



THE VOICE

Vol 28 Issue 25 2020-06-19

National Indigenous Peoples Day Why Communication is Essential

A Mom's Life & Rebirth The Pageantry of Leaving Education Behind

Separation of Art from Artist A Second Look by Society

*Plus:
If Everyday Life Was Easy
Performance Enhanced Learning
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

Burgeoning New Voices!

Karl Low



Summer has come, and, at least in Calgary, it's brought with it a bunch of new writers to *The Voice Magazine*. New writers are always exciting for me, even though they mean more work at first, but bringing in those new perspectives, and helping writers grow their abilities as they help to grow *The Voice Magazine* is one of the most rewarding things about this job.

So last week, we brought you Adrienne Braithwaite's first article on the uniting power of music, and this week, she follows it up with a look at National Indigenous Peoples day, that falls on June 21, 2020, the same day as Father's Day for those paying attention. I'll be honest, I had absolutely no clue about National Indigenous Peoples day, or #NIPDCanada as the government of Canada is labelling it for sharing on twitter, but in our current climate of self-reflection about our prejudices, it couldn't come at a better time. So this Saturday, take a moment or two, maybe with your dad, to check out some of the [events](#) being held for it.

Along the same lines, we also have an article by a writer who only recently came on board, where she looks at some of the debates around the new movement to bring down art that celebrates people who were often promoting things that are now strongly opposed by most in society. Should history be pulled down? Or are there more appropriate places for our history to be displayed and remembered than in the middle of every day activities? Does where it is make a real difference? These are some of the questions Natalia Iwanek briefly looks at in her article on separating the art from the artist.

However, those aren't the only newer writers, as this week, we've got three brand new student writers making their debut. Two of them, Julia Day and Antonio Messam, have opened up with their very different experiences of what it means coming to AU, giving us a good read as they introduce themselves. Meanwhile the third, Alek Golijanin (who was already featured in one of our [Minds We Meet columns](#)) has jumped straight into some of the research and thinking that's going on at AU about new learning styles and innovations.

But seeing these three brings up another thing that I'm continually amazed at by new writers for *The Voice Magazine*. That's the vast range of experiences that AU brings together. From a Miss Universe contestant to a management consultant who was once himself homeless, you simply can't predict who the students of AU, or the writers of *The Voice Magazine* will be, other than those who are passionate about their own education and development. And I don't think we could be among a better bunch of people.

Of course we also have our usual selection of goodies, whether it's making a great recipe, finding AU related events, a little known scholarship, advice to get started on your great entrepreneurship business, or just a different way of looking at a common household appliance.

Enjoy the read!

A handwritten signature in black ink, reading 'Karl'.



National Indigenous People's Day – June 21, 2020 **Why Communication is Essential to Fostering Diversity**

Adrienne Braithwaite

In a recent press interview, Prime Minister Justin Trudeau spoke about an “unconscious bias” impacting all Canadians. Now, more than ever, our cultural perspectives and unique identities are being called into question, especially in political and corporate sectors.

Our increasingly globalized economy demands sameness, which is in direct opposition to natural human culture. In our daily lives we embrace our cultural heritages, our family histories, and our preferences for our living arrangements. The corporate world, however, demands we leave these parts of our identities at the door. How can we embrace our cultural identities while trying to further our careers and professional standing?

AU Press recently shared a new (and free) book by Kyle Conway, titled *The Art of Communication in a Polarized World*. In his book Conway “confronts the communication challenges of our modern world” by trying to open the conversation about diversity in both the public and private spheres. Not only can embracing diversity allow us to express our identities in all facets of our lives, but Conway suggests that it can be used as a tool to influence new and more efficient ways of doing business.

Athabasca University's online educational environment provides the perfect platform for connecting students from all cultural backgrounds and engaging in the conversation about diversity. Students have opportunities to broaden and consider multiple perspectives with discussion forums and courses designed to prompt critical thinking about diversity. Educational institutions are an ideal setting to initiate dialogue about diversity and foster empathetic, more understanding citizens for Canada's future. AU's online learning creates safe space for asking hard questions and listening to the opinions of others.

One of my favourite philosophers, Paulo Freire, encourages students to use words to transform the world around them (2012). He believes communication is a means of liberating the oppressed and how beginning the conversation in the educational sphere is the first step to breaking down social and cultural boundaries (Freire 2012). Without first understanding and having empathy for one another, even the most honest actions can be misplaced and ineffective.

In Alberta, the Teaching Quality Standards ensure teachers provide an educational atmosphere that promotes diversity and respect for all students. National Indigenous Peoples day on June 21, 2020, provides an excellent opportunity to celebrate diversity and cultural expression in Canada. As undergraduate and graduate students at AU, our respect and appreciation for cultural diversity will continue with us in our careers. By communicating to employers the need for eliminating bias as well as the value of embracing inclusion, we are leading the way for innovation and more positive work environments.

AU's Centre for Interdisciplinary Studies offers a variety of undergraduate areas of study which challenge students to think critically about social and ethical concerns impacting Canadians. This June 21, I challenge AU students to consider what their role is in showing solidarity and respect for the First Nations, Inuit, and Métis people. Together we can change the way Canadians embrace diversity, eliminate discrimination, and respect cultural expression.

More information about Canada's National Indigenous Peoples Day can be found on the [Government of Canada web site](#). If you want to explore Indigenous related literature, CBC offers [a list of books](#) written by First Nations, Métis and Inuit authors.

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Adrienne Braithwaite is completing her After-Degree in Secondary Education at AU. She has a passion for literacy and cultural studies and hopes to pass on her enthusiasm to secondary students in the future.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Tommy Douglas Scholarship

Sponsored by: NUPGE

Deadline: July 6, 2020

Potential payout: \$2500

Eligibility restriction: Applicants must be children/grandchildren or foster children/grandchildren of members or retirees of the National Union's Component unions or its affiliates, and be planning to enter the first year of a Canadian public post-secondary educational institution full-time in 2020.

What's required: A completed application form, along with a 750-100 word essay on how Tommy Douglas's life contributed to making Canada a more just and equitable society.

Tips: Check out the other [scholarships](#) NUPGE offers.

Where to get info: nupge.ca/content/national-unions-scholarship-program-2020



Reimagining Historical Narratives Separating Art from Artist

Natalia Iwanek



Recent attempts to redress historical societal injustices through grassroots social movements and convictions of high profile individuals reveal a move toward the creation of a more inclusive society; one in which the lives of those historically silenced are now being increasingly heard. The attempts to rewrite often inaccurate and offensive narratives that surround many communities have led to heated discussions about the separation of works of art from the life and behaviour of individual artists.

One recent example of these social movements is #MeToo. Created by Tarana Burke through her work with women of colour, 2017's prolific #MeToo movement came into worldwide prominence after the hashtag went viral on Twitter in response to the initial Harvey Weinstein allegations. It evolved into a

worldwide movement in which women began to hold men, especially those in positions of power, accountable for sexual assault.

In addition, movements, such as Alicia Garza, Patrisse Cullors, and Opal Tometi's #BlackLivesMatter began as a way to address the US's police brutality of Black Americans after the death of Trayvon Martin. The movement gained traction with each subsequent killing: Michael Brown, Philando Castile, Tamir, Rice, Botham Jean, Eric Garner, and many others. Most recently, the movement has come into prominence once more with the killing of George Floyd, along with Breonna Taylor and Tony McDade.

In a similar vein, Canada's Missing and Murdered Indigenous Women and Girls (MMIWG) Report began as an inquiry into Canada's historical and present human rights violations and abuses. The report deemed the events as a genocide, revealing continued violence affecting Indigenous women, girls, and LGBTQ+, and 2-Spirit people. Inspired by the Black Lives Matter protests, increasingly, Canadians have begun speaking out against police brutality against BIPOC populations in our own country, including the recent fatal police shooting of Chantel Moore of Tla-o-qui-aht First Nation, as well as the current investigation regarding police involvement in the falling death of Toronto's Regis Korchiski-Paquet.

This increasing visibility and demands for rights among the connected BIPOC, queer, and disabled communities have led to reflection on the art that society consumes and holds in high esteem. In many instances, many of these very communities have been dehumanized in these works or brutalized by the artists themselves.

Recently, increasing conversations about the ethics of separating art from the artist have occurred. Should art have value in its own right? Should we interpret art solely in academic terms, despite the artist's past? Are we implicitly condoning reprehensible behaviour by supporting and purchasing the work?

Despite increased attempts to Indigenize education Canada-wide, curricula in post-secondary institutions, including AU, continue to include the work of Canadian poets such as Duncan

Campbell Scott, who detailed the experiences of Indigenous women in poems such as “The Forsaken” and “The Onondaga Madonna.” Scott was an administrator of the residential school system, with a stated goal “to get rid of the Indian problem.” Other examples include the recent incident at the University of Regina, where George Elliot Clarke was to read the poetry of the convicted killer of Pamela George.

The literary world is filled with other examples of beloved authors with sordid backgrounds, including Beat generation writer William S. Burroughs, who shot and killed fellow writer and wife Joan Vollmer, mixed views about Ernest Hemingway’s sexism, and Rudyard Kipling’s blatant racism. Similarly, in the art world, increased attention has been given to the well-known misogyny of Pablo Picasso, who considered “women ... machines for suffering”, as he began a relationship with seventeen-year old Marie-Thérèse Walter, or how Minimalist Carl Andre was tried, but ultimately acquitted, in the death of fellow artist and wife Ana Mendieta. In the music industry, recent examples include the cases of Dr. Luke, R. Kelley, and Chris Brown, while the film industry is also not immune, with the problematic backgrounds of Woody Allen and Roman Polanski.

Addressing this separation of art from the artist in the Netflix special *Nanette*, comic Hannah Gadsby states, “Donald Trump, Pablo Picasso, Harvey Weinstein, Bill Cosby, Woody Allen, Roman Polanski. These men are not exceptions. They are the rule. And they’re not individuals; they are our stories. And the moral of our story is: We don’t give a shit, we don’t give a fuck, about women or children. We only care about a man’s reputation ... These men control our stories” (Gadsby).

This discussion regarding separation of art from artist has also recently been applied to historical figures and their monuments. Examples include the 2018 removal of John A Macdonald’s statue from Victoria City Hall in the spirit of reconciliation. As Canada’s first prime minister, Macdonald played a role in establishing the residential school system and overseeing the 1867 Indian Act, which allowed the government to control all aspects of Indigenous lives.

Canada-wide, many statues of those instrumental in the oppression of Indigenous populations have been taken down, often replaced with plaques explaining the removal, as well as the renaming of buildings. Examples include the statue of Halifax founder Edward Cornwallis as a result of his atrocities against the Mi’kmaq population, as well as Ottawa’s Langevin Block and Calgary’s Langevin Bridge, named after Hector-Louis Langevin, proponent of the residential school system. In Ontario, there has been a push to rename Toronto’s Ryerson University and remove a statue of Egerton Ryerson, also believed to have been instrumental in shaping the residential school system.

In the United States, Confederate statues and plaques glorifying the Civil War and serving as a reminder of slavery are also being taken down. One proposed removal, namely that of the Confederate General Robert E. Lee statue in Charlottesville, Virginia, evolved into clashes. While defenders decry erasure of their history, critics, such as historian Eric Foner believe that “These statues actually don’t have a lot to do with the Civil War ... They were put up mostly to be part of the legitimacy of white supremacy, of the Jim Crow system in the South, long after slavery.” Most recently, during the Black Lives Matter protests, increasing numbers of Confederate-era statues have been toppled as well, with others being removed by the cities themselves.

In Europe change has also begun. In Brussels, Antwerp, and Ghent, Belgium, statues commemorating King Leopold II have come down. To many, Leopold represents Belgium’s colonial past, best known for his brutality and atrocities in the Congo Free State, the present-day Democratic Republic of the Congo. Ten million Congolese are estimated to have died, although

no official numbers exist. In Ghent, however, the mayor has stated that the statue will be restored and possibly placed back.

A similar movement was also seen after the fall of the USSR, as many countries tore down reminders of the past, including statues of Joseph Stalin and Vladimir Lenin. Many of these remnants have been destroyed, but some pieces of the past continue to exist in museums, in places such as Gori, Georgia's memorial Joseph Stalin Museum. More recently, countries such as the Ukraine have introduced "decommunization laws," which outlawed communist symbols, and resulted in the removal of monuments and the renaming of villages and streets.

Some critics voice concern regarding the erasure of history, suggesting rewriting memorials to include information about those affected. Some historians, such as Jack Granatstein, believe that these sites should remain, with contextual information to help the public understand and learn from the past. Others, like Donna Gabaccia, a history professor at the University of Toronto, stated in a CBC interview, "I see museums as important mediators of cultural controversies, where many voices can be and must be heard if the controversies are to be resolved." The placement of statues in museums would give people a chance to understand them in proper context. Finally, historians such as Forner are in favour of erecting statues to truly represent the true representative picture of society, including Black Americans in the South, which can be applied to the Indigenous of both countries as well.

Art institutions are taking a similar approach, continuing to exhibit various works; in the case of Britain's Ditchling Museum, for example, displaying the work of a known abuser, while also providing advice from sexual abuse survivor charities. Proponents believe that simply because society can separate artist from art, does not mean they should. Instead, it is ultimately up to institutions and curators, critics and the public to make art more inclusive.

These various viewpoints inevitably lead to the topic of cancel culture, the act of boycotting those whose words or actions are offensive. While many of the artists in question are deceased, many remain in the public eye. Some believe "cancelling" is the only way to publicly hold individuals accountable for their actions, but others believe that it prevents dialogue from occurring and prevents offenders from learning from their mistakes. Suggested alternatives include calling in, which according to sex educator and speaker Karen B.K. Chan includes accountability and fostering change while remaining connected to the individual and building community.

No matter one's stance, it would be impossible to ignore present day calls to create new narratives, ones in which those historically othered, underrepresented, and dehumanized tell their own stories. Now, more than ever, it is imperative to recognize conflicted histories, increase visibility, and learn from the perspective of those often silenced.

A final note from Hannah Gadsby reminds us of the power of stories, "I want my story heard because, ironically, I believe that Picasso was right. I believe we could paint a better world, if we learned how to see it from all perspectives, as many perspectives as we possibly could. Because diversity is strength. Difference is a teacher. Fear difference, and you learn nothing. Picasso's mistake was his arrogance. He assumed that he could represent all of the perspectives. And our mistake was to invalidate the perspective of the seventeen year-old girl because we believed her potential was never going to equal his" (Gadsby).

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Natalia Iwanek is currently completing her Bachelor of Arts in English at Athabasca University and is also a freelance editor and writer. She can be contacted at <https://www.nataliaiwanekediting.com>.



A Mom's Life and Rebirth

Julie Day



I awake with a start, groaning inwardly. The slow, melodic alarm gradually increases its pitch and intensity. I check my phone. 5:00 A.M. I can almost feel the icy wind as I curl my toes deeply into the warmth of my bed. Then, that voice inside me reverberates and I propel myself quickly out of bed, feet tapping the cold floor. This draws an annoyed grunt from the other side of the bed. I smile as I pull on my exercise clothing for my 5:30 class.

Some might call it a mid-life crisis. I only know that something inside me shifted. At my 40th birthday party in August, surrounded by the most beloved people in my life, my sister-in-law asked me a question. “How do you want to look back on your 40th year? What do you want to be able to say about it?”

I thought briefly. My eyes got blurry and I nodded slightly, whispering “I survived”.

Twenty years earlier, as a student at the University of Calgary, I sat in MacEwan hall, flipping through the Calgary Sun. I was chatting idly with a group of

friends who made the transition from high school to the sprawling grounds of higher learning. We pontificated our spiritual and political views, broaching subjects that we dare not. Youthful bliss. My eyes landed on a bit of sparkle in the midst of the drab editorials. An application for Miss Calgary. “Look at this,” I pointed. Lazily, my finger lolled over the pretty, smiling photo of Miss Calgary 1997. I rolled my eyes, laughing.

“Oooohhh, Julie, yes! You HAVE to!”

I blanched, “Ah yeah, no, don’t think so. Not for me.”

“Come on” my friends chanted at me. “You gotta do it, I’ll be fun. This is totally you!” I looked down at my MEC sweatpants skeptically.

“I *dare* you,” Jenny taunted at me, eliciting bored looks from our fellow students.

“You dare me?” I replied.

Four weeks later, a stunningly poor performance. Teetering precariously on a set of high heels that were recently wedged in the stage during the “graceful” evening gown competition, a recycled tiara of fake rhinestones was placed atop my head, and a sash flung with flourish across my shoulder. Thus began an adventure that took my life in a whole new direction, including the derailing of my academic life. The trajectory of my life took a complete 180.

The year 1998 was a whirlwind. I automatically went to the national competition and there I won the Canadian crown. From there, I went to Miss Universe, travelled the world, dropped out of school, met Donald Trump, got engaged, shot a pilot in LA, wrote a weekly column for the

Calgary Herald, and had the adventure that an 18-year-old could never fathom. I was eons away from that fateful newspaper ad pointed out a scant 8 months prior.

Only three years later I stood staring doubtfully at the grey minivan. Twenty-one is too young to drive a minivan. My sundress accentuated a belly too big for such a young girl; a responsibility too big—a life moving too fast.

I carried a beautiful daughter, whom I conveyed with great delight in a vehicle “too old for a 21-year-old”. Yet, I was happy, eager to be a “great mom.” Full of the hope of what life would bring. Four more minivans followed, and three more sons. And the life that I once envisioned as a high-powered corporate lawyer, or TV anchorwoman, or a print journalist quickly faded into the rear-view. All replaced with sticky fingerprints on my sliding van door. And yet, for all those years gone by, I couldn’t regret one, because now those kids are getting big. That beautiful baby girl is now a beautiful college-girl making her own mark in life.

My husband never felt the need for me to complete my degree. He had a good, stable job. Our kids were busy and needing all the attention I could give. There was “no time.” I agreed with this; I thought it was best at the time. Yet, as I looked at my daughter and the years she had ahead to plot her own course, I couldn’t help but remember my long-suppressed dreams—the ones buried under those soggy Cheerios and half-eaten suckers stuck to that grey matted carpet in the mini-van my husband insisted was the “practical choice”.

When one lives a certain number of years on this earth, they can get lulled. Lulled into a predictable life. Joining the streams of faithful parents in the carpool lines, the Fieldtrip Moms, the classroom helpers. It’s good. These are good things. I acknowledge that many moms would be thrilled to have the time and space to do these things. However, I always felt like a fish out of water.

I think some saw me as standoffish. The truth was that I was shy, and sure that at any moment someone would see past my façade and point accusingly, “She doesn’t belong here! She doesn’t even *like* the park!”

The truth is, my head was always in the business side of life. I loved the accomplishment of completing a job, learning new things, pouring my mind into business conundrums, and finding solutions. Perhaps it was my feast or famine upbringing by a serial entrepreneur (that man is my hero). Often my husband would smile amusedly while I cornered the business owners for whom he worked: dominating their conversation at those fundraising dinners, curious and trying to learn everything about their businesses, asking endless questions until the salads were long past and the chicken was growing cold on my plate. Entrepreneurs are still my very favorite people.

Like a perfect storm, the desires I had long hidden under my longing to be a “good mom” slowly cycled to the surface. I was offered my dream job. I realized that, although I could perform reasonably well, my drive to perform better and aspire to greater things left me grasping for more. That’s when I found Athabasca.

It wasn’t long before I clicked the “confirm payment” button. But it was my secret. I don’t know if I was embarrassed, self-conscious, worried that I would fail, or that my brain had died from disuse. No one knew about me going back to school until my first visit to my daughter’s college in Vancouver. “I got my first test back,” I told her shyly.

“Mom” she exclaimed, “that’s so awesome!”

My heart squeezed within me. This child—now young woman—so worth the sacrifice of putting that aspect of my life on hold, she saw the value in what I was doing.

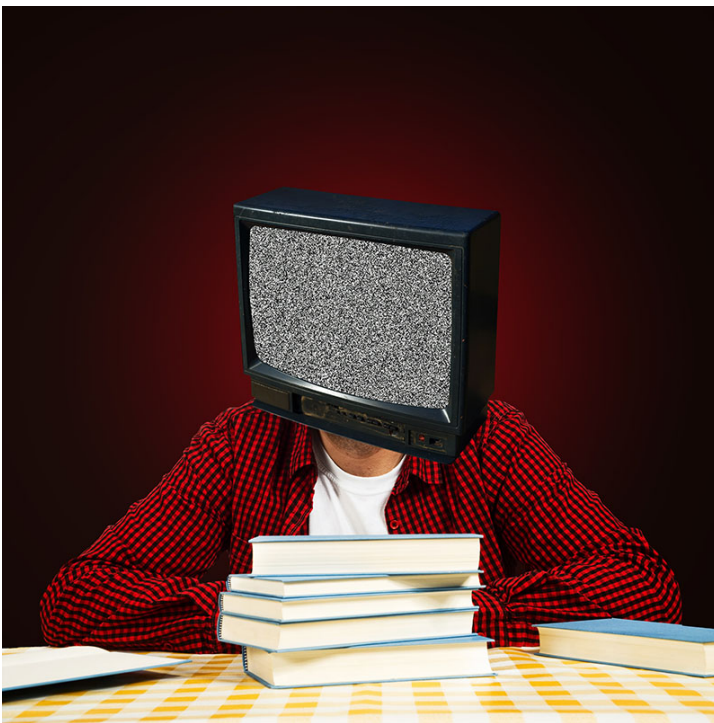
But now the house is still quiet when I return home at 6:45am. A few minutes to pray before I wake my kids for the day ahead. Once they are at school, my schooling begins. With school, work, and growing kids, my life is full. There aren't enough hours in the day, so I've started waking up earlier to accomplish everything. Thinking back to the question my sister-in-law asked at my 40th birthday earlier this year, I am struck by how different my answer would be now. "What would I say about my 40th year?" Opportunity. Determination. Rebirth. It's all happening, and I am grateful beyond words.

Julie Day is discovering the second half of life, through fresh eyes. Writing is her magnifying glass.



If Everyday Was Easy My Life Would Be Poor

Antonio Messam



It is morning, oh my gosh, it is morning. Please go away, come again when I feel like it. Why did this bright sun wake me up? My eyes are closed, and I can still feel the pressure on my skin

Today is a school day. Well, every day is a school day when your classes are online. Why am I complaining? My grades are doing well, I can repeat my quiz, but my laptop is too far away. It's not in arm's reach. It's only across the bedroom, but, still, I don't want to go to school. I'd have to get up from this bed, make coffee, find the right underwear to wear in my semi-comfortable chair. Maybe I should order a better chair from amazon? Ordering online has become the new COVID-19 fashion.

Here I go again, creating excuses. Is it an excuse if I can convince myself? Or am I being reasonable because I am using my intellect to

coerce the strands of my brain, into the understanding that the philosophy of debate is between an audience and not myself? Which means I have already won.

Maybe I should watch the next Netflix episode of *13 Reasons Why*. Forget it; my classmates have already spoiled the ending. Part of me is glad that they spoiled it. Four seasons later you took something good and changed the story into—damn, I tricked myself again. I'm stalling again. I should go to school.

I refuse to wear my underwear and I will not brush my teeth; take that mom and dad. Isn't this why I decided to take online schooling? The freedom to control my own hours and take washroom breaks, without the class judging me for going to the washroom three times in one hour. Do they not understand that sometimes I just want to stretch my legs?

Being independent is hard.

If only there was a way for me to express my thoughts; an outlet. Most influencers use *YouTube* or *Snapchat* to express themselves, I have a few favourites that I enjoy and follow. I don't want to

be in front of the camera, that requires me to wear appropriate clothing. I want to feel the words flow from my mind, to my hands. I got it. I will start a Fight Club.

Oh, an email. *The Voice Magazine* is looking for a new writer. I have an idea; I will write for the magazine to strengthen my hands before I start my bare-knuckle fight club. I love it; I will start right away. Can my fingers grow callused from typing? I will *Google* it.

Antonio Messam is currently completing his Bachelor of Management at Athabasca University and is a full time Management Consultant for multiple companies. He can be contacted at antonio@axmmc.com



The Creative Spark

Can a Villain be a Good Guy?

Marie Well



The answer to the title is, yes, a villain could be a good guy. But in what sense? Good people can become evil. And villains can have good sides, even beautiful sides, especially at first. But how?

Here is what fiction-writing expert Rayne Hall says about the making of a villain:

Villains transcend boundaries.

We humans do noble acts for good causes, but might gradually do not-so-noble acts for the same cause, until we transcend into the lot of evil.

Consider the teen who gets befriended by a tough older girl. When the older girl gets the innocent teen to smoke, a boundary has been transcended. And then the older girl gets the teen to try drugs. Soon, the girl is committing petty crimes to fund her newfound addiction. It's like a

water current pulling the teen further into a toxic world. Rayne Hall says, "The villain who gradually transcends boundaries is chilling for the reader, perfect for thrillers" (28%).

Villains may have clear goals and motivations.

Rayne Hall says, "A villain who is evil for evil's sake is boring, and the readers will forget him as soon as they've finished the book. To give your story excitement and make your villain memorable, give him a clear goal and strong motivation. The goal is what the villain wants. The motivation is why he wants it. The means is how he goes about getting it. Make the goal as clear as possible, and the motivation as strong as possible" (23%).

What are examples of goals and motivations?

A goal of a villain could be to win the heart of a billionaire. The motivation may be to raise her kids out of poverty and bring them a life of opportunity.

Or a goal of a villain may be to win the Olympics. The motivation may be to prove to his dying mother that she raised him well.

Or a goal of a villain could be to become CEO of his company. The motivation may be to invest in his elderly father's failing cattle farm.

These goals and motivations sound mostly heroic, don't they? But the villain transcends boundaries further and further to make the goals happen.

Yes, villains may start off wholesome.

According to Rayne Hall, "The villain may have started out with a noble goal, a noble motivation, and even noble means – and gradually become evil" (27%).

The villain could've started as a hero who made bad choices—perhaps all done for an underlying good cause. Perhaps the villain started out as a hero who went to a casino for charity to help raise funds for his dying wife. Caught up in severe debt due to his wife's condition, he decides to continue gambling to keep his household afloat. After a few gambling wins, he increases his bets to pay his mortgage. He gets approached by a loan shark, borrows a large sum, but loses every penny. The loan shark threatens to harm his family if he doesn't pay up. To pay up, he steals money from a convenience store, but the police catch up with him. Now imprisoned, he gets protection from a fellow prisoner who turns out to be a recruiter for the mafia. When the hero's released from prison, he tries to start anew. But the mafia gives him his first "assignment"—to commit murder. He has gone from hero to villain—due to bad choices.

Talking about villains saddens me, but villains are a key element in fiction. On the bright side, even villains have the ability to tap into the beautiful true essence of the human soul. Ebenezer Scrooge became a generous, loving soul. Same with the Grinch. Let's hope every villain returns to innocence.

The most noble goal may have vile means.

Rayne Hall says, "Often, the villain's goal and motivation are pure and noble, but the means he uses are villainous" (26%).

Saving extinct animals and curing cancer sounds beautiful, right? Not always.

Consider the mad scientist: "To save an endangered species from extinction, he'll torture hundreds of laboratory animals. To find a cure for cancer, he carries out lethal experiments on children" (27%).

What if you ranked highly as a tender heart? And I believe you do. Perhaps you debated leaving the Department of Psychology because of the treatment of laboratory animals. One experiment you watched had mice upside down in test tubes—a study on how long it would take them to die. The terrified eyes of the last mouse broke your heart. Was that study even necessary, you wondered? Surely, there were better studies to do.

But what if you began a graduate degree in psychology? And what if you did a thesis experiment on rabbits, where you "disposed" of the rabbits after the study completed? And what if you then tortured hundreds of laboratory animals to save an endangered species from extinction? Slowly, you've transcended your boundaries. That's how it works in fiction, most often as backstory.

The villain's goal may be noble, but the means may cause suffering.

In real life, you gain when your goal, motivation—and means—all align with your highest values. When that happens, the world grows love struck with your gorgeous soul. And you never spiral into the undercurrents of villainy.

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Interleaving: Performance-Enhanced Learning

Alek Golijanin



‘Performance-enhancing’ is a term synonymous with cheating, but a recent Athabasca University study focusing on boosting student retention in classrooms indicates that there is a new approach to learning which might truly enhance performance. This approach is called “interleaving”, and it allows for students to better retain and recall information weeks, months, and even years after they learn it. It is a potential game-changer that could provide learners with an advantage in today’s competitive world. Best of all, it is an all-natural approach that revolves around changing the way learning is delivered to students.

Normal, or “memory solutions” are short-term learning solutions. These pattern-based

solutions tend to be counterproductive when it comes to problem-solving and mechanical skills, and they are not always helpful in building a strong foundation of understanding. Therefore, a concentrated focus on a single topic can provide the illusion of mastery in the short-term, but never in a lasting way.

Interleaving is the process of mixing different topics and skills while learning, which improves the long-term memory retention of the information that is being learned. While new learning has always been more difficult and has demanded a lot from us, interleaving requires learners to be even more focused and attentive, but is significantly more effective in the long-term and with memorization, and it is fair to say that the trade-offs are worth it.

As children, we naturally try to decode things as we strive to make sense of the world’s workings, but our learning is typically in pursuit of a purpose, of solving a problem of some sort. When you mix up your learning you make your brain understand the context better, since the brain tends to look for patterns and connections that help us solve problems. Interleaving can be described as a form of problem-based learning, where the need-to-solve-a-problem memory is associated with the problem. To effectively apply this learning strategy, it is important to ensure that the skills are related in some way. The interleaving approach to learning is one that values learning that creates lasting and transferable understanding beyond the immediate.

While interleaving is a good learning strategy for students, it should also be an integral part of curriculum design and an educator’s approach to teaching material because it prioritizes skills

and knowledge. For learning to be both applicable and transferable, there needs to be a level of interleaving material in that curriculum. Curriculum design would depend on the subject at hand and how they build on one another. If we value long-term learning, we must highlight learning priorities and devalue the short-term benefits of cramming.

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Scholars, Start Your Business

How do I Start a Business if I Have No Money?

Marie Well



If you read last Friday's article, you discovered how easy it is to start a business. What's more, I showed you how you could start one this very second. Keep in mind, the business was a proprietorship and not a corporation or partnership. Now, let's dive into ways you can fund that business when you're strapped.

Bootstrap: Fund It All Yourself by Going Lean.

Steve Mariotti, author of various entrepreneurial books, says, "Have you ever heard the phrase 'pulling yourself up by your bootstraps'? It means to do something completely on your own, without any outside help. Many successful entrepreneurs began their businesses by bootstrapping, using strategies

such as: 1. Hiring as few employees as possible; using temporary service agencies for staffing needs to avoid expenses such as health insurance and payroll tax. 2. Leasing rather than buying equipment. 3. Getting suppliers to extend credit terms so the business can take longer to pay its bills. 4. Working from home, or borrowing office space, to save on fixed costs such as rent and utilities. 5. Putting profits back into the business to keep it going" (15%).

The multibillion-dollar Papa John's pizzeria began in a broom closet. Yes, its founder John Schnatter began with little. But he got resourceful. He found ways to do things on a low budget, do-it-yourself things like installing signage himself. To purchase his pizza equipment, he sold his car. He proves that, with few resources, there is still a way. You have the power to overcome any setback.

Start as Fast as Today: Go for a Lean Start-Up.

According to Steve Mariotti, the "lean start-up concept [was] developed by Eric Ries in 2008. A lean start-up is a business started with minimal capital and planning, and the flexibility to evolve in response to feedback from customers. Ries argued that entrepreneurs should launch their business first, and plan second. In other words, leap in and adjust as you go!" (18%).

For instance, you might want to offer ghostwriting services, but all you own is a cellphone and some second-hand clothing. If so, run your business on your cellphone. My computer has been

failing, so I write all my articles on my cellphone. I also do all my studies on my cellphone. When you've got little, maximize what little you've got.

My favorite lean start-up story must be this: “Zappos, the world’s largest online shoe store, did just that. When starting the store, founder Nick Swinmurn simply took pictures of shoes from stores and posted them online. Rather than investing in warehouses and thousands of pairs of shoes, Swinmurn plunged right in—essentially conducting his market research while already in business. He could quickly see which types of shoes customers wanted, what sizes were most popular, and so forth, without pouring a lot of money into the business” (18%).

Mariotti adds, “Swinmurn created what Ries calls a ‘façade’—anything that gets your business up and running in front of customers, like a website, for example. He started Zappos with what Ries labels minimum viable product (MVP), the smallest amount of product needed to begin selling to potential customers” (19%).

You could even bypass a Website at first by posting a company profile for free on LinkedIn. And setting up social media business pages is free. I even saw an online course that teaches how to run a business with nothing but email. You might even do free marketing of your company if you use some great keywords, a process called search engine optimization (SEO).

A company owner I know revolutionized an industry. He did so by offering his service 24 hours 7 days a week—and without customers needing to book his services in advance. This was unheard of at the time. His strategy catapulted his small business into an industry leader. It was a low-cost strategy, too. The downside was that it knocked back his free time. A trade-off. If you can find a way to cut back costs by offering more of your time, energy, or great ideas, go for it. That'll start you lean.

Use Your Personal Savings Wisely, If You Have Some.

Steve Mariotti says, “Using Personal Savings If you have enough money in your savings account for your start-up investment, you can be the sole owner of your business. All the profits will belong to you You also have to consider the opportunity cost of using your savings. Is there something else you could have done with the money that would have benefited you more in the long run, such as paying for college?” (15%).

I saw a Facebook post of a lady getting interviewed for a job. When asked why she wanted the job, she said, “I like to be able to afford groceries.” If she were to start a business, and fund it with her savings, she'd risk eating less in the short term with hopes of a long term gain.

If you use your personal savings, forecast your business outlook and plan smartly.

Borrow Money from Mom and Dad or your friends.

Steve Mariotti advises, “The start-up capital for many businesses has come as a loan from the entrepreneur’s relatives or friends. But what happens if your business does not generate sufficient sales to make a profit, or if it fails entirely? How would you feel if you had to tell your friends or relatives that you were unable to repay them?” (17%).

One guy I know got a loan from his folks to start a business. His business went belly up. So, he asked for another loan. His folks gave him the second chance. His business went belly up again. He asked for a third loan, and his reluctant parents agreed. That's when his business really took off. I believe you'll make your business fly on the first go. But, if you don't, just think of this guy's “belly up to success” story.

As for another inspiration, Jeff Bezos's Amazon went from an office in his garage to a trillion dollar public company. Mind you, his parents invested around \$300,000 into his business. Now, that's a helping hand.

Crowdfund to Finance Your Startup.

Steve Mariotti suggests, “Increasingly, young entrepreneurs are turning to crowdfunding—raising money from fans of their products or services—to finance their businesses. Although a crowdfunding website like Kickstarter (www.kickstarter.com) bans start-up businesses and allows money to be raised only for creative projects, others, like Indiegogo (www.indiegogo.com), are great for raising money to start a business. You have to build a following through social media first for crowdfunding to work, though” (18%).

Crowdfunding might work very well for you extroverts. You know who you are: the person with a thousand Facebook followers and at least three comments per post. Some introverts might have only three Facebook friends, yet feel just as connected. But when it comes to crowdfunding, the more friends, the more funding.

Get a bank loan if you have decent bank debt ratio.

According to Steve Mariotti, “A good bank debt ratio is typically 40 percent or less. Banks have found that customers with debt ratios over 40 percent are often unable to repay their loans

$(\text{Monthly Debt Payments} \div \text{Monthly Income}) \times 100 = \text{Bank Debt Ratio (percentage)}$ ” (16%).

But to have a worthy debt ratio, you need to have some assets, right?

“The bank will also ask Artie for collateral against a loan. Collateral is property or assets that you pledge to a bank to secure a loan The biggest disadvantage of a bank loan for Artie is what happens if he fails to repay it. The bank will probably bring a lawsuit against him” (16%).

No-one but lawyers and con artists like a lawsuit.

I know a business owner who financed all his company assets with debt. Once the recession hit in the early 80s, he found himself in a terrible bind. Fortunately, his business survived. From that time on, he began to pay off his debts immediately. He aimed to have zero debts by purchasing all of his assets with cash. His business flourished, and he's bought state-of-the-art assets with cash ever since. Now that we're in another recession, his business will likely pull through. And if he needs a loan, he's got an excellent bank debt ratio. But chances are that he's not interested in the loan anyway.

Stay Away from Financing Your Business with Credit Cards

According to Steve Mariotti, “Certainly, some businesses have been financed on credit cards, but this strategy has some very significant disadvantages. The major disadvantage is the interest rate charged by the credit card companies, which is often 20 percent or more. Unless your business is able to make enough profit to pay the total amount you owe each month, the interest payments will add up very quickly” (16%).

Say, you want to finance a high-powered computer with a loan that has a 30% interest charge. Well, you first need to consider the opportunity costs. Perhaps you figure you could make at minimum an extra \$500 a month with a new computer. But that extra cash comes with heavy time expenditures and the need for specialized software. The question to ask is “Will I be further ahead?”

But author Steve Mariotti says to avoid financing a business with credit cards:

“Keeping high balances on your credit cards can also damage your credit rating. With a low credit rating, you may not be able to purchase merchandise from your suppliers on account. Other than in unusual circumstances, where you will very quickly earn back the money you borrow, using credit cards for your start-up investment is not a good idea” (16%).

The ability to purchase merchandise on an account seems vital to me. I saw one company get audited by the CRA. The company owner could no longer pay its debts. One of their suppliers, a printing company, tried endlessly to recover their \$500 service they provided on account. But it was to no avail. Suppliers need to protect their bottom line, and your good credit rating will ensure they welcome you.

Someday, Consider Converting Your Proprietorship to a Corporation.

Once you get rolling, you can convert your proprietorship to a corporation. Successful corporations have access to other potential investors: angel investors and venture capitalists. Steve Mariotti says, “Venture capitalists seek high rates of return. They typically expect to earn six times their money back over a five-year period, or a 45 percent return on investment” (17%).

And, as a corporation, you will have the ability to sell shares—perhaps even go public with your company. You might even end up with a trillion dollar company—like Jeff Bezos. Anything done once can be done again.

After all, how many people have run a mile faster than four minutes—a feat once deemed impossible?

Disclaimer: Although I write with the best of intentions, I'm neither a lawyer nor an accountant. So, you'll want to double check whether my data applies to your scenario.

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Fly on the Wall

Jason Sullivan

Education as Fatherhood by Flexible Laws of Nature



As a wee lad my Father would sometimes bring me out to his forestry job sites. Amidst towering conifers that seemed to hold up the sky he'd say "Listen!" and, amidst the stillness of nature, we'd hear only the whispering breeze. Though science was the essence of Dad's work and framed my upbringing, those golden moments of awe bespoke a sublime mystery inherent in nature. During those untimed pauses, the woods were at once silent and full of life. Like lifelong learning, the meandering nature of our existence is sired by an awareness that simple explanations restrict, rather than enable, our capacities to grow. Fathers can be literal or

symbolic, but their guidance remains a path that we each follow along our own trail of life.

Walking amidst a plethora of fir cones on the forest floor, my Dad once noted how each seemed to have a mouse tail sticking out from where the seed lay nestled into the cone's protective casing.

The fir tree, Dad said, had been pleased to share its bountiful seed crop with the small mammals of the woods. But after a time the mice had eaten so many seeds that the parent fir trees were threatened with having no young saplings left to germinate. After being warned to curtail their consumption, to which the mice paid no heed, the fir was forced to resort to snapping its cones shut thus entombing tiny mice forever. And that's how the fir cone came to appear to have mouse tails sticking out; it was a warning to not upset the balance of nature.

Other versions of this story explain the appearance of mouse tails in cones differently. Each account, though, has in common a deductive mapping of the appearance of a cone within a symbiotic forest relationship; in one account mice escape a fire by accepting the fir's invitation to hide in its cone, and in the other story a fox is chasing the mice and they seek refuge in the fir's cone. The pedagogical outcome is identical; the goal was to further a process of "cultivating the feelings and developing the further implications of the moral importance of educating the emotions" (Schneewind, 322).

Feelings are not one size fits all; they balance wants and needs and desires and deeds with the exigencies of our contextual situation. In the end, the mice appear to be in the cones because we know they are part of the forest. To explain nature is thus to render a narrative that accounts for what we see while including our very human capacities for using morals to illustrate meanings.

Interpretation as the Father of Truth

If truth functions as a Father in explaining nature it may well be to remind us that the specifics of life are constantly ephemeral and changing, rather than universal and irrevocable. For instance, a follower of Immanuel Kant and his moral absolutes (known as categorical imperatives) might conclude from the fir cone story that it was wrong for the mice to eat the seeds at all. But some eating of seeds is how mice survive; the forest can't support every last fir cone becoming a monumental tree that lives for centuries any more than mice can belly up to a granola bar snack machine for their seedy sustenance.

Likewise, at AU the balance of work and school and home life seems to entail an ecology or homeostasis all its own. Perhaps even the great Father that is education, that which brings us up into the ether of learnedness, holds dominion over our conscience as we avidly engage in our coursework. The phrase "cheaters only cheat themselves" came to mind recently as a local classroom professor explained the difficulties in marking essays by students who tend to utilize too much Google and too little textbook in formulating their answers. In the end, the key outcome of learning and life is that we learn how to learn such that we can better entail an authentic and evolving version of ourselves. We accomplish this best not by cutting and pasting answers from websites or by utilizing moral axioms without considering their context. Too many symbolic seeds eaten and we may find that we've failed to plan for a good final essay or an erudite exam. Successful students, then, would appear to be utilitarians in their ability to balance priorities in pursuance of a maximized excellence.

John Stuart Mill and A Learned Balance

The utilitarian philosopher, John Stuart Mill, had some interesting things to say about planning for balanced success, both moral and societal. His story begins in a manner befitting of Father's Day: he was born the son of a noted philosopher named James Mill. Until the age of 20, in 1826, "Mill's thought was completely controlled by his father" in such a way that the most arid of analytic philosophical thought held sway. After his strenuous and unbalanced early education, Mill had a nervous breakdown and thus "believed that his capacity for emotion had been unduly weakened by strenuous training in analytic thought," with the result that he could no longer care for anything at all. In the poetry of Wordsworth, he found something of a cure" (Schneewind, 314).

Without *jouissance*, ecstatic pleasure and poetry in motion, what good is learning? Like my own Father pointing out the magic of forest breezes and the mythical account of how seeds and seed-eaters remained in balance, Mill discovered that he personally needed a panoply of worldviews to become a fully formed and contented human learner. We too, at AU, require a certain degree of balance, even if that means taking a week off from our studies and devoting those scheduled hours to a newfound hobby like turtle-watching or cricket-listening or junebug-spotting. (It's June, 'tis the season, and their hiss is positively other-worldly!) All study and no play is a recipe for unfinished distance education courses, after all.

The Utility of Flexibility

Utilitarian explanations and their dependence on practical outcomes, no matter how balanced, require a certain aversion to parochialism. The Law of the Father doesn't just apply to Freudian thought. Many folks simply resist knowledge because it appears to be thrust upon them, a fact known well to Mill who was convinced that a "particular vice plaguing social thought is not the tendency to make mistakes of fact or faulty inference from facts, but the great ease with which data can be overlooked" (Schneewind, 315). At some level every inquiry, every answer, tells a story of facts wrapped loosely around a scaffold of other facts. In epistemology no less than life itself, and certainly within the rigid silo (sallow?) confines of our chosen academic disciplines, the famous phrase from *Apocalypse Now* rings as true as ever: "everybody gets what everybody wants!"

Mill noted that, no matter the truth of a discovery, utilitarian thought faced the devil in the socially constituted details: cultures have traditions that, while invisible, function to dissuade thinkers from being open to notions that appear external to naturalized forms of common sense. The Law of the Father is never far from our unconscious assumptions; just think how difficult it is to overcome lifelong beliefs when encountering opposing viewpoints. Simply possessing a set of beliefs, rather than being in reality as an unfiltered locale, can seem a diversion from truthiness. J. B. Schneewind summarizes this state of affairs: "one must-especially in England, Mill held, where any appearance of system is abhorrent-confine oneself to particular issues, only slowly insinuating more general principles or else work only from points on which there is general agreement, so as to avoid any shocking appearance of novelty" (Schneewind, 314). Sarcasm aside, think of how many assumptions we hold even when we learn in our

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie June Edition - Two Spirit Stories

June 1 to June 30

Online

Hosted by AU

news.athabascau.ca/events/bannock-and-a-movie-two-spirit-stories

Access through above link

Introduction to Technology-Enabled Learning, Athabasca University's massive open online course (MOOC)

Sun, June 21 to Sat, July 25

Online

Hosted by AU

news.athabascau.ca/events/introduction-to-technology-enabled-learning-athabasca-universitys-massive-open-online-course-mooc-summer-2020

Register through above link

Faculty of Business Undergrad Program Orientation for new Students

Tue, June 23, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20200623

Register through above link

Light the Night

Thurs, June 25, 8:30 to 11:30 pm MDT

AU locations in Athabasca, Calgary, and Edmonton

In person (safely)

Hosted by AU

news.athabascau.ca/events/light-the-night-in-athabasca

No pre-registration needed.

The Grad Lounge

Fri, June 26, 1:00 to 2:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

news.athabascau.ca/events/the-grad-lounge-june-26

No pre-registration necessary; access through above link

All events are free unless otherwise noted.

coursework that there's more than one truth about an issue. As for the failed restraint of the mice in the face of such a plethora of edible seeds, my Dad's account effectively showed how nature finds a reasonable balance. In nature feasts and famines follow naturally as populations outstrip their resources and/or their ability to ward off diseases. Nature is nothing if not a process of ascendance and crash; stability and balance function thus function more as useful myths than empirical observations.

Mill was critical of these "alleged laws of nature" up to and including the notion that all things must have a knowable cause (Mill in Schneewind, 317). Intuitionism, he said, lent "great intellectual support to false doctrines and bad institutions" and we can think here of the assumption that nature, if left to its own tendrils, naturally flows along peacefully (Mill in Schneewind, 319).

When we seek to import our version of how nature should be, we invariably miss the mark by projecting our beliefs onto what is. "Mill argued that the maxim 'Follow Nature' is of no use as a guide to action. For 'Nature' either means 'everything that happens, good as well as bad,' in which case it offers no guidance whatsoever; or it means 'what happens without any human interference,' and in that case the maxim is self-contradictory" (Schneewind, 321).

I'm grateful that my Father explained nature from both a scientific and mythical point of view without denigrating either; after all, not every mouse was caught in a cone of punishment like a naughty school child in the corner of classroom wearing a dunce cap. If the mice were uniformly punished the utilitarian need for some seeds to be eaten and the ecosystem to prevail would be impossible. Myths, like even the most scientific methodologies, function not to uphold simple authoritarian ethos but to illustrate one of many ways to know the world.

Father Wisdom, like Father Time and the great authority of learning that we appeal to as we better ourselves at AU, represents openness to difference. As Mill put it "we can never be sure that the opinion we are endeavoring to stifle is a false opinion; and if we were sure, stifling it would be an evil still" (Mill, 320). In our times where meme-ocracy and mass media appear to produce and uphold a consensus that respects the will of all by providing a pluralism of viewpoints, we might nevertheless consider Mill's thoughts on democracy itself: "Democratic tyranny would be far worse, he held, than aristocratic or despotic tyranny, since it would be far more effective in utilizing the most efficient of means of social control, the pressure of public opinion" (Schneewind, 321). Too much deference to the Father of consensus can strangle our creativity.

Reason and Respect

Necessity might be the Mother of invention. but pragmatic utility is surely the Father of a reasoned approach to academia. Perhaps the realization that dialectics are the stuff of the universe—and not in a way involving contradictions to be resolved through the elimination of one or another aspect of reality, but in a manner tolerant and procreative of all—we can better navigate the polysemic realm of scholarly success.

So as we celebrate our Fathers this weekend, and the over-arching value of learning as a dispensation of wisdom that to each of us means something new and different, let's remember to tolerate diversity as the way of human nature and nature as a whole. The greatest utilitarian benefit of all is surely that which allows each to flourish in her or his own way.

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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.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Josh is moving to Quebec and wonders if students there can get funding to attend AU; responders say no. Faye shares a link to a new AU Humanities group: www.facebook.com/groups/936070370162653/.

Other posts include weekend bookings at ProctorU, library orientation podcast, returning unopened course materials to AU, and courses BIOL 204, COMP 682, HADM 321, and HIST 371.

reddit

The student subreddit moderator is moving on and seeks replacement moderators; a few responders step up to keep it going.

Twitter

[@AthabascaU](#) tweets: "Didn't catch the live stream? Our recent series of webinars with the

[@GlobeAndMail](#) can be viewed online, anytime. Hear from our President, Neil Fassina, on how AU is leading the charge in virtual learning. t.co/JVIeWZcDzP."

[@austudentsunion](#) tweets: "Hey [#AthabascaU](#) students! Did you know you can get an AU student ID card, no matter where you live? Get your card and access student discounts all across Canada! Find out how to get a card at <https://bit.ly/2gcqtfI> [#igo2AU](#)."

Unearthing classic articles from previous issues of The Voice Magazine.

Father's Day is June 21, and we've unearthed an unmatched pair of fatherly tributes from Voices past.

Ditch the tie. Busby LeClair offers a series of tongue-in-cheek (we hope) suggestions for imaginative Father's Day gifts. Suggestion #3: "Help him re-live old, long-forgotten dreams by packing him off to a weekend getaway at a CFL training camp, or by presenting him with a voucher for a full massage from Andre at the *Better Latent Than Never* spa in South Beach, FLA." [Celebrating Father's Day - Get Dad something a little different this year,](#)

June 15, 2004.

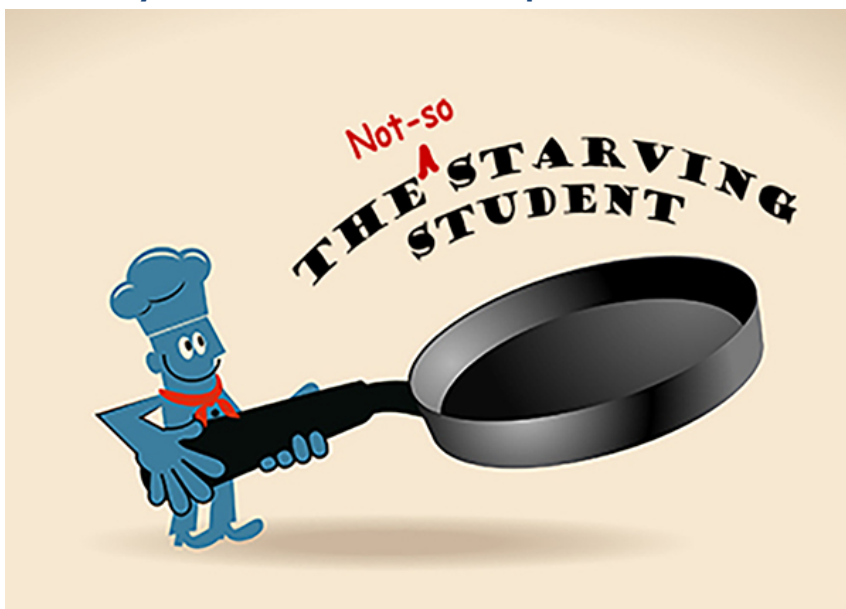
Past echoes. Writer Bill Pollett marvels at the changes advancing years have wrought on his father, and how those changes alter their relationship. "He seems like a child who has been sent to sit alone in the corner and ponder some mysterious offense he cannot begin to fathom." *Lost and Found - A Story of my Father, November 25, 2005.*



The Not-So Starving Student

Four Ways to Use Ice Cream Scoopers

Xin Xu



One of the most versatile yet underutilized items in the kitchen is the ice cream scooper. As someone who has consumed less than four litres of ice cream a year, I never knew what to do with my ice cream scooper at home. The few times in the year where I would use this niche tool was serving ice cream for guests at dinner parties. Since the quarantine has started, I've binge-watched many cooking series on Netflix that have given me renewed ideas on using this underrated tool in the kitchen. I personally enjoy using the ones with a trigger since it essentially self-cleans. The non-lever options are great as well

but additional tools may be required to scrape the leftovers from the scooper. None of the four uses we will discuss today include scooping ice cream.

Tater tots

Despite not having tried this technique just yet, I have seen chefs use this in their respective cooking shows on Netflix. After heating a hot pot of oil, scooping the potato batter into the hot oil for frying is a piece of cake. Personally, I would use a smaller scooper to ensure the entire orb is properly fried to the core. The sphere shape also helps tater tots to fry evenly which is a large bonus.



Perfect meatballs

There's no need to limit the ice cream scooper to only dessert items. In fact, using the scoop for meatballs has saved me time and fuss cleaning out at least two spoons. Moreover, it makes each meatball exactly the same size which helps with cooking them evenly. In fact my obsession with ice cream scoopers have left me to purchase two with different sizes. For times when I need a classic-sized meatball vs. the time I use them to make jumbo falafels or arancini orbs.

Giant meatballs made with my large-sized ice cream scooper

Melon balls

I learned this creative method of using the scooper from a baker friend. She would tell me about the different cakes she baked with melon ball adornments. For an amateur baker like myself, I preferred to use these colorful melon balls for summer drinks such as in a refreshing glass of punch. They are beautifully consistent in size and work in many dinner party situations.

Batter portion for muffins and cookies

Ever wonder how professional bakers have the perfect same-sized cookies in every tray? One easy way of achieving this as a home baker is to use ice cream scoopers. Oftentimes the gooey, sticky nature of cookie dough always set me back from wanting to bake because of the intense clean-up process required. However, with the levered ice cream scooper, you no longer need multiple tools like spatulas, spoons and more spoons to help scrape the original spoon. Instead, the ice cream scooper is a one-size-fits-all wonder that has helped me overcome some common baking challenges.



Chocolate chip Cookies I made recently that are exactly the same size and look perfect for family or guests.

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



Homemade is Better Hot German Potato Salad



Chef Corey

To continue with the grilling season meals, today, we are going to talk Potato Salad. It's a hit or miss salad for most, but have you ever tried warm potato salad? I add a little something extra to this one, and it made a difference for me!

In my article about [accordion potatoes](#), I had mentioned that potatoes are from Peru, but potato salad is possibly of German origin. The potato salad that we know, made with mayonnaise, eggs, and the like, is closely related to a Russian potato salad known as Oliver Salad. Hot German potato salad is different because its, well, hot. It also contains bacon, and it's more on the sour side than our Americanized Oliver Salad.

Another fun fact about potatoes. A good friend of ours was telling us that potatoes are great for gardening. They loosen up the soil around them and help with making the earth easier to work the

next year. This is all anecdotal, of course, and I have no proof that it's true, but we're going to try anyway and we'll see what happens. And if you're not using your potatoes for potato salad, then

if you've accidentally added too much salt to a sauce or soup, you can add a potato to absorb some of it!

Now, let's get to making some salad!

Hot German Potato Salad

Ingredients:

4-5 waxy potatoes, peeled and diced into $\frac{1}{2}$ " squares.
5 strips of bacon
 $\frac{1}{2}$ small red onion, diced
 $\frac{1}{4}$ cup of pickle juice
2 TBSP bacon grease
1 TBSP sugar
1 tsp Kosher salt
 $\frac{1}{2}$ tsp black pepper
1 TBSP dried parsley

Directions:

- 1) After you've diced your potatoes, soak them in water for about 30 minutes. This will keep them from browning, but also help get a small amount of starch out.
- 2) While your potatoes are sitting, you can start frying the bacon. You will want to cook it until crispy but not burnt.
- 3) Once the bacon is done, chop it up and set it aside.
- 4) Dump the potatoes into a pot with the water they were sitting in. Add more water to cover the potatoes, if needed, and sprinkle in a large pinch of salt. Salt will help season the potatoes as they cook.
- 5) They will need about 30 minutes and should not show resistance when pierced with a fork if they're done.

- 6) Once done, strain them and add them back into the same pot.
- 7) Mix the pickle juice, warm bacon grease, and sugar, then pour over the potatoes.
- 8) Add in the parsley and bacon bits and mix the salad.
- 9) Taste it to see if it needs more salt. If you think the bacon grease added sufficient salt, then just add the pepper. Otherwise, add up to the 1 tsp of kosher salt.
- 10) Now serve to your friends and family and tell them about how their potato salad is inferior because yours has pickle juice *and* bacon!



Chef Corey is a student in business management who first graduated from NAIT's Culinary Arts Program in 2007



Women of Interest

Eunice Newton Foote

Barb Godin



Eunice Newton Foote was born in Goshen, Connecticut on July 17, 1819, and died September 30, 1888.

Eunice was studying Global Warming and its effects in the mid 1800's, the first person ever known to have done so. Foote became known for *"theorizing that changing the proportion of carbon dioxide in the atmosphere would change the average atmospheric temperature."*

Eunice Newton Foote was not only a scientist, but an inventor and a passionate women's rights advocate. She was the first scientist to experiment on the warming effect of sunlight on various gases. After experimenting with two cylinders one filled with moist air and one with carbon dioxide, she discovered the cylinder filled with carbon dioxide warmed much more than the moist air and took twice as long to cool. Thus resulting in her conclusion that "An atmosphere of that gas would give to our earth a high temperature." Foote's experiment was documented in a 1856 paper "Circumstances Affecting the Heat of the Sun's Rays." Unfortunately, her findings were mostly overlooked;

and although her paper was presented at the American Association of the Advancement of Science, it was not presented by Foote herself, but rather by a male scientist named Joseph Henry. It seems that Eunice Foote was not only overlooked due to her gender, but also because she was young and early in her career.

Eunice Newton Foote was one of eleven children. Her father was a farmer and her mother a homemaker. She graduated from Troy Female Seminary where they had their own chemistry labs and strongly encouraged women to study the sciences. Eunice's interests extended beyond science when, in 1848, she became one of hundreds of women who gathered for the first woman's rights convention in the United States. Many believe this was a significant event in triggering the women's rights movement in America. Foote and her husband, Elisha Foote, a judge and scientist whom she married in 1841, signed a declaration that came forward during the convention that called for "the civil, social, political and religious rights of women."

Eunice Foot's work was discovered in 2010 by geologist Ray Sorenson, when he came across an 1857 volume of Annual Scientific Discovery where Foote's discoveries were noted. Up to this point her work was largely unrecognized. The following year, Sorensen published his findings on Foote in AAPG Search and Discovery. In 2019 at The University of California, Santa Barbara, Foote's contribution to climate science was finally recognized. A book about Eunice Foote is in the works by research scholar John Person, who describes her as the Rosa Parks of Science.

Eunice and Elisha had two daughters and six grandchildren. Eunice is resting in Green-Wood Cemetery, Brooklyn, New York City.

Barbara Godin is a graduate of AU and writes the "Dear Barb" column. She lives in London, Ontario with her husband, and two dogs. She can be reached on twitter @BarbGod





Dear
Barb

Barbara Godin

De-Isolation Anxiety

Dear Barb:

Hi, I have been in isolation for the last seven weeks, except for picking up groceries and prescriptions. Now that things are easing a bit and I am going out more, I find my anxiety level rising. I have always had anxiety, but it has basically been under control. I talked to another friend who has also suffered from anxiety, and she feels extremely stressed as well. Whenever I go out, I feel like I want to go back home where it's safe. I don't know if I have a fear of catching the virus, but I always want to return home. However, when I am at home, I am anxious to go out. I'm thinking of going to my doctor to get some medication, but I am hesitant because last time I was on meds, I was on them for four years and it took a year to slowly wean myself off. I don't feel like myself when I'm on meds, and I don't want to go through the withdrawal process again. I need some advice. Thanks, Trish.

Hey Trish:

This is a difficult and stressful time for everyone. If you have already struggled with anxiety, you will be more prone to experience it again during stressful times. You are not alone; Crisis Centers in Canada have experienced a 30 to 50 percent rise in crisis calls. No doubt people are suffering. In addition to the isolation, when people go out, they have a fear of catching the virus and becoming seriously ill. Financial situations are another stressor. Even having to explain this pandemic to your children, while not causing too much anxiety for them, is difficult. My suggestion is

contact your doctor. Most likely you will not be able to go into the office, but you can have a phone consult. Be sure to mention your concern about going on medication.

I'm sure you are aware of the steps that you need to take to protect yourself physically, like good hygiene, staying away from groups of people, and staying home if you feel ill. In addition, there are things you can do to help feel more in control. For example, check out sites that are trustworthy such as <http://www.canada.ca/coronavirus> and <http://www.who.int/health-topics/coronavirus>. In addition, it is important that you stay connected to family and friends. Even though there isn't a lot to talk about, a quick call to make sure everyone is alright does wonders for you and the other person's mental health. Also limit your time on social media. Do not click on every link that pops up on your phone or laptop. Check trusted sites, but only a couple of times a day to see if there is something you need to be doing. You can also connect with tele-health or e-health services, or some of the many online support sites that are available. It is essential that you reach out as you feel necessary, do not withdraw, it will make things worse. Begin with a call to your family doctor. Take care and remember we're all in this together.

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
Uncle Stinkweed

Wanda Waterman



The information on this page is provided by the AU Students' Union. The Voice does not create this content. Contact AUSU at services@ausu.org with any questions about this article.

IMPORTANT DATES

- Jun 25: [AUSU 50th Anniversary Event](#)
- Jun 30: [Deadline to apply for course extension for Jul](#)
- Jul 10: [Deadline to register in a course starting Aug 1](#)
- Jul 15: [Aug degree requirements deadline](#)
- Jul 15: [AUSU Public Council Meeting](#)
- Jul 30: [Deadline to apply for course extension for Aug](#)

Happy Pride Month 2020

AUSU proudly celebrates the diversity of Athabasca University students. We are distance education learners united, around the world, and we stand for an inclusive post-secondary system with equal access for all learners, free from discrimination and systemic barriers.

We celebrate our LGBTQ2S+ students and continue to listen and advocate on human rights issues faced by Athabasca University students, and society as a whole.

We encourage any AU students to reach out and [let us know](#) what we can do to support our members!



AUSU Executive Vlog

This month the AUSU Executive Blog is in video format! Our AUSU VP Finance and Administration, Monique Durette, shares her experience as an AU student and some of the impact of COVID-19. She also outlines some of her advocacy work, including prioritizing students with disabilities and sustainability goals.

View the Executive Vlog [here!](#)



Light the Night – AU's 50th Event!

Fifty years ago on June 25, 1970, Athabasca University (AU) was established by an Order in Council of the Government of Alberta.

Athabasca University is celebrating its 50th anniversary by lighting the night at three AU locations (in Athabasca, Calgary, and Edmonton) on **June 25, 2020!**

Calgary and Edmonton

For those in Calgary and Edmonton, the Calgary Tower and the High Level Bridge will be aglow in AU orange and blue at 8:30pm MT.

Athabasca

The AU campus in Athabasca will be hosting a pop-up drive-by event on where they will be handing out Beyond 50 prizes, presenting a new anniversary installation in honour of AU's 50-year history, projecting a light display, and more!

Find out more on the AU Website [here](#).

Come by, snap a picture (*while safely parked and socially-distanced*), **and tag it on social media with #AthabascaU50 to show off your AU pride!**

We hope to see you there – or at least see your great pictures of the events!



CLASSIFIEDS

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

THE VOICE

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