

# THE VOICE

Vol 28 Issue 37 2020-09-18

## Minds We Meet

Interviewing Students Like You!

## Our Eternal AU Struggle

Observations from the Fly on the Wall

## The Aging Process

A Lifestyle Approach

*Plus:*

*The Last Days of Summer*

*Homemade is Better*

*and much more!*



# CONTENTS

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

## Features

Minds We Meet: *Interviewing Meg Lalonde*..... 4

## Articles

Editorial: *Generational Divide* ..... 3

The Aging Process: *A Lifestyle Approach* ..... 5

The Last Days of Summer: *Southern Ontario Day Trips*..... 9

## Columns

Fly on the Wall: *Our Eternal AU Struggle*..... 7

The Creative Spark: *What I've Learned of Emotional Wounds*..... 13

Scholars, Start Your Business: *Business Insurance*..... 14

Homemade is Better: *Hummus & Pita Chips*..... 17

Dear Barb: *The Next Step* ..... 19

## News and Events

Scholarship of the Week..... 6

AU-Thentic Events ..... 10, 11

Student Sizzle ..... 12

Vintage Voice..... 16

AUSU Update ..... 21

## Comic

Poet Maeve: *Coaxing Change* ..... 20

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# LETTERS TO THE EDITOR



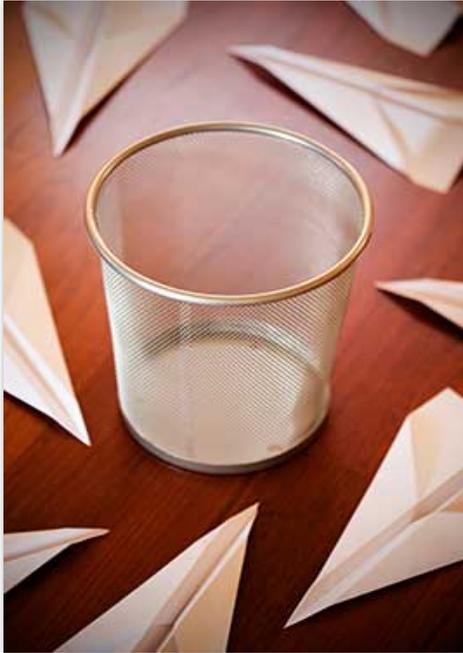
**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://voicemagazine.org),**  
**and please indicate if we may publish your letter!**

**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 Generational Divide

Karl Low



This week, our feature article is one of the best articles, the kind that features one of you. That's right, Minds We Meet is slowly but surely coming back. It's always been a priority article for me to have here in *The Voice Magazine* when I can, because it's really what The Voice is all about, helping students connect with fellow students. And what better way to do that than simply show each other who we are?

With that in mind, if you're willing to have your story in The Voice, please get in touch with me at [voice@voicemagazine.org](mailto:voice@voicemagazine.org) and we'll make things happen. Not only will you help create a sense of student community at AU, but you'll receive some nifty swag as our thank you for taking the time.

In other news, something that caught my eye this week was a *Financial Post* article on some recent research from the Deutsche Bank, [warning about the generational wealth divide](#) between the baby-boomers and the situation of the millennials threatening to bring us into what they're calling the Age of Disorder.

In short, they warn that the ongoing and growing inequality between the generations, if not dealt with through governments taking proactive action now, will result in governments making massive swings in future in economic policy, and point to politicians such as Bernie Sanders and his growing popularity with young people as evidence. Their focus, being the *Financial Post*, is of course on what this will mean to the average investor, and how it will make it difficult for investors to continue to profit easily.

Their solution is for policy makers to start encouraging more home-building and to bring in tax measures that address the imbalance between earned and unearned income. To me, though, this seems to be missing the point. More a palliative measure to stave off revolt without addressing the real issue in our system being in how it encourages this type of inequality to build up in the first place. Addressing the tax gap between earned and unearned income will certainly take some pressure off younger generations having to take care of the debt that the older generations have created, but it will not stop the problem of inequality from continuing to grow.

What can do that, however, is education. But the massive difference in the public funding of education between the time of the boomers and of the millennials is not going to be addressed by increasing the capital gains tax. That's going to take an entire reversal of attitudes within our government and a large portion of our populace being that education is a cost while tax relief is an investment. In reality, the reverse is true. Tax relief is merely a cost for governments. There is little evidence that it provides any growth beyond short-term growth, and a growing body of evidence that, overall, it creates a slight drag on the economy as it lessens the ability for governments to address issues. Meanwhile, educating citizens is almost always a winning investment, leading to more entrepreneurship, healthier citizens, and more socially active citizens.

So yes, there is a generational divide, and yes it will cost us. But the place to look for it isn't in the tax code, but rather in the provincial grants to post-secondary institutions. Enjoy the read!

A handwritten signature in black ink that reads "Karl". The signature is stylized and cursive.

# MINDS WE MEET



Who are your fellow students? It can feel like you're all along in your studies, but across the nation, around the glob, students like you are also pursuing their AU education, and *The Voice Magazine* wants to bring their stories to you and vice versa. If you would like to be featured next, do not hesitate to get in touch!

Meg Lalonde is currently only 30 credits away from her Bachelor of Science in Human Science (BSc-HS). Like many students, AU is a second educational opportunity for Meg, who has already obtained a college diploma. With many credits transferred over, she decided to pursue her degree, stating, "I liked the idea of working from home and at my own pace towards getting my degree!"

Meg's favourite AU course so far has been BIO204: Principles of Biology I, which she found "very interesting, helpful, and interactive." She stated, "I like the aspect of having to complete biology labs at home with the kit the school mailed to me."

Meg was one of a family of five who grew up in Sudbury, Ontario. "I initially went to school to become a funeral director and ended up taking a different path: pursuing my diploma in Medical Radiation Technology." She continued, "I decided not to go into funeral directing because it has become a lot less traditional and is heading more into the corporate and finance direction and I am more of a science hands on person."

Instead, Meg moved south. "I moved to Ottawa for my internship then moved to South Carolina for a job after graduation. Due to COVID19 I had to move back to Canada, so I decided to do school at AU to further my education for more career opportunities." She stated, "Before Covid, I was working as a medical radiation technologist but I am now working for Canadian Blood services in recruitment. It is important to encourage Canadians to continue to donate, as people are in dire need of blood every day!" Meg currently resides in Sudbury with her dog Sheila, and considers becoming a dog mom her proudest moment in life.

Outside of working and studying at AU, Meg does digital illustrations, loves to travel, "and do anything outdoor related." In her spare time, she is currently reading Stephen King's *Pet Cemetery* and watching "The Office for the fifth time around."

Her bucket list is exciting, consisting of wanting "to go skydiving one day." She revealed, "It has always been a dream of mine." When asked where she would live if given the option of absolutely anywhere, Meg stated, "I would love to live on Sullivan's Island in South Carolina. It is a such a beautiful island and has so much history and is meaningful to me." She elaborated, "Our home on Sullivan's Island was built when the island was inhabited by civilians and is one of the few

homes that survived the eye of hurricane Hugo. The island is where Fort Moultrie is located and played major battle roles in the world wars.”

When asked if she had a chance to meet any person – current, historical, or fictional, she stated, “I would love to meet Dwight K. Schrute.” (For those not in the know – he is a character from “The Office” played by Rainn Wilson!)

In the future, post-AU, Meg sees herself “[w]orking in the health care field, most likely in diagnostic imaging.” Best of luck Meg!

*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>.*



## The Aging Process A Lifestyle Approach

**Alek Golijanin**



Every year, people around the world spend over \$500 billion on beauty products. We find ourselves living during a time where appearance seems to be everything. The advertisers and marketers want to convince you that their expensive products will make you look younger, but I say save your money. The key to looking younger longer is a healthy lifestyle, not high-end products, and any focusing on your diet and exercise levels will help slow the aging process.

### **How Diet and Exercise Affects the Aging Process**

Having a good diet means two things, eating healthy and eliminating activities like smoking and drinking. When it comes to eating healthy, the best thing we can do to slow the aging process is to eliminate refined sugars, greasy/fatty foods, and processed foods, in favor of fresh alternatives (Cosgrove, 2007). Processed foods are some of the most inexpensive food products, but they also tend to be full of refined sugars, fats, and other additives. Depending on one's budget, it can be extremely difficult to maintain a healthy diet, but

one strategy might be to keep an eye on sales or other discounts.

Smoking and drinking alcohol is also very destructive. Breaking these two habits can be hard, because the body becomes addicted to sugar, fats, cigarettes, alcohol, and more. The best approach might involve trying to curb the habit of smoking or drinking alcohol before focusing on food intake because of how much money a frequent smoker or drinker would save.

When we find ourselves eating unhealthy, exercising can help flush toxins out of our body through sweat. Exercising increases our body temperature and it causes the body to burn energy and fat. It also leads to more tight and toned skin by eliminating fat, and that helps to keep skin

from losing its natural elasticity. However, it is important to avoid extremely strenuous exercises because that can negatively affect the entire body (Dunn, 2013).

In addition to a healthy diet and exercise, it is important to try and get a good sleep, reducing stress levels and keeping your skin hydrated. Sleep is the time when your body repairs itself, so it is important to have a solid nighttime routine. Stress leads to our body releasing hormones that trigger the early onset of wrinkles and skin dullness. Everyone will have varying levels of stress in their lives, but a good philosophy to counter stress is “working toward a better tomorrow” (Dunn, 2013). Skin produces natural oils and too much washing of the faces will lead to dry skin. Moisturizers are some of the cheapest skin care products available, yet dermatologists swear by them.

**Better Late Than Never**

Whether you are entering your twenties or getting closer to retirement, you will see a difference by switching to a healthier lifestyle. These simple switches will have positive health impacts that extend beyond healthy skin, they will save you a lot of money that you will be able to allocate elsewhere. While advertisers are experts at influencing behaviors, condition yourself to see Derek Zoolander’s “Aqua Vitae” beauty commercial in Zoolander 2 whenever someone tries selling you eternal youth.

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# Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Horatio Alger Canadian Scholarships

Sponsored by: Horatio Alger Association of Canada

Deadline: October 26, 2020

Potential payout: \$5000

**Eligibility restriction:** Applicants must be Canadian citizens, be graduating high school (or in the final year of CEGEP) with plants to enter university in the fall of 2021, demonstrate financial need, and be involved in co-curricular and community service activities. See full eligibility requirements.

**What's required:** An online application form, including personal, academic, and financial information, essays and personal statements, and references.

**Tips:** Check out the FAQ page for detailed information about the application process.

**Where to get info:** [horatioalger.ca/en/scholarships/about-our-scholarships-programs/provincial-programs/](http://horatioalger.ca/en/scholarships/about-our-scholarships-programs/provincial-programs/)



## Fly on the Wall Putting Our Gratifyingly Eternal AU Struggle in Perspective

Jason Sullivan



At the cosmic level we were all born yesterday. *Homo sapiens* are Johnny-come-lately to planet Earth; one day every organism alive today will be as extinct as the dodo. Yet, the time frames, such as the Earth's 4.6 billion years of existence, are beyond our comprehension. The universe isn't comparable to your great-grandmother's sense of tradition, after all. Human culture is incommensurate with time if we take time seriously for what it appears to be.

Three billion years ago the “great oxidation” wiped out almost everything on earth as ocean plants began to exhale the corrosive and toxic, yet now to us seemingly-vital and life-giving, oxygen molecule. Indeed, the increased abundance of CO<sub>2</sub> today may ironically someday furnish a new world for a future planet Earth. Life is far beyond what we can measure and that's both its mystery and its curse; it's no wonder that the whims of our inspiration at AU can be difficult to predict and stimulate. We think we know what we know because we measure it and leave out the remainder, even as what's immeasurable or beyond our comprehension is often, ironically, what counts the most.

Who we are today on our AU footpath shines with potential, but we don't, and can't, know exactly where our private journey will lead or who we shall be when we arrive. It's like drawing a dream or painting a song; incommensurate realities run up against the hot pavement of uncertainty when conditions are just right. No single medium or method can capture the whole of our reality. As such, a hot, late-summer's day can either be an obstacle to progress or an opportunity for re-evaluation or something in between.

So how might we measure our progress, particularly on a day where it seems like editing an essay or memorizing key terms is carrying us no closer to a sterling apprehension of our course's key learning objectives? What we need when facing any daunting task is a broad view of ourselves and our life's mission—that we might gain some stoic serenity and harbour a positive perspective. We're here at AU to learn, but that doesn't mean we have to take a paper cutter to all that we see. Analysis is a Greek word meaning to cut again, but, as anyone frustrated by the complexities of origami, calculus, or grammar knows, if you cut or fold or think about something enough it can become impossible to get where you want to go. Sometimes a change in the essential framework of our thought is just what we need.

### Augustine of Hippo's Moment

To really glean comprehension of the interminable nature of our studies on a hot day when time seems to stand still perhaps requires us to consider two forms of truth. Augustine of Hippo (354-430 CE)'s key work, titled *De Civitate Dei Contra Paganos*, gave comfort to Romans horrified at the

recent sack of their city by heathen hordes. Augustine noted that much lies beyond the senses and their earthly institutions. He illustrated this by contrasting the empirical, sensory, truths of “scientia” with the contemplative, intellectual, wisdom known as “sapientia.” Scientia and sapientia produce truths incommensurate with one another.

Sapientia is where we’re at whenever our studies transcend schedules, days, and ordinary life. Augustine calls sapientia “wisdom derived from the contemplation of eternal truth”. The nature of our AU studies is not one of rigidity. After all, life gets in the way of many a planned study day (or morning, or evening, or quickie 20-minute self-administered pop quiz).

Our learning journey may even be eternal in nature; to be sure, it can’t be reduced to the papers we write or diplomas we receive. To do so would be to engage in “what the philosopher Gilbert Ryle called a ‘category mistake’ – roughly speaking, a bit like calling a whale a fish.” (Pies R. 2020) A better analogy between scientia and sapientia might be to compare building a house with lumber and concrete with making a home with love and compassion.

When productivity feels impossible or beyond us, that may be because it is. Augustine would agree because of the nature of divinity; for him, God created both time and space and thus transcends them both. And if there ever was a time when forgiveness was divine it’s when we come poetically to terms with our lack of productivity on the hottest of summer days!

Our desire for success at AU doesn’t only rest on our need for a meaningful and enriched intellectual existence. Fundamentally, we are seeking to create and involve meaning in all our life as part of our choice to enrol at AU. The deep longing for purpose is foundational to the search for all forms of knowledge. Underneath all that we do, say, and feel is an essential drive for meaning and understanding. Likewise, boundaries between work and play, or pleasure and labour, are as artificial as the blue light emanating from our laptop during midnight cram sessions.

Remembering the labile nature of life’s creative impetus helps us to avoid the drudgery and embrace the magic of our existence and our lives in general. Too much scientia may drag us down on a hot day when productivity just isn’t happening and, well, we all know that if we don’t apply ourselves we’ll flunk out of distance education faster than a garter snake down a waterslide.

But hey, we can all be whimsical at heart on a hot summer’s day so let’s enjoy ourselves! As Augustine wrote, “therefore virtue is better, which is content with no human judgment save that of one’s own conscience” (Augustine). A panacea for summer’s study struggles thus can be to lightheartedly lay down our writing pens and rest our typing fingertips to indulge whatever aspect of our creative essence we’ve not noticed in awhile.

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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.*



## The Last Days of Summer Southern Ontario Day Trips

Natalia Iwanek



For those of us who live in northern cities, the chase of the elusive summer sun can border on obsession, particularly when we first feel the initial dreaded cool breezes of early September. Two months of warm weather is never quite enough.

The irresistible urge to enjoy the remaining warmth of the summer sun remains a reality for many of those of us who live in colder climates, fully aware that the chill of winter is only a few short months away. This sense of impending loss is compounded by the knowledge that the recent COVID-19 pandemic has limited international travel opportunities to southern destinations for the near future. This year, those of us privileged to consider the luxury of travel must think of new and innovative ways to prolong our summer here at home.

Recently, as August ended, I found myself increasingly drawn to enjoy these last days of summer in my surrounding area's bodies of water. Although I grew up in Toronto, over a decade of national, as well as international, travel took me away from the area to destinations in the Caribbean, the Atlantic, and the Pacific. Could the

Great Lakes' rocky shores ever compare to white sands and jungle greenery? Could Lake's Ontario and Erie captivate me in a similar way to the Arabian or Baltic Seas?

A mere one hour away from the sprawling urban metropolis of Toronto, small-town Ontario has surprised me in unexpected ways.

As the COVID-19 pandemic shows no signs of slowing, I have attempted to temper my overwhelming desire to leave the house so as to not put myself or underserved and small communities at risk of harm. As with international travel, it is becoming increasingly clear that we must remain mindful of the lands we travel to and the people affected by our presence. Much of Ontario's beaches and provincial park lands have strong ties to and traditional roots in Indigenous communities. Many of these communities remain systemically underfunded in many aspects, including healthcare, leaving them disproportionately vulnerable to this pandemic.

My search for the sun amidst the pandemic was further complicated by my immunocompromised status. In addition to the increasingly common rhetoric of sacrificing certain communities for the greater good, I often hear the now familiar-refrain, "Why don't you just stay home?" Like all people, those immunocompromised need an occasional reprieve from our four walls as well. Luckily, Toronto's geographical location makes it the perfect spot to enjoy socially distanced day trips to a variety of Great Lakes, often on a single tank of gas.

Carefully, mindfully, and respectfully, I set out to learn more about what lay in my backyard.

## Turkey Point Provincial Park – Lake Erie (Old Cut and Port Dover)

Located on Haudenosaunee (Longhouse Confederacy), Petun, Anishinabewaki, Attiwonderonk, and Mississaugas of the Credit First Nation lands, Turkey Point Provincial Park is one of the closest of Toronto's provincial parks, about an hour and a half drive from the city. Options for side trips include nearby Port Dover, although be warned, the public beach is currently closed. Instead, it is also possible drive further south to the sand dunes of Old Cut Beach, located on a narrow outcrop of land on Lake Erie.

Earlier this month, the surrounding area in Caledonia was the site of an ongoing land dispute between the Six Nations of the Grand River land defenders and the Ontario Provincial Police (OPP). Although the blockades, set in response to the OPP raid of the camp set up in protest the proposed residential development at nearby McKenzie Meadows, have recently been taken down, the Six Nations have called upon the federal government to address historical claims and land rights issues.

## Sandbanks Provincial Park – Lake Ontario

Located on the Haudenosaunee (Longhouse Confederacy) and Mississauga lands.

A standard weekend trip for any Torontonians, Sandbanks Provincial Park now enforces strict numbers for capacity, so be sure to check out their Twitter site before heading out on the approximately two-hour long journey. Sandbanks is divided into several beaches, many with spectacular sand dunes; it would be worthwhile to drive around before choosing the perfect spot. If Sandbanks is at capacity, consider nearby secluded Little Lake near Brighton, Ontario, with turquoise waters and minimal crowds.

## Ipperwash Provincial Park – Lake Huron (Grand Bend)

Located on the lands of the Anishinabewaki, Attiwonderonk, and Mississauga, including the Chippewas of Kettle and Stony Point First Nation.

Ipperwash Provincial Park allows visitors to enjoy Lake Huron's beachfront and calm, shallow waters. Expect a three-hour drive each way. In addition, although beautiful, nearby Grand Bend's popularity makes it difficult to safely socially distance.

Visitors to these shores should remain mindful of the area's history; including the 1990 killing of Indigenous land defender Dudley George by the OPP during protests to reclaim part of the park and nearby Camp Ipperwash. This area had been turned into a military base after being seized by the Canadian government during the Second World War. Recently, on September 8, 2020, a

## AU-thentic Events Upcoming AU Related Events

### Nursing and Health Studies Library Orientation webinar

Sat, Sept 19, 10:00 to 11:30 am MDT

Online via Adobe Connect

Hosted by AU Library

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

No pre-registration necessary; access through above link

### MBA for Executives Webinar

Tues, Sept 22, 10:00 to 11:00 am MDT  
Online

Hosted by AU Faculty of Business

[news.athabascau.ca/events/mba-for-executives-webinar-20200922](http://news.athabascau.ca/events/mba-for-executives-webinar-20200922)

RSVP through above link

### Faculty of Business Undergrad Program Orientation for New Students

Tues, Sept 22, 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-20200922](http://news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20200922)

RSVP through above link

### Writing a Research Proposal

Tues, Sept 22, 12:00 to 1:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

[fgs.athabascau.ca/news/presentations/](http://fgs.athabascau.ca/news/presentations/)  
Register through above link

*All events are free unless otherwise noted*

great deal of Ipperwash reverted to Indigenous hands, fulfilling a commitment by the 2007 Ipperwash Inquiry. Ultimately, “[t] inquiry revealed a number of major concerns in how the police response was handled, and the judge ultimately found that Ontario Premier Mike Harris and the federal government were responsible for George’s death.”

### **Fathom Five National Marine Park and Bruce Peninsula Provincial Park – Georgian Bay (Flower Pot Island, the Grotto, and Tobermory)**

Located on the lands of the Anishinabewaki, Odawa, Mississauga, including the Saugeen First Nation.

Although this will be a longest day of driving, it is possible to visit both the world-famous “Grotto” in Tobermory’s Bruce Peninsula Provincial Park and then sail the half hour across to Fathom Five National Marine Park’s Flowerpot Island. The “Grotto” is a natural cave system, featuring clear turquoise waters, easily accessible by a half hour hike from the entrance of the park. Nearby Flowerpot Island is renowned for its rock pillars resembling giant flowerpots, and features sunbathing areas, hiking loops, and swimming opportunities.

Visitors to the area should remain mindful that the area is currently being disputed in Court, with the Saugeen Ojibway Nation claiming ownership for the entire Bruce Peninsula, as well as compensation.

Despite September being upon us, day trips to various Ontario provincial parks and beaches remain easily accessible, and the perfect way to enjoy the rest of our warm days. A wide range of natural beauty can be found all over Ontario and as the pandemic is believed to continue at least until next year, enjoying our backyards will become increasingly common in the future.

As we stay local, we should remain mindful of history, as well as current systemic issues affecting the individuals and communities residing in these areas. For those who would like a starting point from which to learn about the traditional Indigenous lands that they settle and travel on, Native Land, “a crowd sourced, interactive website mapping traditional territories ... treaties and language” allows users to search by geographical area. In addition to Canada, it now covers many parts of the globe.

To learn more about current issues, books that have helped me specifically as an immigrant first-generation settler, begin to start to understand this country’s history have been Arthur Manuel’s *Unsettling Canada: A National Wakeup Call* for a national perspective, as well as Alicia Elliot’s *A Mind Spread Out on the Ground* and Tanya Talaga’s *Seven Fallen Feathers: Racism, Death, and Hard Truths in a Northern City* on a provincial level.

## **More AU-Thentic Events**

### **Heritage Conservation Learning in the COVID World – Challenges and Opportunities**

Tues, Sept 22, 4:00 to 6:00 pm MDT  
Online

Hosted by AU, ICCROM, and IIC  
[news.athabascau.ca/events/heritage-conservation-learning-in-the-covid-world-challenges-and-opportunities](https://news.athabascau.ca/events/heritage-conservation-learning-in-the-covid-world-challenges-and-opportunities)  
RSVP through above link

### **3MT competition: Western Finals**

Wed, Sept 23, 1:00 to 4:00 pm MDT  
Online

Hosted by U of Alberta's FGSR  
[news.athabascau.ca/events/3mt-competition-western-finals](https://news.athabascau.ca/events/3mt-competition-western-finals)  
RSVP through above link

### **Virtual Student Social**

Thur, Sept 24, 5:00 MDT  
Online via Zoom

Hosted by AUSU  
[www.ausu.org/2020/09/ausu-virtual-student-socials/](https://www.ausu.org/2020/09/ausu-virtual-student-socials/)  
Register by emailing [ausu@ausu.org](mailto:ausu@ausu.org) by Sept 23

### **The Grad Lounge**

Fri, Sep 25, 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*

As a way to support the various communities, consider donating to local organizations, including Moon Time Sisters Ontario and the Native Canadian Friendship Centre of Toronto, as well as supporting Ontario's Indigenous-owned businesses, including Toronto's (Tkaronto's) NishDish and Tea and Bannock.

For more information about Indigenous Studies at AU, including Cree language courses, visit Nukskahtowin.

*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>.*

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

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

#### AthaU Facebook Group

Michelle wonders why transfer credits from another institution don't affect GPA at AU; responses indicated that for AU undergrad programs, only AU courses are used for GPA. Bob posts about new course LBST 325 Labour Mobility and Migrant Workers; a timely topic! A student discovers the hard way that exams have to be requested through AU; booking an invigilator like ProctorU is a separate step.

Other posts include note-taking strategies, student funding, exam technical issues, convocation 2020, and courses CRJS 495, HIST 225, HLST 200, IDRL 215, and ORGB 326.

#### Twitter

@AthabascaU tweets: "Share your #AthaU2020 pride by updating your Facebook profile picture with this frame! (And if you do add this frame, be sure to share to tweet at us and you'll be entered into the #AthaU20 Social Media Grand Prize draw: a new iPad!) <https://bit.ly/33vVdx9>."

@austudentsunion tweets: "Want to get connected to your fellow #AthabascaU students? Get the AUSU Mobile app, make an account, and join the campus chat! It's also a great way to find resources and services available to you and get support from your AU peers! <http://athabasca.ca/campusapp.com>."

#### Youtube

If you've got an accounting designation and you're thinking about an MBA, check out the Faculty of Biz's 15-minute Athabasca University - Online MBA for Accountants.



## The Creative Spark

### What I've Learned About Emotional Wounds

Marie Well



Author, psychologist, and physician Dr. Raymond Moody said life-changing words. He said something like, “The definition of normal is someone you don’t yet know very well.” In other words, hang around someone long enough, and you discover their flaws and wounds—their abnormalities. That quote means a ton not for just fiction, but for your life as well.

#### **We are all wounded.**

Deep down, we’re all wounded birds. But birds are meant to fly, right? Well, so are heroes in fiction. And so are you.

We are all flawed, with at least one serious flaw, coupled with at least one life-altering wound. That means, at times we struggle when we hit our limits. Sadly, “life doesn’t come with a user’s manual” (Ackerman & Puglisi, 2017, 2%).

This wounded state is universal: “Mentors, sidekicks, love interests, and villains are all affected similarly by trauma, which will determine the motivations that drive them toward their chosen goals” (Ackerman & Puglisi, 2017, 2%).

#### **What exactly are wounds?**

Wounds, according to the *Emotional Wound Thesaurus*, come in many flavors. These flavors can range from witnessing a murder to having a physical disability to failing at school to being raised by an addict. Why do I call wounds flavors? Well, with each wound comes something magnificent: a life lesson; a growth opportunity—two key reasons for our earthly existence.

Angela Ackerman and Becca Puglisi (2017) say, “Obstacles, challenges, and opportunities come along in life and prompt difficult questions: How do I deal with this? What should I do? What will it say about me if I fail? Unfortunately, fear, self-doubt, and insecurity are all part of the human baggage we lug around each day” (2%). The good news is that we grow by the act of struggling to cope.

#### **How do true heroes cope?**

True heroes in fiction overcome adversity through loving kindness, in my view. It’s the heroes that seek vengeance who fall to the realm of anti-heroes. I’m heartbroken by how many heroes in the cinema get applauded for ill deeds.

So, be a true hero: never grow jaded. As soon as any negativity arises—anger, jealousy, vindictiveness, fear—it’s your duty to counteract these emotions. You should focus your mind on uplifting thoughts and emotions instead. That means, as soon as negativity enters your consciousness, think instead, “The clouds in the sky look beautiful,” or, “I love my Grandpa,” or, “I feel good today”—anything positive. Shift your mind; train your mind and you’ll reach a “tipping point” where positivity reigns.

But the human condition brings all of us to unwholesome thoughts, at times, no matter how positive we try to be. We're all flawed and wounded, none of us normal. Does that mean we shouldn't love all those people in our lives who show their flaws? I believe love is the answer. If we judge another, we get the same treatment sooner or later. Whether in fiction or real life, karma brings us the lessons we came here to learn. Live long enough, and you'll discover why loving unconditionally heals all wounds.

#### References

Ackerman, Angela, & Puglisi, Becca. (2017). *The Emotional Wound Thesaurus: A Writer's Guide to Psychological Trauma*. [Kindle]. Retrieved from amazon.ca.



## Scholars, Start Your Business

Marie Well

### When to Buy Insurance for your Student Start-up



You're a student. Perhaps you dream of owning and running your own business. But if your company car gets totalled or your fish restaurant gets flooded, you'll need help: insurance help. But insurance is expensive, right? So, when should you buy insurance? And what types should you buy?

According to Steve Mariotti (2014), author of *The Young Entrepreneur's Guide to Starting a Business*, "If you are starting a business, you should be aware of three types of insurance: 1. Property insurance 2. Liability insurance 3. Workers' compensation" (52%).

#### Property Insurance

Steve Mariotti explains, "Property insurance protects your business's possessions in the event of fire, theft, or damage from the weather. A basic property insurance policy could cover your building, its furnishings, and the equipment, supplies, cash, and inventory stored there or offsite" (52%).

According to TruShield Insurance, "Instances of fire, winter storm damage, hail and some forms of water damage may be covered in your commercial

property policy to help you keep costs down in these unforeseen situations."

They continue, "For example, if you own a commercial space, and someone vandalizes the door to your business preventing customers from entering the building, the right small business insurance policy will help get the repairs done quickly and help keep the costs to your business down."

Chinatown, during the Calgary floods, smelled of rotten fish. How did the owners get the fish scent out of their walls? How did they fix the water damage to their buildings? Perhaps their property insurance covered it all. I bet most every shop that stayed afloat after the floods had some sort of insurance.



## Liability Insurance

Steve Mariotti (2014) says, “Of all the risks entrepreneurs face, the chance that their inexperience or negligence could hurt someone physically or financially is one of the scariest. Liability insurance eases some of those concerns by providing protection when a business’s action, or lack of action, injures another party. As with property insurance, different policies cover different risks. Types of liability insurance policies include:

“1. General Liability: Covers expenses related to injuries sustained on the business premises. It also covers injuries or damage due to employee carelessness at work” (Mariotti, 2014, 52%).

TruShield states the example, “A client falls while walking up the steps to your home, and files a lawsuit against your company.” That’s general liability.

“2. Product Liability: Protects a business from losses caused by a product it produced or developed. This coverage is particularly important to manufacturers and food producers and processors” (Mariotti, 2014, 52%).

TruShield uses the example of “you own a coffee shop, and a customer claims that your red velvet cupcakes caused them bodily injury, which resulted in them missing work.” That’s product liability.

“3. Professional Liability: This policy differs from product liability in that it covers harm done by a business’s actions or failure to act, not its products” (Mariotti, 2014, 52%).

“4. Identity Theft Insurance: This protects a business against damage done by the theft of sensitive information” (Mariotti, 2014, 52%).

Once, while at the university gym desk, I pulled out my wallet to exchange my ID card for my gym equipment. A guy at the side of the line asked if he could see my driver’s license ID. Dumbly, I gave him my driver’s license. I got momentarily distracted and when I looked back, the guy had disappeared—along with my driver’s license. I believe he aimed to help someone steal my identity.

You could say identity theft insurance saves face. Yours, to be specific.

“5. Employment Practices Liability Insurance: This insurance covers claims against a company by employees charging it with discrimination and other illegal and unfair treatment” (Mariotti, 2014, 52%).

The Charter of Rights and Freedoms allows discriminated employees to launch a claim against their company. Other governmental departments exist to enforce safe working environments in a corporation. By safe, I mean hazard free and sexual harassment free.

If a company is deemed a sexual harassment hazard, government agencies can force the company to pay for expensive sexual harassment education. And all employees must attend.

So, if a business ever gets accused of discrimination or other unfair treatment, employment practices liability insurance helps.

6. Technical Errors and Liabilities: TruShield also shares the example, “You’re an independent consultant working out of your home. You’ve been accused of missing a deadline for work resulting in a financial loss for your client. You’re now being sued for \$500,000.”

Yikes! If you've got anxiety, give yourself some leeway with deadlines. No matter who you are, please add at least a two day buffer to your deadline. And get insured. No-one should suffer a half-million-dollar penalty for a late paper.

### Worker's Compensation

According to Steve Mariotti, "Workers' compensation insurance covers losses to employees due to job-related injury or illness. It is "no-fault" insurance, meaning it pays regardless of who is responsible for the injury or illness. "Workers' comp," as it is sometimes called, pays employees' medical bills and reimburses them for lost wages. It pays for physical therapy or job training if the injury makes returning to the old job impossible. In case of death, the insurance covers funeral expenses and survivors' benefits to a spouse and dependents" (52%).

According to an article published by [Nolo](#), "You can file a claim for workers compensation benefits as soon as you become injured on the job or develop an illness that is related to your work."

At my prior place of employ, I came down with severe workplace anxiety. My doctor said it was due to boredom at work: repetitive tasks.

Later, my boss brought me in his office. On speakerphone, a manager probed about the anxiety. I said anxiety didn't prevent me from performing my job with success. So, the manager said a condition of my work was that I could not blame the company for the anxiety. I agreed to that term. But I'm not sure what they demanded was legal.

If you have employees, you'll likely need a workers' compensation plan.

So, those are key insurance policies you likely need. Don't get caught with the scent of rotted fish in your walls or the hazard of electrical fires destroying your office. Get insured.

#### References

Mariotti, Steve. (2014). *The Young Entrepreneur's Guide to Starting and Running a Business*. New York, NY: Penguin Random House. [Kindle Unlimited]. Retrieved from amazon.ca.



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

Avast, mateys! [International Talk Like a Pirate Day \(ITLAPD\)](#) is on the horizon for September 19, and we've plumbed the depths to dredge up some booty from the archives.

**Prepare to be boarded!** Writer Barbara Lehtiniemi reviews the Monty Pythonesque pirate movie *Yellowbeard*, which features Cleese, Chapman, Idle, plus Cheech, Chong, and Madeleine Kahn. "Although he completed his sentence, the authorities—annoyed that *Yellowbeard* survived the harsh conditions of imprisonment—easily persuade the queen to extend his sentence 'indefinitely.' *Yellowbeard* has other plans." *An Act of Piracy*, September 16, 2016.

**Fine pirate booty.** Laura Seymour ignores the hunky half-shirted guy on the cover and reviews a book she bought for its historical insights. "If you're aware of pirate history this book will probably get your attention. It is well written with plenty of details of life and expectations in the given time period, 1793." [Flick & Folios—Romance Book Review: A Pirate of Her Own](#), June 2, 2004.

## Homemade is Better Hummus and Pita Chips

**Chef Corey**



School lunches are hard. After so many weeks of making sandwiches or buying lunchables, you want a change, they want a change, everyone is tired of leftovers. This week I made hummus and pita chips. My kids eat this up like it's going out of style, and, honestly, it's easy to make! Granted, the tahini is an expensive ingredient, but it's good for a long time!!!!

Hummus is one of those dishes that we've all tried, and a few may have said, "I wish I could make something like this!" Well, good news! You totally can; it's really easy, and I'm 100% positive that anyone can make this simple middle-eastern dish. Just follow my simple instructions, then, after a couple batches, just start experimenting.

Once you've bought the tahini you may as well use it, so add different ingredients you think would work. For example, if you want roasted red pepper hummus, bake a red pepper for about 15 minutes in the oven or grill it on your BBQ until all the sides are black. Then wrap it in a plastic bag and let it sit for 5 minutes. Afterward peel off the skin and pull

out the seeds. Chop it up and add it to your food processor as you make your hummus.



Also, I know better than to make my own pitas. I've tried, and they haven't turned out like they should. I really have a small handful of recipes that I won't make anymore. One is Jambalaya, and another is pitas. My sister-in-law makes the best Jambalaya, so I feel like it's pointless to compete with a perfect dish. I've had great jambalaya at restaurants, and I bet someone out there can make it like no one's business, but my sister-in-law Shannon makes the best I've had!

So, with that lets get to hummus and pitas!

## Hummus and Pitas

### Ingredients

- 1 19oz can of chickpeas, drained and rinsed
- 3 cloves of garlic, peeled
- ¼ cup of tahini
- ¼ cup olive oil
- ½ tsp kosher salt
- ¼ cup of water
- 2 tbsp lemon juice
- 1 store bought package of pitas, cut into 8ths



### Directions

1. Preheat your oven to 350F.
2. Get your food processor out.
3. Gather all the ingredients.
4. Cut the pitas into eighths and put them onto a baking sheet in a single layer.
5. Bake them about 5 minutes, or longer if you want crispy chips. Pull them out and let them rest.
6. Open and drain your chickpeas, then rinse them with cold water.
7. Peel the garlic and add it to the food processor, then pulse for about 5 seconds to cut them up.
8. Add the chickpeas and blend them for about a minute.
9. Add the tahini and continue to blend, then add the oil.
10. The hummus will be very thick, so add half the water and half the lemon.
11. Add the salt and continue mixing.
12. Give it a taste, you're looking for a smooth paste with a slightly citrus taste. If it is still slightly chunky add more water and continue blending.
13. Taste again, if you can't pick up the slight citrus from the lemon add a bit more then blend more.
14. If you've added all the water and lemon juice, then stop. Transfer it to a bowl and taste it with a pita chip.
15. Wrap it with plastic wrap and leave in the fridge overnight. By the next day the flavors will intensify.
16. Pack a few chips with a reusable container and pack it for their snack, or your snack! No one said you had to share; you'll make friends if you do, but don't feel any pressure to!



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



Dear  
Barb

Barbara Godin

## The Next Step

*Dear Barb:*

*Hi, I am in my early twenties and have been dating the same guy for three years. I am still living at home since my parents are fairly lenient and don't mind if my boyfriend stays over. I am attending university and working part time, so I have been able to save a ton of money which is really nice. I pay for my own tuition and bought myself a car, plus I pay for all my clothes and personal items. I have enjoyed having a big bank account and being able to buy what I want or need.*

*My boyfriend is living at home and finished school last year and is working full time now. Recently he has begun talking about moving out on his own and he wants me to join him. He says he will pay the biggest part of the bills, since he makes more money than I do. I love him and hope to have a life with him, but I am not sure I want to spend the money to pay rent and living expenses. I always find it difficult to spend money and I feel better when I have a lot of money in the bank. People keep telling me to spend it and buy the things I want, but I can't seem to do that. I don't know whether I am just cheap or what. I need some advice, should I take the plunge or not? Thanks, Sabrina.*

Hi Sabrina:

Interesting scenario! Have you asked yourself if you are ready for more of a commitment? Moving in together requires a lot more than a financial commitment, you have

to be emotionally ready and willing to compromise with another person. Here are some points I found on the site [Mental Floss](#).

Some of the signs you're ready to live together include that you're practically living together already, have gone on a vacation together, had a fight and made up from it--because it's bound to happen sooner or later, you've discussed your expectations of each other, you've already spoken about money, you both seem to want the same things out of life, and, of course, do you both want to live together?

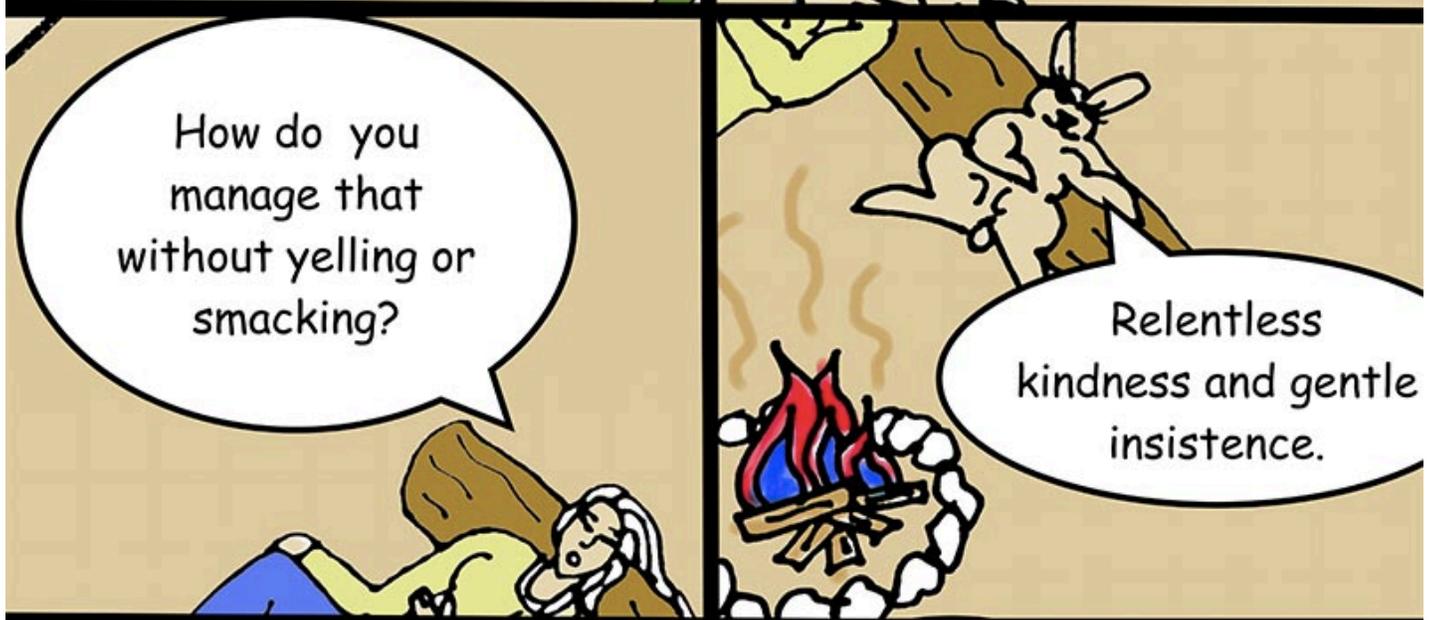
In addition, you have to consider what your gut is telling you. Does it feel right? Your gut will never lead you astray. Friends and family will all have an opinion on whether this is the right thing for you to do, but you are the only one that knows for sure. Consider other's opinions, only if it is coming from a person you respect and that has had success in relationships. Best of luck Sabrina.

*Email your questions to [voice@voicemagazine.org](mailto: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  
Coaxing Change

Wanda Waterman



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## IMPORTANT DATES

- **Sep 24:** [AUSU Virtual Student Social](#)
- **Sep 30:** [Deadline to apply for course extension for Oct](#)
- **Oct 2:** [Athabasca University Convocation](#)
- **Oct 10:** [Deadline to register in a course starting Oct 1](#)
- **Oct 15:** [Nov degree requirements deadline](#)
- **Oct 21:** [AUSU Public Council Meeting \(Zoom\)](#)

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## AUSU Virtual Student Socials

Come to an AUSU Virtual Student Social!

This will be a great opportunity to connect to fellow students through Zoom, play some fun trivia games, and get a chance to win some prizes and swag from your AU Students' Union!

Virtual Student Socials will be held the last Thursday of every month at 5:00pm MT.

### Upcoming Dates and Times

Thursday, September 24, 2020 at 5:00 MT (7:00pm ET)

Thursday, October 29, 2020 at 5:00 MT (7:00 pm ET)

Thursday, November 26, 2020 at 5:00 MT (7:00pm ET)

### How to Attend

Please RSVP to [ausu@ausu.org](mailto:ausu@ausu.org) for an invite to the virtual meeting room.

Be sure to specify which date you want to attend  
Please RSVP at least one day before the event.

*No special software is required for the meeting – you just need a mobile device and/or desktop computer. We will be using the Zoom meeting platform.*

Have any questions? Give us a shout at [ausu@ausu.org](mailto:ausu@ausu.org).



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