



THE VOICE

Vol 29 Issue 05 2021-02-05

Minds We Meet

Interviewing Students Like You!

I Quit Smoking Weed

Here's What Happened

Happy Chinese New Year

Virtual Ways to Enjoy the Holiday

Plus:

Women in Fiction

FotW: Being Here Now

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

Secret Plans Afoot

Karl Low



Things are starting to come together for something special that *The Voice Magazine* is going to do later this month and into March. If you're not subscribed to our reminder list for when the magazine comes out, you may want to consider doing that. It's only one email a week, after all, and sometimes it's even pithy.

This week our feature article is an interview with another AUSU Councillor, Amber McDuffe. It might seem strange that you need a distance university to help you get closer to home, but that's exactly what this EMS professional is doing with her AU education.

Also this week, we've got the debut of another new writer, Jessica Young, who's opening up with a personal tale of her marijuana use, and what leaving it behind has done for her. I'll be honest, I was a bit unsure on first receiving this article, because, like any controversial topic, I know there's always some contingent who finds anything about marijuana, whether it be positive or negative, to simply go against what they want to hear. But Jessica's done a good job of keeping her experience related just to her. And in doing so, given us some insight into another student.

Plus, Karen Lam wishes us a Happy New Year, Chinese New Year, that is, which happens on February 12th, this year, changing us to the year of the Ox. Her article contains various lists of things you might do to learn about or celebrate the occasion.

Not being heavily into Chinese culture myself, I was surprised to find out how much I enjoy much of the celebrations around Chinese New Year, as many of the stores in this area celebrate it and have a lot of special dishes and tasty treats for sale. And of course coming across a dragon dance parading through the mall while you're picking up a bowl of "treasures" isn't something you can do every day, but certainly something you should do at least once if you have the opportunity.

I have to wonder though, what the celebrations will be like this year, under increasing restrictions because of COVID-19. I can't imagine it would be legal (or safe) to be a part of a dancing troupe stuck underneath a large, plastic dragon, leaping down a mall concourse. And a virtual dragon dance just doesn't have the same spontaneity that made it so special the last time I happened to come across it.

But, in addition to those stories, we also have the first installment of Milica Markovic's "Women in Fiction." Inspired by our own "Women of Interest" column, Milica proposed a column where she looks at various women through literature and film and brings to us some ideas of what we can learn from them. Let me know what you think of it. A quick warning, though, this is a column that will be full of spoilers each week, though usually for older or classic pieces of literature and film. Still, if you're the type of person who waits a long time to see movies or read books, you may want to read judiciously.

Plus, of course, scholarships, events, advice, recipes, thoughtful articles and news are all right here. So enjoy the read!

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

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. If you would like to be featured next, do not hesitate to get in touch!

The Voice Magazine recently had the chance to chat with AU student and newest AUSU Councillor Amber McDuffe from Edmonton, Alberta, located on Treaty 6 territory and a traditional meeting ground and home for many Indigenous Peoples, including the Cree, Saulteaux, Niitsitapi (Blackfoot), Métis, and Nakota Sioux Peoples.

Amber was born and raised in Dauphin, Manitoba, before moving to Camrose, Alberta in 2009 and Edmonton in 2010. After buying a home in the city in 2014, she has “put down roots in the community,” (although her father wishes she would move home!). She stated, “I currently work in EMS across the provinces of Alberta and British Columbia, which takes me away from ‘home’ quite often. I also own my own first aid training company. Combine these with my volunteer work and I guess you could say I

live a busy life.”

Amber is currently enrolled in the Bachelor of Science in Human Science, with a minor in Psychology. Although her end goal is “fluid,” she stated, “[U]ltimately I love helping people, that is why I entered into EMS to begin with, however, I know EMS is not a sustainable career for some. The burnout rate is high, co-worker relationships can be quite challenging due to the mental stress of the job and there is always the possibility of injury as it can be very physically demanding, not to mention you’re never really home. It is incredibly difficult to get a position close to home so I chose to pursue this degree as a way to either make myself more appealing to those in hiring or to take it a step further and get into medical school.

“I feel working as a family physician would be a rewarding career and allow me to fulfill that desire of wanting to help people. I quite enjoy the lower priority calls we sometimes get for parents just wanting their child ‘checked out’ by a medical professional or the elderly person who really just needs someone to talk to so family medicine seems in-line with where I excel. I know it is difficult to get into med school however, which is why my goal is currently fluid. No matter what I end up doing with this degree, as long as it helps me to help others I will be happy.”

Although she is quite busy, when she is not studying, Amber “love[s] to get out to the mountains and go hiking.” She added, “I also like to visit my friends (socially distanced of course right now)

and just catch up with them. We are all quite conscious about the current pandemic so the cohort is pretty safe.”

Amber mentioned that “a combination of people and situational factors” had the greatest influence on her life. “I was not school focused growing up, in fact, I was that problem child who was constantly skipping and tried to drop out of high school but, with a lot of push back, my parents did get me to finish. I grew up being bullied my entire life so being at school was not a place I wanted to be. Even though I was never there I still managed to pass all of my classes.” She continued, “Looking back on it now, if I would have been in a healthy environment I probably could have had the marks I now have in university as a straight-A student but those experiences made me who I am today and showed me not to be a bully because I know how it feels. When it comes to the decision to go back to school, my desire to learn was born out of a feeling of frustration. I was working office jobs for incredibly low pay, and I would later come to learn all about the gender wage gap and how it had affected my life.”

She continued, “After buying a place to live, I knew this wasn’t sustainable and decided I needed to do something I actually wanted to do and could survive on. Having previously encountered unfortunate situations where I had to use my first aid training, I decided to pursue a career in EMS. It started with a quick 2-week course to get my EMR license then working in the oilfield for a few years to catch up on bills. During this time, I had the pleasure of being on a volunteer committee with our regulatory body and was surrounded by incredibly supportive practitioners who encouraged my growth, which led me to pursue my primary care paramedic (PCP). Again, the frustration set in after not being able to get a job locally on ambulance and not wanting to be gone all the time either working in the oilfield or on rural services hours away from home, so I have now decided to pursue my degree.”

So far, online learning has been easy for Amber. She stated, “The online learning isn’t a new environment to me.” She continued, “I have found each school to have pros and cons with their online delivery. One pro I can agree on across all of them is that I am able to continue to work while also doing school meaning I can still pay my bills and support myself. AU is great because it is learn at your own pace, for the most part, so I am able to do my courses one at a time even when I take on a five course semester. The con however is the turnaround time for marks. When I have a five course load I have to

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie February Edition: nîpawistamâsowin: We Will Stand Up

Feb 1 to Feb 28

Online

Hosted by AU Nukskahtowin

indigenous.athabascau.ca/bannock/index.php

Access through above link

Blended Learning Practice MOOC

Feb 7 to Mar 6

Online

Hosted by AU and the Commonwealth of Learning

news.athabascau.ca/events/blended-learning-practice-mooc-winter-2021/

Register through above link

Talk to a Librarian Drop-in Session

Tues, Feb 9, 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

"AU has a Library?" - An Introduction to Library Resources and Services

Wed, Feb 10, 12:00 to 1:00 pm MST

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary; access through above link

MBA for Executives Webinar

Thur, Feb 11, 10:00 to 11:00 am MST

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/mba-for-executives-webinar-20210211/

RSVP through above link

All events are free unless otherwise noted.

do one course every 3 weeks max as a funded student, which is attainable however, I have walked into exams without having a single assignment back and essentially hoping I haven't completely missed the mark in my self-teaching. It would be great if the turnaround time was quicker. It can also be tough when tutors only have a couple hours available per week because if I am working during that time I have completely missed out on the opportunity to seek help. My previous school gave us access to a really great resource where tutors were available 24/7 on demand to help with any pressing questions and we could submit any assignment to have the 3rd party review it and provide feedback prior to handing it in. It was a great resource and really helped me with my APA. The best part was you could submit an assignment as many times as you wanted, no limits! I have brought this resource forward to the executive committee with AUSU and am really hoping it will be made available to students at AU as well."

Like many students, Amber is currently "struggling with the motivation to do school work." She explained, "I think everyone reaches that point where they feel like maybe they have a bit too much on their plate. My friends and family are really helping me get through it and I honestly couldn't imagine doing this without them. They have definitely been my biggest support system. My family provides motivational support from two provinces away while my friends provide physical and emotional support. When I was struggling to find items for my labs because COVID buyers had stock piled everything my friends raided their pantries for me and brought me supplies. When I was under deadlines and wasn't getting feedback on my papers in one of my courses my two friends, who I only recently found out have English degrees, ... offered to read my work and give me feedback." She continued, "They also pull me away from school when they see it is getting to be too much on me (hence the two fishing trips this summer) and support me after writing exams, I don't know how many times I have had dinner cooked for me after going to my friend's house on exam days. I think the biggest thing we can do is just make sure we have a great support system because school can be incredibly overwhelming on the best of days not to mention the worst."

Her favourite course so far has been COMP210: Introduction to Information Systems and Computer Applications, because she bonded with a fellow classmate over their "general dislike for the course." She stated, "We both found it frustrating that it is required for most

More AU-thentic Events

An Introduction to Research Data Management

Thur, Feb 11, 12:00 to 1:00 pm MST
Online via Microsoft Teams
Hosted by AU Library
library.athabascau.ca/orientations.html
No pre-registration necessary; access through above link

MBA for Executives Webinar

Thur, Feb 11, 10:00 to 11:00 am MST
Online
Hosted by AU Faculty of Business
news.athabascau.ca/events/mba-for-executives-webinar-20210211/
RSVP through above link

An Introduction to Research Data Management

Thur, Feb 11, 12:00 to 1:00 pm MST
Online via Microsoft Teams
Hosted by AU Library
library.athabascau.ca/orientations.html
No pre-registration necessary; access through above link

Talk to a Librarian Drop-in Session

Thur, Feb 11, 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

AUSUnights Virtual Student Social

Thur, Feb 11, 5:00 to 6:00 pm MST
Online via Zoom
Hosted by AUSU
www.ausu.org/event/ausunights-virtual-student-social-3/
RSVP to ausu@ausu.org for meeting link

The Grad Lounge

Fri, Feb 12, 5:00 to 6:00 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.

degrees and that the content was so ridiculous. It is that course that is so easy it is difficult because it makes you over think and question yourself. It includes playing a kids game, downloading a VR game, etc. none of which is helpful in any way towards our degrees. When I saw this fellow student posting questions about it in one of the Facebook groups I couldn't help but laugh to myself thinking thank goodness I am not the only one who had these same thoughts. I quickly reached out to her and helped her through it, gaining a new friend in the process!

As for communication with tutors, she revealed, "Some are great, some not so great. I find email is not an effective means of communication when you're stressed out because there can be a lot of back and forth and the limited office hours make talking to them difficult. I have had some tutors who were beyond amazing, they went way above expectations and reached out to the course coordinator to make sure they were able to answer my questions in the best way possible and support me. Then I have had other tutors where when I ask a question about how to do an assignment they state they can't tell me causing me to have to guess and it turns out poorly which is incredibly frustrating and disheartening. It definitely presents a unique challenge. Previously, at other schools, our instructor/tutor/professor used collaborate which is a tool within Moodle to host video sessions once a week where students are able to log on and ask questions, effectively learning from the questions of others. I would love to see this implemented at AU as I feel it will also help with the social aspect some students find challenging when coming from a traditional brick and mortar school. They can meet their fellow peers within the course while interacting with their tutor, asking questions and learning."

As for non-AU related reading material, Amber is "currently reading *Neuro Dharma* by Rick Hanson." She stated, "[H]is other book, *Resilient*, is one of my personal favorites. As for TV, a few shows I watch have just come back so while I hate the medical inaccuracies, *Grey's Anatomy* always has an interesting story line and as my friends and I say 'gives all the feels' (it makes us cry ... a lot)."

If she were the new president of AU, Amber would start with "an overhaul of the current staffing system." She continued, "So many students, myself included have had negative experiences from not being able to get a hold of someone at the school or a lack of communication and transparency. Things need to change because this has been going on since well before COVID. I was supposed to start my AU experience in January but had to wait until March because I hadn't submitted the course plan as a funded student which was never communicated to me anywhere that I saw and wasn't on the welcome letter. This was something completely unique to AU as that was not something I had to do at my other schools, and, from what I see, I am definitely not alone in that frustration. I feel the accountability goes both ways, a portion on the student to ensure they are submitting what is required but also on the school to ensure students are informed of their requirements. If we want students to have a positive learning experience, we need to make sure they get off to a good start and can reach people when they need to."

One thing that distinguishes her from other people is that she is "a history nerd." She stated, "Not in the sense that I can tell you cool history facts but more along the lines of you will find me in a museum exploring the culture and history of an area when 'vacationing' before you'd find me doing normal 'tourist' stuff. I have never had a 'real' vacation though as all of my travelling has been for work but it has allowed me to have some pretty great experiences!"

The most valuable lesson that she has learned in life has been "Be kind to others, you never know what someone else is going through." She explained, "Oddly enough I see this phrase used on social media and other places now too but it is true. When people lash out (and unfortunately, we sometimes see it recorded) in videos shared in the media nowadays, people are so quick to condemn and judge based on that behaviour when we really have no idea what is going on in that

person's life that has brought them to that point. Everyone is quick to point fingers, make fun and judge but if the situation were reversed or if that was someone they cared about they likely wouldn't feel the same. Think back to the last time you were having a really bad day, were you rude to anyone? Did you project what was occurring in your life onto others you encountered? It may not be right, but it happens. And, if you're saying "no" I ask you to dig deeper. So, the next time someone is being rude, aggressive, or volatile in front of you or towards you just remember they may be fighting a battle you know nothing about, so instead try to diffuse the situation by acknowledging their feelings and asking them how can I help? Put the camera away and reach out to one another."

As for her proudest moment in her life, Amber revealed that it has been "a combination of walking across the stage to accept my PCP certificate and receiving notification that I passed my regulatory exams." She stated, "I had faced a lot of adversity recently, both right before and during being in school. I had a lot going on in my personal life but I still managed to push through and was the recipient of the dean's scholarship and academic achievement award in the program. Being in the program brought back previous feelings from school of being bullied because my class was very cutthroat and I was often the target, including from faculty because a classmate was close friends with the lead instructor. To make it through the issues at school, the issues in my personal life, the oil crash, and inconsistent income while still coming out on top with the highest marks felt really good."

Best of luck Amber!

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>.



Celebrating Chinese New Year Virtually

Karen Lam



Friday, February 12, 2021, marks Chinese New Year! As a Chinese-Canadian, my parents and their family come from Hong Kong and have always celebrated Chinese New Year after coming to Canada. With that said, Chinese New Year is not only meant for the Chinese culture, but anyone can also celebrate it. If you are looking to celebrate or learn more about Chinese New Year, here are some activities you can try at home with your families!

Books to Read for Chinese New Year

Although we may not be able to celebrate Chinese New Year the same way as before, whether you are Chinese or not, everyone is welcome to read books about Chinese New Year! The following two lists were created by me in 2018 when I was working at the Library, awesome that they still exist! Of course, you are not limited to these books, as there are lots of books at your local library (for those who still have access to Curbside Pickup or reading eBooks) or through online platforms such as Amazon or Chapters.

Chinese and English Dual Language Books for Babies and Toddlers is a list I created with both Chinese/English dual language books for parents who are looking for books for their baby or toddler, or for younger children. It's perfect for younger audiences hoping to learn about the culture with both English/Chinese words.

Chinese New Year Books for All Ages is a list for everyone else. This list is composed of books ranging from children's to adult books, including cookbooks and craft activities.

Reading Your Chinese Zodiac

One of my favorite things to do each year is read my Chinese Zodiac. Although it is more of a fun fact rather than seeking for accuracy. The Chinese Zodiac ("Sheng Xiao" in Chinese) is a repeating 12-year cycle of different animal signs based on the lunar calendar. The animals include Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig. Your birth year, rather than birthday, is used to determine which Chinese Zodiac animal you are.

ZODIAC SIGN	CHINESE NAME	ZODIAC YEARS
<u>Rat</u>	鼠 (shǔ)	1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020
<u>Ox</u>	牛 (niú)	1925, 1937, 1949, 1961, 1973, 1985, 1997, 2009, 2021
<u>Tiger</u>	虎 (hǔ)	1926, 1938, 1950, 1962, 1974, 1986, 1998, 2010, 2022
<u>Rabbit</u>	兔 (tù)	1927, 1939, 1951, 1963, 1975, 1987, 1999, 2011, 2023
<u>Dragon</u>	龙 (lóng)	1928, 1940, 1952, 1964, 1976, 1988, 2000, 2012, 2024
<u>Snake</u>	蛇 (shé)	1929, 1941, 1953, 1965, 1977, 1989, 2001, 2013, 2025
<u>Horse</u>	马 (mǎ)	1930, 1942, 1954, 1966, 1978, 1990, 2002, 2014, 2026
<u>Goat</u>	羊 (yáng)	1931, 1943, 1955, 1967, 1979, 1991, 2003, 2015, 2027
<u>Monkey</u>	猴 (hóu)	1932, 1944, 1956, 1968, 1980, 1992, 2004, 2016, 2028
<u>Rooster</u>	鸡 (jī)	1933, 1945, 1957, 1969, 1981, 1993, 2005, 2017, 2029
<u>Dog</u>	狗 (gǒu)	1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018, 2030
<u>Pig</u>	猪 (zhū)	1935, 1947, 1959, 1971, 1983, 1995, 2007, 2019, 2031

Obtained from <https://chinesenewyear.net/zodiac/>

Play Mahjong!

Mahjong has been a well-known Chinese game and typically played with four players. Due to the COVID-19 pandemic, this may not be an option, however, there are lots of options online and Mahjong can be played alone as well. Try the link above and play some Mahjong!

Cook Some Chinese New Year Recipes

Chinese New Year includes lots of delicious food that we share amongst families. Click on the link above for a handful of different fun and easy Chinese New Year recipes to try! During the pandemic, I found that my family and I often have the same meals repeatedly, so we have tried cooking some of these recipes as a change. If you're worried, the recipes note whether they are easy to cook or not.

Chinese New Year Crafts

Whether you have young children who are looking for crafts or an adult who wants to try something hands on, this link brings to you some fun and festive crafts to learn! Most of these crafts are relatively simple and do not require lots of material.

Regardless of if you celebrate Chinese New Year or not, this is a great opportunity to learn more about the culture or simply try some new activities at home during the pandemic. Happy Chinese New Year!

Karen's taking her Computing Science degree at AU, learning French and Korean, and is into K-pop, SF, and politics

I Quit Smoking Weed Here's What Happened

Jessica Young



I had my first puff from a pipe when I was in high school and decided immediately it was not for me. I tried again when I was 23. My boyfriend at the time brought home a joint from work and bugged me until I agreed to smoke with him. I loved it. Weed became my favourite thing. I had two kids, aged three and four at the time. Between caring for them, running my household, dealing with medical issues, and working on my degree, I was overwhelmed and stressed out. My post-bedtime smoke became my favourite part of the day. I smoked—a lot—every night for the next three years.

Eventually I started noticing the negative ways that marijuana was affecting my life. If I was running late to my smoking session, I would get moody and irritated. Almost every night I would stay up too late, zoned out watching TV and eating junk food. I gained weight. I had a hard time waking up in the morning. At the worst point I was skipping study-time for

smoking. I realized I couldn't be the person I wanted to be while continuing to smoke.

So I quit.

Here's what happened:

Better Quality Sleep

The first week without was rough. I was convinced that smoking before bed was the key to a great night's sleep. I got anxious at night because I was convinced I would be unable to fall asleep, and

I wasn't completely wrong. I tossed and turned most of the night, had vivid nightmares that jolted me awake, and woke up to every little sound.

After the first week, however, I started sleeping more soundly than I was when I was smoking. I fell asleep quickly and had a deep, restful sleep almost every night. I even started dreaming again—something I hadn't done in years. The best part was the difference in my morning routine. I was able to get out of bed within a few minutes of my alarm going off (hey, I'm not perfect!) and I felt refreshed. I used to wake up feeling groggy for hours with a pounding headache. I now realize this was basically a weed-hangover.

Weight Loss

The extra weight I had gained came off easily after I stopped binge-eating munchies all night long. Go figure. Plus, I felt less tired and more motivated to work out regularly.

Improved Mood and Motivation

I deal with anxiety. I thought using marijuana was helping me deal with it, but I realized that I was using weed as a crutch: to temporarily forgetting about my problems instead of dealing with them. Quitting smoking gave me more motivation to accomplish tasks on my to-do list and practice real self-care at night while my kids slept, which helped calm my anxiety and improved my overall mood.

Studying also became easier because I was less stressed out, had more time, and wasn't tempted to ditch the books for my bong.

There is lots of support for using marijuana medicinally, but many people forget that everything we put into our bodies has consequences. For me, the consequences were too much. I am so happy I decided to quit.

Jessica Young is a new writer from Calgary who hasn't submitted a bio yet.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Ad Standards Scholarship

Sponsored by: Ad Standards

Deadline: February 28, 2021

Potential payout: \$1500

Eligibility restriction: Applicants must be enrolled in an undergraduate advertising or marketing program at a Canadian university or college.

What's required: A completed application form, a screenshot (or unofficial transcript) of your academic results, a letter of recommendation, and a maximum 750-word essay outlining why you should receive this award.

Tips: Check out [previous scholarship recipients](#) for inspiration.

Where to get info: adstandards.ca/resources/student-centre/adstandards-scholarship/



Fly on the Wall

Being Here Now To Cow Our Academic Anxiety

Jason Sullivan



From the mouths of babes enlightened realizations arise. This we know if we're graced with the presence of youngsters in our life. Consider this exchange between two of my nieces:

Niece 1: "Is it tomorrow or today?"

Niece 2: "It's today."

Niece 1: "Oh yeah, it's always today!"

There we have it; today is always today! And, at AU our day is as productive or slothful as we make it. Psalms 8:2 goes: "Out of the mouth of babes and sucklings hast thou ordained strength because of thine enemies, that thou might still the enemy and the avenger." Enemies and avengers though our deadline

worries be, they can indeed be stilled when we reconsider the eternal now-ness of life itself. Planning for the future is easier if we think of it not as a mounting stressful list but rather as a series of manageable presents. It's a tricky tightrope between seizing our inspiration and sticking to our study regimes, but we're up to the task.

The Feelings Behind the Flow

Living feels like a flow, empirically, but, paradoxically, wherever we go in time we remain ourselves in the present tense. Accepting this fact requires an imaginative twist of reason, a dreamlike torsion of typical beliefs, such that time leaks out of the picture to make way for what's real: this moment right here and right now. Jacques Derrida notes that every instant occurs as a deferment (his term is *differance*) of every other instant that ever was: "the present is that from which we believe we are able to think time, effacing the inverse necessity: to think the present from time as differance" (Derrida, 180). Every moment is the whole of our life encapsulated and it's an opportunity to define our success; in a sense every moment in time is all of time. Seizing the day is, to this *Fly on the Wall* anyway, easier when we realize that every day is *the* day.

Yet, let's be reasonable, time does pass as far as our corporeal realms of body and mind are concerned. Grey hairs, forgotten tutor names, and faded memories all attest to the immutable procession of temporality. Yet the future also passes, and, like a zephyr, it zips into the present that will shortly become past. To plan accordingly requires more than a stimulus-response mentality. Even if we feel like we're in a rat race we're more than mere lab rats in life: we can augur our reasoned senses with our timeless imagination while simultaneously realizing that anything we can dream up can be applicable to our future goals.

Jean-Jacques Rousseau in the 1700s wrote that "as reason has little force, interest alone does not have as much force as one believes. Only imagination is active and one excites the passions only by imagination ... Imagination inaugurates liberty and perfectibility because sensibility, as well as intellectual reason, filled and appeased by the presence of the perceived, is exhausted by a fixist concept. Animality has no history because sense-perception and understanding are, at root, functions of passivity," (Rousseau in Derrida, 199). Our perfectible future selves require an active

present imagination, one that doesn't easily scarp away into gutters of distraction. Moments of sensory reality are less vital than our imagined future self, and taking literally our fixed vision of time leads us to a standstill if we feel ourselves drawn headlong into an uncertain future.

Meanwhile, if we shape each instant differently, we can imagine our shining academic future, replete with misty waterfalls pumping out A's by the gallon. That'll give a heartier glow to our present tense. A present-minded approach will elevate us out of a land of constant tension: if there's really only the present then we might as well invite our imagined future in for a visit. Yet, being too in the now is also a recipe for scholastic disaster; we must surpass our flighty animal impulses and plan for the success we want to achieve. All in all, let's assess this tendency for stress with an eye for reducing the tenseness of our present tense.

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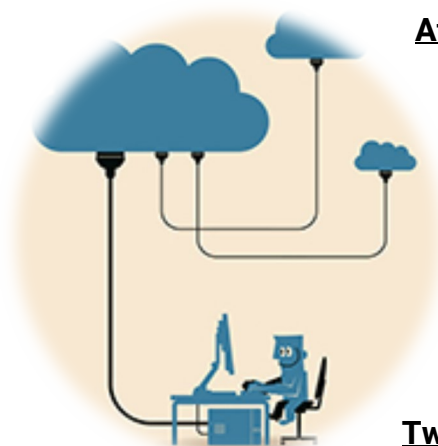
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Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Steps in order: a student attempting to withdraw from a course on the last contract day runs into a roadblock because withdrawals can't be processed for a course if the exam has already been requested. An AU staffer pitches in with steps to take to get it all done, in order and on time.

Discord

Let me count the ways: A discussion on acceptable word ranges for essays concludes that coming within 5 to 10% of target word count is generally satisfactory (but always wise to ask the tutor.)

Twitter

@austudentsunion tweets: "Our #Inspire2021 Contest closes on Wednesday, February 10th! Tell us what inspires you while studying at @AthabascaU with a Tweet, FB status or IG pic and tag us for the chance to win a \$250 Amazon Card! More info at <http://ausu.org/contest>."

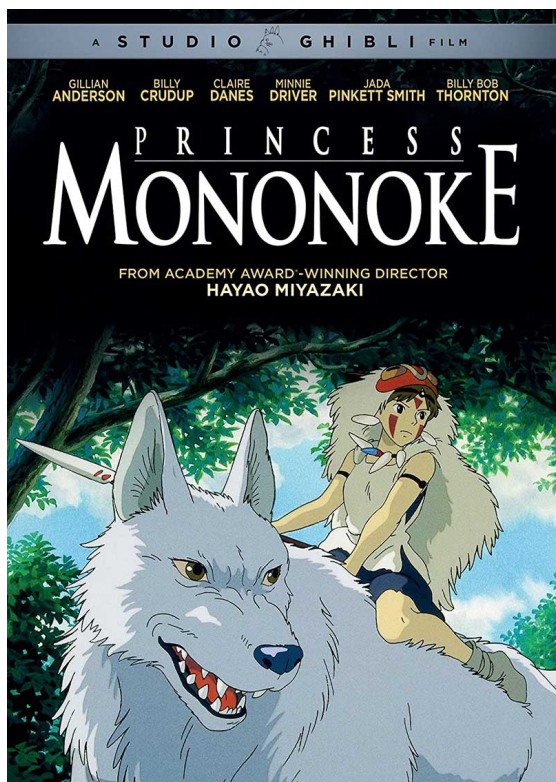
Youtube

Yes, there is an AU campus! See the real deal on the 7-minute [360 Virtual Tour of Athabasca University](#).

Women in Fiction

Lady Eboshi

Milica Markovic



After wrapping up *Beats from the Basement* last month, I've been eager to start the new year with an ongoing series that isn't limited to music or my personal collections. Given all the forms of media that shape the way we perceive ourselves and the world, the possibilities continue to amaze me.

This also applies to many narrative portrayals of women and girls. Countless nose burials in library books and keeping my eyes glued to the screen over the years have brought me to characters I believe can inspire, intrigue, or resonate with the audience through their various experiences. Inspired by Barb Godin's brilliant *Women of Interest*, which celebrates the achievements of incredible people throughout human history, *Women in Fiction* explores the imaginative stories of heroines, villainesses, and everyone in between.

Studio Ghibli, a Japanese animation company famous for developing meaningful men and women characters, is an excellent place to begin our quest. Its 1997 feature film, *Princess Mononoke*, is widely revered for its nuanced approach to environmental conflict. In this epic feudal fantasy, the plot centres on the struggle between the forest allies and Lady Eboshi, a military leader and industrialist whose iron production causes ecological vandalism and the blind, murderous rage of the war deity Nago.

At first blush, we may view Eboshi as a callous and acquisitive governor. When we consider her motivations, however, we realize the story has no true antagonist. It is, instead, purposed to show how benevolent people confront ethical dilemmas that lead to flawed behaviours, and, consequently, societal violence that leaves all participants ruined unless they compromise.

Eboshi doesn't intentionally pursue destruction, but she seems to value the prosperity of her people in Iron Town enough to make whatever devastating sacrifices she deems necessary – even if it's her own life in question. She spearheads the town's development by searching for recruits across the globe – specifically choosing outcasts and brothel workers whose welfare would otherwise be precarious.

From the outset, the latter does sound like the lengths a villain would go to: swaying masses of impressionable and defenseless people to join a cause they don't understand, à la Gaston in Disney's *Beauty and the Beast*, with little thought to their well-being or opinions. But the compassion and respect Eboshi shows her subjects suggests that she sees their potential not only in producing iron, but as humans able to think for themselves and take control of their own lives. As any LinkedIn influencer would likely say, a true leader addresses the issues raised by their followers and nurtures their talents without exploiting them.

The labour and resources that emerge from this industry are indeed beneficial to Eboshi, but she ensures her townsfolk quality living through plentiful food supplies, tailor-made weaponry and training, comfortable housing, and healthy relationships that help one another recover from their

traumas. For their efforts, her employees are rewarded with support and independence from systems designed to marginalize them.

This arrangement is reminiscent of wartime periods throughout our history, when women had more freedoms to work and live as men would while their husbands were away. I'd argue, however, given its greater sense of permanency and that Eboshi is written as a woman entrepreneur, it's even closer to the real women-led initiatives and communities that've evolved over the decades. Many women who've experienced or witnessed discrimination in some capacity would use their means or make connections with likeminded or affected individuals to champion long-term gender empowerment in areas such as the workplace, finance, and healthcare.

Such actions imply that Eboshi has a troubled past and perhaps sympathizes with disadvantaged groups and believes they should be able to live without misfortune. It's no wonder some of her community even accompany her on expeditions for fresh materials – or voluntarily defend her from or assume leadership against any sort of trouble whenever possible. Should she have failed to fulfill their needs, I'd assume they'd try to usurp authority over her.

However, Eboshi's unyielding ambition comes with a sizable price tag. To accommodate her residents and financially sustain Iron Town's growth, she's left with no choice but to deplete the forest of its reservoirs and disrupt the deities' work. She's prepared to fight for the accomplishments of her supporters, though she shows no actual malice toward her opponents, including protagonists Ashitaka and San. Unless she's provoked, she allows them to roam freely in Iron Town.

Morally enigmatic characters like Eboshi tend to have multiple layers that challenge our assumptions about personality and motive. What her behaviour teaches us is that a tenacious person can still be sensible enough to not act without gauging the other party's intent first and treat them fairly regardless of their beliefs because they understand how it feels to be territorial. One personality trait won't necessarily influence all their interactions; we must also contemplate how different experiences can inform meaning and thus shape a character's principles.

With these observations in mind, it's understandable if viewers are initially conflicted between justifying or condemning Eboshi's actions. The idea that stability may come at the expense of a phenomenon meant to benefit us all can't be easily reconciled. She seems to care for the citizens of Iron Town and want a suitable life for them, but we see that prioritizing them over the world surrounding her will have widespread consequences.

It's an example of how an admirable character trait can turn into a compelling weakness. Someone could become so consumed by their goals that they disengage themselves from the bigger picture entirely. Us city folk with hectic lifestyles could certainly relate, as we often have to remind ourselves to reduce our ecological footprint and reconnect with nature.

Eboshi changes when both Iron Town and the environment are destroyed in the final battle, vowing to adopt sustainable reconstruction practices as the land replenishes itself.

It's certainly a worthwhile takeaway for the viewer: that you ought to atone for your actions not to gain the approval of others, but because it's simply the right thing to do. Finding your inner peace and witnessing contentment around you are reward enough. I also think Eboshi's arc speaks to the idea that no matter how well-intentioned and meticulous your vision is, you can still make mistakes when you don't adapt to the situation or entertain viewpoints that differ from yours. Only by admitting to your faults can you see the forest for the trees.

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

Listen for Wisdom From Everyone

Marie Well



Here's a healthy challenge to all students: spend one week listening carefully for wisdom—often shared in the most unexpected places.

Wisdom is everywhere. Every single person has wisdom. The guy on the street who shares his ice cream cone with his dog, worried about the next meal, has wisdom. The child in a coma, deemed a vegetable, has wisdom. The business tycoon who loses both his family and his fortune, ready to commit suicide, has wisdom. Wisdom is in most every conversation, awaiting our attention.

Today I walked to the grocery store and bought a bag of nuts. At the till, I pulled out a pile of change, and handed the cashier my largest coins. The cashier, always upbeat, picked out my smallest coins. “You're on the ball. Thank you,” I said. She replied, “I have to be. Tomorrow I'm off for three days.” Within her words, I found wisdom: give all to our work in gratitude of what work brings in return.

Later that day, I encountered more wisdom. A friend said, “No matter what you do, someone is ready to verbally attack you.” I reflected on her wisdom and replied, “Mother Teresa was attacked in the media.” The wisdom I gathered was to not take criticism hard, but to take it to heart as a growth opportunity instead.

A day later, I asked my mom, “How did you do it? You raised four kids, worked a career, cooked a five course supper every night, washed endless clothes, and left the house spotless?” I personally would have collapsed under the pressures. Mom replied, “Pa always told you kids to work hard.” I took her words to heart and made them my motto: work hard in life.

The next day, more wisdom surfaced. A charity speaker said, “Don't expect anything from anyone. Only expect the best from ourselves. We can't control anyone else anyway. But if our goal is to be happy, then have no expectations of others.” He later said, “We must restructure any thought that doesn't bring us happiness.” The wisdom I found in his words was to watch my thoughts for any moments of sadness, immediately changing the nature of those thoughts to love, selflessness, and happiness.”

Recently, I told a friend how much I loved her. I told her how lucky I felt to have met her twenty years ago. She replied, “Nothing by mistake, my friend.” The wisdom I heard was that everyone on our path is meant to be in our lives as part of our purpose. I believe our purpose is for us to learn how to love those people, even if they present themselves as enemies.

Another friend quoted Ram Dass: “We are all just walking each other home.” But I didn't understand the quote. So, I probed her to explain the meaning. She replied, “We are all here to help one another end up in heaven: our home.” That heaven, for an atheist, could be interpreted as enlightenment, greater compassion, or some other positive development. The wisdom, ultimately, was that we are meant to guide one another—to guide everyone who appears in our life—to a higher place, no matter who that person is or what she's done. Sometimes, a simple kind word is all it takes.

When we pay attention to wisdom, we can stop repeating our mistakes. And that wisdom is everywhere, within every single person, throughout every single day, rewarding everyone who patiently listens.

Course Exam

Karen Lam

ACCT 253— Introduction to Financial Accounting

If you have a course that you would like to see a Course Exam article written for, please feel free to email us at voice@voicemagazine.org with the course name and number, and any questions you may have about it, and we will do our best to answer the questions for you!

ACCT 253 is a three-credit beginner's financial accounting course designed for those who wish to major in a Financial Accounting major or would like to gain knowledge about accounting. The course itself does not have any pre-requisites and is also offered as a challenge for credit option.

Who and Why You Should Take This Course

This course is a beginner course designed for anyone who wants to gain general financial skills or pursue a career in financial accounting. If you are someone who works with the budget at work, requires analysis of financial data, or would like to pursue a career in financial accounting, then this course is for you!

Even if you may not be directly looking to pursue a career in financial accounting, this course may be beneficial. For example, at my current job, I am not a financial analyst of any sort, however, I work on preparing our financial quarterly reports, reconcile our finances, and plan financial summaries and budget proposals. I certainly think this course would benefit my work and will consider taking it in the near future.

Course, Assignment, Midterm and Final Exam Details

Students who complete the course can expect that they will be able to analyze and prepare a set of basic financial statements, examine accounting cycle of a corporation in a service sector, and understand how financial transactions are processed for specific periods. In addition, students will learn about internal controls and cash, accounts receivable, property/plant and equipment assets, and short-and long-term liabilities. The course is composed of thirteen chapters including Introduction to Financial Account and Financial Statements including Accounting Processes, Financial Accounting/Adjusting Entries, Debt Financing: Current and Long-Term Liabilities and ending off with Proprietorships and Partnerships. These are just some examples of topics.

The course grade is composed of three quizzes each worth five percent each, and a LIFA Case Study worth five percent. Labs are worth twenty percent of the course. There is no midterm, but there is an online final exam for the course which is worth sixty percent. Students must achieve at least fifty percent on the final exam, and an average of eighty percent on the online LIFA labs and an overall mark of fifty percent or higher to pass the class.

Assignment Preparations and How to Study for Exams

Tips from Course Coordinator and TAs

Dr. Tilly Jensen (B.Comm., CPA, CMA, M.Ed., Ed. D) is the Course Professor for ACCT 253 (Introduction to Financial Accounting) along with ACCT 351/352 (Intermediate Financial Accounting I and II). Dr. Jensen's research interests are enhancing critical thinking skills in online accounting courses using/creating online tools. Dr. Jensen has worked closely with Lyryx Learning Inc of Calgary for the past 20 years to produce a tool that helps students learn and practice accounting in a low risk/high reward online environment.

When we asked Dr. Jensen what her suggestion for ACCT 253 was, she said “Learning financial accounting is like learning a new language ... so to be a successful learner, it takes a lot of practice. To that end, we've set up online assignments/quizzes/case studies for students that are auto-graded and provide instant feedback. It's critical to do all of these online assessments prior to attempting the final exam. To maximize the benefit of the assignments, students should ask themselves 'why this is the answer' and 'what accounting rule says this is the correct approach' ... doing this is hard at first but will, in the end, lead to a deep understanding of financial accounting that can be transferred/used in other business courses. Based on my experience, there are three challenging areas in this course. First, learning debits and credits. Second, adjusting entries, and third, the statement of cash flows.”

Thank you to Dr. Jensen for her valuable feedback!

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at Faculty of Business Student Support at business-support@athabasca.ca. Happy studying!

Karen's taking her Computing Science degree at AU, learning French and Korean, and is into K-pop, SF, and politics



Homemade is Better Waffles

Chef Corey



This I started my day out trying to figure out what I should write about. Meanwhile, my kids wanted brunch, and we were trying to figure out what to make, then it dawned on me, waffles! Who doesn't love waffles? Waffles are so great that they have a whole day dedicated to them! August 24 is Waffle Day.

According to an article at the National Museum of American History, waffles were brought to the USA by the Dutch. It's speculated that waffles are based in part on a combination of recipes from the 13th Century Greeks. The Greeks made little discs of grain flour and water and called them obelios. Fast forward a few centuries to the 1600s, and the Dutch come to America with their Waffle recipes. Having stopped in Holland on their way to the North American continent, the Pilgrims picked up the waffle recipe. Waffles started to spread through North America like wildfire. The waffle iron as we know it is based on the metal plates used to make the obelios', and through history, the honeycomb shape was added. I couldn't get a clear answer about when or who exactly invented the waffle iron, but I, for one, am

thankful to that person or people!

A man from New York State is credited with inventing the first American waffle iron. Cornelius Swarthout from Troy, NY, on August 24, 1869. Thomas J. Stackbeck, an employee from General

Electric, is credited with the first electric waffle iron in 1911. This invention became the thing waffles needed to spread into homes across the world. In 1953, the Dorsa Brothers brought a frozen waffle that could be cooked in the toaster oven, called "Froffles," these frozen waffles had a name change. Around 1955 the brothers rename their invention "Eggos," and in 1970, Kellogg bought the rights to Eggos.

For this recipe, you're going to need some special equipment. That being a waffle iron, and at the very least a large whisk, unless you have an electric mixer, which makes part of this recipe easier. This recipe is not traditional Belgian waffles as there is no yeast in it. Instead, we are using egg whites' leavening power, baking soda, and the acid from buttermilk. When you separate your eggs be careful with them. I generally use three dishes for this job; my wife loves me for making extra dishes. The reason is that one container holds the yolks, another holds the whites, and the third is for separating. That way, if one of the yolks breaks on you, the meringue isn't ruined. So, crack your eggs into one dish, then use one hand to separate the yolk and whites. I know it's an odd feeling, but you're going to wash your hands with soap after this. Keeping your fingers slightly open, allow the egg whites to pass through and keep the yolk. Once separated, you can put the yolks in one bowl and the whites in another—these could be your mixing bowls—and you are going to beat the whites until they form stiff peaks. You'll know you have stiff peaks if you can use a whisk to pull up some of the whites and they stand tall without falling over. You will also be folding the egg white mixture into the batter. When folding, you want to be careful not to be too rough. You want the airy egg whites to stay fluffy because it helps the batter rise.

Now, if you happen to have some leftover fried chicken get your oven on and make yourself some chicken and waffles!



Sunday Waffles

Dry Ingredients:

Flour – 312g

Salt – ½ tsp

Baking Powder – 1½ tsp

Baking Soda – 1 tsp

Wet ingredients:

Egg yolks – 3

Buttermilk – 1¾ Cup

Oil OR melted butter – 2/3 cup

Meringue Ingredients:

Egg whites – 3

Sugar – 30g



Directions:

- 1) Mix the dry ingredients.
- 2) In a separate bowl, mix the wet ingredients.
- 3) In the bowl of your stand mixer (or other mixing devices you might have), beat the egg whites until they form stiff peaks.
- 4) Add sugar to egg whites when they are almost done; you should have soft peaks still.
- 5) Mix the wet with the dry ingredients.
- 6) Add the meringue, and use a rubber spatula to fold in the egg whites.
- 7) Heat your waffle iron, or preheat it as per the manufacturer's instructions.
- 8) Spray your waffle iron with cooking spray OR use a pastry brush and some vegetable oil to coat the plates. This will prevent sticking.
- 9) Using a ladle, scoop a good amount of batter onto the iron. You can spread it out a bit to see if you have enough to cover the surface. The excess will drip over the sides, so try to gauge if you're adding too much or not enough based on that, but I'd say around 2/3 of a cup might be about good.
- 10) Cook the waffles until golden brown and delicious!
- 11) Top with syrup, or whipped cream, or chicken and gravy!

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





Dear
Barb

Barbara Godin

Stubborn Problems

Dear Barb:

My husband and I have been married 10 years. We are mostly happy, but when we disagree it's colossal! I feel my husband is very stubborn or resistant to most things I suggest. Even if I point out something that is totally logical and well thought out, he still disagrees. For example, last year our 10-year-old car died and we began looking for another one. We found a new car that was reasonably priced and traded our car in on the new one. I was happy with the purchase, and I thought he was, but within a month he started complaining that he didn't like the car and I forced him to buy a car he didn't want. So that issue comes up quite often. Now we are in the market for a boat. We have both been looking online but were only able to physically see three units because of COVID. We cannot agree on what size boat we want and this is becoming a big issue. I don't want him to agree to buy the one that I want and then I have to hear about it for years, as he's been harping about the car for over a year. We are at loggerheads about this. He is a very resistant person and I need to find a way to deal with him, as this behaviour is eroding our relationship. Thanks for your help, Lydia.

Hi Lydia:

Great topic! Stubborn people can be exhausting and hard to deal with, but it can be done, and, when you learn how, you will benefit by becoming a calmer, less augmentative person. For example, when issues come up and you begin

to feel the resistance starting, take a step back. Take the time to consider the other person's point of view; don't just get your back up, because at that point you are being just as stubborn as them. If you have to take a break from the conversation, go for a walk, go into another room, and take a few minutes to breath and let the anger go. When you return, try a different approach, don't begin where you left off, as the same words will trigger the same reaction. Find the right time; you may have to wait for a few days before bringing the subject up again. Take it slow, so there is time to digest, as some people take longer to process things; respect the other person's time frame. In many areas of life, for example in business, stubbornness, much like perseverance, is a trait necessary for success. Therefore look for the many ways that you can benefit from having a stubborn person in your life. Thank you, Lydia for writing.

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

The Four Feminisms



A lot of you have been asking me, "Chazz, since you're such an expert, what's the difference between the four feminist waves?" Well, listen up, chicky-poops!



First wave feminism is liberal white women fighting hard for basic equalities.



Second wave feminism is those same women actually getting laws changed.



Third wave feminism involved postmodern and trans women throwing off the many yokes of patriarchy and colonialism.



Fourth wave feminism is all of the above battles, fought online. There you have it, chicky-poops!



Is the Chazz-Man empowering, or what?

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

- **Feb 10:** [Deadline to register in a course starting Feb 1](#)
- **Feb 10:** [Deadline to enter the AUSU 2020/21 Contest](#)
- **Feb 11:** [AUSUnights Virtual Student Social](#)
- **Feb 15:** [Mar degree requirements deadline](#)
- **Feb 17:** [AUSU Public Council Meeting](#)
- **Feb 28:** [Deadline to apply for course extension for Apr](#)

NEW Sexual and Gender-Based Violence Resources

At AUSU, we are aware of increasing incidents of sexual and gender-based violence, resulting from the economic downturn, and further exacerbated by the continuing COVID-19 pandemic. In recent months, sexual and gender-based violence has been escalating in what the UN has deemed a "shadow pandemic." In many countries, resources have been diverted from domestic violence supports to the COVID-19 effort, despite increased calls to domestic violence hotlines and shelters worldwide, including Canada.

Despite studying online, AU students are not immune to sexual and gender-based violence in their daily lives—whether in the home, in their jobs, and in the outside world. We are also aware that while students of all backgrounds and socioeconomic levels may be affected, many communities face disproportionate rates of violence, as well as systemic barriers to resources, including the often-overlapping BIPOC, 2SLGBTQIA+, and disabled communities.

To help address these issues, our AUSU VPEX Natalia Iwanek has developed an extensive list of [resources across Canada](#) to support survivors of sexual and gender-based violence.

For more info visit the [AUSU website here](#).



AUSUnights Trivia

Our next AUSUnights Virtual Student Social is coming up next week! AUSUnights are a great opportunity to connect with AU fellow students through Zoom, play some fun trivia games, and get a chance to win some prizes and swag from your Students' Union!

Upcoming Dates and Times

- Thursday, February 11, 2021 at 5:00 MT (7:00 pm ET)
- Thursday, March 11, 2021 at 5:00 MT (7:00pm ET)
- Thursday, April 15, 2021 at 5:00 MT (7:00pm ET)

RSVP to ausu@ausu.org for an invite to the virtual meeting room. Be sure to specify which date!



AUSU Inspire 2021 Contest

One week left to enter AUSU's Inspire 2021 Contest! AUSU is giving away \$10,000 in prizes to AU students.

Post a story, comment, favourite quote, or picture to social media about what inspires you while studying at AU, tag @AUSStudentsUnion, and be entered to win a \$250 Amazon gift card!

For more info visit the [AUSU website here](#).



CLASSIFIEDS

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

THE VOICE

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