



# THE VOICE

Vol 28 Issue 27 2020-07-03

## AUSU's New Committee

Why an Indigenous Representation Committee?

## Turn Summer Volunteering to Cash

The New Canada Summer Student Grant

## Change Your Genes

Epigenetics in Action!



*Plus:*

*Camp Like a Champ  
Canada in a Day  
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](http://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

### Summertime Fun

Karl Low



A quick announcement, there will be no new *Voice Magazine* or articles next week, as I'll be taking a brief holiday. So this issue is all you get until July 17. Take your time, savour it, and spend some time outside (and socially distanced) before the next phase of our apolalypse hit. Will it be the mega dust-storm, murder hornets, or will it be Yellow Stone Park exploding, or "the Big One" that dumps LA into the ocean? (Both of which are thought to be due at any moment, albeit a geologic moment—any time in the next few hundred or thousand years.) There's plenty of disasters to choose from, which is why I'm taking my holiday now. I'd hate to have it banked when the world ends.

But that's also why this issue has a couple of extra goodies in it, including our feature article about the new Indigenous Students' Representation Committee. What is it, why is it needed, and what's happening with it now? We dig into those questions and others in an interview with AUSU's President, Natasha Donahue, someone keenly aware of the barriers placed in education for Indigenous Peoples and looking for

ways they can be removed.

We're also taking a look at the new Canada Summer Student Grants' program, with an article about how you can qualify to get yourself up to \$5,000 for volunteering and helping Canada deal with the COVID-19 crisis. Unfortunately, things about that program may be changing as we speak, as, due to a possible conflict of interest with the government sole sourcing the contract for delivering the program to WE Charity, a charitable foundation that Justin Trudeau has long been a supporter of, the program may be changing. WE Charity has decided it does not want to become embroiled as a political football between the Conservatives and Liberals and has decided to step away from the contract.

However, Prime Minister Trudeau has indicated that the program will continue and will honour the commitments already made for those who enrolled while it was being administered by WE Charity. What remains to be seen is how the program will be able to be rolled out across the nation, as few charitable organizations in Canada have the breadth of contacts to volunteer groups across Canada as WE Charity does.

Also this week, we're taking a look at a newer science known as epigenetics, where science is finding that your personal experiences may alter your genetic make-up, and that those genetic changes can even be passed on to your children. This brings new meaning to the boast that someone will lose so badly their grandkids will feel it. It turns out, they just might. While it would seem at first blush this is just a science story, when taken in the context of today's world, with the advent of #BLM and #MeToo, this is a genetic science that might have profound social implications if we stop to think of it.

Of course, we also have a lot of other good articles to keep you busy this week, from a celebration of Canada Day and coming together, to survival skills if you're craving bacon and eggs but are stuck in the woods with only tinfoil, to dog adopting tips, writing and business advice, events, scholarships, and more. Enjoy the read!

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

## AUSU's Indigenous Representation Committee

### What's It About?

Natalia Iwanek



With the recent global events and grassroots movements striving for equity, representation, and acknowledgement and redress of historical and current injustices, *The Voice Magazine* has reached out to AUSU about their new initiatives to increase inclusivity here at AU. Our first in a series of interviews focuses on the newly established Indigenous Representation Committee, and we spoke to AUSU President Natasha Donahue about it.

Natasha began by recounting the past ten years spent actively advocating for the issues surrounding Indigenous individuals and communities. She stated, “I’m a Metis person, and my lived experiences as well as the trauma I’ve witnessed other Indigenous people face puts this at the forefront for me. I think it’s important for individuals and groups to decolonize and work toward conciliation to create equity for Indigenous Peoples in Canada.”

### Breaking Down Barriers to Education

Natasha believes that one of the ways to move toward conciliation and equity is to break down barriers to education, to which Indigenous students have less access than the average Canadian population. She stated, “This is

something that requires systemic change, and colonial structures like that which AUSU was founded on cannot achieve this goal without actively Indigenousizing our systems of governance.”

In her opinion, the best option is to create a “committee that includes both Indigenous and non-Indigenous voices to work toward a sustainable framework for applying an Indigenous lens to all aspects of AUSU as an organization.” She prepared for this Committee by researching other student union approaches, as well as interviewing and collaborating with Indigenous learners Canada-wide. The Committee came into being at the recent AU Council Meeting and will continue until early 2021. If more time is needed, it can be extended with Council approval.

### Committee Goals

Natasha hopes “that all the folks bringing their voices to the table will be able to educate themselves more on Indigenous issues as well as reflect inwardly to look to decolonize themselves, as well as apply their knowledge and passion toward creating a sustainable model that AUSU can use to move forward with Indigenous student leadership opportunities within our organization.”

The Committee’s vision is “to incorporate Indigenous self-determination, ways of being, and recognition of the emotional labour and resilience that is needed for Indigenous students in a colonial educational environment. These are the steps forward that we need to take to begin

dismantling colonial structures that inherently place barriers on the path of accessing post-secondary education - both at AU and beyond.”

She concluded, that “Ultimately, the vision that inspired this journey for AUSU was the idea that we need both a dedicated Indigenous student representative as well as an Indigenous student circle that are formed on the basis of self-determination.”

The terms of reference are being intentionally left open, as a way “to give the committee room to explore and create models and frameworks that are innovative and inclusive. This may include changes to AUSU policy and bylaws, as needed.”

### **AU Community Response and Involvement**

Natasha believes that the response from both AU and AU students “has been overwhelmingly positive. There is a general feeling that this is something we *should* do, and something we *should do well*. I’ve also been met with only positive feedback from AU when talking about this idea. Generally speaking, I think this is viewed as a positive opportunity for our organization to impact society in a very important way.”

A call for a member-at-large has been issued, with applications on the AUSU website, social media, and newsletter.

### **Canadian Alliance of Student Associations (CASA) Indigenous Representation**

When asked about the plan to send Indigenous representatives to CASA, Natasha briefly explained that CASA “is the federal lobby group that AUSU is a member of. Each year, we attend conferences to set goals and strategize for federal advocacy.” A few years ago, a need for CASA “to start the decolonization and conciliation process” was identified, leading to the formation of the National Indigenous Advisory Committee after months of work by Director-at-Large, Emelyana Titarenko.

Natasha stated, “I was able to help support this work, and I was a member of the committee last year as well as this year. This committee is so important to the education and understanding of CASA delegates, the culture of CASA as an organization, as well as how we are able to lobby for the needs of Indigenous students.

“While it’s been amazing to sit on this committee, I don’t want to leave it up to chance that a member of our executive team or council identifies as Indigenous and is able to then attend CASA on behalf of AUSU in that capacity. Rather, I think it’s important to create a role within our organization that equates to both an opportunity for a student to join student leadership and to advocate for needs that they may be passionate about by way of their own lived experiences. Inserting this consistent voice into CASA through AUSU will both strengthen our federal lobby group as well as our organization, especially when we look at the big picture holistically.”

### **AUSU Indigenization Efforts and AU’s Nukskahtowin Plan**

Natasha spoke briefly about the creation of a position policy detailing specific AUSU advocacy to better support Indigenous students, in addition to “initiatives the university and governments can work toward as well.”

Recently, she was able to create an episode about supports for Indigenous students on AUSU’s Podcast, during which she spoke with a fellow Indigenous student.

She mentioned that during executive meetings, a great deal of discussion takes place “about colonial structures and approaches to governance, and where we can see opportunities to start to

break down some of those systems that create barriers to Indigenous and non-Indigenous students alike.”

Although many meetings in Canada now begin with traditional land acknowledgements, including AUSU, Natasha stated, “this is simply a recognition piece that is often used by organizations as a token Indigenization effort. It is *not the indicator for meaningful change*.” Instead, she believes, “Land acknowledgements are only effective if we, as individuals and collectively, can reflect inwardly and understand our connection to the land as a society and what that means for the Indigenous Peoples whose ancestors were the original care-takers for the land we all reside on today, pre-colonial contact. This connection is important, and also underscores some of the more pertinent issues within society surrounding climate change and environmental preservation.”

Finally, Natasha mentioned AU’s Nukskahtowin Plan, stating, “I think it's so amazing that this plan has been unveiled recently and more steps are being taken to hear both Indigenous and non-Indigenous voices when we talk about what it means to Indigenize our institution and provide community support. The plan incorporates consultations with community members at AU, including students. We are excited to be able to help bring more Indigenous and non-Indigenous student voices to the table in this exciting time.”

### **Black Lives Matter and Pride Month**

When asked about AUSU’s recent efforts to increase social inclusion considering the Black Lives Matter Movement, as well as Pride Month, Natasha stated, “The executive team at AUSU is passionate about social inclusion. Speaking for myself, I reflect daily on social issues such as systemic racism and violence that Black, Indigenous, and Racialized People face on a daily basis. Decolonizing the self is an important part of personal growth for me, and my personal efforts in this regard influence my work externally. This has led me to advocate for marginalized groups to the best of my capability. I try to bring this perspective to all my interactions, and consider all types of people when discussing issues at AU and AUSU.” She continued, “As a team, we speak a lot about social issues and how we can be leaders in creating systems and culture that is accessible and comfortable for everyone in non-performative ways. As AUSU continues to grow thanks to the efforts of our past executive leaders and councils in building a solid foundation for our organization, we have plans to continue our work in Equity, Diversity, and Inclusion, advocacy for students who are Black, Indigenous, or other Racialized People, advocacy for students with disabilities, and support and advocacy for students in the LGBTQ2S+ community. I know that our other executives, Monique and Stacey, will have more to say on those topics!”

### **Future Efforts**

As a final thought, Natasha stated that AUSU’s executive has recently put together their 2020/2021 work plans, to be approved in July. She stated, “We have already presented these plans to AUSU council and will need to now apply timelines to these plans. These work plans essentially form the basis of our year ahead, and they include a number of initiatives to advocate for social issues within AU and by extension the greater society, as well as take on projects and tasks with our organization as well. We continue to look to how we can continue to make meaningful change as well as identify those who need our advocacy and support.”

Students who would like to find out more, or have any questions, comments, or feedback are welcome to contact Natasha at [president@ausu.org](mailto:president@ausu.org).

*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>.*



## Turn Summer Volunteer Hours into Cash

Barbara Lehtiniemi

### The Canadian Government rolls out its student grants program



Canadian students aged 30 or under can now register for the Canada Student Service Grant. The details of the grant program were announced June 25, and registration is open until August 21, 2020.

The grant program is one of several relief measures for students first announced in April. Since many traditional summer job opportunities for students have evaporated during the COVID-19 pandemic, several relief programs have been implemented to help students financially.

The Canada Student Service Grant (CSSG) provides grants of up to \$5000 for students and recent graduates who volunteer at non-profit or charity organizations in positions that support Canada's response to COVID-19. The amount of the grant is tied to the number of volunteer hours accumulated: every 100 hours equals \$1000 in grant, up to a maximum of \$5000. Students can volunteer at multiple organizations to accumulate eligible hours.

The CSSG provides opportunities to students to gain valuable experience, help with Canada's COVID-19 response and recovery, and receive some money.

Students can search for volunteer opportunities on the I Want to Help program site. To qualify, the organizations offering volunteer positions must register on the I Want to Help platform. Many organizations have posted positions already, and more are being added daily.

If a student finds a suitable volunteer position on their own that is not registered on the platform, they can ask the organization to register the position with I Want to Help so that the volunteer's hours qualify for the grant.

To qualify, the volunteer service opportunity must:

- take place in Canada
- support Canada's response to COVID19
- comply with public health guidelines
- provide a meaningful experience for the volunteer, and
- be a minimum of two hours a week for four weeks, between June 25 and October 31, 2020.

Additionally, the service opportunity cannot replace a previously paid position, nor can it be involved in lobbying or advocacy that provides financial benefits to the organization.

Students in paid employment are still eligible for the CSSG, as long as they meet the eligibility criteria and serve at least 100 eligible volunteer hours.

Students can receive the CSSG even if they received the Canada Emergency Student Benefit (CESB), or if they received a microgrant from the Canada Service Corps program. However, students who received the Canada Emergency Response Benefit (CERB), are not eligible for the CSSG.

Grants are usually considered taxable income. Be sure to check the current tax rules when you file your 2020 income tax return next year.



For information or to register, go to the I Want to Help website ([www.jobbank.gc.ca/volunteer](http://www.jobbank.gc.ca/volunteer)). There, you can check the eligibility requirements, search for volunteer opportunities, and register for the program. Then you'll need to track your qualifying volunteer hours and report them to the CSSG program supervisor assigned to you. You have until October 31, 2020 to complete your volunteer hours and submit your application to receive grant money.

*Barbara Lehtiniemi is a writer, photographer, and AU graduate (BGS 2018.) She lives on a windswept rural road in Eastern Ontario.*

## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Johnson Scholarship Program

**Sponsored by:** Johnson Insurance

**Deadline:** July 15, 2020

**Potential payout:** \$1000

**Eligibility restriction:** Applicants must be residents of Canada, completing high school in 2020, enrolled full-time in an undergrad program at a Canadian post-secondary institution for the 2020-21 academic year, and have a relationship with Johnson Insurance (for example, be a policy-holder, or related to a policy-holder or employee; see [full eligibility details](#).)

**What's required:** A completed online application form, including academic info and a description of community involvement activities, along with a recent academic transcript.

**Tips:** Log in to the online application form to see a full description of requirements and submission instructions.

**Where to get info:** [www.johnson.ca/scholarship](http://www.johnson.ca/scholarship)



## Unearthing classic articles from previous issues of The Voice Magazine.

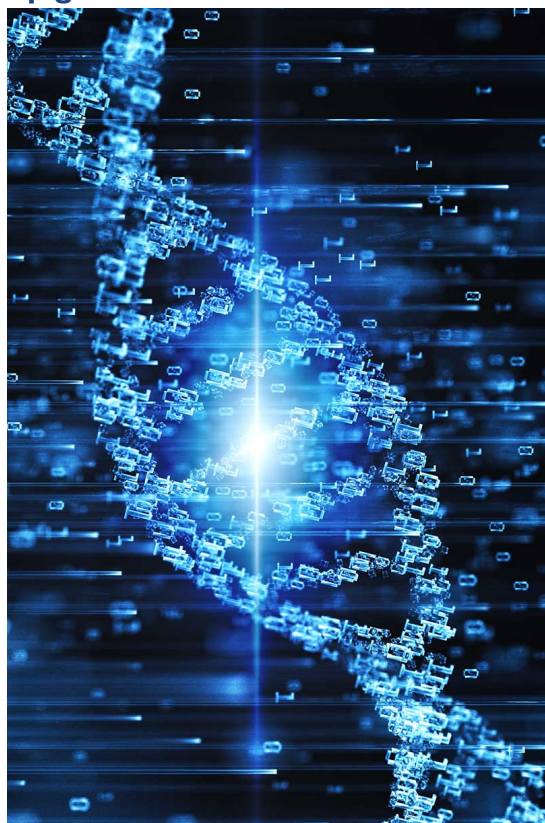
On the eve of Independence Day for our neighbours in North America's lower level, we engage in our favourite hobby (after bitching about the weather): watching the Americans.

**Can't trump this.** Writer Bill Pollett imagines a city like no other. "In my city, the statues in the square commemorate the heroism of clowns and kindergarten teachers. The pigeons enjoy them just the same." *Lost and Found* — What it's like in my city, April 21, 2004.

**Wait, was that a compliment?** Former AUSU council president Debbie Jabbour waxes eloquent about one-time jailbird Martha Stewart. "They have called her a perfectionist who is demanding, intolerant, and ready to stomp on the weaknesses of others. Donald Trump, among many others, has pointed out that there is a double standard at play here, since these same traits would be admired in a man." *From My Perspective* — Martha Stewart, March 9, 2005.

## Change Your Genes Epigenetics in Action

Alek Golijanin



In elementary school I was taught that we are stuck with the genes we are born with. Since that time, science breakthroughs indicate that my elementary school science teachers may have been wrong and that we have more control over our genes than we were led to believe.

This new branch of genetics is called “epigenetics,” and this field of study investigates the expression of genes and how external factors turn genes on and off. Before we dive deeper into epigenetics, it is important to understand that genes are expressive. That means some are active while others are inactive. When certain genes “turn on” or “turn off”, your DNA stays the same even though changes occur, but those changes are largely based on lifestyle factors.

To better understand the importance of this new branch, we will explore it through a “Nurture-Nature” lens by touching on the power of genes, the power of environment, the complexities of the implications, and what the best-case scenarios are when it comes to your health.

### The Power of Genes

Every person in the world is 99.99% genetically identical. It is individual genetics, largely epigenetics that account for many of the differences between us. While a cell’s DNA serves as an instruction manual, the instruction manual needs to be read, and that is done by epigenetic processes that instruct cells to read specific pages of the manual at certain times. Single genes can and do determine complex features of entire organisms. A single gene determines sex in mammals, or it can determine the pattern of coloring of an entire animal, while a mutation in a single gene can cause a disease that is inherited.

### The Power of Environment

The power of one’s environment and immediate surroundings is significant, to the point that slight temperature variations impact the likelihood of sex in crocodiles and turtles. Warmer nests produce more males in crocodiles, but more females in turtles. In reptiles this temperature-triggered switch of sex is set out by evolution, but the switch occurs on an epigenetic level. From this information we can conclude that evolution and DNA are dominant factors. The precedent that this conclusion sets is that genes can be modified under certain conditions, with humans having roughly 20,500 such genes.

The power of epigenetics is best observed with identical twins. Since identical twins share the same DNA, this makes them perfect test subjects as scientists explore how genes and the environment contribute to certain traits, behaviors and diseases. Twins share the same environments, their ‘epigenes’ are very similar at birth and through the early years of life. As the twins age, their environments and lifestyles make them different. That means that one of the twins might develop certain health conditions while the other twin maintains excellent health. However, when one or both twins develop a disease, researchers can investigate the connections to the environments that are different or similar.

## The Complexities of These Implications

While nature plays a significant role in epigenetics, so does nurturing. One's upbringing impacts what genes "turn on" and "turn off." In 2004, McGill University's Department of Pharmacology and Therapeutics published their findings on an epigenetic study involving rats in the *Nature Neuroscience* journal. The findings indicated that licking, grooming, nursing methods, and overall interactions that mother rats had with their pups can affect the long-term behavior of their offspring.

When it comes to human characteristics, all of them are influenced to some extent by genetics. The study of epigenetics also indicates that genetics can be influenced by external factors, and it naturally leads to the exploration of individual differences ranging from psychological makeup and cognitive factors to physical development. Epigenetic changes can help explain increased vulnerability to certain forms of mental illness, including conditions such as depression and post-traumatic stress disorder. From the good all the way to the bad, all these experiences seem to be transferable from one generation to the next.

Dr. Rudolph Tanzi is a professor of neurology at Harvard University Medical School. He co-authored a book on genetics titled *"Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being."* In this book Dr. Tanzi states that 95% of genes can be influenced by diet, behavior, and other environmental conditions. A positive lifestyle alone changes 4000 to 5000 different gene activities, and the lived experiences of generations before us can be inherited. And we can continue to pass them to generations after us. So if some event affects you at an epigenetic level, that effect can be transferred through your genes to children you have later.

## The Best-Case Scenario

The most exciting thing about epigenetics is that the we now know that the way our genes impact who we are and who we become is a fluid process. When it comes to our body, it is dynamic and constantly changing, and the best-case scenario derives from a mind-body-heart philosophy. That means the actions we take directly impact which genes are activated and which become or stay dormant. Now that we know that these processes can be "turned on" or "turned off" by environmental factors such as stress, diet, aging, and pollutants, it is time we started trying to better understand ourselves.

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*Alek Golijanin is a fourth-year business AU student who is a combat sports fanatic that likes to read research papers and has participated in international development projects.*



## The Creative Spark

### Make an Unforgettable Scene

Marie Well



Every scene we write in fiction should start with a goal—a desire—and end with a prize not quite won. Why end with a partial prize or no prize won at all? Well, imagine you're the hero. We want your dream to come true. And if you're putting in effort to chase that dream, scene after scene, then we really want you to succeed. The more challenges you overcome—the more you struggle—the more we watch with bated breath.

But if you achieve your dream on the first go, with no struggle, where's the fun in that?

Here are tips on how to start your scene with a hook and end with a prize not quite won. I use a story example of Tom who is at risk of losing his wife.

#### Start of scene tips:

#### Dial up the hook.

Author Rayne Hall says, “At the beginning of each scene, place a hook to draw the reader in. This hook should be something that puts a question in the reader’s mind. The ideal question is: ‘Will the [main character] achieve this goal?’ e.g. ‘Will he find his sister?’ ‘Can she rescue her friend?’ ‘Will he gain her forgiveness?’” (2019, 62%).

Perhaps the beginning of a scene has Tom sprinkling flowers all across the floor to a hot candle-lit bathtub. His goal, to remind Mary of their romance, and bring her back for good.

“You may want to finish the paragraph with a question, spelling out the actual question you want to plant in the reader’s mind,” says Rayne Hall (2019, 64%). Will Mary come back? So much is riding on the question.

#### Why should you care?

Rayne Hall advises, “Provide at least one important reason why it’s so important for the [main character] to achieve this goal” (2019, 62%).

For instance, Tom’s marriage might be crumbling. But he has two children he adores, and he loves his wife dearly, although he fails to show it. Without his family, he has no reason to live. For the first time in his life, Tom considers shooting himself. The goal must mean the world for us to care.

#### Nudge ‘em: restate the goal.

Rayne Hall suggests, “To remind the reader of the goal, state it in different ways in very short sentences from the [main character’s] perspective” (2019, 63%).

For example: Tom passes by a candy store. In the window perches a giant heart-shaped box. Tom comes out of the store with the giant box—and a four-foot teddy bear. Maybe Mary will forgive him.

The goal is for Mary to forgive him, of course. State your goals often. Why? We think about what’s repeated, and we become what we think—just like in fiction.

## End of scene tips:

### Did you get your goal? 'Yes but,' or 'no and furthermore.'

Author Rayne Hall says, "At the end of the scene, the reader must clearly know the answer to the scene question posed at the beginning: has the [main character] achieved his goal? Better than a 'yes' or 'no' answer is a 'yes but' or 'no and furthermore' answer. Example of a 'yes but' scene ending: Yes, the university has granted her a sabbatical so she can carry out the archaeological excavation – but the main sponsors have withdrawn their funding. Example of a 'no and furthermore' scene ending: No, he has not won his ex-girlfriend's forgiveness – and furthermore, she has become engaged to his best friend" (2019, 67%).

As another example, say Tom wants to confront Mary on where she was the night of his birthday. He wants an answer, but more than that, he wants her fidelity and love. Mary responds that she was at her mother's. Tom phones her mother—on the spot. Her mother has no recollection of Mary spending the night. Mary grows angered with Tom's lack of trust and threatens to leave him.

Tom got an answer, yes—but, he got an unsettling one. Tom didn't get love and fidelity, either. Furthermore, he got rejection and possible loss of his marriage. He didn't win the prize. The scene ends badly for Tom, but he must find a way to convince his wife that he's her true love.

### Reflect on the prize: did you win it or lose it?

"When the main part of the scene is concluded, the [point-of-view] character may spend some time reflecting on what happened, licking her wounds or rejoicing in her triumph," says Rayne Hall (2019, 69%).

Tom may realize he didn't give the best of companionship to his wife. He didn't give her flowers most Valentine's Days. Over a decade, he rarely told her she looked beautiful or she meant the world to him. Tom breaks down in tears. Every battle has a hero or a fallen hero. But that doesn't mean all is lost.

### If you didn't win the prize, make a new plan.

Rayne Hall states, "Make sure that the [point-of-view character] doesn't simply wallow in despair, but forms a resolution. For example, he may grieve that his ex-girlfriend no longer wants him in her life, he may be tormented by anger and jealousy – but then he resolves to prove that he is worthy of her. Or maybe he resolves to join a dating site and find someone new" (2019, 69%).

Tom has two thoughts racing through his mind: study every book and course on how to be the ultimate husband or end it all: shoot himself or run off with an internet bride. But he knows running away only deepens the wound. Tom resolves to become his wife's dream man. Every issue should lead to a solution we unveil with care.

## Summing Up

So, now you've got the gist of how to start and end a scene. Begin the scene with a desire and question. By the end of the scene, answer that question with a 'yes-but' or 'no-and-furthermore.'

Isn't life like that? But I believe some things in life offer nonstop bliss—like unconditional love. That's an example of a 'yes-and-furthermore' we rarely find in fiction.

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## The Top Four Considerations Before Getting a Dog

Xin Xu



After looking for many months for a rescue dog, I finally received a phone call from a lady who was planning on letting her one-year-old husky go. I was ecstatic and drove all the way across the province to pick my new companion up.

The first week has been an incredibly exhausting, rejuvenating, and blissful experience that feels equivalent to bringing new life to this world. Unlike visiting a petting zoo, becoming a dog owner is a huge undertaking that can be overwhelming, especially for students. When asked, most people reflect on a deeper, more satisfying quality of life with a dog companion. However, being prepared to commit to taking responsibility for the entirety of a dog's lifespan can be daunting. If you're thinking of becoming a dog owner, here are a few things to keep in mind before taking up this new role.

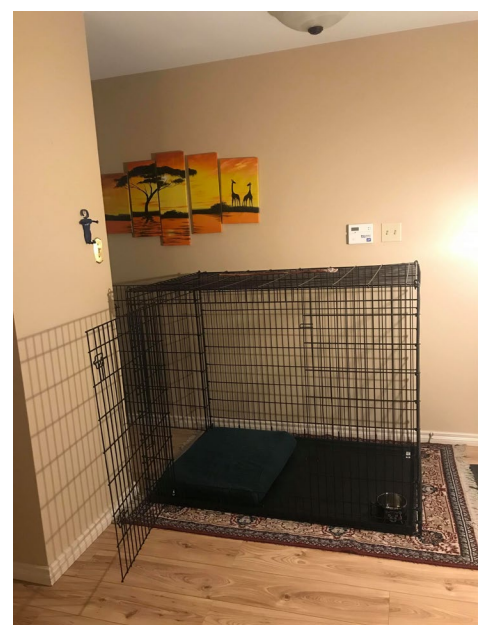
**1. Do your research:** One of the most important aspects prior to pet ownership is understanding the temperament of the species. Dogs can come in all shapes, sizes, personalities, and trainability. While I had one or two species in mind, our current husky was not part of our shortlist. Initially, we opted for hypoallergenic breeds with friendly, approachable personalities. However, in light of the COVID-19 pandemic, many of our preferred breeds were unavailable. There has been a significantly higher demand for a canine companion during this time, so we've had to adapt.

Many resources exist on Youtube and Reddit that can provide some deeper insight into other dog owners' experiences with their breeds. Then narrowing down your top picks, as well as a trusted breeder, can take you a step closer to finding the right dog for you.

- 2. Pet-proofing your home:** Another key factor is considering the physical location of your residence. Do you live in an apartment or a single-family home? Certain building regulations may not allow pets. Also, some dog breeds shed a significant amount and pet dander can cause serious allergic reactions.

If you're considering adopting a puppy, does your home have dangerous areas that can be hazards to your pets? For example, prior to adopting our dog, we blocked off certain regions of our home to help create zones and boundaries.

- 3. Financial considerations:** One of the most important considerations for myself was the cost of dog ownership. Our family owned rescued budgies that were much easier to take care of, with a lower financial burden. However, depending on





the dog breed, cost can be a huge factor for a new dog owner. This is even more true if one is considering a newborn puppy. Puppies require immunizations, regular vet visits, food, treats, toys, and other pet supplies that can add up quickly.

Also, you should ensure that you are able to provide for the length of a pet's life. For example, the average lifespan of a husky is 13 years meaning that the owner should be able to provide for the pet for that time.



**4. Lifestyle adjustments:** Unlike other pets, dog owners have certain lifestyle factors that may need to be changed to accommodate their favorite canines. For example, are you an early riser or a night owl? Dogs often wake up early in the morning and require daily walks. If you own a highly energetic breed, it may mean multiple hours of the day spent outside with your dog. Other factors I've considered included individuals available to dog-sit in my extended family. If I were to leave for vacation, I would need to have a trusted individual look after our beloved pet.

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

## Scholars, Start Your Business

### What Kind of Business Should I Start?

**Marie Well**



The type of business you start can make the difference in your success, especially in the first months. But how do you know what type of business to start?

#### **Why not choose a fun business?**

If you love yoga, start a yoga club. Get all the certifications available. Or maybe you love to cook? Start a restaurant. But be sure to get licensing. Or maybe you love to give advice? Start a coaching business. Teach your coaching clients how to coach their own clients. Andrew Dagys, Margaret Kerr, Joanne Kurtz, et al say, "try to aim toward something you'll enjoy doing" (2020, 31%).

#### **Make sure it's desirable.**

"Next, look for something people want ... as opposed to something they don't want, or that they'll have to be carefully educated to want. It should also be something they'll want tomorrow and next week as well as today — in other words, don't base your business on a product or

service that's going out of use or out of style" (Dagys, Kerr, Kurtz, et al, 2020, 43%).

Selling vintage records may not be the wisest long-term strategy. Same with vintage typewriters. Same with high-rise jeans. That's because they might go out of style. But if you're happy with a

niche client base, and you don't have dreams of going global, maybe a vintage shop is all you need.

### **Who sells mittens in Hawaii? Not us!**

"Especially in Canada, consider offering a product or service that isn't completely seasonal like skate sharpening or outdoor ice cream stands" (Dagys, Kerr, Kurtz, et al, 2020, 43%).

Have you ever seen an outdoor hotdogs stand in a thirty below storm? But I bet you've seen a coffee shop in all kinds of weather. A year-round sunglasses store in Canada might not haul in a big cash flow in the wintertime. Similarly, suntan oil won't sell like crazy in December.

### **You'll make more with a massage than with a ballpoint pen.**

"Look for a business with a high profit margin .... (The service industry lends itself to robust profit margins; manufacturing and corner grocery stores do not.)" (Dagys, Kerr, Kurtz, et al, 2020, 44%).

I saw an article about a guy who sold cheap glow items: \$2 a sale, or something like that. When he started selling more expensive items, he needed only ten sales instead of 1,000 to make any money.

But even better, you can sell your services, such as a professional massage, with very little expense. Or you could sell your design services with minimal costs to you as the owner.

### **Service Businesses Come with Fewer Start-up Costs.**

"If you have almost nothing to invest and realistically don't expect anyone else will want to invest a lot in you and your business, choose a business that requires almost no initial investment (that's usually service)" (Dagys, Kerr, Kurtz, et al, 2020, 45%).

Are you bitten by the social media bug, where you post pictures of you and your boyfriend eating hotdogs in bed? Well then, consider starting a social media agency. The start-up costs can be low, especially if you master free digital editing software like GIMP.

Service businesses can cost pennies to start.

### **Go Where You've Got an Edge.**

"Look for a niche where you have a competitive advantage (say, because you have a lot of natural talent or you've acquired great skills and experience; or because you have exclusive manufacturing or distribution rights)" (Dagys, Kerr, Kurtz, et al, 2020, 44%).

If you're doing a math major at AU, why not start a tutoring business? Come on, you've got the skills! You can charge thirty-five an hour. And you can hire a contractor, from whom you can pocket fifteen dollars per hour. Sweet!

Or maybe you've been dancing since you were able to walk. Why not start a dance club? Rent some space and get people moving.

If you've got talent, flaunt it, but also, sell it. Why not?

### **If it's Covered in Red Tape, Stay Away.**

"You also don't want a business that will be overwhelmed by regulation — by the federal, provincial, or municipal government — or by the governing body of a professional or skilled trade" (Dagys, Kerr, Kurtz, et al, 2020, 44%).

Restaurants are heavily regulated. Events can be regulated, too. When I held an event, I had to get SOCAN licensing for the music. I said no to the alcohol bar for it required a license. I believe the hotel covered the licensing on the food.

You need a license to own a cat, too, now. Remember the days kitties roamed free? Oh, how I miss petting those furry beasts. That brings to mind another point: be on top of changes in regulation that impact your business.

“Food and drug manufacturing are heavily regulated by the federal government, as are telecommunications and commercial aviation. Medical, dental, and many other professional services industries are likewise heavily regulated by provincial and federal bodies” (Dagys, Kerr, Kurtz, et al, 44%).

### **If Insurance Costs More than your Groceries, Think Some More.**

Just as regulations are a grind, insurance can be a burden, too.

“You might prefer to avoid a business that will require expensive insurance from the start (this describes most of the professions, and the manufacture of products that are potentially harmful)” (Dagys, Kerr, Kurtz, et al, 2020, 44%).

When I held an event, I couldn't get insurance from the charity I represented. And there was no way I could afford insurance on my own. So, I ventured on without insurance. One guy thought threatening lawsuits was a clever route to getting his wishes met. So, he must've threatened me with over ten lawsuits. Another guy's ten-dollar art frame broke, and he threatened me with a lawsuit, too.

If your profession puts people at risk of injury, don't hesitate to get insurance. Insurance is not all bad. In fact, insurance policies can be very beneficial. You can get insurance to cover most anything your business may need.

### **Do you Love Paperwork? Hire Employees.**

Andrew Dagys, Margaret Kerr, Joanne Kurtz, et al say, “You'll probably also want to steer clear of a business with immediate high labour needs. Paying employees isn't just a matter of cash flow (although that's important). As an employer, you'll also have to deal with a lot of regulations and paperwork — such as income tax, Employment Insurance, Canada or Quebec Pension Plan, provincial workers' compensation, and occupational health and safety rules — and you may already have enough on your plate” (2020, 45%).

But if you've got stars in your eyes, and dreams about going big-time, employees may be perfect for you. Keep in mind that one full-time employee can cost upwards of thirty thousand dollars. Make sure your employees bring in more revenue than you pay them.

A social media agency would work well with hiring employees. Assign a social media employee to multiple clients—and cash in big time.

Now that you know what types of businesses are best, consider which types are best for you. One way to figure this out is by [doing a free personality test](#).

Once you figure out your personality type, enter it in Google along with the words “best careers.” Once you do that, look up the careers in Indeed.com to see their pay scale, demand, and educational requirements. Surely, one or more of those careers may make the perfect start-up for you.

### *Reference*

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## Sexual Assaults versus Self-Induced Intoxication

### The Effects of the Ontario Ruling

Natalia Iwanek



With worldwide media attention focused on the COVID-19 pandemic, as well as on social movements addressing historical and present-day injustices, provincial and federal governments have slowly begun introducing laws that scaled back hard-earned rights gained in the years before the pandemic. Examples of this are the recently voted down Bill 207 — Conscience Rights (Health Care Providers) Protections Act, which would have had a detrimental effect on Alberta's queer community, and Alberta's Bill 1—The Critical Infrastructure Defence Act, which will block many types of protests along “essential infrastructure”.

Most recently, the Ontario Supreme Court of Appeal's June 3, 2020 legislative ruling threw out a provision that barred using self-induced intoxication as a defence for sexual assault and other violent crimes, on the basis that this

provision was unconstitutional and violated Charter rights.

This type of defence had been originally blocked in two Canadian cases, in which men killed or injured relatives after consuming narcotics or medications. Both defendants attempted to use a “non-mental disorder automatism” defence, which was originally blocked by Section 33.1 of the Criminal Code. This recent ruling considers this block a violation of Charter rights.

Previously, a 1994 Supreme Court ruling had originally allowed an individual to use extreme intoxication as a defense, however, public outcry led to a law that removed the defense in instances of violent crime.

Three days after this most recent ruling, the office of Ontario Attorney-General Doug Downey stated their intent to appeal.

In an interview with the *Globe and Mail*, Dean Embry, a Toronto criminal-defence lawyer stated that in his experience as defense lawyer, most of the cases involving sexual assault have involved alcohol. However, he continued, “I’ve never come anywhere close to considering raising the defence because it is so extraordinary, and so hard to prove.” Similarly, Cara Zwibel, a director with the Canadian Civil Liberties Association, stated, “I don’t see it as seriously undermining the rights of victims.” She believes “[t]his is a rarely used provision; it’s not this widespread, systemic concern.”

In contrast, opponents feel that this ruling will further undermine rights of survivors, as well as deterring individuals from coming forward.

In an interview with *The Voice Magazine*, Deb Tomlinson, Chief Executive Officer of the Association of Alberta Sexual Assault Services, stated that sexual assault already has the lowest reporting rate of any crime; only about 5% of survivors are believed to come forward. She believes that this has the “potential to further disincentivize survivors from coming forward”

since survivors are already afraid to be blamed or held responsible for what has happened. This ruling implies that the survivor should have known better instead of placing the “responsibility and accountability on the person who did the harm.” She stated that this law does not hold perpetrators accountable for their actions.

In an interview with the *Globe and Mail*, Constance Backhouse, a law professor at the University of Ottawa stated, “The linkages between alcohol and the abuse of women are notorious.” She continued, “What will the ruling mean for the vast number of women sexually assaulted by intoxicated men? The majority of us never report sexual assault now.”

Similarly, The Women’s Legal Education and Action Fund stated, “We are dismayed that women’s rights to equality and dignity are not given more adequate treatment” This ruling “also risks sending a dangerous message that men can avoid accountability for their acts of violence against women and children through intoxication.”

This ruling comes at a time where survivors have felt increasingly empowered to start coming forward, beginning with the onset of the #MeToo movement. The 2006 movement, originating from the work of Tarana Burke, came into worldwide prominence in October 2017, as the hashtag went viral along with allegations against Harvey Weinstein. The movement was felt in Canada as well, as, increasingly, women came forward to share experiences of sexual assault and harassment.

However, with more survivors coming forward, structural issues have become apparent, such as the lack of widespread resources for survivors, as well as how existing sexual assault centres struggle with underfunding. Waiting lists for support services, such as therapy, are steadily increasing. In Toronto, the wait is approximately eleven months. In March 2020, Ontario’s Ford government cut \$1M in funding for the province’s 42 sexual assault centres.

The Ontario ruling also comes at a critical time. Canada-wide, sexual and domestic violence rates have spiked as a result of added stress from COVID-19 and the reponse, such as unemployment and financial problems, and isolation from friends and family. With the easing of restrictions, Ontario’s sexual assault centres are reporting double the amount of calls. Additionally, during the first month of the pandemic, Alberta experienced a 57% rise in calls to sexual violence helpline, Alberta One Line.

## **AU-thentic Events** **Upcoming AU Related Events**

### **Bannock and a Movie July Edition - Inuit and Inuk Stories**

July 1 to July 31

Online

Hosted by AU

[news.athabascau.ca/events/bannock-and-a-movie-inuit-inuk-stories](https://news.athabascau.ca/events/bannock-and-a-movie-inuit-inuk-stories)

Access through above link

### **Keeping Organized as You Search**

Mon, July 6, 9:00 to 10:00 am MDT

Online

Hosted by AU Library

[library.athabascau.ca/orientations.html](https://library.athabascau.ca/orientations.html)

No pre-registration necessary; access through above link

### **Connect with AU - Live chat event**

Tues, July 7, 5:00 to 6:00 pm MDT

Online

Hosted by AU

[news.athabascau.ca/events/connect-with-au-live-chat-event](https://news.athabascau.ca/events/connect-with-au-live-chat-event)

Access livestream through above link

### **The Grad Lounge**

Fri, July 10, 1:00 to 2:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

[fgs.athabascau.ca/news/events/index.php](https://fgs.athabascau.ca/news/events/index.php)

No pre-registration necessary; access through above link

*All events are free unless otherwise noted.*

Despite earlier optimism and empowerment, a great amount of work still needs to be done, as this recent ruling has solidified. According to the Canadian Women's Foundation, "80% of Canadians believe the next generation of women is just as or more likely to experience sexual assault."

The 2014 General Social Survey on Canadians' Safety reports, "there were 22 incidents of sexual assault for every 1,000 Canadians aged 15 and older" totalling "approximately 636,000 self-reported incidents of sexual assault." Those at highest risk are women, Indigenous women particularly, the LGBTQ+ community, those living in poverty, and those with neurodivergency. Perpetrators were most often men under the age of 35. Over half of victims knew their perpetrator. As one of the most underreported crimes, of the sexual assaults perpetrated by those other than one's spouse, only one in twenty was reported to the police. In contrast, other crime rates measured in the survey were reported at a rate of one in three. Sexual assault underreporting is often due to stigma, shame, guilt, and "the normalization of inappropriate or unwanted sexual behaviour, and the perception that sexual violence does not warrant reporting." In addition, few of the survey participants felt confident in the police, the court process, and the criminal justice system. Two thirds were not confident.

Despite this and recent setbacks, various organizations and individuals work tirelessly to support survivors and create change. In Ontario, those who have experienced sexual violence are encouraged to call the Assaulted Women's Helpline is available at 1-866-863-0511 or TTY 1-866-863-7868.

In Alberta, call or text Alberta's One Line for Sexual Violence for support or referrals to sexual assault service providers, at 1-866-403-8000. In addition, individuals can visit the Association of Alberta Sexual Assault Services (AASAS), which works to improve access to sexual assault services and increase public awareness.

Canada-wide in all provinces and territories, individuals are encouraged to contact Ending Violence Association of Canada. Indigenous women can call Talk4Healing at 1-855-554-HEAL.

*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>.*

## More AU-Thentic Events

### General Q&A about AU

Tues, July 14, 11:00 am to 12:00 pm MDT

Online via Microsoft Teams

Hosted by AU

[www.athabascau.ca/online-learning/how-au-works/open-house/](http://www.athabascau.ca/online-learning/how-au-works/open-house/)  
No pre-registration necessary; access through above link

### AU Has a Library? - An Introduction to Library Resources and Services

Wed, July 15, 2:00 to 3:30 pm MDT  
Online

Hosted by AU Library

[library.athabascau.ca/orientations.html](http://library.athabascau.ca/orientations.html)  
No pre-registration necessary; access through above link

### AUSU Council Meeting

Wed, July 15, 6:30 to 8:00 pm MDT  
Teleconference

Hosted by AUSU

[www.ausu.org/event/july-2020-council-meeting/](http://www.ausu.org/event/july-2020-council-meeting/)

No pre-registration required; e-mail [governance@ausu.org](mailto:governance@ausu.org) for meeting package

### The Grad Lounge

Fri, July 17, 1:00 to 2:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

[fgs.athabascau.ca/news/events/index.php](http://fgs.athabascau.ca/news/events/index.php)

No pre-registration necessary; access through above link

*All events are free unless otherwise noted.*





## Fly on the Wall Canada In a Day

Jason Sullivan



Our Canada can be seen as a metaphor for the many possibilities bound within a single human organism. To be the True North, strong and free, rather than limited and insular, means to accept not only differences of culture but also differences of belief. It takes all types, all colours, all cultures, and all epistemologies for the unique and revolutionary openness of a democratic culture to make sense, after all.

We, each of us, appear not only as we are, but also as our context illustrates our dominion. Unlike feudal serfs, our inner mobility of spirit is matched by our external dynamism of performance; we can be anything as a people and anything as a nation. We're not masses congregated, huddled perhaps, under a single flag so much as we are embodiments of a paragon of possibility. These include our many inner archipelagos of self, a fact illustrated by our compiled AU identities that fit schooling

into multiple life realms.

A view through history shows that our land—crown, private, and reservation—was not always viewed as a paragon of peace and virtue. Following the 1759 defeat of France by England on the Plains of Abraham outside Quebec City, the *philosophe* F.M Voltaire sardonically termed us a mere “few acres of snow” (“quelques arpents de neige”). The colonial Canada that evolved onward from that day of reckoning between British Redcoats and French troops in Blue and White was one of two colonizing cultures, the dominant Anglo and the restive Franco, who uneasily inhabited and expanded through an incomprehensibly vast Northland. They likewise took differing views toward Indigenous Peoples; the French were more tolerant and apt to intermarry, as the mythos of my Metis great-grandparents on my paternal side attests.

### Liberty and Egalit-eh or More of the Same?

Fresh-faced 18<sup>th</sup> Century Enlightenment values about truth and freedom, absorbed by cultural osmosis, if not by literally reading texts of the time, met their historic match in our Canadian West as colonialism expanded and encountered in the frontier a gnawing republican sentiment. Remember, the thinkers of the Sun King's France in the 1700s were key influences on the American Revolutionaries; this newfound enlightenment of individualism and progress didn't jive well with Anglo-Monarchical platitudes.

Witness Regina, the Queen City, and her stately legislature buildings. What could be more English? Each virtual footstep around the grounds is framed in a splendour projected by a distinct Anglo authority. One gathers a sense of the famous poem “Footprints” and the sensation of being carried onward by invisible hands or perhaps in the terrifying maw of a predator's grip. Certainly, the invisible yoke of empire drove onward like a prairie wind through the west as European settlement expanded. Finally, in 1885 when the railway officially linked East and West and the final spike was hammered into shimmering place at Craigellachie, BC (a highly

underutilized wedding location in the eyes of this *Fly on the Wall!*), the industrial nation of Canada was born *per se*. The *per se* is crucial because, to this day, the national myth of our country, no matter how updated and how inclusive, is a story unfolding in metaphoric and even euphoric simplifications so that we can wave flags with our arm-machines rather than over-think history inside our brain-cauldrons.

### **Daydreams and Discourse; What Are Our Teeming Selves Made of?**

Discourse is the stuff of identity and what applies to one way of speaking about reality extends to many other regions of humanity. The ecologist Daniel B. Botkin notes that as scientific inquiry unfolds new metaphors emerge out of the material reality of emerging technology. Take bacteria. Humble, common, ordinary, akin to the imagined target voter for which every political TV commercial is produced. In Canadian civil society, an individuating pioneer mode, characterized by homesteading tough-as-nails settlers, gave way to a computational metric in our day whereby hordes of bacteria (think here of colonizing immigrants) now retroactively appear to illustrate not a series of discrete entities, each with a front porch and a shotgun and an Old Yeller, but a “form of planetary entity of communicating and cooperating microbes, an entity that, we think, is both genetically and functionally a true superorganism” (Panisset and Sonea, In Botkin. p113). Today’s world sees history in terms of moving masses of people, not just as families of hardened settlers.

Out of a perceived matrix connoting identity and belonging, a 21<sup>st</sup> Century nation is imagined as a translucent stew of beings. Texting, Zooming, Being Wired, all of these are part of the current metaphor of civilization and its relentless expanding impulse. Hereby, as history unfolds, metaphors match the meaning that those in power perceive and express back our way. Whether we share in the making of cultural meaning, or to what extent, are virtually timeless academic themes. This is another reason why AU life is so unique; we share only an invisible link with the rest of our scholastic cohort.

### **What is Green, What is a Maple Leaf?**

The dominant metaphor of Canadiana that will emerge next is anyone’s guess but the continued degradation of our once-incomprehensibly vast landscape may provide a hint or three. From Mother Earth’s point of view, this Canada Day contains the greenest atmosphere since the end of the tragedy that was WWII. It’s as though the whole planet breathes a little slower and calmer this year; will we? This July 1st offers a unique shot at a renewal of ourselves as Canadians, and, perhaps, a revaluation of how and why we are who we are within our patch of planet Earth. Openness to new metaphors of meaning isn’t optional; these new ways of seeing appear even before we notice them consciously. And yet, the metaphors we choose, like the path less travelled that we later claim to have been traversing all along, can make all the difference.

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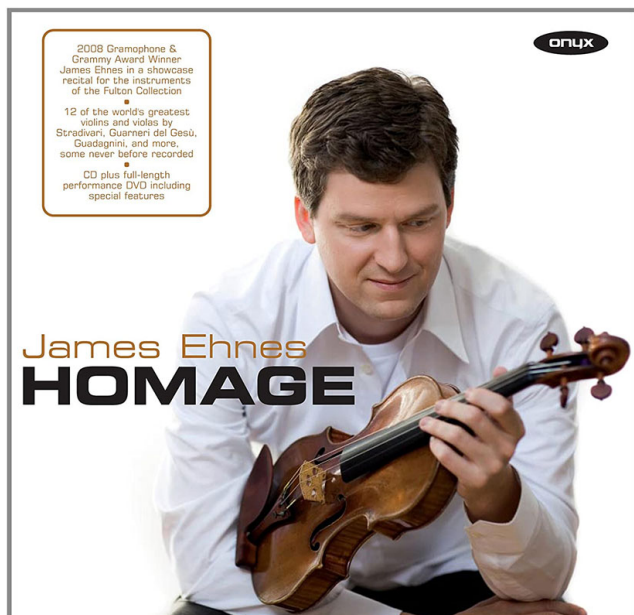
*Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.*



## Beats from the Basement

### James Ehnes

Milica Markovic



**Album:** *Homage*

**Artist:** James Ehnes

The last time I received a physical album was on my sixteenth birthday. Aware that I was still studying violin performance, one of my family friends gave me Brandon-born violinist James Ehnes' *Homage* to enjoy and gain inspiration from.

Unlike most artists who release albums to commercialize their music, *Homage* is special because it serves a different purpose. With Eduard Laurel as his piano accompaniment, Ehnes has recorded an intricate selection of classical pieces to showcase the individual features of twelve famous violins and violas that have prevailed for centuries.

*Homage's* largely diverse repertoire demonstrates the dynamic tones these instruments can produce with clarity and projection. Of course, they can't play themselves; our performer deserves much applause for bringing them to life with his skill. Despite how difficult they were to try to master, all the eye-opening techniques I used to love practicing for hours on end can be caught here, including pizzicato, multiple stops, vibrato, trills, grace notes, and staccato.

There is a lot of depth in how Ehnes approaches each musical style. It's one thing to perform contemporary songs where the chord progressions tend to be straightforward, but to navigate wide variations in areas typical of classical compositions such as range, intonation, harmony, and rhythm with absolute precision requires a lifelong dedication to the craft that I never had. So, I appreciate fluid transitions between themes when I hear them. *Homage* interweaves an array of emotions even within a single work. While listening, there are moments that might make you feel like a woodland creature scurrying through a forest or a noble at a courtly dance.

Throughout the entire recital programme, Ehnes is one of the rare soloists who never attempts to overemphasize their talent at the expense of audience reflection. His interpretation of the music is remarkably subdued, as if he wants us to pay close attention to the way the instruments themselves communicate with us and how each one makes us feel inside. One of the best examples can be heard in Maurice Ravel's "Pièce en forme de Habanera," a relaxing melancholy on the violin.

I also adore Ehnes's rendition of "Greensleeves" on the viola. The first half sounds like a score you'd hear in a romantic silent film, while Laurel picks up the second half alongside Ehnes to create an exciting and unpredictable experience. Speaking of Eduard Laurel, his piano playing is exquisite to the point where I mistake it for harp plucking.

Only one recording falls flat for me and that is Pyotr Ilyich Tchaikovsky's "Melody". However, it's not because of Ehnes, who does bring energy to it; rather, I simply prefer Tchaikovsky's whimsical pieces over his generic ones. I would've replaced it with a genre not already present on the album, like polka. Rest assured though, anyone who isn't fussy like I am will be otherwise pleased by it.



The best thing about classical music is that it's universal. Even if you can understand its cultural impact but just don't have the patience for it, I do nevertheless recommend giving *Homage* a chance as you're bustling around at home, because Ehnes' take on these works is completely ambient and doesn't overstay its welcome.

*Milica Markovic is a Toronto AU student enrolled in the MA-IS program with a BA in criminology and political science.*



## Homemade is Better Camp Like a Champ—Tinfoil Bacon & Eggs

**Chef Corey**



It's all I love camping; it's one of the reasons my kids are in Scouting. I remember camping as a Cub Scout, and a Scout leader showed us how to make bacon and eggs in tinfoil over coals in a firepit. I have talked about this experience up a few times to my kids, and, recently, I got to show them.

My Dad and I took the kids (including my brother's two kids) camping recently. I planned the menu around what I thought my nephews would eat. Not that they are picky eaters when I'm around, but my 5-year-old nephew has his moments—being that he's five! A typical camping menu for my family will include pancakes on Saturday, a rarely broken tradition that has been going on for years; tacos in a bag, a traditional meal at scouting camps for our group; happy hour, which is cheese and crackers, as well as juice boxes for the kids and a special drink for the adults; and bacon and eggs, with a recently added delicacy, fried spam!

But getting back to the eggs, tinfoil bacon and eggs are best when you have nice hot coals. Get a fire going, using smaller pieces of wood. And if you've been in Scouting, you get bonus marks when I send out the test on how to make a fire. Make sure you get the organic, non-GMO, gluten-free wood too. I jest, but quality wood is essential. A mix of hardwood and softwood will get your coals just right. If you don't have a fire pit or fireplace to make this recipe, you can use an oven or stove burner on low heat.

Let's get cooking!

### Tinfoil Bacon and Eggs

#### Ingredients:

- 1 – 2 eggs
- 1 – 2 strips of bacon
- 1 10" x 10" piece of tin foil
- A pinch of Kosher Salt
- A pinch of black pepper
- Butter or pan spray

#### Directions:

- Once your fire has subsided and you have hot coals, grab your tinfoil and place the butter on it or spray it.





- Cut your bacon in half and place it in a circular position in the middle of your tinfoil.
- Crack your egg in the middle and add your salt and pepper.
- Bring two sides together and crimp them, then fold over the other sides.
- Place the packet into the coals and let it cook for 3-5 minutes.
- Open the packet and look for the bacon to be cooked. If you

prefer it crispy, you might consider giving the bacon a head start in a frying pan.

- If you want your egg cooked more than it is, close the packet and put it back in the fire for another 2 – 4 minutes.
- Pull it out and grab an eating tool after that, or keep cooking it until you are satisfied with the firmness of your yolk!

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



## Student Sizzle — AU's Hot Social Media Topics

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

### AthaU Facebook Group

Lindsay was surprised by no response from ProctorU at the end of an exam; responders recommend contacting AU to confirm the exam was submitted by ProctorU. Ben wonders how to request an emailed transcript from AU; another student replies with specific instructions.

Other posts include waived late exam fees, tutor absences, tips for new students, and courses COMP 369, HRMT 322 and LGST 369.

### reddit

Oops! A student posts that they missed a ProctorU exam; ProctorU responds to the post with an offer to help reschedule. Other posts include architecture degrees, and course SOCI 301.

### Twitter

@austudentsunion tweets: "AUSU is now accepting application for Chief Returning Officer for our upcoming By-Election! Great opportunity to get involved with your students' union, get some great experience, and make some summer income! <https://ausu.org/?p=194911>." (Deadline for applications is July 10.)

@AthabascaUBiz tweets: "We're recruiting! We're looking for students to join our trading competition and our business case competition teams. Both competitions are open for undergrad certificate and program students, and MBA students can apply for our trading competition team. [t.co/wnxit4CX7T?amp=1](https://t.co/wnxit4CX7T?amp=1)."







Dear  
Barb

Barbara Godin

## The Gay Son

Dear Barb:

*I think my 10-year-old son may be gay. He is my only child and I had hopes of him marrying and having children, but now it doesn't look like that is going to happen. I've been seeing the signs for the last few years, but I kept hoping I was wrong. I am still hoping it is just a phase, or maybe he is just confused. He has become an embarrassment to me and his father. I know that I shouldn't be saying these things and I would never say them to anyone except my closest friends. I noticed that Brad Pitt and Angelina Jolie have a child that is gay and they seem to be fine with it. I wish I could find that kind of acceptance within myself. Do you know of any place I could get some help for my son? Maybe some of your readers could suggest a good counselor or psychologist for my son. Thanks so much, Jane.*

Hi Jane:

I'm disturbed by your letter. A parent should never describe their child as an embarrassment. Children should be accepted by their parents. You do not know for sure if your son is gay, but whether he's gay or not, he is still your son. Your reaction seems very strong, and most likely your son is picking up on your feelings about being gay. As a result, he may not want to tell you; therefore if he is gay you are dooming him to a life of secrecy and not being able to live his truth.

Communication in any relationship is vital to its success. Your child needs to feel love and acceptance at home and

you and your husband need to provide that for him. There are enough pressures in the world and when you add being gay to the mix it can lead to devastating consequences.

Bottom line is these are assumptions on your part. Your son may be going through a phase or he may be in the process of learning who he is. Before you attempt to discuss this subject with your son, I would recommend you do some research, both online and possibly discuss this with your physician or a counsellor. When you and your husband reach a point of acceptance and find peace with whether or not your son is gay, then you may want to bring up the subject of homosexuality and pay attention to your son's reaction. A lot can be transmitted without words. Don't lose sight of the fact that this is your only son and whether he brings home a boyfriend or girlfriend, what should be most important to you is that he is happy.

I hope everything works out for you.

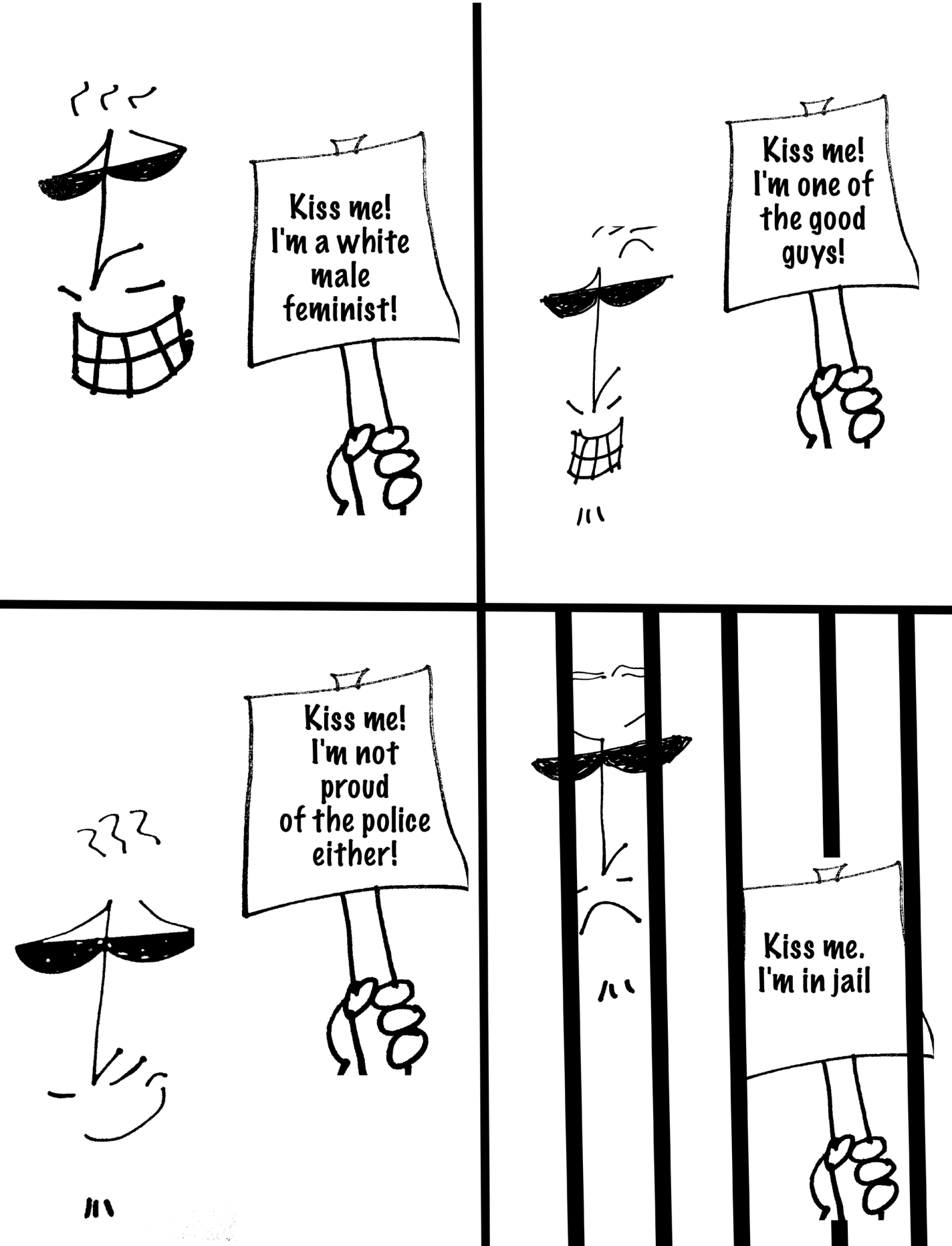
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Chazz Bravado  
Protesting Too Much

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](mailto:services@ausu.org) with any questions about this article.

## IMPORTANT DATES

- Jul 10: [Deadline to register in a course starting Aug 1](#)
- Jul 10: [Deadline to apply for CRO role](#)
- Jul 15: [Aug degree requirements deadline](#)
- Jul 15: [AUSU Public Council Meeting](#)
- July 17: [Deadline to apply for Indigenous Committee](#)
- Jul 30: [Deadline to apply for course extension for Aug](#)

## Now Hiring CRO

AUSU will be holding a [by-election](#) in August to fill four vacant council seats! The call for nominations will be going out in mid-July - stay tuned! Becoming an AUSU councillor is a great opportunity to get more involved with your AU Students' Union, get some amazing experience, and represent your fellow Athabasca University students.

### AUSU is now hiring a Chief Returning Officer (CRO)!

The CRO, working with AUSU staff, is responsible for monitoring all aspects of the by-election process from mid-July to early-September, 2020.

The anticipated time commitment is approximately 35 – 50 hours within a 7 to 9-week period (dependent on whether any election appeals are received). The CRO position can be performed from any location, but requires telephone, email, and internet capability. The CRO must be available to respond to inquiries within 1 business day. Proficiency in Word and Excel is required.

The successful candidate will receive a \$1,500 honorarium on successful completion of the role. Previous experience is a definite asset, however not required.

**The deadline to apply is July 10, 2020 at 4pm MT.**

**For details on the role & how to apply, visit our website [here](#).**

## Indigenous Committee

We are happy to announce that we have formed a new ad-hoc [Indigenous Student Representation Committee](#). The goal of the committee is to help engage Indigenous students in the development of an organizational Indigenization strategy.

### Apply to join the Indigenous Student Representation Committee!

This is a great way to get involved with your Students' Union, represent your fellow students, and help break down barriers for Indigenous students.

You can apply **no matter where you live** – meetings are by teleconference and committee work is done online! Must be an AUSU member to apply.

Committee members should be prepared to attend one teleconference meeting per month (approx. 1 to 1.5 hours), and devote a few hours to committee-related business per month. The committee term will be approximately eight months, from July 2020 to February 2021, unless extended by council. Committee members will also earn a small honorarium.

If you are interested in joining the AUSU Indigenous Representation Committee, fill out the [application form](#) and submit it to [governance@ausu.org](mailto:governance@ausu.org).

**The deadline to apply is July 17 at 4pm MT.**

**For more details, visit our website [here](#).**

## 2020 AUSU By-Election

NOW HIRING  
CHIEF RETURNING OFFICER



Indigenous Student  
Representation  
Committee



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# CLASSIFIEDS

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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Jason Sullivan, Wanda Waterman, Xin Xu and others!

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