

THE VOICE

Vol 28 Issue 40 2020-10-09

Minds We Meet

Interviewing Students Like You!

The Other Side

Meeting AU Graduates & Graduands

AUSU Bursaries

Financial Aid for Students in Need

Plus:

*Homemade is Better: Turkey Brine
Beats from the Basement
and much more!*



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LETTERS TO THE EDITOR



We love to hear from you!
Send your questions and comments to voicemagazine.org,
and please indicate if we may publish your letter!

Hey! Did you know the Voice Magazine has a [Facebook page](#)?

No kidding! We also do the [twitter](#) thing once in a while if you're into that.

Editorial

What's the Opposite of a Bubble?

Karl Low



This week, we've got an interview with a current student as well as a recent graduate, so you can see both sides of the coin. We also take a quick look at the various bursaries available from AUSU. If life has thrown you a curveball recently (as it has with so many of us because of COVID-19) these bursaries might be what you need to get you through. After all, with cases rising, we may be in a situation again where it's back to homeschooling for your kids, and it can be hard enough getting your studies done on time while trying to help a child do theirs.

That's where things like the emergency bursary can help you by covering a needed course extension or exam re-scheduling fee. Or maybe if little Jack is on the computer for his school, you're having trouble finding your own time on the computer for your courses. That's where the AUSU computer bursary might be able to help.

What many students don't know about these bursaries is that some of them are available year-round, not just during the regular awards period.

Meanwhile, news in Canada continues to be dominated by two disasters, COVID-19 and American Politics. One is virulent and overwhelming everybody from world leaders to the average citizen looking forward to Thanksgiving, and the other, of course, is the coronavirus.

It would be nice to be able to claim that at least after November 3rd, a little less than a month, things might settle back down to normal, but I don't think anybody really believes that now. Even in the case of a landslide victory, the "bubble-divide", as I like to call it, will remain strong, with many people driven by social media further and further into their own personal bubbles of opinion.

If you are in favor of the Democrats and progressive ideals, it becomes very easy to adjust the feeds to never see the foolishness and lies of the other side, and the algorithms help you, because they don't want you to leave the site while that have more advertising to serve. If you're in favor of the Republicans and conservative ideals, it's just as easy to adjust the feeds so you never have to see the foolishness and lies of the other side, and, again, the algorithms help you, because, again, they don't want you to leave while there are still more advertising to serve.

And none of us in any of the bubbles realize that the true enemy is the bubble itself, it is the algorithms that work to keep us reading, clicking, and absorbed. What we should be shutting off is nothing less than our ability to shut off the things we don't like. I've started to wonder what would happen if technology was introduced that would prevent us from seeing those views we already agree with, more importantly, from seeing the views of people who agree with us. Would it lead to all of us simply shutting off social media, or would it lead to a softening of views. After all, if you can't see that other people are agreeing with you, it's much harder to decide that you're in the majority, that you're absolutely correct, so don't need to seriously consider other opinions.

But that's just my opinion. Enjoy the read!

A stylized, handwritten signature in black ink, appearing to read 'Karl'.

MINDS WE MEET



Who are your fellow students? It can feel like you're all alone in your studies, but across the nation, around the globe, 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!

Calgary's Nastassia Aikman is a brand new AU student who started her Post LPN – Bachelor of Nursing program this October. She stated, "Before starting the PN program, I had researched bridging programs and found that AU had the program I was looking for. A couple of my former instructors and nurses I met along the way also recommended AU." Before AU, Nastassia completed "the PN (Practical Nurse) program at Medicine Hat College" (MHC) calling it "an amazing experience." She stated, "The instructors were fantastic, and I made some great friends during my time at the college."

Nastassia was "was born and raised in Jamaica," graduating from high school before immigrating to Calgary on March 9, 2009. She has one older brother and one younger, as well as "2 nieces from my older brother and a nephew from my younger. My mom is still alive and living in Jamaica, but my dad passed away a few years ago." As for the rest of her family, many continue to reside "in Jamaica with the exception of an aunt who resides in the USA, who is a professor, and a cousin living in Japan who is also an educator." With no pets, but the possibility of a cat in her future, Nastassia spends her time working as "an LPN (Licensed Practical Nurse) ... at a vibrant retirement community in SW Calgary."

In her spare time, Nastassia enjoys reading, stating "[W]hen I'm not working you will find me reading a good book." She stated, "I have this odd way of reading multiple books at a time, so I am currently reading *Orphan Train* by Christina Baker Kline and *A House in the Sky* by Amanda Lindhout and Sara Corbett. *Orphan Train* is a powerful novel recounting emotionally traumatic events in American history, involving orphaned and abandoned children who were transported on trains across the Midwest. These children endured deprivation and abuse through a system that was created to assist families who were unable to provide for their children. It is a riveting story about historical events of trial and triumph. *A House in the Sky* is about a 15-year-old Canadian girl, also one of the authors of this book, who was held captive in Somalia for months. It is a very gruesome read, but it also a story about trial and triumph. Both are great reads so far and I would recommend them to anyone who is interested in historical events."

In addition to reading, Nastassia stated, "I also enjoy cooking, exercising, watching basketball, visiting parks around the city, writing and performing original pieces of poetry in my Jamaican

dialect (Patois) around the city, singing in my church choir, hanging out with friends who have become family, catching up with my family back home, watching TV shows, movies, and resting.”

As for extra-curriculars, she “played co-ed soccer for a few years” but has recently turned in her cleats “prior to returning to school.” In addition, Nastassia stated, “My church and I volunteer at the Bowden Correctional Institution a few times a year, but, due to the pandemic, we have not been able to do so this year.”

Nastassia revealed that she is currently re-watching Black Panther and Glee, stating “I am re-watching Black Panther to honor and remember superhero, Chadwick Boseman. Boseman’s sudden death rocked us all. Seeing the portrayal of a Black superhero and king on our TV screens inspires Black girls and boys like myself to dream and believe in ourselves. The Black Panther is a fictional character, but it sparked a movement within the Black community. Representation matters and it is extremely important. This movie, that had the first all-Black cast, provided roles and opportunities to Black individuals who were once denied these positions. The Black Panther movie teaches me that dreams are possible. They might take several years to come to fruition, but anything is possible. The color of your skin or where you were born should never be a deterrent for one to pursue their goals.” She continued, “I am also re-watching Glee to honor the memory and legacy of the late Naya Rivera who drowned accidentally this July at a lake in California. Rivera is an iconic figure of representation for the Afro-Latinx population. Naya excelled in any role she was asked to play. Growing up in Jamaica, I never saw actors and actresses who looked like me in lead roles. So, seeing a young Black girl on a hit TV show who looks like me not only inspires me, but so many little Black girls and boys. Naya made us believe that anything is possible with hard work and focus. I am re-watching Glee as a personal reminder that your dreams are attainable regardless of the minority group you find yourself in.”

Nastassia has three main dreams on her bucket list, stating, “Firstly, I would watch a live basketball game, courtside while LeBron James is playing. I am the biggest LeBron James fan.” She continued, “Secondly, I would travel to Jamaica and or the Middle East or any third world country to volunteer as a nurse. I have always wanted to give back by providing health care services to individuals who are unable to afford them. We are very fortunate here in Canada to have health care services and

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie October Edition: Jordan River Anderson - The Messenger

Oct 1 to Oct 31

Online

Hosted by AU Nukskahtowin
news.athabascau.ca/events/bannock-and-a-movie-first-nation-stories-2
Access through above link

Talk to a Librarian Drop-in Session

Tues, Oct 13, 9:00 to 9:30 am MDT

Online via Microsoft Teams

Hosted by AU Library
library.athabascau.ca/orientations.html
No pre-registration necessary; access through above link

Business Undergrad/CPHR Info

Thur, Oct 15, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business and CPHR
news.athabascau.ca/events/bmgmt-cphr-information-session-20201015
RSVP through above link

Talk to a Librarian Drop-in Session

Thur, Oct 15, 3:00 to 3:30 pm MDT

Online via Microsoft Teams

Hosted by AU Library
library.athabascau.ca/orientations.html
No pre-registration necessary; access through above link

The Grad Lounge Kickoff for the 2020 GSRC!

Fri, Oct 16, 6:00 to 7:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies
fgs.athabascau.ca/news/events/index.php
No pre-registration necessary; access through above link

2020 Graduate Student Research Conference

Oct 16 to 17

Online

Hosted by AU Faculty of Graduate Studies and AUGSA
news.athabascau.ca/events/2020-graduate-student-research-conference
Register through above link

All events are free unless otherwise noted

benefits that so many countries are unable to provide for their citizens.” The third goal is to visit Europe, as well as the Caribbean adding, “I would also go on a Caribbean cruise with family and friends.” Nastassia continued, “I would also start by fostering a child and possibly moving toward adoption. There are so many children who are in need of a family and a loving home and if I am able to help one child, I know I will have made a difference in this world.”

When asked if she could choose one place to live, Nastassia chose Paris, stating, “I have always been drawn to Paris, ever since I was a small child. Paris is known for its culture, fashion, shopping, and art and has been dubbed the ‘City of love and the City of lights.’ I would love to experience the romantic vibes of the city and visit some of the historic sites and if I am living there, then I get to see it every day.”

As for meeting any person, – current, historical, or fictional – Nastassia mentioned Florence Nightingale, revealing, “As a little girl growing up in rural Jamaica, I always wanted to be a nurse. I was first introduced to Florence Nightingale, also known as the ‘Mother of nursing’ and ‘The Lady with the Lamp’ at a young age and she has been an inspiration ever since. Florence’s research, theories, and principles have guided nursing practice for many years and still govern modern day nursing. I read one of her books ‘Florence Nightingale to Her Nurses’ in the spring of this year and I must say that I have a newfound motivation and desire to pursue this dream and be the best nurse I can be. Florence’s passion and commitment to nursing is truly unmatched and admired by so many. Florence was sick and bedridden, but she spent the last few years of her life educating and molding young minds into greatness. Without Florence, nursing wouldn’t be what it is today, and nurses wouldn’t be who they are or where they are today. I would love the opportunity to tell her thanks for everything she has done for the healthcare system, specifically modern nursing. And I would relish the opportunity to be able to learn under her tutelage.”

Nastassia’s proudest moment to date has been walking across the stage during her PN program graduation at MHC. She stated, “I remember vividly completing the last night of my preceptorship at the Brooks Health Center. My preceptor Carla, called me into the hospital chapel approximately 0100, gave me my completed final evaluation and told me I could go home. I had a couple hours left in my shift, but she told me I had done so well, she knows I must be exhausted, so I can go home and rest because I have met and exceeded all the requirements. I remember standing there speechless. I was so relieved to have completed the final phase of my program, but I also remember being in disbelief that I had finally accomplished my goal.

“I packed my bag, expressed my gratitude to the staff and Carla and cried the entire drive home.” Nastassia continued, “Graduation rolled around, I walked the stage, heard my family cheering me on, in that moment I felt like my childhood dream finally came true. I didn’t need to dream anymore because I was living the reality. I felt alive. I felt purpose stirring inside of me. I felt like I had made my family, friends, and more importantly myself proud. In that moment at graduation, I felt like generational barriers were broken. I felt honored to be able to represent my family by doing what many generations before me were unable to accomplish for reasons beyond their control.”

Post-AU, Nastassia sees herself “working as a travel nurse in a third world country.” She stated, “I will also be pursuing my final goal of becoming a nurse practitioner (NP) by taking the Master of Nursing-Nurse Practitioner (MN-NP) program. I am also looking forward to being married with 2 or 3 children. “

Nastassia concluded by stating, “I am very excited to start my program at AU this fall. I am one step closer to accomplishing another goal and I cannot wait to see what the future holds. It has

been such an amazing, yet challenging journey of self-discovery, growth, and learning, but I wouldn't want it any other way. So, thank you MHC, AU, and this great country Canada for allowing me to fully realize my dream." Best of luck Nastassia!

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>.



AUSU Bursaries

Barbara Lehtiniemi

A Financial Boost for AU Undergrad Students in Financial Need.

AU is known for providing high-quality post-secondary education without barriers. Anyone over the age of 16 can go to AU.

But education is not cheap. AU's student union, AUSU, offers several bursaries to assist AU students with financial challenges. Some of these bursaries are available year-round, while a couple others can only be applied for in spring and fall.

Let's start with AUSU's year-round bursaries:

Computer Bursary. AUSU will purchase and ship a laptop computer directly to a maximum of 16 students each year who apply and qualify for this bursary. Applicants for this bursary must have completed a minimum of 12 AU credits, have a GPA of at least 2.00 over the 12 most recent AU credits, and demonstrate financial need. The value of the laptop will not exceed \$750.

Emergency Bursary. AUSU will provide emergency funding to help students pay for course extensions, supplemental exam fees, and late exam fees. Applicants for this bursary must have completed a minimum of 12 AU credits, have a GPA of at least 2.00 over the 12 most recent AU credits, and demonstrate financial need. Students can apply for this bursary more than once per fiscal year, but may not receive more than \$500 for that period. AUSU will award a maximum of \$4000 in Emergency Bursaries each fiscal year.

Travel Bursary. AUSU will provide up to \$1000 to students who need financial assistance to attend labs, practicums, on-site courses, or related conferences. Applicants for this bursary must have completed a minimum of 12 AU credits, have a GPA of at least 2.00 over the 12 most recent AU credits, and demonstrate financial need. Applications must be submitted at least 30 days prior to the date of travel, and documentation proving the need for travel must be included. AUSU will award a maximum of \$4000 in Travel Bursaries each fiscal year.

Applications for the above three bursaries can be submitted any time, using the year-round online [application form](#). Note that AUSU's fiscal year runs October 1 to September 30.

The two following bursaries are only available for application during AUSU's spring and fall awards cycles.

AUSU Bursary. AUSU will award \$1000 each to up to ten students each fiscal year (usually five in each award cycle,) to aid students in financial need and/or with exceptional life circumstances. Applicants for this bursary must have completed a minimum of 12 AU credits, have a GPA of at least 2.00 over the 12 most recent AU credits, and demonstrate financial need.

New Student Bursary. AUSU introduced this bursary especially for new students who have not yet completed the 12 AU credits required for other bursaries. Applicants for this bursary must have completed between 3 and 11 AU credits, have maintained a GPA of at least 2.00, and demonstrate financial need. AUSU will award up to eight New Student Bursaries each fiscal year, four in each award cycle. Each bursary is worth \$500.

Applications for the AUSU Bursary and the New Student Bursary are only accepted during the spring and fall award cycles, using the online [application form](#) for those cycles. Applications are now open for the fall cycle, and the deadline for applications is November 1.

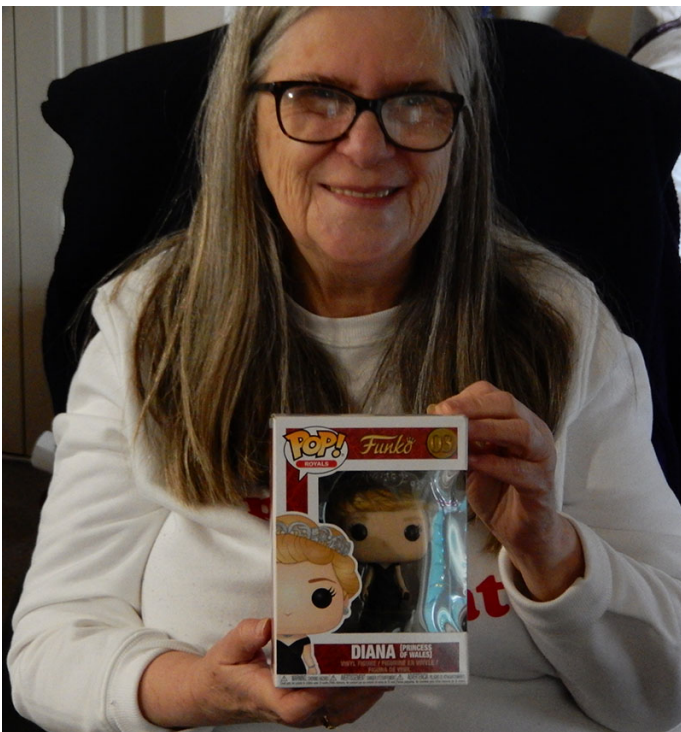
Go to www.ausu.org/services/scholarships-awards for a complete description of each bursary and its application requirements.

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



The Other Side Interviews with AU Graduates and Graduands

Natalia Iwanek



The Voice Magazine will be regularly featuring upcoming and recent AU grads, as well as alums. If you would like us to showcase your journey in an upcoming article, [feel free to reach out!](#) This month, we were able to catch up with recent alum Anne Turner.

Anne Turner from Nanaimo, British Columbia, recently graduated from the [AU's Master of Arts: Interdisciplinary Studies \(MA-IS\)](#) program in April 2019, with the distinction of being the first in her family to obtain a master's degree.

Anne's journey to AU may be familiar to many students. She stated, "I had attended a few other university and colleges before arriving at AU to take my master's program. Two experiences with independent studies and working from home prepared me for the studies offered at AU. I had raised a family, and my children were grown up and living on their own, and I was a retired woman seeking higher education." She continued, "I chose AU as I needed a change from the traditional university setting, which I had attended for twelve years while working and obtaining

my BA degree with a major in History and a minor in Sociology. I also needed a break from being around a lot of people who did not really understand my need for quietness and solitude. I needed to complete my work on my own terms. I needed a place where I did not have to leave the house on cold rainy West Coast mornings and AU was able to assist me in this way.”

Anne would definitely “recommend this program to other students who want to make a statement about topics that they are passionate about. My favourite part was the choices you could make in how you could prove your research capabilities. This was made possible for me in the final thesis paper MAIS 701 rather than the group activity.” Her favourite course was “PSYC 589 Learning Disabilities Issues and Interventions. I enjoyed this course because as a Person with Learning Disabilities I was able to read about some of the early theorists in the Learning Disabilities field and learn where they obtained their rationale for the services that are offered to present day students. It was also a valuable resource that I used towards my master’s thesis paper.”

When asked about her proudest moments, Anne revealed, “I am most proud of my master’s thesis paper that was written with the express interest in the field of Disability Studies, which was one of my focus areas within the MAIS program. The title of my paper was *The Effects of Normalizing Post Secondary Institutional Practices and Social Relations on Students with Disabilities Who Have Multiple Disabilities and Complex Identities*. I wrote this paper with the hopes it would help university and college professors and administrators in Canada, for students who have the dream of obtaining university studies to learn what their rights were as students, and for the university and college administration to understand the variety of needs and accommodations that students with disabilities are entitled to have when attending universities or colleges.”

Anne kept motivated through a regimented work and study scheduling, reveling “I kept a very strict regimented study and work schedule while I was working on course content and the two years it took me to complete the final thesis paper. My inspiration came from following my personal schedule of making sure I ate at regular times, I got lots of time away from the computer, and did some relaxing time with my paints and my twice daily meditation. My inspiration also came in the form of twice weekly visits with my professional tutor who worked with me to assist me with my explicit learning issues. This individual was a life saver for me on many occasions when I did not think I would be able to continue with the MAIS program. I also have to thank my two children and my other family members for believing in me that I could accomplish this major educational achievement despite all my learning disabilities and other related health problems.”

As for current AU students struggling, Anne advises finding “something to keep them grounded like the meditation that I employed every day and every night before I went to bed while working on my courses at AU. Also to remember to take breathers and step completely away from their work for a certain period of time each day. Also if you are a student with a documented disability to please register with [the Disability Service Office at AU](#) well before you start your studies so you can be acquainted with their staff and they can give you the help you are entitled to as a student with disabilities.”

For future students considering online education, Anne advises, “learn as much as you can about working on your own and learning how to schedule your time and to use it wisely. Make sure you read all the information that is contained in your course packages and ask questions well in advance before deadlines to your course instructors or tutors.”

Although she has graduated, Anne still feels connected to AU, stating, “I still feel connected with the daily interaction on the AU Facebook page that I try to visit at least once a day. I like the feeling that I can reach out and give advice where it might be needed there. I do wish I had had

more time to be involved in the AU student association but my time was limited and my learning disabilities required me to spend more time on my studies so I could do my best work.”

Anne did not attend last year’s Convocation, “and then it was re-scheduled to an alternative location.” She stated, “It would have been too hard to me to make that many changes in air travel and my ears would not have liked it. I am also hearing impaired and get extreme inner ear problems when I travel by air.”

In the year since graduating, Anne has kept busy, revealing that she has been “[w]orking as an advocate for persons with disabilities, giving talks about my own journey with disabilities and how I use art as a calming activity to help with my mental wellness.” She continued, “I also have written a book about my life and my journey through higher education and how much I enjoy research and some of my artwork is included in this book. I sit on the board of the local Mental Health Recovery Partners Support Group. Some of these activities are limited now due to COVID-19 but we hope to resume the talks when the schools and other programs resume their person to person meetings. I am also able to resume my art exploration now that I do not have to be strapped to my computer every day doing scholarly activities!”

As a final note, Anne would like “to give my extreme thanks to the administration and staff of the MAIS program for their sincere help and assistance to responding to my many requests for help and understanding the many policies and procedures that were sometimes very confusing to this very mature student.”

Congratulations Anne on your accomplishment! Students who would like to learn more about AU’s MA-IS program, are encouraged to check out the variety of diverse disciplines offered, including Equity Studies, Community Studies, Cultural Studies, and Global Change.

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>.



Fly on the Wall A Glimpse at the Future

Jason Sullivan

And How to Make it Our Future!



Virtual convocation reminds us that we are always learning from just outside our social realm to the extent that we apply the elixir of critical thought to as many aspects of our life and our labour as possible.

Daily life in the 20s is probably going to be replete with metaphors equating virtual reality with a force of nature. An email from Telus arrived lately to state that their e-mail delivery service will shortly be taken over by Google. (The message latently reminded me of how email once was state of the art in its electronic anonymity compared to snail mail—delivered to a rural route by enchanting humans from Canada Post.) Telus, speaking in a Hal-like voice, or that's what I heard

in my head anyway, stated that "the migrations will be occurring in waves over the next few months to make the transition smooth. Customers will receive an invitation in their inbox before their migration occurs. Rest assured, we will be migrating all emails, contacts, and calendar events to the new platform." All of us will be going, even what Telus terms our "aliases". No one shall escape or be exempt. Have your papers in order. We're all into one place like jellybeans or nickels into a jar. Or like cattle into a cattle car. Or something.

But wait, besides humming a few tunes of NOFX's cover of the jazz classic "All of Me" what does this migration really mean? Migration makes me think of noble arctic Caribou traversing steppe lands to arrive at their annual calving rounds. No military satellite can capture the drive and determination of these instinctual beasts as they arrive to deposit their precious cargo of calves and amniotic fluid. Perhaps a sociological obstetrics of this virtual landscape of our culture might begin with a realization that what's technologically impending is by no means necessary. As the great feminist slogan states: "biology is not destiny." And when it comes to tech masquerading as natural and inevitable, destiny is not quite destiny either.

Now, you don't have to be a poli-sci wingnut to recall Eisenhower's claim that the military industrial complex was soon to dominate and oppress the free world. Yet it wasn't only the content of Telus' email that reminded me just how virtual the world has become and how deeply embedded big technology corporations are with one another. I guess all those Telus tv commercials with cute zoo animals against white Anne Geddes backdrops were telling us that we'll all be herded like heifers someday soon.

The key term they used, migration, sought to naturalize a flow of paying customers into the maw of what old Testament scholars and Allen Ginsberg aficionados alike term the Great Moloch. Moloch was a pagan god that came to dominate a culture, says the Bible, until eventually people were so overawed by Moloch's power that oppression became total and complete. Hello Google, hello that colourful and infantile logo! Ginsberg's key poem 'Howl' elucidated Moloch in terms of a new skyscraper in his neighbourhood:

"Moloch the incomprehensible prison! Moloch the cross bone soulless jailhouse and Congress of sorrows!
Moloch whose buildings are judgment! Moloch the vast stone of war! Moloch the stunned governments!

Moloch whose mind is pure machinery! Moloch whose blood is running money! Moloch whose fingers are
ten armies! Moloch whose breast is a cannibal dynamo! Moloch whose ear is a smoking tomb!"
(<https://www.poetryfoundation.org/poems/49303/howl>).

Reality: Here, There, And Everywhere

Virtual convocation can teach us to be proud that we've enmeshed ourselves in the machinery of online learning and emerged wiser and unscathed and probably a heck of a lot more computer-savvy, regardless of our age. Likewise, we are the common denominator in all our studies in life and in school.

Learning is what happens between our ears. As Confucius famously put it, "may you live in interesting times" We do! Even if the whole internet disappeared and all our essays vanished in a mushroom cloud of erased electricity we would still, like a humble woods-person, possess the skills of writing and attention span to keep forever. What matters most in life, as in learning, is beyond quantification, virtual or physical. A marker signifying the ineffable sense of accomplishment is what convocation serves most to embed in our consciousness for the rest of our lives.

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'Athabasca University Convocation: #AthaU20' 'Athabasca University: Beyond 50: The Hub'. Retrieved from:
<https://news.athabascau.ca/events/athabasca-university-convocation-2020>

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



The Creative Spark

Six Tools for Writing Essays, Novels, and Plans

Marie Well



If you're overwhelmed by a project or a paper, then these six tools will prime you for success. Recommended by Shelley Hitz, author of *How to Write a Book From Outline to Finish Line: 10 Simple Ways to Outline Your Nonfiction Book* they should reduce procrastination, increase productivity, bolster clarity, and add to higher grades.

Shelley Hitz recommends these six tools for planning a nonfiction book, but they work magic for essays, theses, and most anything plannable—even business plans, marketing plans, fitness plans, or plans to hike the Ganges.

Tool #1: Whiteboard

Shelley Hitz (2015) says, “I recommend you use

your whiteboard as a place for capturing all your ideas in a brain dump” (24%).

She continues, “After you have a working outline on the whiteboard, you can then take it and put it into whatever word processing or writing software you are using” (Hitz, 2015, 24%).

I once bought a giant whiteboard and nailed it to my wall. I used it to mind map ideas and to brainstorm. At the time, I wanted to design a course, so I had my course topics all listed on the whiteboard, complete with sub topics. Sadly, I never made that course.

But you can do so much for your grades by using whiteboards: map out essay ideas, jot down reminders and due dates, scribble out facts that may appear on exams.

You can even make preliminary outlines for your essays by using whiteboards. And an eraser and marker are the only other tools you'll need. Whiteboard your way to academic ease.

Tool #2: Mind map

If you want to fast-track your plans, then mind maps are your best pals. According to Shelley Hitz (2015), “There are tools you can use to create a mind map outline of your book. On my computer, I use the free software, FreeMind” (29%). You might want to try that one.

I recommend you download a mind mapping app for Android: Mindomo. It'll help you mind map the structure of your essays. But I recently used Mindomo for a different purpose: to plan how to start my business. Prior to the mind map app, I had been stuck on how to start my business, worried about costs. Yet, once I mind mapped, I quickly drew up a fast, low-cost plan.

Tool #3: Sticky notes

“First, take a giant sticky note and put it on the wall” (33%), says Shelley Hitz (2015).

She then explains, “Second, do a brain dump using your smaller sticky notes of everything you can think of that should be included in your book topic. Don't edit your thoughts, but simply write down everything that comes to mind and put each idea on a separate sticky note. Then, you can organize your sticky notes into chapters. Find the topics that you think should be chapter titles and organize them into a logical order” (Hitz, 2015, 35%).

Just make sure you take a photo of your sticky notes in case they stop sticking. You can comb through a book and copy quotes and bibliography citations onto the sticky notes. You could put headers in a different color of sticky note, and sub headers in yet another color. You can easily move them around, but be cautious of those sticky notes becoming unglued.

If you're a visual learner, color coded sticky notes may make your day.

Tool #4: Index cards

Take your cue from index cards.

"If you don't have sticky notes, you can also use index cards for this strategy" (36%), says Shelley Hitz (2015).

You could buy a special box for your cue cards, along with unlabeled tabbed dividers. That way, you can easily organize your cue cards into topics. I found this system especially useful when collecting citations for a thesis.

I placed the quote on the front side of the cue card, and I placed the bibliographic reference on the backside. I then placed the cue card in the appropriate tabbed topic. Staples (or Amazon) offer cue cards, cue card boxes, and blank tabbed cue cards. Just make sure you get them all in the same size.

This index card system sails you through the first draft.

Tool #5: Evernote

Ever love making Evernotes?

Shelley Hitz (2015) says, "I found [Evernote] is not only for to-do lists, but something I can use to do so many other things. One of the things you can use Evernote for is outlining a book. It is very versatile in that Evernote syncs to all my devices. It syncs to my computer, my iPhone, and my iPad" (38%).

Evernote offers some impressive templates. I found two in particular I love: one for writing a three-act story structure and another for making a marketing plan. I use the free version of the Evernote app.

Evernote allows you to record academic lectures, too, although you'll need to get permission from your professor. Evernote also offers day planners and note-taking systems. And it's free—if you use it on only one device. But, if you record audio or want to switch between mobile and desktop, you'll need to upgrade.

And, yes, Evernote's templates look amazing.

Tool #6: Scrivener

Scrivener is a digital scribbler on steroids.

Shelley Hitz (2015) says, "Scrivener is a tool a lot of novelists use, but it can also be used for nonfiction books" (44%).

She continues, "Keep your chapters as folders, and when you have finished the brain dump, start organizing them into logical order. With Scrivener, reorganizing your work is easily done by dragging and dropping the notes on the corkboard screen" (Hitz, 2015, 44%).

Scrivener is similar to Microsoft Word, but jacked up. It's great for writing scripts, fiction, nonfiction, and poetry, but less terrific for making your documents pretty. For an introduction

on how Scrivener works, check out this [video](#). Scrivener's biggest downside is that it requires a learning curve. But, once you master it, game on!

So, you've now got tools to fulfil your academic dreams. And if one of these tools nails you higher grades, then I've fulfilled my own dream, too.

Reference

Hitz, Shelley. (2015). *How to Write a Book From Outline to Finish Line 10 Simple Ways to Outline Your Nonfiction Book*. [Kindle Unlimited]. Retrieved from amazon.ca.



Homemade is Better Turkey Brine

Chef Corey



With Canadian Thanksgiving coming up this weekend, I thought I'd release a recipe for brining a turkey. I use this recipe every year when I cook a turkey because it adds both flavour and moisture. Brining is a great way to get some insurance of juiciness in your meats, and turkey isn't the only thing that benefits. Chicken, pork, and certain beef recipes also benefit from a quick brine.

So, why should we brine? In simplistic terms, brining is a way to force more water into the muscles of the meat you're cooking. In this instance, we are cooking a turkey, so we want to add as much moisture to the bird as we can because it's going to lose some moisture when we roast it (if you're roasting it). We want to prevent our turkey from losing more

moisture than it should, and brining is one way to do that.

Now, a brine in itself is a combination of salt and water. It doesn't have to be only those two ingredients, though; you can kick it up to get different flavours into the turkey. For this recipe, I'm using a ratio of 1 ¼ cups of kosher salt to 4 litres of water (or in the US, it would be 1 ¼ cups to 1 gallon). So, the more water you have, the more salt you'll need. You're also going to add some sugar, I know it's a swear word to some, but the sugar will sweeten the meat and add colour to the skin. The form of sugar is your choice, though, and honey is an excellent addition as it adds sweetness and flavour. You can also add a few other ingredients to it, like bay leaves, peppercorns, cloves, allspice. It's really about what you think will taste the best, and it can complement your dressing or other dishes.

To find out how much water you need you'll need a pot or cooler large enough to hold the turkey. I use a large beverage cooler; it's about five gallons, and I know it will work. If you're not sure how much brine to add, then put your turkey into the brining container and fill it up with water until the turkey is just covered. Once your container is filled, pull out the turkey, and measure out the water there. If your container has a measurement on the side, it should be easy. Round up or down if it's within 1 -2 inches above or below the nearest number. So, if you're close to one gallon, then you know you only need 1.25 cups of kosher salt. By the way, this method of checking the water level is called displacement. You are using the product you need to cover as the item to displace the water, so you'd get an accurate-ish measurement.

If the temperature outside is hovering around 2-5C, you could put the brining turkey outside if you don't have room in your refrigerator. The fridge is the best choice for storage, though, because it will keep it cold. You'll have to make room, of course, but if your turkey isn't massive it should be doable. I usually make sure I use half the amount of water as ice to keep the brine cool enough. If you have a probe thermometer with a corded end on it, you can also use that to keep an eye on your temperature.

You only want to brine the bird for about two hours for every kilogram of turkey (or one hour for every pound). So, a 7 Kg turkey should brine around 14 hours, usually overnight and up until mid-morning. You should start your brine mid-afternoon, let it cool, then add your turkey around 8 or 9 pm the night before you cook it (based on the 7kg or 15- 16-pound turkey). The turkey will be done around noon, and then you can take it out, dry it off, and roast it at 350F until the breast meat reaches 160F. Remove it from the oven, cover it loosely with tin foil, and let it rest for 30 minutes.

I hope you enjoy this recipe!

Brine for Turkey

Ingredients:

2L water
2L ice
1 ¼ cup kosher salt
½ cup honey
½ cup brown sugar
1 tbsp black peppercorns
Three bay leaves

Directions:

- 1) Mix the salt, sugar and water in a pot and
- 2) Heat over medium until the water is mostly clear.
- 3) Turn off the heat.
- 4) Add the honey and continue to stir.
- 5) Add in ice to cool the water.
- 6) Add the rest of the ingredients.
- 7) Put brine in a large pot or cooler
- 8) Remove the turkey from the package and remove other parts from the turkey.
- 9) Place turkey in cool or pot, refrigerate for 2 hours per Kilogram, or 1 hour per pound.
- 10) Remove after brining and rinse.
- 11) Dry off the bird before cooking.

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: RBC Future Launch Scholarship

Sponsored by: RBC

Deadline: 2020 open deadlines (last date to apply not specified)

Potential payout: \$1500

Eligibility restriction: Applicants must be between 15 and 29 years of age, Canadian Citizens or Permanent Residents, and enrolled part-time in school or not at all.

What's required: A completed online application form, including a personal statement on how \$1500 will allow you to take your best step forward.

Tips: Set up a login to gain access to the full application requirements.

Where to get info: www.rbc.com/dms/enterprise/futurelaunch/future-launch-scholarship.html



Beats from the Basement

Nelly Furtado

Milica Markovic



Artist: Nelly Furtado

Album: *Loose*

Growing up, I struggled immensely with my personal style. In retrospect, I think it's a miracle I had the courage to show up to school every day considering all the colours, designs, and materials I'd throw together in hopes something would stick.

My insecurities did eventually catch up to me, though. It wasn't until I flipped through a magazine and saw singer-songwriter Nelly Furtado, a Victoria native of Portuguese descent, proudly donned in bohemian grunge, that I started feeling comfortable with my preferences. I was happy to finally discover that a cultural icon who dressed similarly to me also embraced some experimentation in her life.

The same can be said about her music.

Furtado's sound has never quite been able to fit neatly into any particular genre because it's influenced by a fusion of them, including (sampled) trip hop and world beat. Her third album, *Loose*, was her transition into the mainstream, but even then, was quite distinct from other chart-topping records in the mid 2000s.

The fact that eight of the twelve songs were made into hits should tell us something, because it is a rare feat for any artist to achieve. What makes *Loose* so listenable as a whole is its progression from one theme to another.

The first half of the album is, for the most part, wild. The dissonant and eerie synth beats make me think of thrashes and splatters all over the wall. Any sense of polish was deliberately omitted from the final product, as bloopers and distortions were left in to create conflict between the primal and industrial. Producer Timbaland is a genius and I expected nothing less of him when he put *Loose* together.

As for Furtado, she's flirtatious—maybe deceptively so—and in control. These songs capture your attention but are never overbearing, because you feel them more than you hear them. This is especially true when album's second half kicks in; Furtado struggles to keep her distance as she sheds her almost robotized voice and replaces it with a far more affectionate performance.

By now, the tracks have mostly settled down to reveal hidden depths in the lyrics, with the enigmatic "Say It Right" as their representative. No one knows what it's about—not even Furtado herself, despite having written the song—so I'll offer my interpretation: she wants to open up about her vulnerabilities to someone, but needs to know if they are capable and trustworthy enough to handle it. Deciding on the meaning is engaging enough, but the unidentifiable, meditative reverberations mixed with exotic percussion and Timbaland's chants add another layer of mystery to what I believe is Furtado's crowning achievement.

Even still, if “Say It Right” is a dream, then “In God’s Hands” is transcendental. The latter references Furtado’s failed relationship with DJ Jasper Gahunia; unlike many popular breakup songs that tend to cast blame on the subject, she acknowledges both their faults instead. She loves him, yet understands they weren’t meant to be and—this is where I speculate—their feelings ought to live on in others through a miracle. I can’t imagine how difficult it was for her to confront those thoughts at the time, let alone release them to the public, especially since the pair have a child together. It’s easy for me to say I appreciate when artists expose themselves because it humanizes their art.

It is nonetheless clear that Furtado has a mature outlook on her experiences. In the self-explanatory “All Good Things (Come to An End),” she is fascinated by the bittersweet, cyclical fate of relationships. She admits to feigning ignorance in the face of reality; however, she realizes she can’t remain in her painless fantasy forever because nature’s dilemmas always bring her back to accept what she cannot change and work hard on the things she can. At least, that last part is my impression of it. Coldplay front man Chris Martin collaborated on the track; his presence is felt through chants and whistles. Like much of his own music, the overall production here has a cheerful, yet melancholic quality.

Furtado hasn’t been able to truly elevate or diversify her sound beyond her team’s work on *Loose*. I can’t say I’m entirely surprised; experiments are unpredictable, after all. I’m nevertheless confident that, given her open-minded attitude and keen eye for the arts, she’ll wow us again one of these days.

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



The Study Dude Ten Steps to an A-Grade Persuasive Essay

Marie Well



Writing persuasive essays mean you pick a side, defend it, and fight off naysayers. In grad studies, the naysayer may be your supervisor. In the undergrad, it's your professor. Make these people happy with your persuasive papers and academic stardom comes easy.

Here are 10 steps to help create A-grade persuasive essays according to EssayShark:

The curious and wise choose a great topic.

“1. Dedicate your time for choosing a topic. The topic should be attractive, relevant, and maximally original. Writing on this topic should be a pleasure for you!” (25%).

But please be cautious: Your topic needs enough support in the literature to be worthwhile pursuing. Once a professor assigned us to write a paper, fully cited, contrasting two poems. But when the class

went to tackle the assignment, the literature was thin.

I sought hard for a poem that had lots of supporting literature. And I did well—merely because I was a first mover. But, unfortunately, most of the class ended up without substantial support. So, the professor redefined the assignment and extended the deadline.

Brainstorms will brighten the grades.

“2. Brainstorm a little bit. You should carefully think about several ideas to write about. Additionally, you can create a plan of developing those ideas and choosing the most appropriate organization of your essay” (25%).

You could start with very general topics and narrow them down into more specific topics. A great way to develop your topics is to scour indexes of books on each topic. From the index, compile subtopics that you could group together into themes.

For example, a theme, such as “negative consequences of anger” could have three subthemes: “anger in parenting leads to dysfunctional children,” “anger leads to higher rates of divorce,” and “anger harms the health of the angered person.” An opposing argument could be that venting is believed to hold value, which you could refute with studies on how venting backfires.

Kick-fannies with peer-reviewed sources.

“3. Find supplementary readings. Writing on a topic you're not knowledgeable about will not be persuasive, that is why it is critically important to carry out extensive academic research, select relevant, peer-reviewed sources, and then read them and choose the arguments to be used in your thesis statement” (25%).

Start with doing a Wikipedia search on your topic, just to get some keywords for you to search in your university library. The Wikipedia keywords are in bold font.

Try to link the keywords to themes that you could turn into arguments. Once you have this skeleton (which you can always change as you go), then download at least fifteen articles. Skim the articles, highlighting anything that relates to your arguments, plus anything that whets your intrigue. Those little tidbits of intrigue might be buildable into a gripping argument. Why not have fun with writing a paper?

Let's get busy with the best ideas.

“4. Select the most convincing idea. Go through the arguments you chose for further analysis and find the most powerful idea. The same you should do with the most convincing opposing idea. Establish connections between your position and the counter-argument and start planning your essay” (26%).

The arguments you choose should hold power and pizzazz. If you ever go into a thesis defence during grad studies, you might have a conflictual professor throw out counter arguments, hoping to fail you. Yes, bad blood can reign in grad school. Pretend that professor is the opposing view in your paper, and defend accordingly. You'll win with a solid defence. Convince them with your best ideas.

An outline is your best friend.

5. “Create an outline. Organize your evidence to develop the most successful persuasive strategy. Remember the typical structure of an argumentative essay includes five or six paragraphs, including the following points:” (26%).

“a. Introduction (“hook” + background information + thesis statement)” (26%).

“b. Body paragraphs (topic sentence + supporting evidence)” (26%).

“c. Paragraph with opposing view (concession statement + description of the view + counter-argument)” (26%).

“d. Conclusion (restating the thesis statement + brief summary of the paper + personal comment)” (26%).

You could use MS Word's “outline view” to write your outline, or you could use physical cue cards. Personally, I enjoyed writing quotes on cue cards and sorting through them. But with e-books and digital articles, it's so much easier to copy and paste a quote into MS Word.

Please introduce us.

“6. Write an introduction. Indicate precisely what you are writing about, not overwhelming the paragraph with unnecessary details. Put the subject of your research (thesis statement) into the last sentence of the introduction, following the ideas from the outline” (26%).

With introductions, you've got 30 seconds to make your great impression, so starting an introduction with a zinger makes you shine: a poignant question, startling fact, shocking quotation, hilarious anecdote. Oh, there's so many zingers you can knead into your first line.

And then lead into a wow-factor thesis. Letting the thesis cover three key arguments and one opposing view could heat up your paper nicely. That's because the human brain loves sets of three things—not two, not four, not six, three. Even still life painters aim for three items; three makes for more appealing compositions.

Your paper's got perfect body paragraphs.

“7. Body paragraphs. Start each paragraph with presenting one particular point of view. Use the evidence (quotes, examples, statistics) to support the arguments from the thesis. Write one or two paragraphs about the opposing ideas and use your arguments to refute it” (26%).

Just make sure every argument you have holds many citations from the literature. And mix up the types: quotes, examples, and statistics (as stated above). Try to make your arguments as parallel as possible if you want a clean paper. For instance, if you start an argument with an intro and then a quote, but end with a statistic, try to keep this formula for each argument. It's not necessary, but it'll make your paper super clean. Who doesn't love reading a tidy paper?

Make them like your conclusion so much, they want it inscribed on their tombstones.

“8. Conclusion. Use one of the elements of persuasive writing ... (quotation, recommendation, question, prediction) and make your conclusion irresistible!” (26%).

An intro needs a zinger, but so does a conclusion. Try to grab hold of your most controversial argument and use it like a firework display in your closing sentence. Conclude with the loudest bang for the greatest impression.

I think, therefore revise.

“9. Revise your paper. In this phase, you should reorganize and modify your paper if it is necessary” (26%).

Hopefully, the outline made way for little need for revision. But occasionally, a sentence sounds off or a chunk feels forced. Shift these sore spots elsewhere and build on them—or delete them.

You've always got time for a proofread.

“10. Proofread the paper and correct the mistakes” (27%).

Do three proofreads, one to two days in between each proof. That's because you can see your errors more clearly after a two-day break. Budget a week's time for your proofread.

A little secret is that A papers have not a single spelling or grammatical error. That's the first thing I learned at university. And, if this info was new, I hope this tip helps elevate your grades.

So that's the wrap on how to get A-grade persuasive essays. I hope I persuaded you to the point in which you're aiming for the academic stars. Who agrees that Galileo's footsteps would be fun to walk in?

References

EssayShark. (2017). *Essay Becomes Easy Part I Analysis * Persuasive * Classification * Evaluation Reflective * Narrative * Compare and Contrast Essays*. [Kindle Unlimited]. Retrieved from amazon.ca.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Erin posts a call-out for CFL fans, to be featured in an AU marketing department promo. Jessica wonders about a delay in student funding for the semester starting October 1; other funded students comment that funding tends to arrive within a few business days of the 1st. Channy asks if students making the honours list get letters; they do, but AU seems to be months behind on this, according to others who have received them.

Other posts include student ID cards, new Discord server for AU student networking, graduation timing, and courses HADM 399, LGST 369, and PSYC 432.

reddit

Topics include selling textbooks, GPA-boosting courses, contacting AU staff, and courses CHEM 350 , COMP 206, HIST 404, PHIL 337, and more.

Twitter

@austudentsunion tweets: "AUSU is giving back to #AthabascaU students! The student council is proud to announce they approved allocating up to \$100,000 from the current 2019/20 surplus funds to add to the AUSU awards program & contest prizing in the 2020/21 fiscal year. <https://bit.ly/3iEMZbF> #OneAU."





Dear
Barb

Barbara Godin

Weed Pandemic

Dear Barb:

I have been smoking weed since I was a teenager, and I'm now in my thirties. I am a fully functioning person. I just graduated from AU and I am getting married as soon as we can have a wedding where we can invite our family and friends. Unfortunately, since they are now talking about the second wave, I don't think that is going to be happening any time soon.

Since the lock down in April I noticed that I am smoking more pot. My fiancé who is a nurse is getting upset with me and says I shouldn't be smoking because corona virus affects the lungs and smoking of any kind puts me at increased risk. People have also been telling me not to smoke with other people, or share my pot with them. Life is tough enough right now and I am really getting tired of being told how to live my life. I think people are just overreacting, what do you think? Thanks, Chad.

Hi Chad:

Justin Trudeau announced yesterday that the second wave is here. Much like you, many people are partaking in an increase in pot and alcohol use since the lockdown in March. According to *The Star*, Canada's largest daily newspaper, a Canada wide survey indicates weed and alcohol use are escalating due to living with the effects of the pandemic. Plus, many people are already struggling with addiction and mental health issues. Dr. Alexander Caudarella, interim medical director of addictions at St. Michael's Hospital in Toronto, Ontario, describes it as the

"forgotten crisis." Whether you are smoking too much or not, is a whole other issue that you may want to speak to a counsellor about.

There are ways you can choose to share your pot with others in a safe and careful manner. For example, use a bong mouthpiece or condom. This will prevent the spread of germs to your friends or family. Also, it's important that you clean and disinfect all your devices that you use, including tools. Another important aspect to staying safe is for you and anyone use are sharing with to wash their hands for at least 20 seconds before and after your session, as well as using hand sanitizer. Also if you or any of your friends are feeling sick, don't smoke, and wear a mask to prevent the spread of the illness. Consider edibles, oils, or tinctures instead of smoking, which will keep everyone safe. I really don't think people are telling you how to live your life, but rather trying to keep everyone as safe as possible. Thanks for your letter Chad.

Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.



Chazz Bravado
Take That, Jake Tapper!



OK, Jake Tapper,
time to get off your
high horse!
President Trump
is NOT a symbol
of his own failures!

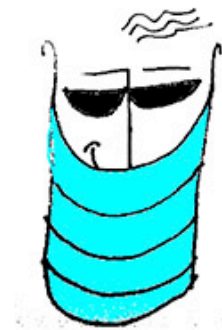
Wanda Waterman



Does it really matter
that he hosted
a super-spreader event
at the White House?



I mean, check out
those women!
Melania, Hope Hicks...
even Amy Coney Barrett
ain't too hard on the eyes.



If it takes a super-spreader
to bring the hotties together
in one place, then I say,
let's make America great!

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

IMPORTANT DATES

- **Oct 10:** [Deadline to register in a course starting Oct 1](#)
- **Oct 15:** [Deadlines for numerous AU Scholarships](#)
- **Oct 15:** [Nov degree requirements deadline](#)
- **Oct 21:** [AUSU Public Council Meeting \(Zoom\)](#)
- **Oct 30:** [Deadline to apply for course extension for Nov](#)
- **Nov 1:** [AUSU Awards & Bursaries Deadline](#)

Have a Say in the Future of Post-Secondary

The Alberta Government is currently working on an [Alberta 2030](#) report that will shape the future of post-secondary education. **Since Athabasca University is an Alberta institution, changes made to the Alberta post-secondary system impact all AU students, no matter where they study from.**

The government is currently accepting student feedback, which means YOU have an opportunity to help shape the future of your education. The Alberta Advanced Education Student Consultation Survey was developed to gather student views to inform the Alberta 2030 strategy.

In our latest AUSU Open Mic Podcast, President Natasha Donahue and VP External & Student Affairs Stacey Hutchings discuss their thoughts on the Alberta 2030 review and highlight the need for students to weigh in on it. You can check it out in audio or video format!

View the video online [here](#).

OR

Listen to the podcast online [here](#).

We encourage all AU students to take the [post-secondary review survey](#), whether you are from Alberta or out-of-province. It's crucial for students to tell the government their views on post-secondary education at AU and across Alberta.

Take the Alberta 2030 Survey online [here](#).



New AUSU Open Mic Podcast

[How AU Accessibility Services Serves Students](#)

AUSU explores how Athabasca University works to ensure a university education is accessible by providing accommodations for students with different abilities. The AU Accessibility Services Coordinator Carrie Anton takes a deep dive with AUSU on how they can help students with disabilities and barriers, as well as explores her time as an athlete at the 2000 Sydney Paralympic Games!

Click to Listen to this Episode

Starring: AU Accessibility Services Coordinator Carrie Anton & AUSU Executive Director Jodi Campbell

Check out all AUSU Open Mic episodes [here](#).

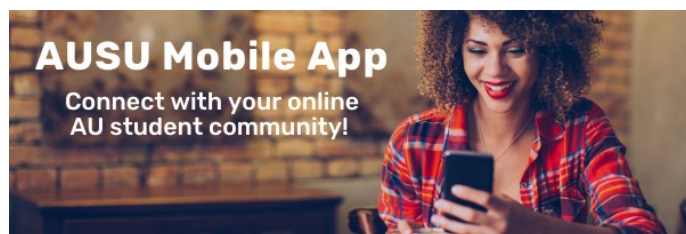


AUSU Mobile App

The AUSU Mobile App is a great way to connect to your fellow online AU Students!

Download the app, make an account, and join the campus discussion! Chat with fellow students about courses, share study tips, support your peers, and get quick access to services available to you!

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