

THE VOICE

Vol 28 Issue 45 2020-11-20

Minds We Meet

Interviewing Students Like You!

AUGSA Grad Research Symposium

An Undergrad's Journey

Keeping the Keepsakes

Memories of Love as Objects

Plus:

*Discounts for AUSU Students
Cross-Species Collaboration
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: *Angel Kassem* 4

Articles

Editorial: *Featuring!*..... 3

Why We Should Never Throw Away Keepsakes 6

AUGSA Graduate Resarch Symposium: *Chatting with Katy Lowe*..... 7

What We Can Learn from *Shaolin* 13

Discounts and Freebies for AU Students 16

The Art of Living Together: *Cross-Species Collaboration* 17

Three Virtual Presentation Tips 19

Columns

Fly on the Wall: *Sentiments on a Starry Night* 9

Homemade is Better: *Hollandaise Sauce* 14

The Creative Spark: *What it Takes to Realize Our Dream* 21

Dear Barb: *Stepping Out* 23

News and Events

AU-Thentic Events 10,11

Student Sizzle 12

Scholarship of the Week 18

AUSU Update 25

Comic

Poet Maeve: *Poking Holes* 24

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

Email
voice@voicemagazine.org

Publisher
AU Students' Union

Editor-In-Chief
Jodi Campbell

Managing Editor
Karl Low

Regular Contributors
Barb Godin, Natalia Iwanek,
Barbara Lehtiniemi, Angela
Pappas, Jason Sullivan,
Wanda Waterman, Xin Xu,
and others

Views and articles
presented here are those
of the contributors and do
not represent the views of
AUSU Student Council.

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

For weekly email reminders
as each issue is posted, fill
out the subscription form
[here](#).

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

Volume 28, Issue 45

© 2020 by The Voice
Magazine

ISSN 2561-3634

LETTERS TO THE EDITOR



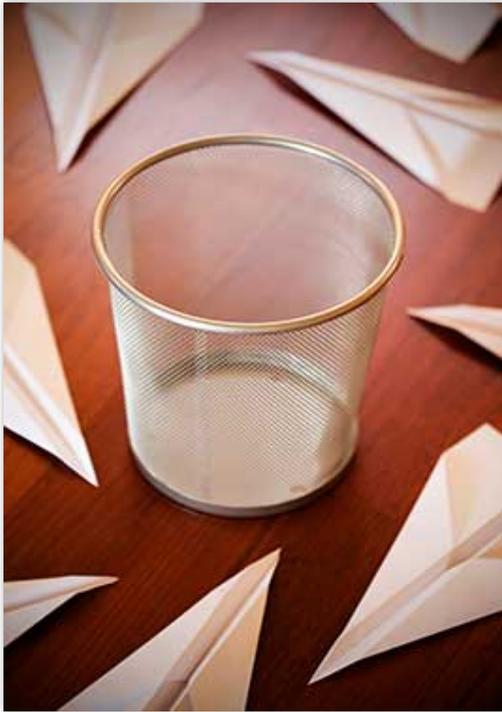
We love to hear from you!
Send your questions and comments to voicemagazine.org,
and please indicate if we may publish your letter!

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

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

Editorial Featuring!

Karl Low



Our main feature will always be an interview with a fellow student, if I can get it. This week is no exception, as we talk to Angel Kassem, a business student who didn't at first intend to be taking her business degree but found her AU coursework in the HR field compelling enough to make her switch.

However, I'm also quite excited by our other cover stories, this week. The first being a look at what is involved in becoming and working as an AU Research Assistant for an undergraduate. Many AU students don't realize that these kinds of opportunities exist at AU, and they can be extremely worthwhile both in terms of what they teach you, and what the relationships you build in them can do for your future career plans.

Finally, our third story "above the fold" (as they say about the website) is from none-other than our long-time writer Marie Well. Marie usually does book summaries and reviews, but lately she's been stretching her wings to give us more direct and personal writing, and it's something that I think is starting to give us some really good reads, so I'm quite happy to be featuring it this issue.

However, those aren't our only stories, as writer Alek Golijanin has returned after a bit of a break for his studies to bring as a look at cross-species collaboration, and Karen Lam compiled a few of the discounts and freebies that AU students can take advantage of, some of which you may not have known about. Also Emily Viggiani brings us a look at how a favourite movie of hers has messages that humanity would do well to learn from, and the Fly on the Wall looks at how the answers to the big questions we ask ourselves might deserve a second look.

For me, though, the big news this week is AUSU President Natasha Donahue hanging up her President's hat to take a career opportunity in what some call "the real world." With any luck, I'll be able to get an interview with her in the next little while so that we can get some final thoughts on AUSU and where she's headed next. This, however, marks yet another change in what's been a tumultuous year for council already, as they haven't been able to go six months without some sort of significant personnel changes happening. Despite this, however, programs and things that benefit students seem to have been moving forward at a reasonable rate. So, kudos to them for that, and hopefully the next few months won't see that change at all, despite losing Natasha.

The new president has not yet been elected, so currently, Vice President of Executive and Student Affairs, Stacey Hutchings is serving in the position. We'll keep you up to date as we hear of further changes.

Finally, I want to again put out a call to all students, if there are any stories you've seen in the past year that you think deserve a bit more attention, a little more of a show-case—whether that's because you think the subject matter is important, because it made you laugh, because it gave you a little something you found useful, please send an email to voice@voicemagazine.org so that I can see about including it in The Best of the Voice 2020. There's gotta be something good about this year after all, right? Enjoy the read!

MINDS WE MEET



Who are your fellow students? It can feel like you are 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!

The Voice Magazine recently had a chance to chat with Angel Kassem, currently residing in Calgary, Alberta, the traditional Treaty 7 territories of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Originally from Edmonton, Angel is currently enjoying her first semester of her first year in the Bachelor of Commerce in Human Resources Management program after transferring from the University of Alberta.

When asked about her future, Angel spoke of pursuing an internship before graduation and eventually working “either in the healthcare or the construction industry as an HR manager.”

She found choosing a major difficult, because “life is changing. There are so many things that were in demand that are not anymore,” noting especially amidst the COVID-19 pandemic. “Whatever changes we are seeing now, I’m sure that people will build on them even after COVID goes away, and it will be the new norm that people work from home.” Angel chose her program taking into account that the workforce is becoming more virtual, and with the belief “that companies will always need HR.” She added, “I hope that I am not wrong that it will always be in demand!”

Angel mentioned her parents, originally from Egypt, revealing that she considers her father, an engineer, as the person who has had the greatest influence on her desire to learn. “He is very smart; he is very successful in his career.” However, she decided to pursue business instead, stating, “No one in my family is in business. I’m the first,” although she mentioned that her youngest brother who is going into university next year is interested in business as well. She continued, “I actually wasn’t interested [in business] until I started with AU and started reading about business. I was doing science at the University of Alberta, and I was planning to do pharmacy, but I didn’t like the nature of the job.”

“My life is so busy—single mom, working full time.” She found that attending school full time while juggling full time work was simply no longer feasible. Instead, she felt that AU offered a better fit, allowing her to continue to work and study. Although she had originally never heard

of AU, she “got to know that AU is very reputable, especially when it comes to business degrees. It’s reputable, it’s well known, it has a good ranking in Canada, and it’s accredited. The degree I’ll get from it will be looked upon with respect.”

Angel also feels that AU is much more demanding than a traditional brick and mortar school. “I feel like I’m going to gain more from Athabasca than if I go on campus ... I feel like I’m going to become more knowledgeable of what I have studied graduating from AU than if I go on campus where I’m just going to rely on the lectures.”

In addition, she feels like, at AU she truly understands her courses because she “is forced to ... read everything” as opposed to skimming through the material. As many AU students know far too well, she stated, “I have to understand it because I’m on my own. I have to explain everything to myself.” She continued, “When I don’t understand something, yes, I can go to my tutors ... but you explore more of the topics that you don’t understand because you have no other choice.” She explained, “It is a lot of work, and it is stressful, especially if you are taking five courses per semester ... but I feel that the students who graduate from AU are going to be more knowledgeable than students from other universities because they have done more work. We will also be very disciplined graduates.” She continued, “[At] AU, it’s so easy to procrastinate because no one is pushing you to wake up early, no one is forcing you to attend lectures, no one is monitoring if you did your reading on time. You have to be disciplined. You have to be self-motivated. Even if you don’t have that initially, acquiring those habits through Athabasca University ... is essential career wise, they are essential to be successful in the workplace.”

However, Angel dislikes “the lack of structure ... for some courses.” She stated, “They just give you all the information and [tell you] do whatever you know how to do.” She would like to see “recorded lectures or even summaries of each chapter,” stating, “We’re missing the face-to-face interaction with tutors, with professors ... even if it’s online, it will make a big difference.” She believes that this “would make students more engaged, more motivated, and more committed to finishing their programs.” In addition, she is also “missing the student interaction as well.”

Her most memorable AU course to date has been ADMN 232: Introduction to Management, “a core and one of the first courses I had to take,” which made Angel “love business so much.” She stated, “In general, there are so many things that I am learning ... so much that I have learned that I can actually apply to my personal life.” She mentioned her interest in Psychology, revealing that she went into HR because of the field’s interrelatedness. She found the course interesting, stating that it was “not as dry as I thought it would be ... I found it to be relatable to my life.” ADMN 232 inspired her to continue and complete her degree in business.”

If she could change AU, Angel would “include more video lectures,” as well as photos of tutors and professors. She stated, “It’s tough ... there’s so much reading you have to do, you’re on your own, and there is a lack of interaction.” However, she is pleased with the communications with her tutors, especially because “they give good feedback.”

Although between raising her child, working full time, and assignments, Angel has no time for reading for enjoyment, she has found herself reading additional chapters in her textbooks “for personal interest” and enjoying them a great deal.

As for one thing that distinguishes her from other people, Angel chose “determination” and her passion for reading. Even though she is slowly trying to become accustomed to online learning amidst a pandemic, she revealed, “I’m not going to give up, I’m going to keep trying.” Best of luck Angel!

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>.



Why We Should Never Throw Away Keepsakes

Marie Well



I don't know when the trend of throwing away all my keepsakes began. But I now know the regret that follows.

I read that some people treasure keepsakes, and I never understood why. But when we cherish a piece of the heart someone left us in form of an object, we can later reflect. If we throw a keepsake away, it's like throwing away a beautiful memory or a close relationship. When that person leaves this world, what do we have left to stare at? Careless disregard? Guilt? Or the feeling that we truly cherished the person?

My brother would ask me about people of our past. I brushed off my brother, saying I had no attachment to people of the distant past, only people of the present. I said history didn't mean much. But each moment in history etches who we are. As we age, those people of our past draw out life's most important question, "How much did we love the people in our lives?"

A beautiful friend wrote a poem about me. It spoke about how I had big dreams, and it used the metaphor of a mountain. In that poem, I climbed that mountain but kept falling. The world was pulling me down. At the end of the poem, I barely made it to the top, beaten and bruised. And I put down a white flag, a victor.

The poem terrified me—so much so that, years later, I threw it out. But today I feel a great loss without that poem, without that shared history between me and my friend, without that precious reminder that love sparkles for everyone even in the darkest times, even in the loneliest moments. I now wish I never threw that poem out. I asked my friend yesterday if I could pay her to write a new one. I assured her I'd keep it for the rest of my life. The poem was precious history lost.

In another instant, I had photos of me and a person I once loved on our trip to Hawaii. But after the relationship ended, I threw the photos away. I didn't have the heart to look at them. And now, as he enters his twilight decades, I've nothing by which to remember those years, but regret.

In yet another instant, I begged my mom for a painting my aunt made. I hung it up on my living room wall. When it came time to move to a new suite, I left that painting behind, believing my aunt disliked me. But today I have a beautiful relationship with my aunt, one I cherish deeply, one based on a gentle friendship. Yet, she's in her 70s, and within a decade, I may lose her. And then I'll look up to an empty wall, crushed.

When we cherish keepsakes our loved ones give, we immortalize those bonds. We nurture the history. We pay homage to those who shared our journey. The people in our lives are all there for a reason. At the end of the day, we must ask ourselves, "How much did we cherish the people in our lives?" Or simply stated, "How much did we love?"



AUGSA Graduate Research Symposium Chatting with AU Student Katy Lowe

Natalia Iwanek



In *The Voice Magazine* recently had a chance to chat with AU student and AUSU Councillor Katy Lowe about her recent presentation at the AUGSA Graduate Student Research Symposium, her upcoming presentation at the 2020 Virtual Meeting of the American Psychosomatic Society, as well as her future plans.

Meet Katy

Katy is currently a fourth year Bachelor of Arts in Psychology student from Calgary, Alberta, the traditional Treaty 7 territories of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3). She is currently balancing schoolwork and Council duties, as well as homeschooling two of her three children.

AUGSA Graduate Student Research Symposium

This summer, Katy completed a research studentship awarded by Alberta Innovates with Dr. Kharah Ross, a faculty member at AU's Faculty of Psychology. Katy explained, "She had a COVID[-19] study that she was trying to get underway with a few other faculty members. One of those is someone who was a tutor for two of my courses. She sent an email asking if I would be interested in research assistant work."

In this position, Katy was able to help "with the parts of the study that might be really time consuming or mundane, but are important and need attention, like data collection, managing sets of data, [and] sending out surveys." She continued, "This was a study on COVID-19 and mental health and wellness." Katy felt that it was a great opportunity "to see how research works," something she had learned about in her coursework. "It was a really great learning experience. ... I was also able to learn how to do it myself, in that I was able to use the same data but come up with my own analysis (but with a lot of help from my supervisor). She really mentored me and guided me through this whole process. It ended with an opportunity to present to the University of Calgary Summer Student Symposium, where I could talk about my abstract and the work that we were doing."

During this period, Katy "sent some emails to the AU grad student union (AUGSA)," asking if undergraduate students could participate" in the AUGSA Graduate Student Research Symposium. She had previously attended, and found it "really exciting," taking her "down the path to wanting to do research in future years."

When AUGSA decided to permit AU undergraduate students to apply, with the top two abstracts chosen to present, Katy submitted a similar abstract, which was selected. She stated, "It was a really great opportunity to share a paper presentation with the AU community, because there is not really an opportunity (in the undergraduate side) to share what you might be independently working on." She continued, "There is interest ... [so] I'm hoping that, in the future, there might be opportunities."

Although this year's conference was virtual due to COVID-19, she felt that it was "a great experience." She stated, "I could talk all day about my project, so it's really exciting when people want to ask me questions about it." On October 17, 2020, Katy's presentation, "[Association between Age and Depressive Symptoms during COVID-19: Moderation by Communication Technology Use](#)," tested "associations between depressive symptoms and communication technology use, age, and age-by-technology use interaction."

Katy has continued to work on this project as a research assistant on a voluntary basis, and the findings have "been submitted to various abstracts." Dr. Ross has allowed Katy to "take first authorship on this communications technology piece, which is a really big honour." Katy "came up with the coding that will be used for the statistical analysis for technology specifically," with the help of Dr. Ross. She stated, "She has guided me on how to do it, but she has let me decide what I want to look at and how to look at it."

2020 Virtual Meeting of the American Psychosomatic Society

In October, Dr. Ross encouraged Katy to submit the work to the [2020 Virtual Meeting of the American Psychosomatic Society](#), which takes place on December 3 and 4, 2020. She stated, "She sent it in for me, and I got confirmation a couple of days ago that it was accepted as a poster presentation."

This will be Katy's first international conference and her third conference thus far, including "the three-minute thesis, the ten minute paper presentation, and this will be ... [my] first poster presentation." Her presentation is titled, "Communication Technology Use, Age, and Depressive Symptoms during COVID-19." (Catherine Lowe; Cheuk Fan Ng, PhD; Janine Keown-Gerrard, PhD; Trevor H. Gilbert, PhD; Kharah M. Ross, PhD).

Participants were acquired through Athabasca University and social media, which allowed for a diverse sample. Katy explained, "Athabasca is so unique, and we have such a diverse population that it makes it really exciting to see all the very different people that really represent this population." She continued, "With our sample, we had people from every single province in Canada. Our mean age was 38, ... our youngest was 18 and our oldest was 74 ... That's such an incredible spread."

What's Next?

Katy is currently in the process of applying to graduate school programs, stating "This has been such an incredible experience ... I want to continue doing research specifically in health psychology and the psychosocial influences on health. I hope that one day I can be the person that is mentoring someone else. ... This wasn't my end goal objective, but being exposed to this, it's way too exciting! I do this in my spare time because it's fun. I love it!"

She continued, "The next step is to hopefully be accepted into a grad school program to continue doing this and learning how to do it a little more independently. Hopefully in the future I can continue doing academia and clinical research."

Research Assistant Positions

Katy mentioned that she has noticed that AUSU has been reposting research assistant positions from the myAU website, stating, "That's kind of how I fell into this path." She continued, "The experience opens your eyes to different possibilities to pursue." As for how AU students can get involved, she advised, "I would look at the research assistant opportunities; AU does post them. Even if you think that you don't have the experience, you're not really expected to have the experience. As much as you want to come in there with some confidence, it is a learning

opportunity. No one expects you to have everything mastered and ready to go. They're there to mentor you. Apply to them ... because you never know!"

As a final note, Katy "hope[s] that students will be able to see this and ... [realize they] are not limited by going to Athabasca [University]." She concluded, "You might have to seek it out a little bit because sometimes these conversations happen around the water cooler, but it's definitely possible, and there is some very exciting research going on with faculty members." Best of luck Katy!

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 Sentiments on a Starry Night

Jason Sullivan



Feelings and Actions Reconsidered

Why are we here? Mars glows red as it traverses a starry abyss with the moon in tow. Sitting outside on an autumn night, amidst Goliath Mulleins, ideas about meaning bubble to the surface of my mind. What feelings guide their trail and where do they lead? Like a zephyr breeze through dried tumbleweeds the inevitable follow-up question emerges: why am I here? In AU terms this is a recurring quandary; others may ask the pragmatic question of what we are going to get with our schooling, but surely, the key query is about what

meaning our actions in school impart to the broader canvas of our lives. After all, when it comes to what matters, the fact of the matter is that we all have a doctorate in justification in terms of explaining our attachments to preferred professions, industries, hobbies, and lifestyles. We want not only to make a living but also to build a life worth living!

At the societal level, the status quo justifies itself by claiming that it functions for the good of all. (Gingrich, 1999) So, in a way, to ask a big question is to answer it already; each method of knowing, each epistemology, fictionalizes reality while diminishing or discounting some aspects of the world in order to elevate others. To ask why we are here is thus to privilege some aspects of life over others, money over love for instance. Like squirrels gathering walnuts or spiders laying eggs in a sac to overwinter, life is a series of judgments based on the foundational instinct of survival and (intellectual?) reproduction. We choose or accept participation in social hierarchies whether we consciously know it or not; the interior life of our mind and its feelings is hard to quantify until we map our actual actions onto our core desires.

Drumroll Please. For Your Pleasure, Pareto!

So, let us to drift back, way back, beyond starry skies or that creepy blue techno-glow, back exactly one hundred years to a Europe torn and shuddering in the wake of the Great War. And here we meet Vilfredo Pareto, scion of a free-thinking liberal family in Italy, keen on free markets rather than feudal protectionism, and free minds unhinged from sentimentality borne of mindless tradition. Pareto claimed that each of our acts disguises itself as practical when indeed its first

impetus is emotional. Justifying our AU education in terms of future earning potential rather than heart-quivering intellectual evolution would be our *prima loca*. To study societal priorities and motivations “reveals streams of opinion that manifest underlying patterns in sentiments and interests” (Pareto, 63). Beneath our conscious accounting practices lie unconscious motivations that swerve us toward the life directions we seem to choose. And all the while, our moral compass is a guide that disguises our base emotional impulses. Henry David Thoreau claimed “I believe that what so saddens the reformer is not his sympathy with his fellows in distress, but, though he be the holiest son of God, it is his private ail. Let this be righted, let the spring come to him, the morning rise over his couch, and he will forsake his generous companions without apology.” (Thoreau, 71).

And Now, the Macro-Sociological View

For Pareto, sentiments at the broad cultural level oscillate and pulsate through time and yet, in the end, the lizard brain wins. It’s like how in the back of the shop of our words and acts our ego run the till. We can be right or we may wrong but the ego counts the cash in terms of feelings. Sentiments underlie belief and evaluation; “common to each is the desire people have to feel that they know what is absolutely true and scientifically unshakable” (Pareto, 63). Ask a simple question, get a simple answer, right? The simplest answer for the memocratic cultural wars we now inhabit is that people want more to be right and attain a sense of belonging and superiority than to understand and accept one another. Yet learning begins precisely when we accept new information and new points of view at the expense of the aged edifice of our prior knowledge. Thoreau stated that “Many are concerned about the monuments of the West and East, and to know who built them. For my part, I should like to know who in those days did not build them—who were above such trifling.” (Thoreau, 54). To question our past mental structures is to consider the marginalized viewpoints out of which new ideas and new selves emerge. We’d be poor students if we just wished to have our preconceptions validated by our education, and nothing else.

Pareto was convinced that a better world needed us to face reality with less ephemeral feelings—so twisted and atwitter when heartstrings are plucked—and more concrete certainties. In his times, economic class realities dominated the popular imagination and weren’t limited to Dickensian appeals for caring and charity. In 1920 there were no Coca Cola commercials imploring consumers to sing “We Are The World” in unison.

Noting abject poverty in his homeland of Italy, Pareto concluded that a sense of real or impending scarcity drives emotional conflict at the expense of rational analysis. The great fear in his time was the possibility of a future war creating senseless loss of

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie November Edition: The Road Forward

Nov 1 to Nov 30

Online. Hosted by AU Nukskahtowin
indigenous.athabascau.ca/bannock/index.php
Access through above link

Talk to a Librarian Drop-in Session

Tues, Nov 24, 9:00 to 9:30 am MST

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary; access through above link

PowerED™ Leadership Info Session

Tues, Nov 24, 11:00 am to 12:00 pm MST

Online

Hosted by AU's PowerED™

news.athabascau.ca/events/powered-leadership-information-session-3

Register through above link

Faculty of Business Undergrad Program Orientation for New Students

Wed, Nov 25, 12:00 to 1:00 pm MST

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20201125/

RSVP through above link

All events are free unless otherwise noted

life and deeper chasms of poverty. “The rich delude themselves with daydreams about increased wealth, yet to be realized by war production. ... The poor try to avoid the issue by transforming it into a moral question. ... Profiteering sharks squander resources. Speculation replaces production, ... the state is the instrument of the dominant class ... in truth the state is controlled by those who are devious enough to capture its helm. This is nothing new” (Pareto, 69). Doesn't 1920 sound familiar at the outset of the 2020s?

For Pareto our reason for being is as timeless as the class conflicts that govern the unfolding of history; sentiments and feelings, not objective facts, are the groundwater that shift lands over time. A hydrology of the mind thus depends upon an analysis of the ego and its emotional minions that embody our discursive intrigues. So, when we ask big questions, such as why we are here at AU, we may want to supersede the simple binary of pragmatism and idealism. After all, simply by learning how to learn, being there and paying attention, as my football coach used to say, we are bettering ourselves in untold ways. Yet, it's hard to ignore the prevalent and arrogant, one might say fascistic character, of the pragmatic mind. So-called pragmatism embodies a mentality that denounces imagination unless a new idea doesn't, *Sharktank*-like, engage with the core belief that you have to get something concrete and monetary out of every act, word and engagement.

“America, why are your libraries full of tears” famously wailed Allen Ginsberg. Well, it may be that our culture asks simple questions as a complex sleight of hand unconsciously designed to dissuade us from seeing the whole edifice, a crumbling monolith perhaps that governs the very basis of our human being in the 21st Century. Suspension of disbelief and critical thinking is, after all, the hallmark not of wisdom and truth but of propaganda and fiction. Perhaps the last way to answer big questions about our being and our place in the world and our education is to see what the bigwigs are saying.

The Wrap Up and The Miracle of Learning as Though Someone Left the Gate Open

To know why we are here at AU and to better address our future desires we thus need to consider the underlying emotions that drive us to seek and search and learn in the first place. And that is, by definition, a private, individualized, sort of inquiry. Surely learning new material is a reason in itself; we can only find ourselves by exploring, after all.

Here's how Thoreau put it: “There are probably words addressed to our condition exactly, which, if we could really hear and understand, would be more salutary than the morning or the spring to our lives, and possibly put a new aspect on the face of things for us. How many a man has

Rick Hansen Foundation Accessibility Certification™ Training Info Session

Thur, Nov 26, 11:00 am to 12:00 pm
Online. Hosted by AU's PowerED™ and the Rick Hansen Foundation
news.athabascau.ca/events/powered-leadership-information-session-2
Register through above link

Talk to a Librarian Drop-in Session

Thur, Nov 26, 3:00 to 3:30 pm MST
Online via Microsoft Teams
Hosted by AU Library
library.athabascau.ca/orientations.html
No pre-registration necessary; access through above link

AUSU Virtual Student Social

Thur, Nov 26, 5:00 to 6:00 pm MST
Online via Zoom
Hosted by AUSU
www.ausu.org/2020/09/ausu-virtual-student-socials/
RSVP by Nov 25 to ausu@ausu.org

The Grad Lounge CASA and ab-GPAC update

Fri, Nov 27, 1:00 to 2:00 pm MST
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

All events are free unless otherwise noted

dated a new year in his life from the reading of a book. The book exists for us perchance which will explain our miracles and reveal new ones" (Thoreau, 97).

The miracle of learning, like the miracle of life itself, arises from the smallest cell to the greatest starlit expanse. As we ponder our surroundings we decide, consciously or unconsciously, how much sentimental baggage of cultural common sense we burden ourselves with in our life's journey. How much dross and chaff can we cast off and still maintain equanimity? Concluding his gleeful dalliance on practical rat race life versus the life of the mind made vibrant, Thoreau stated "If it necessary, omit one bridge over the river, go round a little there, and throw one arch at least over the darker gulf of ignorance that surrounds us" (Thoreau, 99).

We're here at AU to expand the concrete reality of our brain such that our mind's eye may better survey this cultural world we inhabit and the physical realms that we create and recreate with ideas and feelings rather than merely with brick and mortar.

References

- Gingrich. (1999). *SOCI250*. University of Regina. Retrieved from <http://uregina.ca/~gingrich/n2f99.htm>
 Pareto, V. (1920). "Sentiments" in *The Transformation of Democracy*. New Brunswick, USA: Transaction Books.
 Thoreau, H.D. (1854). "Walden". Hungary: Konemann Verlagsgesellschaft mbH.

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

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Donna rants about e-texts, particularly the roadblocks to printing out a hard copy; responses suggest many students share that frustration. Ash encounters difficulty switching tutors; responses suggest contacting Learning Services or the Ombuds Office. Dustin can't connect with a former AU email address; a quick response points out the right direction.

Other posts include MATH 215 study group, flashcards, resume-writing program, MuchLearning exams, and courses HLST 200 and IDRL 215.

reddit

One post asks about the feasibility of completing TELUQ courses, which are cheaper for QC residents, then transferring them to an AU program; a responder indicates it's possible, with limitations and cautions.

Twitter

[@AthabascaU](#) tweets: "Powered by [@10kcoffees](#), Alumni Connect allows [@AthabascaU](#)

students and graduates to share experiences, knowledge and wisdom to make the path ahead a little easier. Sign up for a virtual coffee today: <https://bit.ly/2DFEGtX> [#AthabascaU](#) [#mentorship](#) [#canpse](#)."

[@austudentsunion](#) tweets: "It's true, our November Awards & Bursaries period has passed. But you still have year-round bursaries available anytime! Check them out here: <https://ausu.org/services/scholarships-awards/> [#postsecondary](#) [#awards](#) [#scholarships](#) [#bursaries](#) [#athabascau](#)."



What We as Human Beings Can Learn from 'Shaolin' (2011)

Emily Viggiani



I wrote a research paper based on the 2011 film, *Shaolin*. It's such a beautiful film with so much in it. There is so much we can learn from Shaolin about the nature of humanity itself. We can learn about life after loss, becoming a better person despite and *because* of the pain of loss, starting over a new life and redeeming yourself, how winning a war is not really winning, kung fu, and Jackie Chan. This film has it all.

Shaolin is set in the Republican Era of China. These were bleak times for the nation. To put it this way: China boasts 5000 years of history. Yet, a Chinese Buddhist scholar once told me that this 37-year period of time was the worst era in Chinese history.

You can tell from the war and the poverty that the villagers suffered. The main character is a Republican warlord who turns into a Buddhist monk due to a family tragedy. He is not readily accepted by the

other monks due to his past, but, because Buddhists believe that we're all learning to be better people and not to punish people for their pasts, they allow him to take refuge in the three jewels and be ordained as a monk after a while.

Taking refuge in the three jewels is a lot like registering with a school. It's the first step toward becoming a Buddhist. You take refuge in the teacher, the teachings, and the monastic community. These are reasonable translations of the three jewels from Sanskrit or Pali. Different schools of Buddhism use a different language. Mahayana Buddhism uses Sanskrit, and Theravada Buddhism uses Pali, so it's better to use the English translation for the purposes of this article. It's more inclusive.

Back to *Shaolin*. The last ten minutes in particular were breath-taking in that they really give the viewer so many good messages all at once. First, the reformed monk lies down in a Buddha statue's hands and is healed; then you see that winning a war does not feel like winning at all; then the reformed monk's ex-wife tells him she likes who he has become, but they can never be together again; and finally, the famous Shaolin temple is destroyed and the monastic children cry and ask the cook what they will do. The cook, Jackie Chan, says that they will have to just keep going on, find a new place to live.

Shaolin manages to send good messages without being preachy. You don't have to be a Buddhist scholar to enjoy this film. You just have to be able to watch kung fu violence and tear-jerking moments.

Aspiring to be a journalist, Emily Viggiani decided to start with The Voice Magazine. It makes perfect sense given Emily's passion for the arts, and she hopes to be promoting artists within Athabasca University.



Homemade is Better Hollandaise Sauce

Chef Corey



I wrote about the five mother sauces earlier when we looked at mayonnaise, which is really an altered form of the mother sauce hollandaise. Today, we'll discuss hollandaise, one of the more popular breakfast sauces. It doesn't have to be a breakfast sauce, but that is generally when you see it get used. Hollandaise is traditionally made with egg yolks and clarified butter—about a cup of butter per egg yolk. The butter must be warm though, which makes this sauce the most challenging to make. You must add the butter slowly, like with the mayonnaise, so that it will incorporate. But you can't add it too fast because you'll either scramble the egg or it won't emulsify properly.

The second concern with traditional hollandaise is its longevity. It doesn't keep for very long, and it's difficult to reheat. Restaurants that I've worked at toss any remaining sauce if it was made traditionally because of its lack of stability.

Usually making hollandaise requires you whisk constantly and quickly while stirring in the butter, but there are certainly ways to make it without. A blender, stand mixer, immersion blender with a whisk attachment, or a food processor can all work. You'll add a teaspoon of clarified butter to one egg yolk at a time. And continue to add the butter until the sauce starts to look thicker. Then you can add the butter in a steady, but slow, stream. A teaspoon or two of lemon juice, a little salt, and there you have it: your own hollandaise.

That's a lot of work, but worth it if you don't mind taking your time to get it right. But I'm going to give you a quicker way to make it that is stable, has longevity, and can be reheated multiple times so you can have eggs Benedict whenever you want!

But if you don't want it for breakfast, another sauce that uses hollandaise as its base is béarnaise sauce, which is great with steaks. To make béarnaise you add shallots (or very finely chopped onions), white vinegar, and tarragon. Maitaise is another sauce derived from hollandaise. You add half an orange's worth of juice, traditionally blood oranges, and you also add the zest of the orange. And the last sauce that you can make with hollandaise is mousseline sauce, which has the addition of whipped cream, about half a cup of it, and you can even add some sugar to sweeten it up if you'd like.

Now for the moment you started reading this for: how to make eggs benedict at home on a Tuesday.



Eggs Benedict

Faster Hollandaise Sauce Ingredients:

- 1 cup mayonnaise
- 1 cup sour cream
- 1 tbsp yellow mustard
- 1-2 tsp lemon juice

Egg's Benny Ingredients:

- 1 English muffin
- 1 slice of ham
- 1 poached egg
- 1-2 tbsp hollandaise

Directions:

- 1) Bring a medium pot of water to a boil.
- 2) Slice your English muffins, and start toasting them.
- 3) Once they are toasted, butter each piece and put them on a plate.
- 4) Mix the mayo, sour cream, mustard, $\frac{1}{2}$ the lemon juice together.
- 5) Place it over medium heat, and warm up until just bubbling.



- 6) Once the water boils, turn the heat down to simmer, add 2 tbsps of vinegar.
- 7) Stir the water and vinegar, then crack an egg into it, you can poach a couple at a time. The trick is to stir the water quickly, then add the eggs. The vinegar will add a little sour to keep the egg together.
- 8) You can heat up the ham in a frying pan, or just use it as is, but place one slice of ham on the English muffin.
- 9) Once the egg is poached to your liking you can use a slotted spoon (or a spoon with holes in it) to pull the egg out of the water and place it on the ham.
- 10) Keep poaching eggs until you have enough.
- 11) Once you have your English muffin, with ham, then a poached egg, you can spoon on some of the hollandaise.
- 12) Sprinkle on a little bit of cayenne pepper, and voila!
- 13) Once you're done, you can put your hollandaise into a container with a tight lid and consume it within a week or so. While everything you just made is likely stable it will taste best for the week, but you could push it a few more days.

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



Discounts and Freebies for AU Students

Karen Lam



We all know that being a student can be an expensive investment, but did you know that there are lots of discounts and free resources that AU has made available for students? So make sure you are utilizing these resources! Here are my top 5 that I use regularly. Just click on the title of what you want to see more.

Amazon Student Prime

With the new normal, online shopping has become the newest trend. Whether it is shopping for groceries, stationary, or clothes, shopping online is just so convenient and fast! Did you know that you can sign up for Amazon Student Prime? To do so, you can either use your Athabasca Student email—simply link it to your Amazon account—or scan a copy of your Athabasca Student ID and email it to

Amazon Student Prime and get it set up. For those who do not have an Athabasca Student ID card, that is also free! Amazon Student Prime is everything that comes with Amazon Prime, free shipping, Amazon Prime Music, Amazon Prime TV & Movies, all for half price, how awesome is that? (And right now, you even get six months free when you first sign up!)

Apple Student Music

Personally, I am a huge music lover. I listen to music during my spare time, while I work, while I cook, and basically anytime you can think of. I also love trying new music, and I have tried several different platforms to figure out which one works best for me. For anyone who owns an Apple device, Apple offers student discounts for purchasing new products, and their Apple Student Music plans. Similar offers are also available for those with Android devices. The first time you subscribe, you can get up to 6 months of free music! Afterwards, it costs around \$5 per month (half the regular price with your student discount). You get unlimited access to brand new music. I use this opportunity to download all my favorite K-pop songs.

LinkedIn Learning

For all AU undergraduate students, we also have access to LinkedIn Learning for free. LinkedIn Learning is incredibly useful, as it has many videos for a wide range of topics including work related topics such as resume building, career development, learning programming languages, and much more. The videos are incredibly in-depth and are taught by experts. Many of the videos also provide assignments for you to try to learn by yourself. I used LinkedIn Learning for one of my Java courses where I had trouble understanding the textbook, it was incredibly helpful to have someone teach you the content through a PowerPoint presentation. I definitely recommend you try it out.

Microsoft Office

Microsoft Office is an essential tool for everyone, but if you are an AU student, you can download it for free. Athabasca University provides students with Office 365 ProPlus for Window Users which includes Word, Excel, PowerPoint, OneNote, Access, Publisher, Skype for Business and OneDrive for Business. For Mac Users, it provides Office 2016 which includes Word, Excel, PowerPoint, Outlook and OneNote. I recommend you use this free resource.

VMock Free Resume Review

We all know that resumes play an important part when applying for jobs. VMock is a free resume review website that provides 24-7 services with instant and personalized feedback. I have used similar services in the past, and currently using this to edit my resume. I find it incredibly helpful and recommend you give it a try.

Links for Other Athabasca University Student Discounts and Programs

Athabasca Student ID Card <http://registrar.athabascau.ca/enrolment/records/idcards.php>

Discounts on Software Products <https://athabasca.onthehub.com/WebStore/ProductsByMajorVersionList.aspx>

Insurance Discounts and Athabasca University MasterCard <https://alumni.athabascau.ca/benefits.php>

Eyewear Discounts <https://www.ausu.org/services/student-wellness/eyewear/>

Pharmacy Savings <https://www.ausu.org/services/student-wellness/pharmacy-savings/>

Wellness Support Program <https://www.ausu.org/services/student-wellness/mentalhealth/>

The Art of Living Together Cross-Species Collaborations in The Animal Kingdom

Alek Golijanin



Humans sit atop the food chain due to our cognitive capabilities and our advanced ability to communicate with one another. With everything we know about the cognitive and communication sciences, it might lead some to assume that non-domesticated cross-species collaboration is impossible. It should not be possible for birds and crocodiles or spiders and frogs to “get along”, and yet they do. It is hard to identify the starting point, where we can say this is where these and many more unique cross-species collaborations started. However, these collaborations are nothing short of remarkable.

Collaborations on Land

There are quite unusual cross-species collaborations on land that really challenge our understanding of how distinct species could have gotten to a point where they are working together.

Crocodiles are known for their ferocious bite and even the slightest of movements result in them chomping down. But plover birds who eat the food debris and leeches between the crocodile’s teeth are

what help crocodiles avoid infection. Crocodiles sit with their mouths open and allow the plovers to pick away, refusing to bite down on them despite being evolutionarily trained to shut their mouth at the slightest of movements.

Also, tarantulas are known to hunt critters including small toads, but they give the narrow mouth toad a pass. This is because the narrow mouth toad keeps a tarantula’s den insect free, and it gives time the eggs need to hatch. This specific relationship has been recorded in the USA, but a similar one has also been recorded in Colombia, where the lesser black tarantula often shares its home with a dotted humming frog, a prey it could easily kill and eat. Scientists have even documented

spiders grabbing these frogs and inspecting them with their mouths, before letting them go unharmed.

Collaborations Under Water

Life underwater is a little less glamorous, but crabs and fish are the most documented when it comes to mutually beneficial relationships with other water life.

The hermit crab, on the other hand, actively seeks out sea anemones. This is because the sea anemones also protect the crabs from becoming prey--travelling on the crab's back and feeding on its leftovers. When the hermit crab moves into a larger shell, it often convinces the sea anemones to let go and the sea anemone allows the crab to reposition it on its new shell. The anemones will not let go of the old shell otherwise, even if other creatures pull on them.

Goby fish and blind shrimp also have an unusual relationship, where the fish's excellent vision is exchanged for the shrimp's ability to keep the den clean. The goby fish has also been documented giving the blind shrimp a tail flick when it spots danger so that they both go and hide. On the other hand, clown fish bury themselves within a sea anemone's poisonous tentacles, being immune to the poison and cleaning the tentacles from parasites while predators avoid coming near the stinging tentacles.

Takeaway

Humans have domesticated various animals for the sole purpose of taking advantage of their unique abilities. Rats have been trained to detect mines, while boas have been used as guide animals to identify seizures. While these are all cool feats, I find myself more in awe when the cross-collaborations occurs naturally in the wild. However, no moment will be greater than when I first read that crocodiles had dentists that came in the form of the plover birds, it made me think of the Waterboy and his momma. His momma told him that alligators were ornery because they had a lot of teeth but no tooth brush. For the record, I believe it is due to their medulla oblongata, but a tooth ache can make the even the happiest angry.

A combat sports fanatic, Alek is a fourth year business student who like to read research papers for fun.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: 7BinaryOptions.com Scholarship Essay Contest

Sponsored by: 7BinaryOptions.com

Deadline: December 15, 2020

Potential payout: \$3000

Eligibility restriction: Applicants must be students and 16 years of age or older.

What's required: An email along with a 700-1500 word essay on the topic of "The Goals I Will Achieve in 10 Years."

Tips: The essay doesn't need to have an academic structure. Be creative!

Where to get info: www.7binaryoptions.com/scholarship/



Three Virtual Presentation Tips

Xin Xu



For students learning to complete presentations online, interviewing for a job, or even starting projects such as a vlog or webinar series, strategies for engaging your virtual audience is a key skill that many of us have started learning since the start of the pandemic.

When most of our activities are being completed through online means, there are increasing pressures to host professional, engaging virtual experiences for others. For example, the other day I hosted a virtual competition for over 50 students on Zoom and learned a significant amount about engaging the audience, presenting effectively, and ensuring the entire event goes smoothly. Just like in-person presentations, virtual experiences require a lot of effort in the preparation steps. Many people believe

that virtual presentations are easier, more convenient, and require less planning ahead. However, this has changed as technologies have become smarter and audience expectations have grown. So, what are some tips for successfully preparing for a virtual presentation (be it an interview, a webinar or an AU class presentation)?

Please note, I am not sponsored by any of the products listed. These are purely recommended from my personal experience and usage.

1. **Use a good-quality microphone:** a surprising number of people use poor quality mics that break up your speech or presentation and can create a negative first impression when presenting to important stakeholders. To help your audience hear you clearly and to help you deliver your message effectively, try using a non-desktop microphone which can enhance the quality of your voice. For example, I found this budget headset with a built-in microphone that has transformed my voice quality and helped reduce a lot of ambient sound that comes with using the computer's built-in microphone. You don't need to spend a fortune for a professional microphone to have good sound quality.



\$35.99 budget headphones from Amazon

2. **Good lighting:** one of the things I played around with while learning how to deliver a webinar with my volunteer group was lighting. I noticed that many professional live-streamers and Youtube celebrities actually use fabulous lighting that enhances their facial expressions and likely attract larger audiences to their channel. After some time, I decided to try out a ring-light which can be easily purchased online. Some ring-lights have varied light settings that can dim or brighten depending on your needs. My ring light also has the ability to cast blue or yellow-tinted lights that help bring a different online ambience. For example, yellow-tinted lights help to cast a softer, warmer tint to your skin.



\$25.99 budget ring light from Amazon

3. **Good quality webcam:** While many laptops and desktops have built-in webcams, I invested in a 1080 Pixel USB web camera that increased the quality and clarity of my webinars and presentations. The webcam also allowed me more flexibility in adjusting the angle and direction my camera would be pointing. The webcam can be set up to sit on top of your laptop or desktop monitor and adjusted to your liking.



\$35.99 budget web camera from Amazon

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



The Creative Spark! What it Takes to Realize Our Dream

Marie Well



Is there something we desperately want? But what we desire most can either rob us of our humanity or bring us closer to our truest nature.

It's helpful to note what was said by Aaron Sorkin, the screenwriter for *The West Wing* and *The Social Network*: “You want to write the character as if they are making their case to God why they should be allowed in heaven” (as cited in Euchner, 2015, 13%). Similarly, the dreams we chase and how we chase them should lead to a better world.

So, what dreams do we chase, how should we chase them, and why do we chase them—even when they harm us?

Dreams can help us grow.

Charles Euchner (2015) states, “To take a great journey—and to become a deeper person—your

characters need a powerful desire. They must strive to achieve a vision, even if it takes a while to understand that vision. Once they find their vision, they need to be obsessive about it. As Martin Luther told Charles V: ‘Here I stand; I can do no other’”

If we ever face life without a purpose, know that one is blossoming as we speak. Life delivers us purpose either deliberately or when we least expect it. But when a purpose—a dream—comes to our consciousness, we must nurture it like a wounded bird. Bring that dream to flight and keep on loving it as it soars. Every dream takes 100% love, just like every relationship that lasts.

What do we dream about the most? What sacrifices does that dream demand?

According to Charles Euchner (2015), “The philosopher Nietzsche puts the challenge this way: ‘Become who you are.’ All of us have a destiny. Our purpose in life is to realize that destiny. What do you want to be? A great teacher? Entrepreneur? Seller? Parent? Coach? Writer? Friend? Leader? Follower? Whatever it is, be prepared to make whatever sacrifice is necessary to achieve it”

We sometimes chase careers or education paths that don't align with our essence. But we can help nail a career path by taking a Myers-Briggs personality test—and then looking up careers that fit our personality type. We might discover we were born to be social workers, scientists, carpenters, architects, managers. And no role is less important than the next. The soul we put into our dream is what matters, which brings us to a tricky question, “What would we sacrifice to achieve that dream?”

A dream demands sacrifices.

Charles Euchner (2015) says, “Lots of kids want to be professional athletes, actors, musicians, and astronauts. At least, that's what they say. But to become an athlete, to take one example, you also need to want to work out, eat the right foods, get sleep, avoid drugs and alcohol abuse, and train your mind. You have to want to grind out practices on tough days, work on fundamentals when your friends are having a pool party, and make long road trips to games” (16%).

As students, we grow when we make sacrifices. Do we stay inside every day of the week, rarely taking an afternoon off? If so, the dream speeds up. Do we buy books and supplies instead of

buying clothes, makeup, or restaurant meals? If so, the dream becomes more real. Do we eat blueberries, flaxseeds, avocados, walnuts, and dark chocolate, and exercise to boost our brain power? If so, the dream is nurtured.

But is that enough?

A gripping dream demands earth shattering sacrifices.

Charles Euchner (2015) says, “Make the character’s desire so intense that he will make great sacrifices to realize it. Give your character not just a powerful goal, but also a compelling approach to realizing that goal” (16%).

Would we spend all day studying 40 minutes at a time followed by 15-minute breaks, repeated from the time we wake up until bedtime, with only a half hour break for breakfast, lunch, and dinner? If so, we could nail a PhD. But that's extreme, and some of us get similar results on a tighter schedule. The more we can find advantages, like mapping out acronyms while walking to work, the better our academic future.

Even writing formulas on the shower wall gives us an edge. If we become so immersed in our studies that every idle thought centers on planning our essays, memorizing concepts, or rehearsing presentations, we should excel.

That's the discipline—the sacrifice—needed for extreme academic achievement. And we all can train our minds to achieve so much more.

Would we sacrifice it all for our dream?

Charles Euchner (2015) advises, “What does the character care about so much that he will sacrifice anything to achieve it?” (16%).

Would we go live in a Himalayan cave, isolated for years, to fulfil a dream of becoming a Buddhist ascetic? Would we abandon a goal of raising a family to become a nun? Or would we give up our relationships to gain an academic degree?

When we sell our souls for a dream, we come to a turning point. At that point, we must make a case for why we should enter heaven. If we've hurt others to reach our dream, we've stumbled. But if our dreams helped others, we've won. So, ask ourselves, “How did we love the people in our lives?” That's the real measure of success for any dream—in fiction and in real life.

If we aren't willing to make sacrifices, we don't really want the dream.

As Charles Euchner (2015) says, “If you won't make the sacrifices necessary to realize your dream, you don't really want it” (16%).

Perhaps it's someone else's dream that we chase. Or perhaps it's a dream to feed our egos, rather than fill our hearts.

But if the dream brings love in tidal waves, chances are, we've discovered a winner.

I believe what we truly want are dreams that nurture humanity: A career to feed a hungry family. An education to do research to help others. Fame to role model a love for charity.

So, why should our dream let us enter heaven?

Reference

Euchner, Charles. (2015). *The Elements of Writing The Only Writing Guide You Will Ever Need*. [Kindle Unlimited]. Retrieved from Amazon.ca.





Stepping Out

Dear Barb:

I don't know what to do; after many years my father has contacted me. He left my mom, me, and my younger brother when we were really young. My mom raised us as a single mother with no help from him. He never even contacted us in over 25 years. We just assumed he was dead, but I guess not. I am living in Ontario and it seems he's in Alberta. He contacted me through Facebook and said he would really like to get together with me and my brother.

I haven't talked to my mom about it, but my brother wants to meet our dad. I am just not sure how I feel. Am I supposed to just forget the fact that he walked out on us and be happy to see him? Through the years I have been able to put my anger aside and carry on with my life, but this is triggering a lot of old feelings. I don't want to do the wrong thing, but I'm not sure what to do. I would appreciate any advice that would make my decision easier.

Thanks, Zack.

Hey Zack:

Thanks for your letter. This is an interesting situation that could turn out really well, or not so well. A lot of it depends on your expectations. People change and 25 years is a long time and I'm sure your father is a totally different person

than he was when he walked out on your family. A lot depends on his intentions and why he is trying to get in touch with you. He may want to resolve issues he has been struggling with and simply reach a place of peace, or he may want to become a part of you and your brother's lives. It could be any of a number of things that has triggered your father's desire to get in touch with you, but you will never know unless you agree to meet with him.

If you and your brother decide to meet with your father, it would be good to meet in a public place like a coffee shop. Depending on your feelings it could be a long meeting or a short one. Take the time to hear what he has to say. If you choose not to meet with him, you may end up with regrets or doubts about your decision. Whatever you decide your feelings are your own, no one can tell you how you should react, just follow your gut. You may not want to see your dad again, but your brother may choose to have a relationship with him, and that's okay too. You will never know unless you take this step.

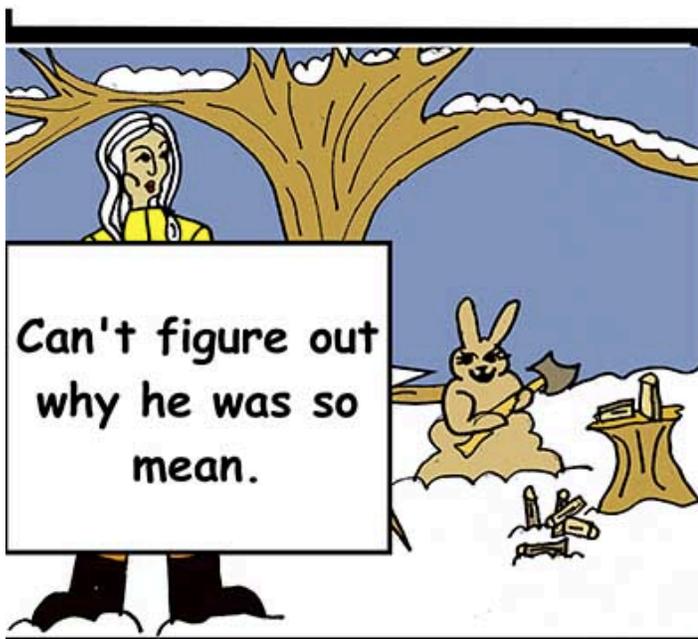
Good Luck Zack.

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

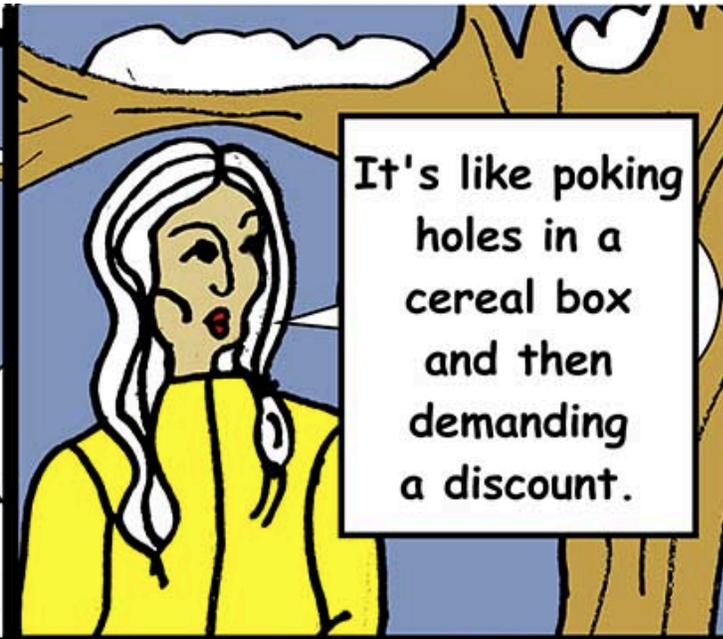


Poet Maeve
Poking Holes

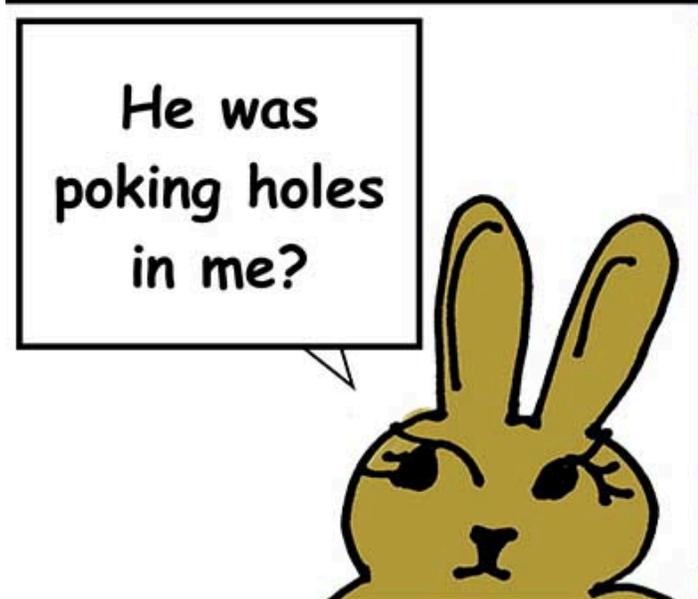
Wanda Waterman



Can't figure out why he was so mean.



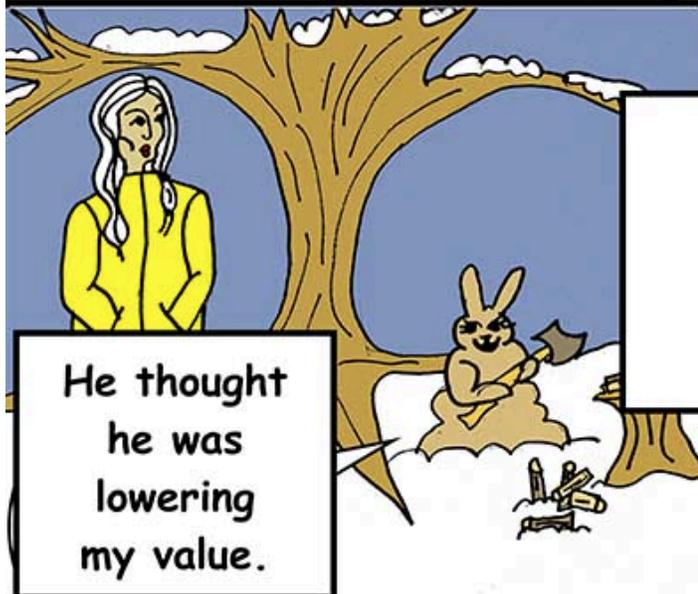
It's like poking holes in a cereal box and then demanding a discount.



He was poking holes in me?



Yeah. So he wouldn't have to give as much.



He thought he was lowering my value.



But he couldn't.

Ain't a one of 'em can.

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

- **Nov 25:** [AUSU Annual Survey Closes](#)
- **Nov 26:** [AUSU Virtual Student Social](#)
- **Nov 30:** [Deadline to apply for course extension for Dec](#)
- **Dec 10:** [Deadline to register in a course starting Jan 1](#)
- **Dec 15:** [Jan degree requirements deadline](#)
- **Dec 21:** [Deadline to request exams for Dec. end date](#)

Last Chance to Take the AUSU Survey!

Only a few days left to take the AUSU Annual Survey and enter for a chance to win up to \$1,000!

We want to know how we can best serve our members and help you have a positive experience as a student at Athabasca University. Your feedback helps us set our goals and advocacy priorities each year.

We encourage all AU undergraduate students to take our [AUSU Services Survey](#) and make your voice heard!

You Could Win up to \$1,000 for Taking the Survey!

[Take the Survey Now!](#)

AUSU is giving away \$4,000 in prizes to members who complete our survey, including:

- \$1000 Prepaid VISA Gift Card - (2 available)
- \$500 Amazon Gift Card - (2 available)
- \$100 Amazon Gift Cards - (5 available)
- \$50 Gift Cards to the AU apparel store - (10 available)

**YOU COULD
WIN THIS!!!**



Note: Prize winners will be selected at random after November 25, 2020. Only current AU undergrad students are eligible. Contact services@ausu.org with any questions.

Deadline to take the survey: Nov 25, 2020



Farewell to Outgoing AUSU President

In the true spirit of education, AUSU (outgoing) President Natasha Donahue resigned from AUSU to take on an amazing job opportunity in her field of study!

We thank Natasha for all of her amazing work over her years with AUSU, particularly in her focus on equity, diversity, and inclusion! We wish her all the best in her future career!

Find out more (and see pics!) online [here](#).



AUSUnights Student Social

Our next AUSUnights Virtual Student Social is coming up on **Thursday, November 26 at 5:00pm Mountain Time.**

AUSUnights are a great opportunity to connect with AU fellow students through Zoom, play fun trivia games, and get a chance to win some prizes from your Students' Union!

RSVP to ausu@ausu.org for an invite!



CLASSIFIEDS

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

THE VOICE

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

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

Regular Columnists Barb Godin, Natalia Iwanek, Barbara Lehtiniemi,
Jason Sullivan, Wanda Waterman, Xin Xu and others!

www.voicemagazine.org

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

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

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

© 2020 by *The Voice Magazine*

ISSN 2561-3634