



THE VOICE

Vol 27 Issue 05 2019-02-01

Don't be a Busy Monster
Stealing Time

Get a Haircut and Get a Real Job
Confessions of a Job Hopper

Minding Your Time
Scheduling Like a Pro

Plus:
The Struggling Student Rants
Dim Sum 101
and much more!



CONTENTS

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

Features

Porkpie Hat: *Don't be a Busy Monster*..... 4

Articles

Editorial: *We Wait* 3

Minding Your Time 11

Get a Haircut and Get a Real Job..... 20

When Vengeance Means Doing the Right Thing 23

Columns

The Struggling Student Rants: *Baby Steps* 6

Course Exam: *POLI 301* 9

The Fit Student: *My Cure for Cancer* 13

Fly on the Wall: *In with a Grunt, Out with a Curly Tail*..... 16

The Creative Spark!: *Craft Your Home into a Fantasy Getaway*..... 19

The Not-So Starving Student: *Dim Sum 101*..... 20

Dear Barb: *'Tis the Season* 26

News and Events

Scholarship of the Week..... 5

AU-Thentic Events 7

Student Sizzle 12

AUSU Update 28

Graphic

Poet Maeve: *Forgetting Love* 27

The Voice Magazine

www.voicemagazine.org
301 Energy Square
10109 – 106 ST NW
Edmonton AB
T5J 3L7

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Jodi Campbell

Managing Editor

Karl Low

Regular Contributors

Barb Godin, Scott Jacobsen,
Carla Knipe, Barbara
Lehtiniemi, Tara Panrucker,
Deanna Roney, Wanda
Waterman, Xin Xu

Views and articles
presented here are those
of the contributors and do
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
[here](#).

The Voice does not share its
subscriber list with anyone.
Even I don't look at it, it's
all on auto.

Volume 27, Issue 05

© 2019 by The Voice
Magazine

ISSN 2561-3634

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 We Wait

Karl Low



This week, the issue of time seems to be looming large in Voice writers' minds. We've got a few articles looking at the best ways to handle your time, albeit with wildly different interpretations of what makes it the best. From our feature article where Darjeeling Jones looks at how worthwhile it is to stealing time for your own use, to Deanna Roney's thoughts on how to organize and track the time you have, to Tara Panrucker's look at whether the time she's spent moving from job to job to job has been really worth it.

Also this week, be sure to check out our new column, The Struggling Student Rants. If you're looking for simple tips on how to get your finances under control, this column will let you follow along with a student doing exactly that.

I'm also quite fond of our Not-So Starving Student article this week, as I've often looked at various restaurants offering Dim Sum, but been daunted by the variety of unfamiliar choices. Xin Xu gives us some beginners advice on what some of the best things to get are, which might be just enough to get me to order from one of these places. I just need to find one that does delivery now.

However, if you're looking for more news on the labour dispute between AU and the AUFA,

unfortunately I have no new news to share. Neither the presidents' office nor the AUFA has gotten back to me yet. I'm keeping fingers crossed that this might mean they're too busy finally negotiating rather than just stalling in an impasse until they can make it an election issue here in Alberta.

Because, let's be honest, a strike in the public service isn't the same as a strike for a private company. A private company has to worry that if their workers are on strike, they're not producing product, so not making money. A public institution, however, is a lot better able to withstand a strike, at least monetarily. For public sector unions, striking is, inevitably, little more than a public relations move to garner attention and hopefully public support to make the government take action. With that in mind, and the 2019 election here in Alberta having to take place no later than May 31, it stands to reason that the AUFA is looking to any strike being timed to maximise their exposure, forcing government to act, and opposition parties to make promises.

I've heard some suggest that AUFA won't be striking until the summer, but that makes little sense to me since right after the election is when governments are busy showing that they mean business and trying to do all the unpopular things they need to do, so that they have time to recover before the next election. And if the UCP is elected, as polls suggest they will be, legislating a striking public service union back to work would seem to be exactly in line with the kind of messaging we'd expect from them on the campaign trail. So if the AUFA feels they'll have to strike, expect it before, not after the election.

A handwritten signature in black ink, appearing to read 'Karl', with a stylized, flowing script.

Porkpie Hat Don't be a Busy Monster

Darjeeling Jones



“pity this busy monster, manunkind” - e.e. cummings

Here is a deep philosophical question for you to ponder, dear readers: Is it better to *earn* one hundred dollars, or to *find* one hundred dollars? Perhaps there are many stoic, puritanical souls amongst you who answered that it is obviously more rewarding to have worked for the money. After all, you have come by it honestly, have been fruitful, have contributed to the economy. For that response, I salute your ethical nature. For me, it will always be far more delightful to come across two crisp fifties sticking out of a snowbank (I swear this happened to your indolent narrator about two weeks ago) than to have earned it by the sweat of my brow.

To me, there is no money more delightful than found money—moolah that was not earned by devoting precious hours of my life to some soul-sucking job. By the same token, there is no time more deliciously spent than stolen time. How many of you, like me, find ways to skive off your job, taking extra long lunch breaks, or checking your social media when you're supposed to be paying attention during some meeting

devoted to the latest bullshit-flavour-of-the-month shift in corporate philosophy? How many of you create fantasy hockey teams, or compose epic poetry, when you're supposed to be returning emails? (Honestly, do employers truly believe that people are capable of spending eight hours a day committing themselves to tedious, repetitive tasks?)

For as long as I can remember, I have kept a Moleskine notebook hidden in the top drawer of my desk. I take it out whenever I can and hide it whenever I hear my boss's heels clicking down the hallway. Its pages are filled with random jottings and doodlings. This is where my mind manifests its lazy and creative nature. Opening the notebook at random, to a page created last winter, I see several roughly drawn sketches of strange fish with human faces. There are a few lines devoted to an odd dream in which I was standing on the beach at Vancouver's Spanish Banks, and an ocean freighter suddenly sprouted wings, flapped them, and flew off into the night sky.

There is also a description of a wonderful stolen afternoon I spent that winter. I had phoned in sick at work and headed to my favourite Exchange District restaurant in the company of a good friend. The whole city seemed silent, blissful, muffled by tumbling snow. According to my notes, we each drank a Tanqueray martini, then shared a bottle of pretty reasonable Beaujolais, and some perfect chicken livers sautéed in brandy and heavy cream. We exchanged stories of old adventures and plotted some new ones. I remember there was classical music playing softly in the background—Bach, I think. It was perfect. And, I can't help but think about how many wondrous, stolen hours I have devoted to this sort of exquisite idleness: wandering through art galleries or along forest trails; taking off on a Friday for the ski hills; sitting in a darkened movie theatre on a rainy afternoon, watching a Stanley Kubrick double bill.

I often think of my great uncle Cornell for inspiration. Corny, as he used to be called, was a colourful and somewhat controversial figure in our family. He had rarely been gainfully employed. Whatever cash he had was probably gained by dodgy means. To my knowledge, he had never owned a house of his own, apparently living his life as some sort of never-ending “royal progress,” travelling about the world, sleeping on the couches of relatives, friends, and newly-acquired acquaintances for as long as they were willing to have him. As I recall, this was a source of major resentment on my father’s part, but my brothers, sister, and I relished all the time he spent under our roof. He showed us card tricks, taught us origami, told us hair-raising stories about his exploits in Thailand, Cairo, and Bali. For all of his shiftlessness, he had a deeper appreciation for the beauty and possibilities of life than most of the people I have ever met. He made us children feel that the world really was our oyster, that life was not some grind, something to be endured like a chronic skin condition. He helped us understand it is to be lived with a sense of fun and just a little recklessness. For me, at least, he never outstayed his welcome.

I am sure some of you good souls are saying to yourselves at this point “But wait! Wouldn’t the economy just grind to halt if everyone conducted themselves in such an immoral and slothful manner? Wouldn’t civilization itself collapse?” And you would be absolutely right. Of course it would. Just the same as if everybody on the planet decided to book a flight to Kuala Lumpur at exactly the same time. Don’t worry, there will always be a majority of people who are too honest, or else too sheep-like, to bend or break the rules. Most of us will continue to unquestioningly serve whatever self-serving system or overlord holds the whip-hand. We will not lapse into a lackadaisical apocalypse. So go ahead, dare to eat a peach, steal back some free time for yourself. The world will keep rolling along, towards whatever productive fate awaits it. But perhaps you will have created a few more pleasurable memories for yourself and others along the way.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: TAC Foundation Scholarships

Sponsored by: Transportation Association of Canada and its donors

Deadline: February 28, 2019

Potential payout: \$2500 to \$6000

Eligibility restriction: Applications for the undergraduate scholarships must be Canadian citizens or permanent residents, must be enrolled full-time in an academic program related to the transportation field, and be graduating by August 31, 2020. See [full eligibility criteria](#).

What's required: A completed online [application form](#), along with an academic transcript, a résumé, and an academic reference letter.

Tips: Complete one application to be considered for the whole pool of scholarships; read the application requirements carefully.

Where to get info: www.tac-atc.ca/en/about-us/tac-foundation/scholarships



The Struggling Student Rants Baby Steps

Angela Pappas



Many people, at the beginning of each year, set a resolution to get out of debt. They resolve to sort out their finances in the new year and to control their wallet, and they may do great the first 2-3 days. They track their spending, maybe even go so far as to make a budget, but, for many, by the end of January, life happens and the budget gets set aside. Then, come December 31st, they get mad at themselves for not sticking to their plan. Once again, they vow to start over again January 1st—right after they buy that gadget they've been eyeballing for the past six months on Boxing Day.

The truth is that many people want to achieve financial freedom, but only a few make it happen. And no, I'm not only talking about the

Warren Buffets and Elon Musks of the world but regular John & Jane Doe families. Why is there such a large group of people who want to achieve debt freedom, but only such a small group who succeed? They are obviously doing something different, but what is it? Some people argue that those who succeed at this are just lucky. But, what I realized is that there is one thing, more than anything else, that separates the doers from the dreamers, and this does not relate just to financial freedom, but to all goals people set for themselves.

It is something that AU students know and practice daily. We practice this when we sacrifice time with our families or some much-needed rest. And we apply this quality as we sit down and plug away at each painful homework task, knowing that the result will be worth it. What separates the doers is that they are consumed with their goals. They are consumed by their want of being financially free; of having options. And when people are consumed, everything they do revolves around that one goal. Day in and day out. They eat, sleep, and breathe financial independence. All the little actions they perform to reach their goal, turn into baby steps. Those baby steps, after a while, turn into strides. Soon, it becomes a habit. They won't be motivated all the time. Motivation is fickle. But what results from all this is consistency—consistency with time, consistency with activities, and consistency with mindset. Consistency is such a huge factor for achieving, among many other things, financial freedom. You want rock-hard abs for summer? You have to be consistent with your chicken & broccoli and your 100 reps of sit-ups per day. You want a 4.00 GPA? You have to be consistent with active studying and forget procrastination. You want to be a famous rock-star? Sorry, I can't help you there.

Now I'll be the first to admit that no one is perfect, and we all make mistakes. But it's true that it's never too late to undo those mistakes. However, even if you realize those mistakes and set up the ultimate plan to turn things around, if you don't maintain consistency, you will still fail.

Without relentless consistency, something might happen that throws you off track, and it will be a problem when you try to get back on track.

Financial advisors always teach about having a budget, and they say that for a reason! A budget is a foundation towards forming consistent habits and regaining control. A budget helps people stay consistent in their financial journey. Creating and sticking to a budget doesn't have to do with being in debt or debt free, or even being wealthy! There are people who are debt free (including their mortgage) but still live on a budget. Large corporations depend on budgets and projections to successfully run their operations. They would be lost without one.

No matter what your current financial situation, the key to obtaining and maintaining financial freedom is staying consistent to the budget. It's never too late to start, and it's never too late start over, either. If you started a budget three months ago and you've fallen off, get back up and start again! If you paid off some debt but then you had to charge something to a credit card, it's time to start over and start again! The point is that you can't give up. This is a journey. Financial freedom is not going to happen overnight.

Now, I know being consistent can also mean boring. It's not "Eye of the Tiger" 24/7. Sometimes it's just "Working 9 to 5" (Google Dolly Parton. You'll be singing this all week). But the point is, each step we make in the right direction is one step closer to our freedom, whether that step is intentional or just out of habit. And each step is crucial to reaching our goal. Just like each chapter in our reading list and each assignment in our courses leads us one step closer to our degree, so does each dollar saved, lead us one step closer to freedom. Yes, that \$1.00 makes the difference!

I repeatedly tell myself that people don't get knee-deep into these messes overnight, so financial freedom isn't achieved overnight, either. But we can achieve it, eventually, if we stay consistent. It really doesn't matter if we started and then stopped because the only time that people fail is if they fail to get back up. It is steady, unwavering, small, consistent baby steps that lead you to the prize.

Angela Pappas is a part-time AU Certificate student who enjoys learning and discussing anything personal finance and personal development related.

AU-thentic Events Upcoming AU Related Events

AU Open House

Wed, Feb 6, 10:00 to 11:00 am MST
Online

Hosted by AU

www.athabascau.ca/discover/open-house/

Register online at above link

second session: Wednesday, February 6,
5:00 to 6:00 pm MST

Facebook Live with AU President & Provost

Tues, Feb 5, 1:00 to 2:00 pm MST
Online

Hosted by AUSU

www.ausu.org/event/facebook-live-interview-with-au-president/

No pre-registration necessary

Looking ahead...

Student Town Hall

Tues, Feb 19, 11:30 am to 2:00 pm MST
Peace Hills Trust Building, Room 1222,
10010 - 109 St NW, Edmonton AB

In person and Online

Hosted by AU

news.athabascau.ca/events/student-town-hall-edmonton/

Click above link to register for in-person
or connect online

All events are free unless otherwise specified



Get a Haircut and Get a Real Job Confessions of a Job Hopper

Tara Panrucker



I have a confession to make, something I'm somewhat ashamed to admit. My parents warned me early on to avoid quitting jobs because eventually no one would hire me. I did not heed their advice.

I did, however, wonder if something was terribly wrong with me, in addition to fearing that I was shooting myself in the foot by being irresponsible and not growing a big pension and RRSP. Sadly, the usual conventions of being a responsible, loyal employee were not in my DNA. Although I was a

dedicated worker and always gave my best, at some point, I felt there was somewhere else I needed to be. And so, I went.

Sometimes money comes from other opportunities. For me, I did okay investing in real estate. This was a long-term (for me) wait for my home equity to pay off. I eventually had a small chunk of change to live on while I pursued writing opportunities that I did not have the time or energy for while working other jobs.

'A few' of the jobs and careers I have known:

- Tourist counselor
- Chambermaid
- Gift business owner
- Cashier
- Clothes store retailer
- Typesetter
- Fashion merchandiser
- Receptionist
- Office administrator
- Museum guide
- Fire safety equipment territory manager
- Administrative/personal assistant
- Hair model
- Published poet
- Short story writer/commercials
- Bill collector
- Home renovator
- Theatre volunteer
- Landscape laborer
- Mystery shopper
- Paver representative/demonstrator
- Alcoholic beverage sampler
- Beer territory manager
- Wine representative
- Cigar representative
- OTC pharmaceuticals representative
- RedBull auditor
- Price checker
- Aerobics instructor
- Merchandiser
- Fundraiser
- Furniture salesperson
- Chocolate representative
- Freelance Writer
- Bookkeeper assistant
- Packaged goods sales representative

- Juice territory sales representative
- Packer operator
- Online surveys
- Copy reader
- Movie extra
- Blog writer

When I examine my list, in addition to feeling slightly alarmed, I feel like I've lived a hundred lives. I had loads of enjoyable experiences (and certain crushingly boring weeks—'insert every reception job here') and met hundreds of interesting people. However, I also suffered a great deal of anxiety and stress that accompanied many of these jobs, and was required to work around someone else's rigid schedules.

When someone suggests you need to stop job-hopping and get serious about your future, consider the consequences. Do you have a safety net of savings to fall back on, or will you go into debt paying the rent? Convention says stick with a pay cheque and benefits. But maybe your health and relationships are suffering due to a stressful career. There are always options to consider once you look beyond your fears. I always managed to pay my rent in between work gigs, but eventually also had an understanding, and more responsible, spouse.

Job-hopping is not for everyone and certainly may prevent certain employers from hiring you. However, you also gain a wide array of skills, discover what you feel passionately about, and find what you won't compromise on.

Beyond that, trying on new careers is nothing to beat yourself up about, and doesn't mean you're a failure. Admittedly, I'm sure my own job-hopping reveals a deeply buried psychological wound that I'm not healing or facing, but I can't afford the therapy with my writing salary.

Hop on down that bunny trail—you never know where it may lead, but then, nothing in life is guaranteed, not even your pension.

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



Brittany Daigle

Course Exam

POLI 301 (Governance, the Public Sector and Corporate Power)

Course Exam

AU courses, up close

Brittany Daigle

POLI 301 (Governance, the Public Sector and Corporate Power) is a three-credit course that explores the changing relationships between business, society, and government in contemporary Canada. This course has no prerequisites; however, a previous course in political science, public policy, or public administration/management is recommended. This is a senior course and as such students are expected to have advanced analytical and writing skills. There is a Challenge for Credit option if interested.

Students should note that this course is a cross-listed course, meaning that it is listed under two different disciplines (GOVN 301 - Governance, the Public Sector and Corporate Power and POLI 301). POLI 301 may not be taken for credit by students who have obtained credit for GOVN 301.

Governance, the Public Sector and Corporate Power is made up of eight units, and student grades are based on one paper worth ten percent, a midterm examination weighing twenty percent, a second paper weighing thirty percent, and the final examination that is worth forty percent. POLI 301 / GOVN 301 examines the changing patterns of governance; the position of corporate Canada in society's power structure; the phenomenon of globalization and the international extension of business power; the role of the mass media in shaping culture and dominant ideas within society; the restructuring of economic and social policy; constitutional change; the marketization of the state; the transformation of citizens into customers; and the increased threat to social cohesion. Finally, it considers the future of the public sector in Canada.

To receive credit for POLI 301 / GOVN 301, students must complete all of the assignments, achieve a mark of at least fifty percent on the final examination, and obtain a course composite grade of at least fifty percent. The final examination for this course must be taken online with an Athabasca University approved exam invigilator at an approved invigilation center

Dr. Lorna Stefanick has been working at Athabasca University for twenty years and has been the course coordinator for POLI 301 / GOVN 301 since 2004. Alongside POLI 301, she also coordinates all the GOVN courses at Athabasca University and teaches GOVN/HSRV 380 (Nonprofit and Voluntary Sector Governance), GOVN/POLI 405 (Innovative Public Management) and GOVN/LGST/CRJS 377 (Issues in Information Access and Privacy Protection). She states, "I am the coordinator of the Bachelor of Professional Arts Program, Governance, Law and Management Major (BPA: GLM), which is the academic "home" of this course. I have a PhD from Queen's university in Political Studies, specializing in Canadian politics and Public Administration. I publish on a wide spectrum of topics, from imprisoned mothers, environmental activism, government accountability, access to information and protection of privacy, and children in foster care. What ties this all together is my interest in social justice and public policy."

When asked to describe the course to someone who has not yet taken it, Dr. Stefanick explains "This course is cross listed as a Political Science and a Governance course (which means you can take it under either name and apply it to either degree). This course is typically the first course BPA: GLM students take after they enroll in the program. These students often have no background in Political Science. The course is not an introduction to political science as a discipline; it is an introduction to politics, specifically, the relationships among governments, corporations, non-profit organizations, and the media. We tend to think of politics as just about governments, but this course shows how politics permeates everything, and, how some actors are better positioned to "win" in the political arena than others. Change is happening around us extremely fast - this course helps to understand these changes."

Dr. Stefanick describes the structure of the course, stating "There are two written assignments, the first is a three page "critical concepts" essay, and the other is an eight- to ten-page research paper. There is an online mid-term comprised of two short essay questions (five hundred words each) and an invigilated final exam."

She states that students will "need to be able to work independently and not become intimidated by new discipline specific language or concepts if they have never taken a political science course. They also need to be open to new ways of thinking about things."

She also provides advice for students who are currently enrolled (or planning to be) in the course, stating “Courses like this help students to think critically and to express arguments effectively. Excellent writing can be learned, but students must be open to working hard to improve how they express themselves, including providing evidence for their assertions.”

Dr. Stefanick states that “students will learn that politics is deeply rooted in the economy, and that one cannot understand one without understanding the other. They will also become aware of the constraints that media work within, which is particularly important in today's "post truth" world. I would recommend this course to anyone who is interested in changing patterns of governance, and in particular the relationships between various actors who use politics to promote their interests.”

Whether POLI 301 / GOVN 301 is a degree or program requirement of yours, or the topics above seem to be of interest to you, this course will have you examining changes in relationships between businesses, societies, and the government in Canada.

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



Minding Your Time

Deanna Roney



When you are working on a degree or working freelance it can be hard to manage your time effectively. In this sense, I don't mean being able to get everything done in a timely manner but to prevent yourself from overbooking.

There are a limited number of hours in a day, and, as such, a limited number of tasks you are going to be able to complete. Pulling late nights is acceptable for some days when it just needs to happen—when deadlines and due dates are looming—but this should not become a regular occurrence.

When I moved from working on my degree to working freelance I found it difficult to turn down hours or projects. You just never know what might come up the next week or what opportunities this one project or chunk of hours might lead to. But, if you overbook yourself, consistently say “yes” to the extra hours. without realistically considering them you can dig yourself into a hole.

There is a time and a place to put in the extra hours—to say yes—but once you have found your footing: you're making progress and finding some stability, it is time to consider just how much more time you have to give away. There needs to be some balance, some evenings off to recharge.

To manage my time I have been using an app to track my hours. I also use this to create invoices at the end of the month, but I even track contracted hours (rather than billable hours) so I can

make sure I am not going too far over the agreed upon “set” hours. I also use it to understand where my time is going and how many hours in the week I might have to commit elsewhere. Without this tracking, it would be difficult to know just where the time was going and where I might be able to add more.

Being mindful of your time is vital for you to understand what time you have left, where you need to tighten things up, and where you can expand. But it is also vital to understand just how many hours you are putting in. If you have put in an 11 hour day, then you know it is time to step away for a few hours.

By tracking my time, I am mindful of how many hours I am putting in and can use this information to prevent burn out. I can understand, quickly, how many extra hours I have in a week to dedicate to a new project (or if I have any). I am becoming more mindful of where my time is going, which projects I am overextending myself on, and which I should be putting more time into.

The time tracking app that I use is “HoursTracker Pro”, the only difference between the free version and the pro is the number of projects and days you can track. But it is simple, effective, and it is easy to change the information displayed to see days/weeks/months for where the time is spent. This small change has been extremely helpful for myself in minding my time effectively and managing my workload.

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



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Penny wants to know if other students have experienced delays in their AU-wear orders; seems like the stated 7-10 days sometimes gets stretched a bit. Nik wonders if she'll have to pay a fee to reschedule an exam at the AU exam centre if it's within the 10-day window; the consensus is they will charge a fee, even though a proctor wouldn't in the same circumstances.

Other posts include tutor response times to emails, holding group classes online, and courses ENGL 255, FREN 358, and HIST 201.

Twitter

@AthabascaU tweets: "Our next Student Town Hall with President @NeilFassina is on Tuesday, February 19th in Edmonton. Lunch provided!! RSVP: <https://bit.ly/2G6bsqq> #yeg #yegevents #AthabascaU."

@austudentsunion tweets: "AUSU is proud to have joined up with over 75 student unions across Canada to address the changes to student funding in Ontario. You can read the national letter signed by the student unions online at <https://bit.ly/2SdaOOn> #cdnpse #studentvoicesmatter #onpse."

Youtube

New students to AU's Faculty of Business will want to watch the [AU Faculty of Business - Undergraduate Students Orientation](#).

The Fit Student My Cure for Cancer

Marie Well



A loved one was stricken with cancer. Not once, but twice. She responded well both times to chemotherapy, going two decades cancer-free. But her sleep shifted, often leaving her awake until 3 a.m., puffy-eyed. And this past year, she entered emergency more than once. Despite her success with chemo, she smokes and eats sugar-rich, highly processed foods—while scorning my organic diet (which I can barely afford). But by scraping pennies for organic, I'll bypass disease, such as cancer or a relapse of chronic fatigue syndrome, down the road.

Dr. Robert O Young and Shelly Redford Young say, "Every moment of your life you have a choice—what you put in your mouth, whether to exercise or not, whether to smoke, take drugs, drink alcohol, eat meat ... or not. Vibrant health or pain and disease, you will soon discover, is a choice" (location 168 of 8595, 2%). After all, "no doctor can eat your food, exercise your body, manage your thoughts and emotions, or adopt a new lifestyle. Only you can do these things" (Young & Young, location 197 of 8595, 2%).

Despite my loved one's diet, she serves as a chemo success story.

Yet, another loved one went through chemotherapy and soon after died. Despite her sick state, she remained happy, focusing on everyone but herself. Not once did she complain about pain, either. Instead, she listed family birthdays, anniversaries, and special occasions. She also shared accounts of her visions of heaven. I only met her three or four times, but her final words to me was that she loved me. So, I visit her grave often, feeling more love from her than from most anyone else in my life. Still, I wonder if she would've suffered less if she said no to chemo: "Chemotherapy, radiation and surgery as curative measures for cancer have failed miserably—without even mentioning the quality of life during the treatment" (Young & Young, location 197 of 8595, 2%).

If I have cancer, I won't cure it with chemotherapy. I have a weak stomach, so I believe chemo would kill me. Instead, I'd try Dr. Robert O Young's and Shelly Redford Young's natural therapy for cancer. They've turned "cancer terminal patients (people labeled soon to be dead with no hope) into lively, thriving, and healthy individuals" (location 159 of 8595, 2%).

I watch videos of people with chronic fatigue syndrome, in coma-like states, who need a cure. I know the feeling of suffering when your health plummets, when one to three days each week you do little else but sleep, writhing in nausea and pain. But that's chronic fatigue syndrome.

Cancer is different, isn't it? I have never felt its agony, but I long to expose people to natural cures. I have found one such potential cure: *The pH Solution* by Dr. Robert O Young and Shelly Redford Young.

They don't think cancer is entirely different than chronic fatigue syndrome—or any other disease, for that matter. Instead, they assert that all disease stems from the *same* cause—an acidic

body: “The one sickness and disease is the over-acidification of the blood and then tissues due to an inverted [unhealthy] way of living, eating, and thinking. The one treatment is to alkalize and energize” (Young & Young, location 434 of 8595, 5%).*

So, how does the human body—*your* body—manage acidity? “When the blood becomes charged with ... metabolic toxic acids, the blood has to purify itself by throwing these acids into the surrounding tissues to maintain its delicate pH balance of 7.365 Acid is poison in the blood, and if that poison is not eliminated through urination, defecation, respiration or perspiration, the body has to purify itself, so it eliminates this acid poison into the connective and fatty tissues” (Young & Young, location 281 of 8595, 3%). If acidity causes all disease, how come disease manifests itself in different ways—such as through lung cancer versus heart disease versus brain tumors? “For any organ that is enervated [weakened] below the average standard from stress ... [or] from work, or worry, from injury, or any other cause, that organ may become the location of the crises of ... Acidosis” (Young & Young, location 367 of 8595, 4%).

According to their book, colds act as a first step toward disease: “To find the cause of all symptomologies—including cancer, heart attack, stroke, diabetes—start with colds and catarrh [mucus], and watch the pathology as it travels through Seven Stages of Acidity: 1) enervation [weakness], 2) sensitivity and irritation (IBS), 3) catarrh [mucus], 4) inflammation, 5) induration (lupus, lymes, fibromyalgia), 6) ulceration [ulcers] and then to 7) degeneration—cancer, heart attack, stroke, AIDS, ALS, MS and diabetes” (location 377 of 8595, 4%).

Thus, they suggest the common cold marks a first stage of acidity. Lately, I’ve been blowing my nose every morning while training in the gym. Yet, I haven’t had a full-blown cold since a-year-and-eight-months ago. That’s when I began exercising and eating healthier. I also cured myself of chronic fatigue syndrome during that time. Yes, diet and exercise can delay—or, in my case, even cure—disease.

So, what is Dr. Robert O Young and Shelly Redford Young’s pH cure for cancer? “Build each meal to be at least 70 percent alkaline (and thus 30 percent acidic). Better yet is 80 to 20” (location 3129 of 8595, 36%). In other words, “the more food you eat raw, the better” (Young & Young, location 3142 of 8595, 37%). And veggies make for the ideal raw food: “Just give vegetables the starring role on your plate, where acidic protein (like meat) or carbs (like pasta) might have been before” (Young & Young, location 3129 of 8595, 36%).

According to Healthline, high acid foods to *avoid* include “grains, sugar, certain dairy products, fish, processed foods, fresh meats and processed meats, such as corned beef and turkey, sodas and other sweetened beverages, high protein foods and supplements” (Ashpari & Cirino, August 29, 2018).

The following marks a typical day of the pH cure diet as laid out by Dr. Robert O Young and Shelly Redford Young:

- “7 am: Test the pH of your urine. If the urine is below 7.2, then take 2-3 teaspoons of sodium bicarbonate or mineral salts ...
- 7:15 am: 1 liter pure water with pH drops ...
- 7:30 am: Liquid colloidal supplements.
- 8:00 am: Juiced greens and capsule supplements.
- 9 am-noon: 1.5 liters pure water with concentrated green powder and pH drops.

- Noon: Test the pH of your urine and saliva. If either is below 7.2, take 2-3 teaspoons of sodium bicarbonate or mineral salts ...
- 12:30 pm: Liquid colloidal supplements.
- 1:00 pm: Raw soup or juiced greens and capsule supplements.
- 2-5 pm: 1.5 liters pure water with concentrated green powder and pH drops.
- 5 pm: Test your urine and saliva pH ...
- 5:30 pm: Liquid colloidal supplements.
- 6:00 pm: Soup or juiced greens and capsule supplements.
- 7-9 pm: Pure water with pH Drops as desired ...
- 9 pm: Test the urine and saliva pH ..." (Young & Young, location 3546 of 8595, 41%).*

Dr. Robert O Young and Shelly Redford Young break down their program into two phases before the final full phase.* The first phase lasts a week. (If I'm correct, the above diet marks the first week.) The second phase, which runs for seven or more weeks, allows you to "go back on solid food ... reintroducing a still-limited range of healthy alkaline foods, as well as keeping clear of certain acidic foods" (Young & Young, location 3584 of 8595, 42%). During this stage, eat "vegetable soups, steam-'fried' vegetables, and lots of salads, with liberal amounts of flax, hemp, avocado, and olive oils (added after any cooking)" (Young & Young, location 3596 of 8595, 42%).

The final phase allows you to "add one serving per meal ... not to exceed 20 percent of your diet ... of the following foods: starchy vegetables (peas, red potatoes, winter squash, sweet potato), legumes, and organic ... whole grains (millet, spelt, buckwheat, kamut, quinoa, brown rice, and wheat). And that's it. Your alkaline" (Young & Young, location 3261 of 8595, 42%).

When the budget permits, buy a tasty greens product like Naturelo Raw Greens Superfood Powder. But if you already flaunt a big budget, "try juicing cucumber, kale, broccoli, celery, lettuce, collards, okra, wheatgrass, barley grass, watercress, parsley, cabbage, spinach, and alfalfa sprouts—just about any other green vegetable that appeals to you" (Young & Young, location 3457 of 8595, 40%). One fellow cured himself of his fibromyalgia through a juice diet.*

Would you try the pH cure if you wound up stricken with cancer, "labeled soon to be dead with no hope" (location 159 of 8595, 2%)? Whether you would or not, you might try testing your urine and saliva pH levels to assess your current risk of disease.

* Always consult a physician before making any significant lifestyle changes for your health.

References

- Ashpari, Z. and Cirino, E. (August 29, 2018). Medically reviewed by Katherine Marengo LDN, RD. "Tips for Limiting Acidic Foods". *Healthline*. Retrieved January 27, 2019 from <https://www.healthline.com/health/acid-foods-to-avoid>.
- Young, R, MD & Young, S. (2015). *The pH Miracle for Cancer: Discover the Truth about the Cause, Prevention, Treatments, and Reversal of All Types of Cancer*. CA: Hikari Omni Media.



Fly on the Wall

In with a Grunt and Out with a Curly Tail

Jason Sullivan



Happy Chinese New Year and Welcome to the Year of The Pig

“This is a pig, oink oink.” A captivating childhood toy of mine involved pulling what looked like a teensy weedwhacker cord and being transported to a fleeting but mysterious sonic environment replete with either pig sounds, cow sounds, horse sounds or chicken sounds. The repetition of these noises was made possible by physical discs inscribed with braille-like patterns akin to those on an old-fashioned music box: state of the art for the 80s, and its dismemberment was quite instructional! Despite its pre-digital origins, the meaning of this barnyard chorus was, to my pint-sized mind, downright metaphysical at first. I didn't yet understand that the cycle of sound was programmed and predictable. As a toddler it was a mystery to me; I was like Forest Gump with his box of chocolates. Unlike Tom Hanks' illiterate character, who in our day could simply read the insert key to understand the contents in his box of bon bons, part of normal development and education involves dissolving mysteries into comprehension. Mire becomes explicable. Horoscopes, however, sometimes retain a certain enchanting aura. Observing the Lunar New Year on February 5th, and its specific iteration as Chinese New Year, provides a great chance to take stock of the meaning we impart to our life and its mysteries.

How we interpret life, and why, is a big part of what we find. 2019 is the Year of the Pig and this means different thing depending upon your source. My rural route mailbox received a London Drugs flyer claiming that The Pig “represents wealth and generosity” (London Drugs). Fair enough; but upon further enquiry it becomes clear that, far from being a mere symbol meant to populate parade floats, The Pig carries serious cultural connotations especially if this is *your year*. If your age is divisible by 12 in 2019 then this means you. Compare this with Dec 31st in Canada where we all mutually celebrate the departure of the old year and the entry of a new one, each of us equal before the passing of time and back at the starting gate of a fresh beginning, as it were.

In sharp contrast to a sense of the years passing as wizened arrows through the universe, Chinese cosmology sees years as passing in a great arcing circle through 12 astrological signs. Each person is born once and has a birthday but also is born into a certain animal sign; Chinese culture takes our birth year and subsequent predictions and prescriptions very seriously. (This contrasts with a certain tongue in cheek perspective towards Horoscopes here in Canada, often characterized by the knowing glaze followed by the tongue-in-cheek query: *what's your sign?*)

We may not all be The Pig but we are likely to all absorb each year's prescriptions because that's the key theme for the year. According to Newsweek magazine's Chinese sources, The Pig at first glance appears a likely candidate for anyone wishing to justify their sloth and indolence:

“Legend has it that long ago, the Jade Emperor decided the order of the zodiac animals based on the order in which they arrived at his party. The Pig came dead last, because he overslept” (Birkenbuel, online).

Shortly after this mild chuckle, denizens of the pig domain are informed in no uncertain terms of the need to be vigilant against unfortunate events in 2019:

“According to *Chinese Highlights*, Tai Sui insists a person landing in his/her zodiac year attracts bad luck. The purpose, per Chinese astrology, is for followers to pay special attention to their conduct every 12th year of their lives, during a birth year that matches their animal...“it's not going to be so great for people born in previous Pig years” (Tai Sui in Birkenbuel, online).

These are dire predictions and yet their function is clear: like a day planner containing aphorisms of enlightenment, the goal of the Chinese New Year serves to instill a deeper sense of mindfulness in our lives—with particular focus once every twelve years when our animal comes up. Really, though, we all get an indoctrination in what it'd be like to be The Pig because that's the focus of the year; no rifling through the listings to find one's sign required for the dispensation of wisdom for all.

Key to this cycle is the chance to revisit one's personal growth as we pass through our lives. As adult students we may receive email reminders of once-a-decade high school reunions; this is familiar as a rite of passage that leads us to take stock (whether attending or not) of our current life conditions. Likewise, every time we return to Athabasca for another course we, in a sense, go back to our origins as learners. We may experience trepidation as we prepare for what, at the most formal level at least, is the same thing over and over again. But each new course is a new journey, a new experience in itself, even as it contains many of the same elements. Recognizing this fact aids and abets our success. After all, who wants to reinvent the wheel if the purpose is to see some new scenery!

Really, though, treating every year like a special year is a great way to stay focused through the cycles of our studies. Just as pigs are more personable and intelligent than we might assume, Chinese astrology contains more than meets the eye. And even a cursory glance through history shows nothing if not the fact that Chinese civilization has been relatively stable and unified for thousands of years when compared, say, to Europe. Calendars existed everywhere and yet there are divergent ways of interpreting how and why the years transcend the seasons; if one aspect of human existence is drawn into question by comparing western New Year's with the Chinese lunar cycles it's the nature of time.

Does time flow in a line or a loop?

At a deep, literally cosmic, level, the repetitive return of life events, choices and possibilities is a timeless source of intrigue to our species. As students since our early years, and now at AU, we have probably developed a routine for learning that we return to regardless of course and context. The act of learning transcends the classroom if we truly take our knowledge with us into the outer world. Likewise, our methods of acquisition apply to each new thing we learn. As AU students we also have particular needs that transcend each particular course; these include the need for a safe study space free from pesky distractions, probably a tried and true way of organizing our materials, and a set pattern for outlining our essay assignments. And, when the time comes, we've learned how and where to schedule our exam invigilation. It's a tidy formula that'll work whether we take four or forty AU courses. And it's a formula based on mindful cycles rather than thrusting headlong into the unknown repeatedly. In this sense the certain returns embedded in the Chinese calendar are not so different from the cycles of academia.

Similarly, the learning outcomes for each course follow a certain narrative arc of their own. It's perhaps even akin to a sort of Biblical arc of the covenant, where a happy ending is promised if we cleave close to the assigned course readings and not stray too far into realms of personal soapbox opinion or excessive esoteric web-surfing. The point is to learn what we're being taught and, as my excellent Grade 7 teacher repeated over and over like a broken record or a damaged children's toy, "learning is about learning how to learn." Chinese astrology can be seen as a sustained effort to impart positive attributes to adherents so that they learn to live well. For instance, people born in the year of the Pig are said to be "good planners and organizers, work relentlessly to achieve their goals, and complete projects on time" (Astrology.com, online). Great skills for a distance student, to be sure!

Learning about The Pig's perseverance is a reminder that learning itself means being able to be there and pay attention to information as it's literally presented. Attention span and mindfulness are underrated skills that take honing and practice to maintain. Belief that one is imbued with faculties such as relentless hard work can only help the process. In this way, it wouldn't hurt to find our inner pig. With this in view, the Chinese zodiac asks us to receive a remedial dose of awareness and consider where we're at in our personal life cycle. As AU students this is a great idea because we are often isolated in our learning; as the aphorism goes, you can't tell if you're moving when you're below deck on a ship.

The process of taking a horoscope seriously may require a certain suspension of disbelief. After all, normally when we think of a lowly pig we do so in lowly terms. And the cyclic nature of astrology may seem antiquated to our post-secondary minds. Western-European culture conveys norms "with their emphasis on the finiteness and irreversibility of cosmic history...strongly opposed to the doctrine of eternal return" (Capek, 61). So if something happens with an eerie familiarity to something else we call it *deja vu* or a mere coincidence. This *time as a line* approach stems from religions including Judaism, Christianity and Islam, where in each instance the "history of the world is bounded by two unique and unrepeatable events: its beginning (the Creation) and end (the Last Judgement)" (Capek 61). For those of us preferring a scientific approach, it bears remembering that science germinated into this cultural context and embodied these core cultural assumptions whereby time went somewhere new and unknown rather than looped around to the same starting place with assured vigour.

This is the great value of AU: we are charting our own path through the stars of our dream, even as we learn to learn by applying principles characterized by their repeatable utility in many contexts. Next week we'll root deeper into the meaning of the year of the Pig and its consequence for contrasting worldviews of repetition and difference.

References

- Astrology.com. (2018). Pig. Astrology.com. Retrieved from <https://www.astrology.com/chinese-zodiac/pig>.
 Birkenbuel, R. (2018). When is the 2019 Chinese New Year? How to Celebrate the Year of The Pig. Newsweek Magazine. Retrieved from <https://www.newsweek.com/when-2019-chinese-new-year-when-celebrate-year-pig-1274370>.
 Capek, M. (1967). Eternal Recurrence. The Encyclopedia of Philosophy (Paul Edwards, Editor in Chief). New York: Macmillan Publishing Co., The Free Press.

Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.



The Creative Spark!

Craft Your Home into a Fantasy Getaway

Marie Well



Once I went to Hawaii and hiked through a rain forest. The air smelled like a chef's soufflé and the waterfalls and plant-life looked more alive than the tourists. I ducked under a tree that grew what looked like giant bananas. And I hula danced in a pond teeming with life.

What if we could decorate our office spaces to simulate that rain forest? "Look for inspiration everywhere—in the changing seasons, at an art exhibition, in children's drawings or your favorite movie" (McIntyre & Stevens, location 48 of 834, 6%).

My Grandma had a gorgeous house brimming with bold red colors and glass cabinets filled with ornaments. Grandma's home exterior was lined with red brick trim and a red brick gateway. On either side of the brick gate entrance perched two white lions. And Grandma often dressed in red, her appearance flawless. I love her dearly; so, I came to love red, too.

True to my passion for red, I once decorated my home in Chinese décor. I had a red and gold Chinese lantern

hanging from my ceiling, giant red hearts and red dragon calendars on my walls, and gold placemats on my dinner table. In a Buddhist store, I found a soft-orange colored lamp. Orange and red lights host health benefits as they simulate sunrise and sunset. Whether you love red or not, "choose your style, find your colors. Do not be afraid to seem boring or, on the contrary, too extravagant" (McIntyre & Stevens, location 48 of 834, 6%).

But I grew anxiety-riddled, so my home soon reflected my state of mind. Despite the chaos, a dear friend enjoyed time in my home, saying it was messy, but filled with love. Yet, "scattered things, chaotically arranged trinkets and photographs, unshaven shoes and a mess in the kitchen From household appliances, to ballpoint pens—everything should be in its place" (McIntyre & Stevens, location 91 of 834, 11%). (The day my shoes get a shave, I'll know I'm on the right track.)

I dream of turning my home into a Tibetan monastery: water fountains, giant amethyst rocks, relaxing Reiki-like music, dim lights. Weird? Well, some people harbor even more radical homes. Two artist friends painted their bathroom with caricatures of themselves. They love Comic Con and Manga. And their home reflected it. With graphite paint, "you can turn the walls of an apartment into a huge canvas on which you can draw, leave messages to your beloved and implement any ideas into life" (McIntyre & Stevens, location 160 of 834, 19%).

Another artist friend collected the world's priciest art pieces. He had Rembrandt, van Gogh, you name it, lining every horizontal inch of his walls. All originals. He also had the stunning life-size Vanity statue. When his maid broke the statue, she blamed it on me. She also got caught on video camera surveillance stealing his gold-trimmed ceramic pig, which she blamed on me, too. Twice in my life I've been wrongfully blamed for stealing ceramic pigs. If I ever decorate, it'll be with anything but oinkers.

In my mind, the most stunning home would boast a ceiling mural, like those found in famous European churches. I went to the Notre-Dame Basilica in Montreal, and the art looked stunning. I wonder if you can buy wallpaper in that style and hire someone to install it on your ceiling? I knew one woman who decorated her room with a giant cross. And when I had anxiety, I wore a crucifix around my neck. The crucifix and religious ceiling mural would surely act as fine conversation pieces. “Instead of the usual white ceiling, there will be a vault or some castle or mansion above your head. Such paintings visually stretch out any space; the main thing is that they fit the style of the room itself” (McIntyre & Stevens, location 177 of 834, 21%).

Buddhist walls with a Michelangelo ceiling and a tropical rainforest interior? That may not serve as your ideal, but it may inspire you to craft your home into a fantasy getaway.

Reference

McIntyre, Clara R. & Stevens, Rebeka S. (2017). *9 Useful Tips for Interior Design: Design and Interior Decoration*. E-Book.



Get a Haircut and Get a a Real Job Confessions of a Job Hopper

Tara Panrucker



I have a confession to make, something I'm somewhat ashamed to admit. My parents warned me early on to avoid quitting jobs because eventually no one would hire me. I did not heed their advice.

I did, however, wonder if something was terribly wrong with me, in addition to fearing that I was shooting myself in the foot by being irresponsible and not growing a big pension and RRSP. Sadly, the usual conventions of being a responsible, loyal employee were not in my DNA. Although I was a

dedicated worker and always gave my best, at some point, I felt there was somewhere else I needed to be. And so, I went.

Sometimes money comes from other opportunities. For me, I did okay investing in real estate. This was a long-term (for me) wait for my home equity to pay off. I eventually had a small chunk of change to live on while I pursued writing opportunities that I did not have the time or energy for while working other jobs.

'A few' of the jobs and careers I have known:

- Tourist counselor
- Chambermaid
- Gift business owner
- Cashier
- Clothes store retailer
- Typesetter

-
- Fashion merchandiser
 - Receptionist
 - Office administrator
 - Museum guide
 - Fire safety equipment territory manager
 - Administrative/personal assistant
 - Hair model
 - Published poet
 - Short story writer/commercials
 - Bill collector
 - Home renovator
 - Theatre volunteer
 - Landscape laborer
 - Mystery shopper
 - Paver representative/demonstrator
 - Alcoholic beverage sampler
 - Beer territory manager
 - Wine representative
 - Cigar representative
 - OTC pharmaceuticals representative
 - RedBull auditor
 - Price checker
 - Aerobics instructor
 - Merchandiser
 - Fundraiser
 - Furniture salesperson
 - Chocolate representative
 - Freelance Writer
 - Bookkeeper assistant
 - Packaged goods sales representative
 - Juice territory sales representative
 - Packer operator
 - Online surveys
 - Copy reader
 - Movie extra
 - Blog writer

When I examine my list, in addition to feeling slightly alarmed, I feel like I've lived a hundred lives. I had loads of enjoyable experiences (and certain crushingly boring weeks—'insert every reception job here') and met hundreds of interesting people. However, I also suffered a great deal of anxiety and stress that accompanied many of these jobs, and was required to work around someone else's rigid schedules.

When someone suggests you need to stop job-hopping and get serious about your future, consider the consequences. Do you have a safety net of savings to fall back on, or will you go into debt paying the rent? Convention says stick with a pay cheque and benefits. But maybe your health and relationships are suffering due to a stressful career. There are always options to consider once you look beyond your fears. I always managed to pay my rent in between work gigs, but eventually also had an understanding, and more responsible, spouse.

Job-hopping is not for everyone and certainly may prevent certain employers from hiring you. However, you also gain a wide array of skills, discover what you feel passionately about, and find what you won't compromise on.

Beyond that, trying on new careers is nothing to beat yourself up about, and doesn't mean you're a failure. Admittedly, I'm sure my own job-hopping reveals a deeply buried psychological wound that I'm not healing or facing, but I can't afford the therapy with my writing salary.

Hop on down that bunny trail—you never know where it may lead, but then, nothing in life is guaranteed, not even your pension.

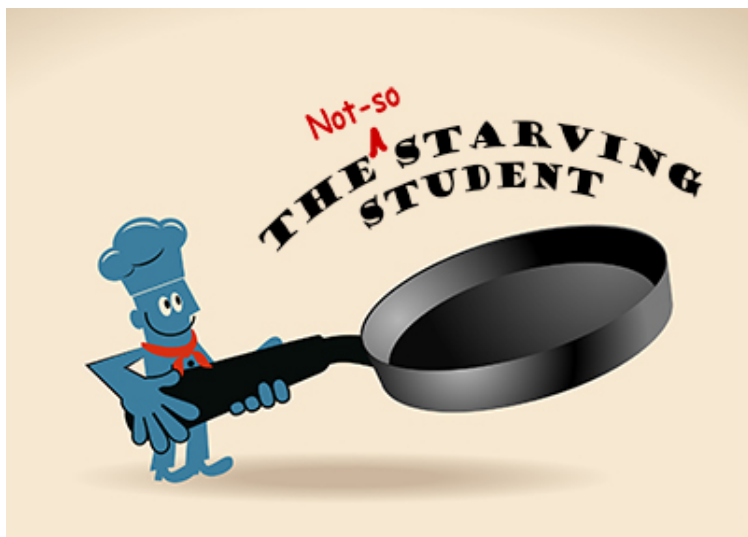
Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.



The Not-So Starving Student

Dim Sum 101

Xin Xu



Dim Sum is one of the most iconic Chinese food traditions, and has become a social necessity; not only in ethnic Asian culture, but also becoming a trendy way to brunch all across North America. Some dim-sum goers are less aware of the origins and history of dim sum, they are drawn by the complex flavors, the tapa-like variety of both warm and cold dishes. Dim Sum, directly translated as “snack”, refers to both the social activity and the dishes served in the cuisine. We use Dim Sum as both a verb and a noun. To help give you some context about this delectable treat and social activity, we have to go back to where Dim Sum started.

Guangzhou province, at the tip of the Chinese continent is where it originates. The Southern populations often enjoy the activity of “Yang Cha” directly translated as “to enjoy tea”. The hours of dim sum range from 10 am to 3 pm which spans the regular hours of brunch as we’re familiar with. After a growing popularity of hot and cold dishes served alongside tea, it became what we know today as Dim Sum.

After visiting Hong Kong for the first time in 2017, I observed Dim Sum to be a popular gathering event for seniors after their morning exercise routine. The elderly would gather at the local teahouse for Dim Sum which completes their morning exercise with fantastic food and company. The younger working population enjoy take out Dim Sum to feast in their offices. The small portions of Dim Sum gives allowance to the



customer to sample multiple flavors profiles and have fun with the variety.

What should I order? Popular favorites for beginners

Har Gao: One of the most popular dishes include this “glass dough shrimp dumpling”. The dough is challenging to make but has a phenomenal translucent texture that is beautiful to look at and delicious to eat. The shrimp mixture and glass dough are both steamed under high pressure to create this masterpiece.

Sticky rice: The sticky rice consist of pork, corn and flavorful sticky rice all wrapped in a massive lotus leaf. The lotus leaf is the key to achieving a rich flavor that leaves no grain of rice unflavored.



Har Gao: Bottom
left

Zhaliang: This delicacy consists of a Chinese long doughnut wrapped in a rice sheet is one of my all-time favorites at the Dim Sum scene.



Zhaliang: Top Right



Xiao-long-bao: Top

Portugese tarts: As the name suggests, these tarts originate from Portugal and was a delicacy brought to the people of Macau, China when colonialism was at its peak. While I have less of a sweet tooth than my peers, I find these tarts are the perfect mix of sugary and savory as they come fresh from the oven.

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



When Vengeance Means Doing the Right Thing

Wanda Waterman



In the 1982 western *Barbarosa* Willie Nelson plays an outlaw who refuses to allow his father-in-law's hostility to keep him from looking after his wife and daughter. As much as his wife's father

wishes to destroy him, or at least drive him away forever, Barbarosa sneaks in every now and then with stolen money for his wife. His father-in-law wants him to disappear, but this doesn't stop Barbarosa from fulfilling his moral obligations.

Vengeance Bad and Good

Yes, "vengeance" is a harsh word, standing for something that was supposed to have gone out with the Trojan War. We're not supposed to be vengeful; it accomplishes nothing and, as the westerns have taught us, vengeance perpetuates evil *ad infinitum*.

I'm here to propose a kinder, gentler form of vengeance, a kind of payback that's difficult but that could be a real boon to the world if more of us could put it into practice.

I'm talking about refusing to cave to someone else's moral weakness, ignorance, or folly. In this case, the refusal may be perceived as a slight when in fact it restores and maintains moral order instead of setting it further off-kilter.

Have you ever – ?

If you think you're immune to giving in to another person's weakness, ask yourself at least one the following questions:

- Have you ever allowed someone else's anger to keep you from your responsibilities as a human being? Did their anger help you deal with the guilt that followed?
- Have you ever allowed a child to destroy a peaceful dinner with loud complaints about what's on their plate? If so, you'll know that silencing the protest and insisting they not get dessert until the green beans are gone isn't cruel; it's a way to restore your peace and keep a bad habit from developing.
- Have you ever slept with someone you didn't like just because they seemed to want it so badly? If so, how did that work out for you?
- Have you ever helped a friend get into a relationship you knew would be toxic to them? How proud were you of yourself when it all went bad?
- Have you ever contributed to a cruel gossip fest just because it made you feel more like one of the gang?

The list goes on and on. The fact is, life grants us ample opportunities to stand firm in what we believe to be right, but most of the time we're just too discouraged, scared, needy, or tired to do the right thing.

Or we're confused. We've been conditioned, most of us, to be acquiescent, to put others first. If we need love from someone, and that someone *really, really* wants us to help them do something illegal, immoral, or foolish, we must do it. Giving in to them is how we show love, right? Uh, no.

There are times when we have no control over this process. Many of us, for example, have had painful experiences as children because of what adults demanded of us, and we must never blame ourselves for giving in when we had no power. But as adults we're more often free to choose what feels right for us, and exercising this right can correct the balance of harms inflicted on us in the past.

There's ultimately no reward for you in compromising your moral integrity, even on someone else's behalf, and the person who asks you to do so is letting you down in a big way. If you think back you may realise that they've let you down before. In any event, their demand that you take part in their moral weakness is a letdown *par excellence*. Your refusal to comply constitutes payback in full.

When You Give In, It's You That Suffers

On one trip from Vermont to Montreal I sensed trouble as soon as I got on the bus. An agitated woman dressed in jeans, a tank top, tattoos, and a cowboy hat stood in my way, loudly trying to persuade the bus driver to stop and let everyone out for a bit.

"Come on!" she repeated. "This is a great town!"

"Sorry, ma'am," the driver gently replied. "We're already running late."

Finally she saw me waiting to get by and snapped, "You can't sit there," pointing to the seat across from the driver. "That's where he keeps his stuff." Eventually she let me by, continuing to harass the driver. She went back to her seat but yelled orders at the driver from the back, becoming more belligerent as time went on.

It eventually became clear that the good-natured but inexperienced driver had allowed the woman to board the bus with no money and no ticket. She'd told him she would get the money *en route*, and he'd given in.

He was finally saved at the station near the Canadian border. The Quebecois agent came out and told our driver, "She wants to get into Canada with no money, no passport, and no identification. We're not letting her back on the bus."

The driver sighed with relief.

"When you let someone like that onto your bus," the agent pointed out, "you're the one who suffers."

Refuse Gently and Make a Quick Getaway

When you're faced with this dilemma the best solution is a patient, firm, "no" and a hasty retreat. Get away as soon as you can, because you have no idea what weapons they're ready to pull out to get you to see it their way.

If they do reject you, don't waste a second questioning yourself and feeling guilty. They let you down, not the other way around. Sacrificing yourself on the altar of someone else's moral failure isn't noble; it's a way of breaking off a little piece of their weakness and making it your own.

The next time someone wants something from you that doesn't feel right, stop and reflect. If you conclude that doing what they ask would help neither you, them, or anyone else, gently excuse yourself and be on your way. Then pat yourself on the back.

You'll have won that gunfight, pilgrim.

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





Dear
Barb

Barbara Godin

'Tis the Season

Dear Barb:

Christmas is over and the Christmas bills are starting to roll in. I didn't realize I had spent so much money, even though I was trying to control my spending this year. It's so frustrating. Although I had a great Christmas, the feeling is being spoiled by all these bills. I would like to find a way to avoid this from happening next year. I know it's early to start thinking about next Christmas, but I don't want to leave it to the last minute again. I know I should save money ahead, but I can't seem to accomplish that. Do you have any suggestions of how I could save some money for Christmas without affecting my day to day living, as I do not have a lot of extra money?

Thanks, Jenna.

Hi Jenna:

I'm sure there are a lot of people feeling like you are right now. We all get caught up in the Christmas spirit and end up spending more than we should. The malls are filled with beautiful things that we know our loved ones would really like and the stores make it so simple to make purchases. Also, credit is so easy to get, and most offer some sort of plan to defer payments. The "buy now and pay later" philosophy is way too appealing for most of us. We all think the money will somehow materialize when the payment becomes due. Unfortunately, if that does not happen, we end up with debt and monthly payments along with exorbitant interest charges. Plus, many cards have a

yearly fee beginning around \$20 and upwards of \$100. However, you can shop around and find many credit cards with no annual fees and even some where you can earn points which add up over the year, providing you with a nice little rebate cheque which you can use for Christmas shopping.

There is no way around it, if you don't want to go in debt for Christmas; you have to begin budgeting now. Start by deciding who you are going to buy for and what type of gift they would like. Make a list and beside each name write down how much you want to spend on that person. Throughout the year watch for sales of these items and when possible purchase the items at the sale price. Be sure that you can pay for each item when you buy it, or if you put it on your credit card make sure you pay the balance off at the end of the month. Keep track of how much you are spending on each person and if you are spending less than you budgeted, apply the extra to someone else's gift, or save it for Christmas incidents like wrapping paper or cards.

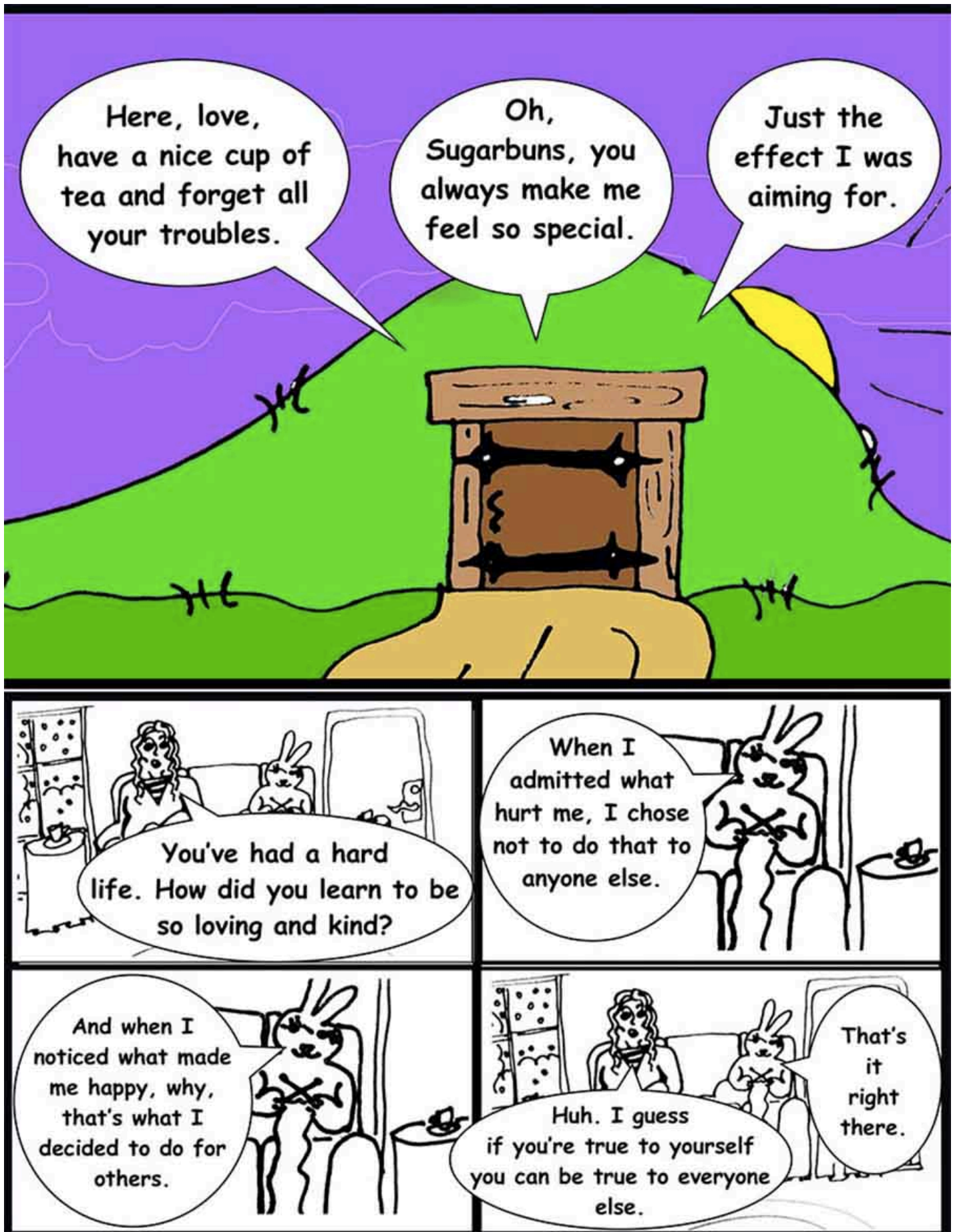
Good luck Jenna, hope this is helpful.

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.



Poet Maeve
Be True to Yourself

Wanda Waterman





AUSU
ATHABASCA UNIVERSITY
STUDENTS' UNION

This space is provided by AUSU. The Voice does not create or edit this content. Contact services@ausu.org with any questions.

IMPORTANT DATES

- **Feb 6:** [FaceBook Live interview with AU President](#)
- **Feb 10:** [Deadline to register in a course starting Mar 1](#)
- **Feb 15:** [March degree requirements deadline](#)
- **Feb 19:** [AUSU Council Meeting](#)
- **Feb 28:** [Deadline to apply for course extension for Apr](#)
- **Mar 10:** [Deadline to register in a course starting Apr 1](#)
- **Mar 14:** [AUSU Council Meeting](#)

#StudentsLetsAct National Campaign for Student Mental Health Support

AUSU is proud to be a member of the Canadian Alliance of Students' Associations (CASA) as they kick off a national #StudentsLetsAct advocacy campaign, underlining the urgent need for action on student mental health. At a time where attention to and discussion around mental health is high, students across the country are channelling this energy into tangible action to help support those struggling.

Want to get involved? Sign your name on a letter to Parliament petitioning for mental health support [here](#).

CASA thinks the federal government can play an important role in helping students struggling with debilitating mental health issues. For instance, CASA wants to see the government expand the Canada Student Grant for Students with Permanent Disabilities to also support those with temporary conditions, given the episodic nature of many mental health issues. Students also think this grant should be increased by 50%, as the other Canada Student Grants were in Budget 2016.

Providing more federal funding targeted at mental health initiatives and supports on Canadian campuses would also help immensely, seeing as most university services are severely overburdened and underfunded. The federal government is also well-placed to take the lead on collecting data on student mental health, which informs practices and policies all over the country.*

**Canadian Alliance of Students Associations. Students Launch Campaign Demanding Government Action on Mental Health. January 30, 2019. <https://www.casa-acae.com>*

AUSU joins 75+ Student Unions in challenge to OSAP and SU Funding

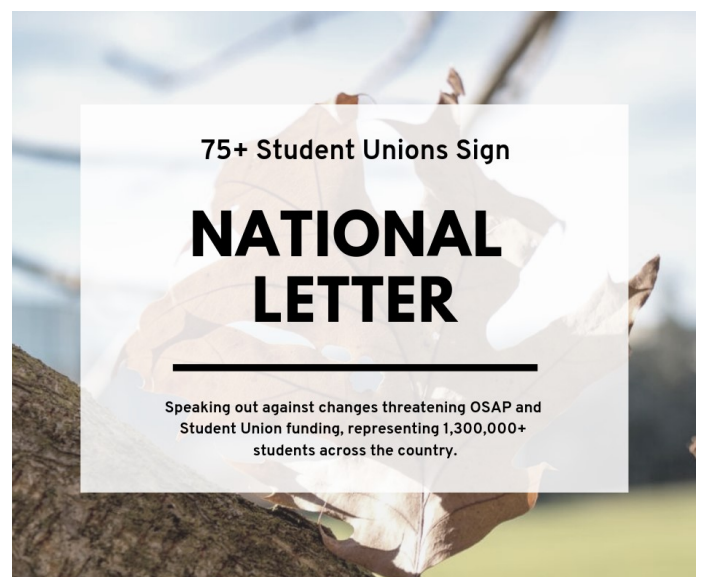
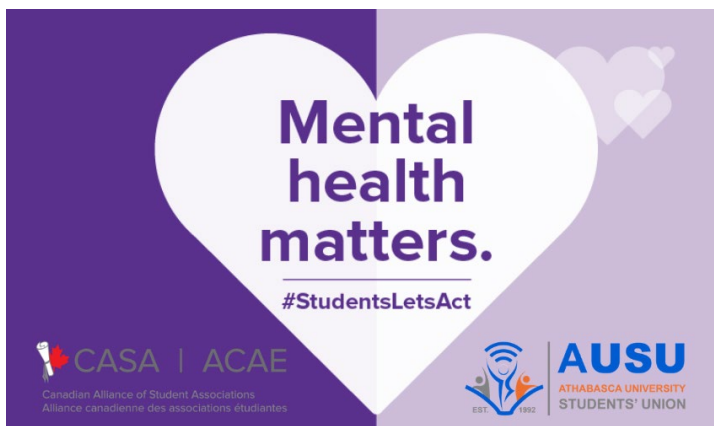
Student Unions from across Canada, representing over 1,300,000 students, have joined together address changes to students funding in Ontario. AUSU is proud to have joined in the advocacy efforts, as the changes effect thousands of Athabasca University students.

You can read the joint letter the student unions are sending to the Ontario Government online [here](#).

For a bit of background, the Ontario Government recently announced changes that will have serious impact for Ontario students. Along with the announcement of a 10% tuition fee reduction, the province has also cut grants for low-income students and lowered the income threshold to qualify for loans, eliminated the 6-month grace period on loans, cut post-secondary institution funding, and made many fees optional.

By making what the government considers to be "non-essential" student service fees optional, the services available to post-secondary students will dramatically decrease.

AUSU stands with all affected students to oppose reductions to students funding and the potential cut to fees that threaten student advocacy and important student services.



CLASSIFIEDS

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

THE VOICE

301 Energy Square - 10109 - 106 St NW - Edmonton AB - T5J 3L7
Ph: 855.497.7003

Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Barb Godin, Scott Jacobsen, Carla Knipe, Barbara Lehtiniemi,
Tara Panrucker, Deanne Roney, Wanda Waterman, Xin Xu

www.voicemagazine.org

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

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

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2019 by *The Voice Magazine*

ISSN 2561-3634