a studio."

Instead, Clark started a no-auditions dance team at her arts-focused Peterborough high school when she was only 14, learning how to choreograph and teach as a matter of necessity. Her students are now winning first and second place honours in the Canadian National Dance Championships. This month, a Jade's Hip Hop Academy team heads to the World Street Dance Championships in England.

In March, Clark received the Harry Jerome Young Entrepreneur Award from the Black Business and Professional Association, the latest in a line of professional honours. Next spring, she plans to launch the first-ever Canadian Street Dance Championships for youth. Throughout, she hopes to continue her AU courses.

Read more about Clark in [Young Street](#).

Canada Sends Two AU Students to Gymnastics Competitions

Two AU students, Nathan Gafuik and Jackson Payne, will be part of the team representing Canada in the men's artistic gymnastics at the twenty-sixth Summer Universiade in Shenzhen, China, in August.

According to the Sport Information Research Centre, Gafuik, who was part of Canada's 2005 Universiade squad, had an impressive showing at a 2010 World Cup event in Croatia, where he took the vault title and captured silver on high bar. Payne is the reigning all-round, floor and pommel horse national champion and won the rings event at the 2011 Canada, U.S.A., China Three Way Competition in Calgary.

For more information, see the news release at the [Sport Information Research Centre](#).

DOES YOUR WORK STATION LOOK LIKE THIS?

To achieve an ergonomically correct set-up, follow these guidelines:



- 1: Top of monitor parallel to the desk surface (i.e. horizontal)
- 2: Top third of screen parallel to eye level to maintain a neutral neck posture (Monitor may be lower and slightly tilted if you are wearing bifocals or progressive lenses.)
- 3: Back and shoulder blades supported against the backrest of the chair and backrest locked
- 4: Shoulders relaxed and breathing normal
- 5: Wrists straight, keyboard and mouse on the same surface, and wrists rest only occasionally when typing or using a mouse
- 6: Elbows bent at 90 degrees and held at the side of body in line with shoulders and hips, resting only occasionally on the armrests
- 7: Lumber support at the correct height (in the small of the back)
- 8: 90-110 degree angle in hips and knees
- 9: Two- to three-finger gap between the back of the knee and the front edge of the chair seat
- 10: Feet flat on the floor (or a footrest) with no pressure felt on the backs of legs

If you would like to request a further ergonomic assessment by a member of the Occupational Health and Safety Ergonomic Team, go to <http://intra.athabascau.ca/hr/ohs/ergonomic-landing.php>

The Insider is published for AU faculty and staff members and other members of the AU community by the Advancement Office.

Please send any information or photographs for inclusion to the **co-ordinator**. If a photo opportunity presents itself, please contact **Blaise MacMullin**. Due to FOIP regulations, a release form must accompany all photos. Please contact *The Insider* co-ordinator for a copy of the release form.

The next issue of *The Insider* will be published on Monday, September 12, 2011. The deadline for submissions is September 2.

Environmental By Design

The Athabasca Garden Club will present a Centennial Luncheon on Saturday, August 20, with guest speaker do-it-yourself guru Linda Bodo.

With a blue bag full of treasures, Bodo gives new life to recyclables, turning them into eco-chic designs for home and garden. She blends humour, personal stories and unique projects into inspiring presentations, guaranteed to motivate people from all walks of life. She demonstrates projects that take environmental consciousness beyond recycling.

Bodo's presentation will take place at 11:30 a.m. at the Athabasca United Church and will be followed by a delicious lunch. Bodo's books, *Enjoy Life Outside* and *The Art of Upcycle*, will be on sale, and door prizes will be awarded.

Tickets are \$10 and are available at AU from **Diane Morrison** or **Dianne Conrad** or at Value Drug Mart in Athabasca.

