



THE VOICE

Vol 29 Issue 07 2021-02-19

Minds We Meet

Interviewing Students Like You!

The Voice Writing Contest

Your Words for a shot at Our Money!

Darklight Horizon & Foxpalmer

Three Singles, Two Artists



Plus:

*Women in Fiction
The Reading List
and much more!*

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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
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Even I don't look at it, it's
all on auto.

Volume 29, Issue 07

© 2021 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

An Old Tradition, New Again.

Karl Low



This hasn't happened since before I became editor.

In fact, it hasn't happened since before the editor before me became editor.

But I'm happy to announce that, once again, the Voice Magazine is hosting a writing contest. If you haven't seen the article about it already, go look now, as that has all the details, but the short version is we're looking for your very best fiction, or your very best non-fiction on the topic of inclusivity, diversity, and equity at AU, and we'll be giving out some decent size prizes to the best entries.

But even if you don't get picked as a winner, you still could win, as publishable articles and stories may be reprinted in *The Voice Magazine* and we'll pay for them like we do any other thing we publish.

Of course, you'll need to be able to write a short, focussed piece, as the word limit is a hard 1,500 words (title and references not included) for either category. And you'll need to do it quickly as well, as the deadline is only a month

away, on March 19th, 2021. Judging will be by a panel of judges from the AU community that, frankly, know a lot more about writing than I do, and we'll get more information about them at the close of the contest.

So, good luck, and happy writing!

But that's not the only thing we're revisiting. As you already know, we've brought back course exams, and I'm happy to say that we're also starting to bring back our music reviews. I'll be honest, our music reviews were not the most widely read of our articles, but I've always thought they're a useful thing to have in *The Voice Magazine*, especially these days when there's simply so much music coming out that, frankly, is pretty lousy. If *The Voice Magazine* can help even one student dodge the stinkers and find the music that helps get them into "the zone" when studying, then I think we'll have done a good thing.

And that's not all there is, as we continue with our feature articles interviewing students like you. This week, we're talking to William Logan. How has his ADHD affected his quest to become an advisor and counsellor to students or people in difficult struggles? He opens up with us in this week's "Mind We Meet".

We also have the second instalment of Women in Fiction, this time taking on one of the leading anti-heroines of English literature, the Lady Macbeth. Spoiler warnings, as always, though I have trouble picturing anybody who's able to take a course at AU that hasn't.

And Karen Lam has given us both the latest Course Exam and the start of a new column we're calling "The Reading List", where she gives us a rundown of what books an AU student would recommend to other AU students each month.

Plus, our usual assortment of events, scholarships, news, thought-provoking articles and more all await you in this week's Voice Magazine. Enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", with a stylized flourish at the end.

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 William Logan 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.

William grew up in Peterborough, Ontario, before moving to Edmonton a year and a half ago for work and starting his studies at AU “shortly after.” He is currently completing a 3-Year Bachelor of Arts in Sociology. He stated, “I have a few visions in mind for once that’s complete, including the BPA in Human Services or perhaps a college diploma in emergency management, [or] social work.”

He “work[s] in Student Affairs at another university in Alberta managing student housing and supporting a few other portfolios including suicide prevention and sexual violence prevention.” He continued, “My goal is to continue to work in Student Affairs for the foreseeable future, so my AU degree and other education needs to bolster my opportunities within the SA field.”

When asked what he likes to do when not studying, he had to think about it, saying, “Wow. This has me reflecting and taking inventory of my time over the past few months. I don’t think this is supposed to be an existential question but time and how we use it says so much about us. With that in mind, when I’m not studying, I spend my time developing cures for obscure viruses and single-handedly building schools. Just kidding! I work 37.5 hours a week (+) so that takes up a lot of my time. My free time honestly is usually spent on bubble baths, Netflix, and pre-COVID spending time with friends. Walks around the neighbourhood keep me grounded.”

William chose himself as the one person who had the greatest influence on his desire to learn, explaining, “Not to be conceited. I’ve dropped out of post-secondary twice because of disinterest, so choosing to wait for the time and place it was right for me instead of sticking around miserably has been the great influence on my desire to learn. Also, my doctor and ADHD medication.”

However, he has “definitely [been] enjoying” online learning so far, stating, “The online format is less important to me than the self-paced nature, which is the game changer for me. I’m sure all my AU classmates can relate to the benefits of having the flexibility to make progress through

your courses at your own speed. When I have a busy work week, I might make a bit less progress on my courses but I can make up for it the next week. The obvious challenge associated with that is time management and keeping yourself on track, but so far so good!”

However, like many AU students, William has wavered about continuing his schooling at one point. He stated, “I’ve always known I would have to complete my BA one day to advance in my career, but the biggest pause was definitely the year I spent in Edmonton without taking courses. That was for two reasons, I needed a break, and I was adjusting to a new job and new life! One of the benefits for me with Athabasca was that the courses are more flexible (in my experience) so I can gear my papers and applications to practical issues that relate to my personal or professional interests. If it weren’t for that applicability, I would struggle a lot.”

His most memorable course so far has been SOCI 321: Sociology of Work and Industry. “All my courses and faculty this term were phenomenal, but the course work of 321 was the most interesting for me.” He has also enjoyed communication with tutors. He continued, “For me, I contact them right away with my ASD letter and like to connect on the phone in the first week or so. My understanding is that practice is generally considered a smart one, but I’ve also just enjoyed chatting with them. Usually when I talk to my tutors, I ask my pertinent questions about the paper I’m working on, and then just chat about their views on things I find interesting. I used to fall into the trap of asking them about their research whether it’s meaningful to me or not. Lately I’ve found that even if my thoughts/questions aren’t directly related to the course readings/their research they don’t mind at all. I’ve had some wonderful conversations with my tutors about random books or political events completely unrelated to the course.”

When asked that he would do as the new president of AU, William replied, “This is a lofty question. I have no idea. I’d like to throw out some grand statements about revolutionizing AU’s research or developing the MOST innovative student services in the world. The honest answer is that my first project would need to be learning the pedagogy behind online learning.” He continued, “As someone who works in Student Affairs, I’ve had the opportunity to know university presidents and I think they have a really tough job. The truth is, I think it’s harder for them to make radical changes than we, as students, think it ought to be. Perhaps a good first project would be meeting with students. Any leader who doesn’t talk directly to the ‘bottom level’ (Excuse the hierarchal expression) is missing the point of being a leader.”

And his pet peeve? “I have ADHD and/or I’m a naturally very fast-paced person and talker. Extremely slow talkers are wonderful people who I have to be conscious about having empathy for. Folks could be talking slow for a number of reasons, and they don’t owe me or anyone else an explanation but, my natural speed setting is incompatible with slow talkers, so I have to be mindful of that.”

William would choose actor Timothée Chalamet as the famous person, past or present, with whom he would like to have lunch “for all the expected reasons.” He explained, “He’s so talented!” While this was an easy answer, choosing the actual lunch was a little more difficult to answer. “Of all the questions on this list, what lunch I would have with Timothée Chalamet stumped me the most. He can choose!”

When asked about his most valuable lesson learned in life, William stated, “Two quotes come to mind – forgive me for breaking the rule of ‘most valuable’ which seems to request one answer. Although, I think they’re connected! *Glennon Doyle*: Every time you’re given a choice between disappointing someone else and disappointing yourself, your duty is to disappoint that someone else. Your job, throughout your entire life, is to disappoint as many people as it takes to avoid disappointing yourself. *André Aciman*: We rip out so much of ourselves to be cured of things

faster that we go bankrupt by the age of 30 and have less to offer each time we start with someone new. But to make yourself feel nothing so as to not feel anything – what a waste!”

William described his proudest moment in life stating, “I think the proudest moment of my life was the first time I used suicide intervention skills to save someone’s life.” He continued, “If you haven’t had the chance to, I highly recommend everyone reading this take a course in suicide prevention/intervention if you’re up to it. LivingWorks Education has a fully online, at your own pace, course called ‘LivingWorks Start.’”

As for what distinguishes him from other people is that he balances “four different mental illnesses.” He continued, “I’m trying to live by my values that we should talk about mental health as openly as we do other medical conditions so there’s that!”

His “ultimate book recommendations for anyone who is inclined to pick readings based on a classmate’s random opinion,” were *Untamed* by Glennon Doyle, *Gifts of Imperfection* by Brené Brown, *Call Me by Your Name* by André Aciman, and “if you prefer happy endings also read the sequel *Find Me*.” For *Hunger Games* fans, he recommends *The Ballad of Songbirds and Snakes* by Suzanne Collins. “This book seems to be relatively poorly received but I consider it one of the best I have ever read.” He is also currently “re-watching *The Office* before it’s removed from Netflix,” *Grey’s Anatomy*, and “think[s] *Little Fires Everywhere* is a TV show that anyone can benefit from watching.”

As a final note, William would like students to “Check out the free counselling and other wellness services available to us as students.” ([Homewood Health](#), AU’s online Wellness Support Program, offers students 24/7 support.)

Best of luck William!

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>.



Unearthing classic articles from previous issues of The Voice Magazine

Random Acts of Kindness Week continues through February 20. But why stop there?

Keep the love flowing after V-Day. Columnist Hazel Anaka traces the notion of Random Acts of Kindness back to its roots. “In a growing climate of rudeness, incivility, mindless hurts and deliberate acts of hatred, it’s more important than ever to recapture the simple essence of the message.” [From Where I Sit—Random Acts of Kindness](#), February 3, 2006.

In giving we receive. Carla Knipe muses on the psychology of altruism, and offers some suggestions for RAK week. “Perhaps this is the reason why people respond positively when they hear about others taking the time to be kind...” [Throw Kindness Around Like Confetti](#), February 24, 2017.

WRITER CONTEST

Write for The Voice to Enter to
Win up to \$500 and Get Published!

FICTION & NON-FICTION CATEGORIES

1st place:\$500* per category
2nd place:\$250* per category
5 random prizes of \$100*



**Prizes will be Amazon gift cards*



The Voice Writing Contest 2021 Your Words for a shot at Our Money!

The Voice is launching its 2021 writing contest, with categories for both fiction and non-fiction, and there's a total \$2000 available to be won.

Please read the contest rules and regulations and submission guidelines carefully to ensure you are not disqualified.

It's free to enter, but the length limits are firm and all entries that go beyond these limits will be disqualified. Good luck!

Prizes

First place in each category receives an Amazon gift certificate worth \$500.

Second place winners will each receive a \$250 Amazon gift certificate.

Plus, five random winners from all entrants will receive a \$100 Amazon gift certificate.

Categories

Non-Fiction:

In 1,500 words or less, write about any issue affecting equity, diversity, and Inclusion at AU. You may write about issues in the press, in politics, or on a personal scale. You may focus on current issues and undertakings of AU toward these concepts or take a historical approach. Feel free to use research or statistics in your article (with proper citations), or write a creative opinion piece.

Fiction:

This category is open to your imagination! Write a 1,500 word or less fiction submission in any genre or format. Short stories, poetry, a scene from a play, even a comic. Be creative!

Who, How, and When

Who can Enter

The Voice writing contest is open to anyone 16 years of age or older, with the following exceptions: AU, AUSU, and *Voice* staff and AUSU councillors are not eligible to enter the contest. Each entrant may submit one entry in each of the two categories.

How to Enter

Your submission must be an electronic file attached to an email and submitted to voice@voicemagazine.org with the subject "CONTEST ENTRY" Submissions sent as the body of an email, or without the subject "CONTEST ENTRY" will not be accepted. Contact voice@voicemagazine.org if you require instructions on how to attach a file to an email.

The email should include the following information: Your full name, AU student ID number (if applicable), email address, telephone number, mailing address, the title of your entry, and whether you are submitting to the fiction or non-fiction category.

When to Enter

The deadline for submissions in both categories will be March 19, 2021. The winners will be announced by April 30, 2021. *The Voice* reserves the right to extend either deadline if necessary.

Submission Requirements

Submissions should be in Microsoft Word format [.doc or .docx], rich text format [.rtf] or plain text format [.txt].

Make sure non-fiction entries are based on the topic question detailed above. Fiction entries can be on any topic you like. Do not include your contact information within your article but be sure to include a title.

If you use footnotes or endnotes, type them in at the end of the document, rather than using the endnote feature of your word processor.

All entries must be under 1,500 words due to judging time constraints. Length will be determined by the word count feature in Microsoft Word. Your references and citations section will not be included in the word count. Entries must be original works that have not been printed or published elsewhere (including online), and must not be course assignment papers or derivatives of.

References should be formatted consistently according to a standardized publishing style guide, such as the American Psychological Association (APA) or the MLA press style.

Entries should not include unnecessary formatting such as drop caps, graphics (unless the graphic is integral to the work), or unusual fonts. Entries must be text; scans of handwritten or typed documents will not be accepted. Entries must not contain any information that would make the identity of the author evident to judges.

Entries will not be edited for grammar, spelling, or content, although *The Voice* editors may black out any personally identifying information contained within the submission. Otherwise, entries will be forwarded to the judging panel as is, with the exception that all entries will be converted to use the same file format, margins, font size, and font style to ensure that all entries are equally readable.

Judging

Entries will be judged on the following criteria:

Non-Fiction entries will be judged on originality, creativity, accuracy, and how well your support your assertions with data or argument. You will also be judged on the presentation of your article, including professionalism, proper spelling, grammar and syntax, and readability. You may write in journalistic style or essay format.

Fiction entries will be judged on creativity, entertainment value, and the originality of your writing style.

Regardless of the genre you choose, you will be judged on the effectiveness of your piece and your technical writing skills.

Entries will be judged by a panel to be selected by the *Voice* editors, and this panel may include: AU students, AU tutors, professors, or current members of the AU community, and/or AUSU councillors. The panel will include at least 3 members.

The Voice editors will collect articles and oversee the judging, but will not be judges.

To ensure fairness, all entries will be forwarded to the judging panel with a reference number attached, but no personally identifying information. *The Voice* editors will keep the identity of the authors private until the contest closes. *The Voice* editors will keep a record of the authors of submissions, and will be the sole owner of this list.

No preference will be given to regular *Voice* writers. Entries will not identify the writer as a regular *Voice* contributor when sent to the judging panel.

All decisions regarding this contest and the selection of winners remain with the judging panel and are final.

Additional Information

Winning entries will be published in *The Voice*. *The Voice* reserves the right to print non-winning entries at a rate of remuneration in accordance with current *Voice* freelance submission rates. *The Voice* may use portions of non-winning non-fiction entries in a composite about perspectives on equity, diversity, and inclusion at AU. No remuneration will be provided for such use.

One grand prize winner and one second place winner will be selected in both the fiction and non-fiction categories. If no entries are received in one of the categories, the prize money will be returned to the *Voice* awards budget. Prizes will be awarded in the form of Amazon gift certificates.

The Voice is not responsible for lost emails. *The Voice* editors will confirm receipt of all entries by email. Please follow up if you do not receive a reply in two business days.

All entrants agree to allow their name and city of residence to be printed, along with their submission, should it be selected as a winning entry. No further remuneration beyond the appropriate contest prize will be paid to the contest winners when their entry is printed.

Winners will be asked to sign a standard Release and Indemnity form; each prize winner agrees to release the sponsor and its agents from any liability in connection with the prizes awarded in this contest.

Any entrant found to be tampering with the contest results, or attempting to influence any of the judging members, or using any forums or other public communications media to advise others of which entry is theirs will be disqualified; or if *The Voice* editors determine, at their sole discretion, that any other form of tampering has been attempted, that entrant will be disqualified.



Music Review

Darklight Horizon and Foxpalmer

Jessica Young



Two Artists, Three Singles.

February 26, 2021. That's the date that Screamlite Records is making three brand new singles available for streaming. The artists—Darklight Horizon and Foxpalmer—were featured on Screamlite Records newest charity album, *New Hero Sounds*, that premiered earlier this year. Proceeds of the album went to National Health Services, the health care system in the UK.

Darklight Horizon is a self-described new classic rock band making the best of the pandemic. Formed in the beginning of 2020, Darklight Horizon has taken the lockdowns as an opportunity to write, rehearse, and perfect their performance. They made their debut on *New Hero Sounds* and hope to be able to perform live in 2021. Darklight Horizon consists of Zach Spacey on bass, Vinnie Crippin

on vocals, Kurt Roth on guitar, and the young Johnny Havoc on drums.

They'll be releasing two singles, "Oxide" and "The Fallen." Their first single, "Oxide," is a high-energy tune, while "The Fallen" has a slower, almost hypnotic vibe. Both songs feature some powerful lyrics that will resonate with many people during these uncertain times.

"Oxide" is about letting go of what is hurting you, but then feeling lost without it. The repetitive, chanting-like final verse: "Bow our heads in unison for a place to stand/ Bow your head in unison with the rain and dust/ Bow your heads in unison in the land of rust" is reminiscent of Pink Floyd's "Another Brick in the Wall."

"The Fallen" is a critique of our money-hungry capitalist society—something that has become all too clear during the COVID-19 pandemic. Darklight writes, "Pray to the moon and the silver spoon/ As they sell us a life that ends too soon/ How do we know what it all might mean/ Support the wheel that drive the machines."

The songs and the band themselves put a modern spin on 70s rock—think Led Zeppelin meets System of a Down. Even the single cover art plays tribute to classic rock with a font that is reminiscent of the KISS logo and a triangle like Pink Floyd. These guys are seriously talented.

On the same day, for those who prefer something less heavy, Foxpalmer is a combination of folk, indie, and rock led by Fern McNulty. Her soft, haunting vocals and intricate, catchy guitar recall

The Cranberries or Fleetwood Mac. Fern last released music in 2017 with the album *Locked in Memory*. Foxpalmer's single "Forever" is a sad love song about loving someone who hurt you. The single conveys passion and sadness; love and pain; strength and weakness. The dreamy melody and Fern's beautiful voice are sure to get stuck in your head.

All three singles can be streamed on your platform of choice starting on February 26 2021. Additionally, *New Hero Sounds* can be purchased on [Bandcamp](#). The album features "Oxide" and "Forever" along with over 60 additional tracks from various artists. You can also follow Foxpalmer and Darklight Horizon on Instagram to stay up to date with their work: [@foxpalmer](#) and [@darklighthorizon](#).

Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.



Fly on the Wall No Easy A, No Easy Aim

Jason Sullivan



Potty Training Our Academic Minds To Get Shit Done

Ever pissed and missed? Well, who hasn't? On this score, at least, reality is gender neutral. And as crude and off-colour as this theme is, bear with me and we'll reveal something sublime about the human condition. To have faith in our goals requires a knowledge of our skills based on past improvements. For most of us, whether it's teaching youngsters the ways and means of the potty realm or training furry friends to do their duty where we want them to, the struggle for others to reach our goals for them is matched by our desire to reach our own. We teach success by being successful. And that takes effort. Just as breathtaking moments of

joy can occur during the most mundane, not to say vulgar, of human moments, so too can our AU experience leave us feeling relieved and elevated in countless ways.

How I Learned to Love My Lack of Art School Credentials

One learning moment that framed the template for my mental litmus test of my academic limits was during 11th Grade fine arts class. The teacher adored her pupils in a kind but serious way and most of us repaid her passion by pumping out exquisite sculptures, paintings, photographs, and sketches.

But me, well, I was a bit of a skiver as a 16-year-old and tended not only to skip class but to find as many ways as possible to do as little work as possible. Like the kid who sneaks into the movie theater after hours of staking out possible entrance points, when he could have simply been mowing lawns to make ticket money, I made an art of doing squat in art class. Yet one day, quite out of the blue, the teacher plunked me down in front of a VCR and TV in the school library and had me observe a film about *conceptual* art.

Two key art installations stood out in that VHS tape: first came Rene Magritte's bland-looking tobacco pipe accompanied with the sentence stating that the image was not, in fact a pipe.

Magritte's title said it all: *This is Not a Pipe*. When someone wonders if something isn't what it appears to be isn't that the impetus to critical thinking? What if art isn't just something that looks nice, or something to look at as much as something to think about? My mind whirled with excitement in a way that my drawing pencil never could.

The second part the documentary covered was Marcel Duchamps and his famous urinal with it's caption: R Mutt). Who could miss the humour mark from this conceptual art? Fire hydrants beware, it seemed to say, along with much more about the pretentiousness of art and the modern Technosphere where even the most base of human acts is contained by innocent porcelain. Duchamps seemed to be, as the English say, taking the piss out of high brow serious art exhibits and their finely tuned motor skills. Needless to say, my teenage brain lapped all this up. Maybe I didn't have to gain facility in painting my own shoe for marks!

So, newly re-energized, I started to actually attend class more often. For my final project I cut out some clear plastic letters spelling P-U-N-K and glued them onto a messy black brick on a wall that someone else had painted haphazardly and then abandoned. I think I got a B. A charitable B, really. But the seal was broken and at some level my abiding interest in considering why we think the way we do, why we hold onto our epistemic lifelines about aesthetics and purpose, despite all comers in reality and ability, was forged. By embracing my lack of talent, I realized what I could do: think in terms of social theory.

Some Philosophical Context and Encouragement

We can't just stand there and let life happen if we are to succeed at AU; it takes practice, the study life, and there will be frustrations and embarrassments and humble pie along the way. Ever since Plato questioned whether we are all living in a mind game that encourages us to babble about mindless shadows on a wall, questioning the origin of meaning and creativity has framed productivity itself. And it's not easy, at first. If absolute reality exists, we can only find it by questioning things as they appear; art theory thus enters a hallway that leads all the way back to the meaning of life itself. Everything begins with an idea, conscious or

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

Learning to Learn Online Express MOOC

Feb 22 to Mar 21, Online

Hosted by AU

news.athabascau.ca/events/learning-to-learn-online-express-mooc/

Register through above link

Talk to a Librarian Drop-in Session

Tues, Feb 23, 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

Business Undergrad Program Orientation for New Students

Wed, Feb 24, 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-20210224/

RSVP through above link

MBA for Executives Webinar

Thur, Feb 25, 10:00 to 11:00 am MST

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/mba-for-executives-webinar-20210225/

RSVP through above link

Talk to a Librarian Drop-in Session

Thur, Feb 25, 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

The Grad Lounge

Fri, Feb 26, 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.

unconscious, everything from our moments of greatest passion to our actions leading to momentous success. In that sense we make of our studies the art that illustrates our life.

Yet, we can't be someone or create something that isn't within our essential toolbox of talent. Jacques Derrida describes how we imagine our creation as a pedagogical process that renews our self by the creative erasure of our former selves. "If art lives from an originary reproduction, the outline that permits this reproduction, opens in the same stroke the space of calculation, of grammaticality, of the rational science of intervals, and of those 'rules of imitation' that are fatal to energy...Imitation is therefore at the same time the life and the death of art. Art and death, art and its death are comprised in the space of alteration of the originary iteration...the exit from life placed outside of itself" (Derrida, 227). None of us exit AU the same as we were when we began; the trick, like the simplest of acts learned as children, is to know our limit and learn within it.

It may seem that you can't miss when you start with a good idea like continuing education. Yet, like the reality that we all once learned to domesticate our bathroom impulses, here meets the reality that we have to learn how to learn, and at a distance at that. I've come to realize that what I learned in that art class was that I'm no artist. And that's served me well as I choose my AU major and courses as an adult student. Thing is, many a would-be distance education career careens into the ditch when the rubber of study reality hits the road. The trick, then, is to realistically assess what track is right for us. And from there we can really flourish.

References

Derrida, J. (1967/2016). *Of Grammatology*. (Trans. Gayatri Chakravorty Spivak). Baltimore: Johns Hopkins.

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.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Odenza Marketing Group Scholarship

Sponsored by: Odenza Marketing Group

Deadline: March 30, 2021

Potential payout: \$500

Eligibility restriction: Applicants must be Canadian or U.S. citizens, between the ages of 16 and 25 as of March 30, 2021, have at least one full year of post-secondary students remaining (or be current high-school students,) and have a GPA of 2.5 or greater.

What's required: An online application, including two essays of 500 words maximum each on specified topics; applicants must also "like" Odenza's Facebook page.

Tips: Read the [application guidelines](#) carefully for details on essay structure and format.

Where to get info: odenzascholarships.com/marketingscholarship.php



The Reading List February 2021

Karen Lam

Last month, most of the books I recommended were primarily non-fiction books targeted towards starting off the new year. However, most of us know that there is much more to appreciate in fiction, mystery, and sci-fiction novels! If you are thinking that you do not have time for reading—you may be wrong. Reading can be slipped in your daily lives very easily. For those looking for a virtual activity with friends, try doing a virtual reading together or a Book Club! For those who are looking for some solo activities, you can either sit down and read, or borrow an Audiobook and listen the book while you are cooking, sewing, or even cleaning. Here are my recommendations for February!

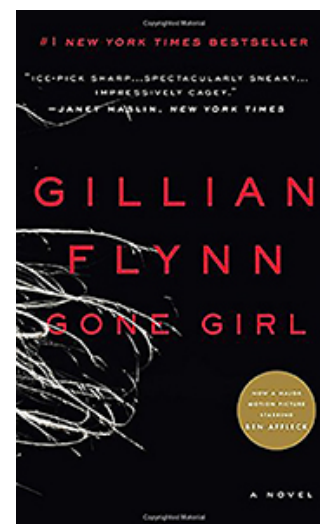


Celtic Empire by Clive Cussler and Dirk Cussler

Celtic Empire is a Dirk Pitt adventure series that is typically published every two years by author Clive Cussler and his son Dirk Cussler. The story is Pitt's 25th adventure and is sparked by events in Memphis Egypt, 1334 B.C.E., in which a ship carries the Princess Meritaten and other Egyptians who are trying to flee a deadly plague. In our time, U.N. scientists are investigating several deaths in El Salvador, but then are murdered themselves. It is up to Dirk Pitt, who is the Director of the National Underwater and Marine Agency, to figure out what is happening. This mystery thriller book is a catchy and worthwhile read! I enjoyed the mix of science, history, and mystery that the novel brings to readers.

Gone Girl by Gillian Flynn

Gone Girl is a story that focuses on marriage between two individuals (Nick and Amy Dunne) in North Carthage, Missouri. Nick and Amy Dunne were preparing to celebrate their fifth anniversary with presents all wrapped and reservations made by Amy. Suddenly, Amy is gone. The story walks through Nick's journey in finding his wife going through endless series of lies. Readers will try to figure out who is the killer, is it Nick? This book is a page turner filled with suspense. If you are looking for a suspenseful thriller, this is the one for you.



The Guest List by Lucy Foley

The Guest List is the winner of the GoodReads Choice 2020 for the Mystery & Thriller Category. For all mystery and thriller fans, this is a recommended read! The story takes place on an island off the coast of Ireland, where a couple (Jules Keegan and Will Slater) were getting married. The couple had planned the wedding perfectly and everything was running smoothly, however, can everything always run smoothly? Everyone on the island carries a secret and motive. Shockingly and suddenly, someone turns up dead. Curious what happened? Try the book!

***The Midnight Library* by Matt Haig**

The *Midnight Library* by Matt Haig is another winner of GoodReads Choice 2020 for the Fiction Category and is a highly recommended read! The *Midnight Library* is a story about an individual, Nora Seed, who finds herself in a place called the Midnight Library. Nora is presented with the opportunity to change her life. Before this, Nora's life has been filled with misery and regrets. Suddenly, she has the potential to change her life entirely from changing in careers, undo breakups in previous relationships and discovering her true dream career. More importantly, Nora finds the answer to the ultimate question, what is the best way to live? This is an amazing story that is relatable to everyone. We have all come across a point in life where we had to make important decisions. Sometimes we wonder, what would have happened if we made another the other decision? Is the other decision better? A must read for everyone.



***The Name of the Wind* by Patrick Rothfuss**

For all those sci-fi and fantasy lovers, this is a must read for you. The story is told through the character, Kvothe's own voice. It is a story about the magically gifted young man who grows up to become the most notorious wizards in the world. The story focuses on Kvothe's journey after experiencing a tragic childhood where his family were killed by the supernatural. After the tragic incident, Kvothe devotes his life toward seeking revenge for his family and pays a valuable price through his journey. The story is full of action and beautifully written. All science fiction and fantasy fans will love it.

Happy reading!

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

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Yeah it's great, but: Students debate the merits and drawbacks of Microsoft Word's citation tool, with the consensus being you still need to know how to do it yourself.

Discord

A nice problem to have? One student moaning about having to watch so many movies for one course provokes much interest from other students who didn't know such a course existed. (fyi—CMNS 358 Popular Culture and the Media.)

reddit

You can only push it so far: A student wonders if there's any flex in the deadline to write a supplemental exam. AU sites says no, but maybe worth a call to the exam unit to beg for mercy.

Twitter

@AthabascaU tweets: "ANNOUNCING new Emergency Bursaries available for #AthabascaU learners. Recognizing need, applications for a \$1000 Emergency Relief Fund are reopening <https://bit.ly/2Z2skGO>."

Women in Fiction

Lady Macbeth

Milica Markovic



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Warning: Spoilers ahead for the play “Macbeth”

If, by some miracle, you haven’t seen or read this play already but intend to, you should probably stop reading now.

It may sound clichéd, but *Macbeth* has been my favourite of William Shakespeare’s plays since I first read it in middle school. It taught me that there can be a dark side to the age-old promises of heroism, and that, without re-examining our moral compasses, the consequences could be grim. Such are the fates of the titular character and his wife, Scottish noblemen who orchestrate the murder of anyone obstructing their path to—or hold of—the throne when it’s foretold that Macbeth would be king.

Fate, however, never pulls the strings from behind the stage—it’s all Lady Macbeth’s doing, from success to downfall. A commonality in Shakespeare’s portrayal of leading ladies is their drive to make things happen and take control over their destinies when a wrench is thrown in the works. To Lady Macbeth, it seems whether the prophecy is true or not is irrelevant, merely one more thing to use as she attempts to gain power, using sweet-talk and strategy to influence the decisions of her husband, and later, his lords once

they claim the throne.

What we find most compelling about how villainous leads are written—and why stories like *Macbeth* are adapted countless times over—are their motives despite the odds against them, especially if they have some form of pathos. It’s surprising when an underestimated character looks like they could succeed, and the more time we spend learning about their circumstance, the deeper our sympathy for them may be, even if we don’t find their resolve agreeable.

Macbeth is a short and straightforward play, so it doesn’t dwell on backstories or in-depth analyses. There’s much we don’t know about Lady Macbeth, like why she’s keen on fulfilling the prophecy, and whether she truly cares for others—including her own husband. The few defining traits she shows, however, paint a complicated picture. Although she takes charge in planning King Duncan’s murder, concealing the evidence, and maintaining rapport with the nobility, there is a growing sense of guilt she conveys from the moment she persuades Macbeth to commit this act of betrayal to her suicide near the play’s end.

If the narrative includes some sort of redemption arc for a villain with blood on their hands, it usually culminates in their sacrifice. This makes their regret believable because they

acknowledge the severity of their actions and the consequences they would have to face otherwise. Lady Macbeth might be sympathetic in this regard, especially since her guilt is consistently alluded to throughout the play. But I think there is another part to it as far as audiences of today are concerned that has to do with the time period in which Shakespeare was writing *Macbeth*.

Rigid beliefs about gender norms during the sixteenth century are reflected in the story. In conversations surrounding political control, Lady Macbeth's society is shown to value ruthless aggression—a quality traditionally associated with men. Women, meanwhile, are meant to be compassionate and demure, so it makes sense that nobody would necessarily expect or suspect Lady Macbeth to lead a murder plot. With no other options presented within the narrative to (legitimately) gain power, particularly as a woman, she surrenders her femininity to supernatural forces so that she can conspire with Macbeth. We might interpret her suicide as punishment for crossing that line.

It's curious, though, because going to this extreme and marking an arbitrary distinction between gender roles doesn't seem to make a difference in the essence of Lady Macbeth's character. Although she sees her father in Duncan—suggesting that she's capable of love to a degree—nothing stops Lady Macbeth from manipulating her husband even before she tampers with witchcraft. Additionally, gaining these perceived masculine traits doesn't absolve her of guilt. Lady Macbeth's embrace of masculinity is perpetuated through her husband, who eventually acts without her input. It would appear that, for them to be taken seriously and to advance their social status, Lady Macbeth must empower herself by subtly exploiting and competing in a sphere dominated by men.

This should sound familiar. Lady Macbeth, I would argue, is a prototype of the “strong female character” trend that has taken entertainment by storm in recent decades. It's mostly noticeable in popular Western storytelling, which tends to focus on a woman character's physical strength and tough personality to prove they are on par with men characters. On the one hand, the phenomenon allows writers to explore other, non-traditional roles more women could identify with or find interesting. On the other, it potentially sends the harmful message that neither men nor women characters will be valued if they aren't divorced from what is considered their feminine side, especially when emotional intelligence is in question. Both would run the risk of being underdeveloped, and thus, unconvincing.

Lady Macbeth fascinates me as a villain because she's in tune with each of her attributes when they matter to *Macbeth's* plot, even if she doesn't appear to appreciate some of them. For a contemporary audience, observing the nuances of all human qualities is much more thought-provoking than the denial of such fluidity that limits how characters can relate to them. It's unfortunate that her actions, contextually speaking, had to serve as a deterrent to unconventional behaviours in women at the time rather than a lesson in morality for everyone. Perhaps she was simply created in the wrong era.

Then again, Lady Macbeth's characterization has been echoed in and expanded upon by modern characters like Cersei Lannister in GRRM's *A Song of Ice and Fire* and Regan Hamleigh in Ken Follet's *The Pillars of the Earth*. She may not have been a successful queen in *Macbeth*, but she proves she's got staying power as a literary icon centuries after her inception.

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



Do What We Love

Marie Well



We should go headlong into what we love to do, ignoring all naysayers because, once we get paid for our passions, our lives will be filled with enthusiasm.

Before choosing an education path, we should take personality tests to discover our best career fits. Doing these tests can take us directly into our passions, rather than directing us down dead-ends, decade after decade, trying to figure out where we belong, making only marginal gains.

But how do we truly gauge what careers will draw out our passions? Our hobbies and childhood playtime activities offer clues. But aren't hobbies and playtime meant for pastimes, not careers?

Not necessarily.

Let's look at hobbies. Sometimes we engage in hobbies that others don't support. These people may see our hobbies as time-wasters. But if we savor our hobbies, they have the potential to bring us great success. That's because our hobbies typically keep us engaged and

passionate. When our careers tie into our hobbies, we become more engaged at work. And engaged employees receive higher salaries and better promotions, compared to employees who can't wait for quitting time.

Consider me, a woman who volunteered at a university television station. I loved working the broadcast quality cameras, editing video, and interviewing academics. Many summers later, I wanted to take a one-year certificate on video production, but I didn't get any support. Friends said it was a dead-end path. But I later found a career that paid very well, where I created video courses and performed marketing. I found my paid passion through my hobby.

Let's now look at our childhood playtime. Take a moment to ponder our childhoods. What activities did we most enjoy? We might have loved making radio shows, pretending we were the teachers of an audience of teddy bears, doing art, or writing stories. Or we might have liked peering through a microphone, studying the habits of mealworms, or fudging our science experiments just to see what would ignite.

If we can link our hobbies and childhood playtime activities to our careers—even to our education—we skyrocket our chances of success. We should never scoff at any hobby or childhood play—whether it be needlepoint, mechanics, or singing. These hobbies and playtime pastimes tug at our hearts, begging us to notice them. When tied to our careers, these pastimes can lead us to career satisfaction, where job tasks feel like playtime rather than prison.

Doing what we love reduces anxiety and stress. Doing what we love feels effortless and brings us closer to mastery. And, from a work context, doing what we love means we play to earn a living.

From my view, nothing is better than getting paid to follow a passion.





Karen Lam

Course Exam

AU courses, up close

Course Exam

Karen Lam

ANTH 362 (First Peoples of Canada)

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!

ANTH 362 is three-credit senior level anthropology course in the field of Social Sciences that “provides an introduction to the diversity of cultures in Canadian First Peoples, including those people who identify as First Nations, Inuit, and Metis.” The course is designed for students who are interested in learning more about the diverse Aboriginal culture and reveals and assists with dispelling the mainstream stereotypes and overgeneralizations of the First Peoples of Canada. Upon taking the course, students will gain different perspectives about Canada’s Aboriginal culture. ANTH 362 does have a pre-requisite and is also available for challenge. It is recommended to have taken one of the following courses (ANTH 275, HIST 224, HIST 225, INST 203 or INST 205) before students enroll in this course.

Who and Why You Should Take This Course

For this course, we had the opportunity to interview two students who recently took the course, Guylaine Hau and Stephanie Collins, who both gave their valuable feedback for the course.

Guylaine Hau is a mature student who enjoys lifelong learning. She is currently taking courses at Athabasca University as it gives her the flexibility she needs to juggle her family life and her career as a Labour Relations Officer with the Federal Government.

When we asked Guylaine if she recommended this course, and if so, who she would recommend it to, she stated, “I would highly recommend considering taking ANTH 362, First Peoples of Canada, to any student who has a keen interest in learning more about Aboriginal cultures. Human resources professionals, professionals whose tasks involve interacting with various peoples, or professionals who are taking courses to upgrade their existing skills may all benefit greatly from taking ANTH 362. This course can provide a different perspective regarding Canada’s First Peoples.”

We also asked why she took this course and she explained, “I was motivated to take the course for two reasons: the first one was to sharpen my professional skills as a Human Resources practitioner. The second reason is simply because the subject matter is of great interest to me personally. I believe that this course has strengthened my awareness of the dignity of Aboriginal cultures and of the challenges that members of these cultures still face. I believe that ANTH 362 was time well spent because much of my job involves making recommendations to managers regarding current or future employees. I believe that the solutions I may bring to regarding members of Aboriginal descent will be more sound as a result of having taken First Peoples of Canada. From a purely personal standpoint, I really enjoyed taking this course. I highly recommend taking ANTH 362, First Peoples of Canada, to any student who is interested in learning more about Aboriginal cultures.”

Stephanie Collins who is currently a full-time fourth year student in the Bachelor of Arts program, majoring in Anthropology here at AU. She is a mother to two and in her spare time she enjoys reading and hiking in the mountains.

When we asked Stephanie Collins if she recommended this course, and if so, who she would recommend it to, she mentioned that she would recommend this course to everyone. Stephanie stated “There is important historical information to be learned about when it comes to the Indigenous Peoples of Canada. This course provides not only information about many of the different peoples, but also explains the issues they may face. This is helpful in teaching about different worldviews and can help provide a foundation of understanding and respect for others’ way of life. The more we learn about the diversity in Canada, and the world, the more I hope that tolerance and respect begin to emerge more. This course showed that there are many different cultures in our country and it also showed that injustice and atrocities that have been committed against Indigenous Peoples in Canada. When this information is taught, I believe that that education helps to ensure that the horrors of the past are hopefully not repeated.”

Course, Assignments, Midterm and Final Exam Details

The course consists of ten units with the first eight units focusing on one specific culture area. The ten units include an introduction, followed by two case studies all in the textbook *Native Peoples: The Canadian Experience*. Unit nine deals with current perspectives and unit ten covers truth and reconciliation. Along with the main textbook, each unit also includes videos and additional ethnographic material.

The course itself consists of study journals that are due at the end of each unit and worth a total of 10%. Each of the journal entry requires students to answer a few specific questions provided. Students are encouraged to share and exchange information for each unit through the online Study Journal Discussion Forum on Moodle. Guylaine Hau recommends that “it is best to submit the journal entries upon completion of each unit, as this allows students to demonstrate that they have understood the contents and associated concepts before proceeding to the next unit. It also allows the professor to provide timely feedback and advice throughout the course.”

Event observation is an assignment that requires students to participate and observe an event related to Indigenous culture and write about it. It is worth 15% of the final grade. Guylaine also mentions, “Although students are expected to submit their event observation report after Unit six, it is highly recommended that, early on in the course, they seek their professor’s approval regarding the nature of the event they are contemplating attending. Attendance at events does not need to be complicated. Students who may experience difficulties in selecting an event are strongly advised to discuss their concerns with their professor soonest. Professors are very helpful at making recommendations. The same applies to the potential research term-paper’s topic (which is worth 25%). Students are asked to provide their initial thoughts about the topic they wish to research as part of their journal submission for unit five. They are also asked to report on their progress, as part of their journal submission for unit nine. This allows the professor to give some feedback and to ensure that students are on the right track. It is highly recommended that students submit the Research Term Paper at the conclusion of unit ten as completing the assignment requires demonstrating a good understanding of the different concepts that have been present throughout the course.”

The course does contain a midterm and final exam that are each worth 25% and must be taken online with an AU-approved exam invigilator. The midterm covers the four units of the course and consists of short answer and essay questions. When answering the questions, students are encouraged to use the information and examples from the course readings and films. The final exam is not cumulative and only covers the last five units of the course and is similar format as the midterm.

How to Be Successful in the Course

Tips from the Course Coordinator

Dr. Janelle Marie Baker is the Course Coordinator and Tutor for ANTH 362 (Katie Strand is the other Course Tutor for ANTH 362). Dr. Baker is an environmental anthropologist and ethnobiologist who collaborates with First Nations communities in Alberta to monitor safety and security of bush (wild) foods. Dr. Baker has mixed settler and Metis ancestry on her mother's side.

We asked Dr. Baker to share with students some advice for this course and she responded "I wrote this course with all students in mind, and by that I mean that I wanted the content to be accessible and welcoming to students from all backgrounds, whether Indigenous, settler, recent immigrant, etc. I hope I have accomplished this and welcome feedback on this topic. My advice to students for this course is that content about colonization is shocking and depressing, so remember to also take note of the positive content too and think about doing your observation assignments on events and Indigenous made films that celebrate resilience."

Student Tips

When we spoke with AU student and Labour Relations Officer for the Federal Government, Guylaine Hau, for tips for the course, she stated, "As with most distance courses, exercising sound time management skills is of the essence to completing ANTH 362. I encourage students to observe the study schedule, as there is a fair amount of material to cover in this course. Students should also pay close attention to developing the study journal questions, as doing that will prove to be quite useful in grasping the different concepts being presented. Last, but not least, I encourage students to plan for their research term-paper early in the course."

When asked how Guylaine's experience with the tutor was, she mentioned, "I found out that the Course Coordinator and my Course Tutor were one and the same. My Tutor was very responsive to my queries, often providing answers to my e-mails on the same day. The marking was very quick. My assignments would be returned marked within a week, and the feedback I received was very helpful. Whenever I encountered a problem, my tutor did not hesitate to provide assistance. The advice I received was sound. I could tell that my tutor really cares about teaching and students. This is by far the best interaction I have had with a course tutor."

When we spoke with fourth year Bachelor of Arts student, Stephanie Collins and asked her for tips for the course, she suggested "My tip for the class would be to not be vague in answering the study journal questions. Try to use specific examples from the course materials. Having specific examples will also help you in exams." We also asked Stephanie what she thought about communication with the Course Coordinator, and she mentioned she communicated with the Course Coordinator, Dr. Janelle Baker and stated that her "communication with the course tutor that I had, Dr. Janelle Baker, was wonderful. She was easily reached, was very helpful with feedback, and encouraged me to come up with an idea for the research paper that I was actually interested in."

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator – Dr. Baker at janelleb@athabasca.ca.

We want to thank students Guylaine Hau and Stephanie Collins for their contributions, and also thank Dr. Baker for her feedback!

Happy learning!

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



Homemade is Better Supreme Sauce

Chef Corey



It's been a few editions since I said I was going to make a velouté. So here it is! I've written before about the mother sauces of French cuisine, and we've made most of them. The only one left after this article is espagnole or brown sauce. Velouté is made from the stock of bones that have not been roasted. Where brown sauce is typically made from beef stock, you need to roast the bones first, with velouté you do not.

The velouté is a really versatile sauce that lends itself well to other types of stock as well. You can use fish bones, lobster shells, turkey bones, pork bones, duck, or chicken. The key is to simmer the bones for a few hours to extract the flavour. So, in today's recipe, I will also add how to make chicken stock. This process is interchangeable with other kinds of bones as I've already pointed out.

The next recipe I have added is for supreme sauce. Which is a velouté with the addition of heavy cream and extra butter. I used it with my upcoming risotto recipe and with sous vide

chicken breasts. I then seared the breasts to get a nice outside color and sliced them. We roasted some carrots and voila a meal fit for royalty!

Supreme Sauce

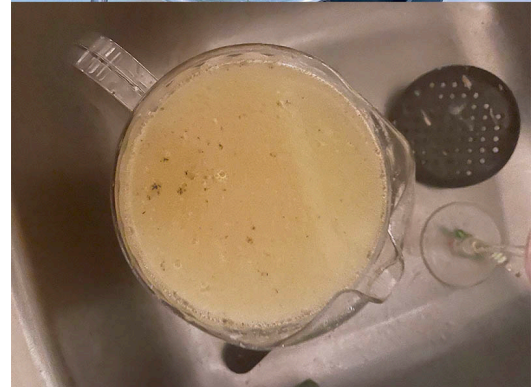


Chicken Stock Ingredients:

- 2 chicken carcasses
- 2 carrots chopped
- 1 large onion chopped
- 2 stalks of celery chopped
- 2 bay leaves
- 1 tsp dried thyme
- 8-9 black peppercorns
- 1 tbsp parsley

Directions:

1. Grab your largest pot, add the chicken carcasses, and then fill it with water until the chicken is covered by 1 inch of water.
2. Add everything else and bring it to a boil
3. Reduce to a simmer and let it sit for 6 to 8 hours.
4. Once it's done simmering, remove the bones, veg and herbs.
5. Strain the stock with a sieve and some cheesecloth (if you have it, a coffee filter works in a pinch as well, but takes longer to strain).
6. Let it cool for 12 hours in the fridge so the fat and liquid separate. Scrape off the fat, and you're left with pure stock.



Supreme Sauce Ingredients:

1 oz fat (by weight, it could be the fat from the chicken stock, oil or butter)

1oz all purpose flour (by weight)

500ml of chicken stock

125ml heavy cream

15g butter

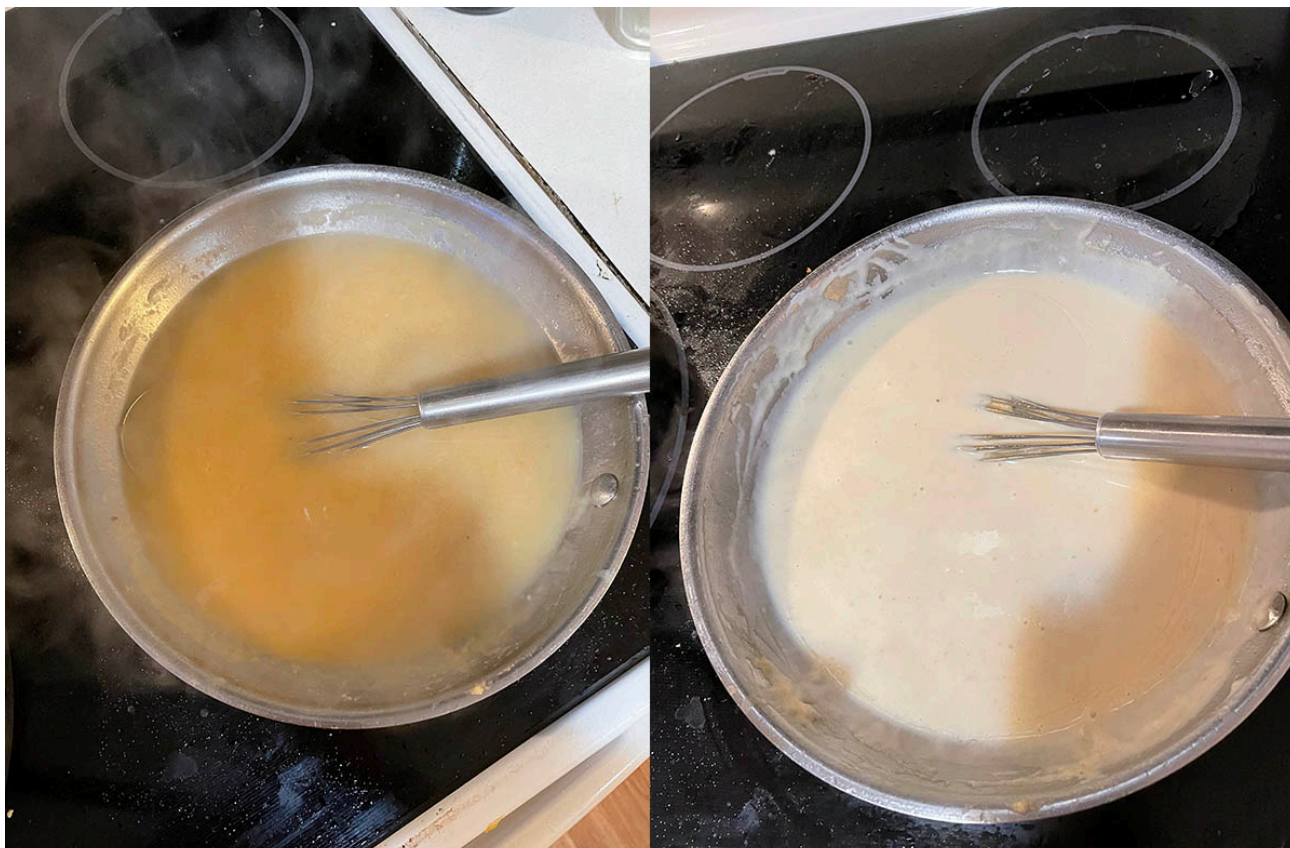
Salt

White pepper

1/8 tsp lemon juice

Directions:

1. Melt the fat in a pot and add the flour. Stir until it forms a paste but is not runny. This is your roux.
2. Add the chicken stock and whisk to combine until all the roux is incorporated. This is the velouté.
3. Add the cream and butter and whisk until all the cream is absorbed.
4. Season with salt and white pepper to taste. You'll need a tiny amount of white pepper.
5. Add some lemon juice to bring out a little acid.
6. Serve with your chicken.



Veloute (left) plus butter, heavy cream, and spices becomes Supreme Sauce (right)

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





Dear
Barb

Barbara Godin

Kissing Cousin's Spouses

Dear Barb:

I am from a large family; I have lots of cousins that I rarely see. Just before the pandemic started last year we had a huge family gathering. At the gathering last year I met my cousin's husband. They had just gotten married. I don't really know this cousin very well; I have probably seen her maybe five or six times in my whole life. The moment I was introduced to her husband, Jared, I felt an immediate connection and I believe he did too. I spent the entire day hanging out mainly with my cousin and her husband. At one point my cousin and I were alone together, and she mentioned how happy she was that her husband and I seem to get along well. The issue is that for me it was love at first sight.

Jared and I have been texting back and forth for the last year. I occasionally text my cousin so it doesn't look suspicious. We haven't talked about feelings; we just basically got to know each other and I love everything about him. I haven't told anyone how I feel. I believe we were meant to be together. I don't want to hurt my cousin, but what if Jared is my only true love! I don't want to miss an opportunity for true love.

Because of the pandemic and how he lives in the States and I live in Canada, we have not been able to see each other. Once the borders are open things will change, however, I am not sure what to do next. Should I talk to him about my feelings now, or wait until we meet?

Desperately in need of advice!

Thanks, Maria.

Hello Maria:

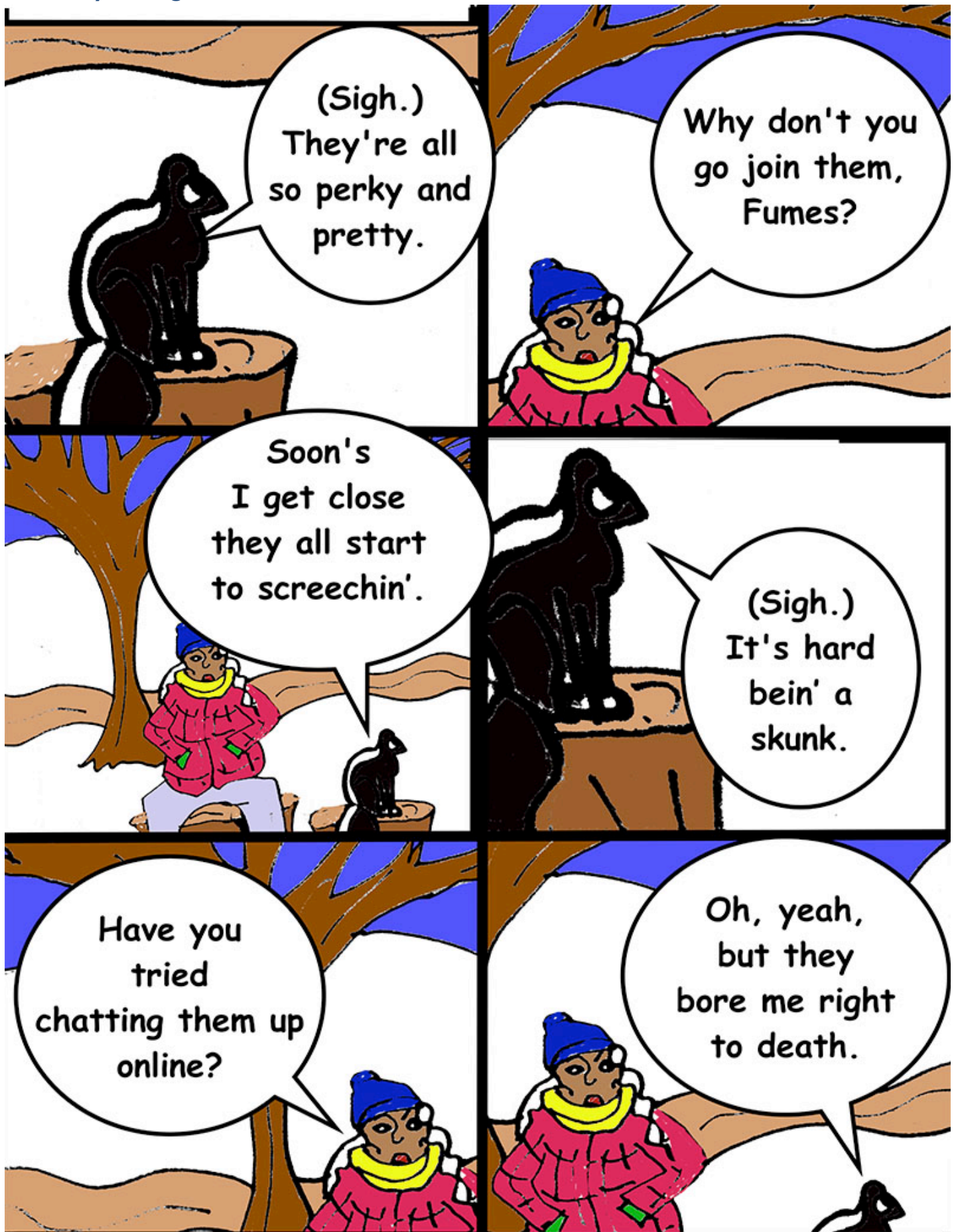
Thanks for writing. Do you think maybe you are overreacting? There are a lot of things going on here, for example, I am sure you have not had much of an opportunity to meet other people because of the pandemic and lockdowns. You seem to be focused on your cousin's husband. The key word here is "husband." He is someone else's husband, so you need to take a step back and stop focusing on him. When we are young we often believe in the concept of love at first sight, but, for the most part, this is just infatuation, and eventually wears off. Clinging to this belief will only cause problems between you and your family members. Once you get back to a normal life and you are able to go out and date I think your cousin's husband may become simply a memory in the back of your mind. In the meantime, find other interests and limit your contact with him. This is probably not what you wanted to hear, but it's the best advice I could give you. Best of luck Maria.

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
The Lonely Vantage

Wanda Waterman



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

IMPORTANT DATES

- **Feb 28:** [Deadline to apply for course extension for Mar](#)
- **Mar 10:** [Deadline to register in a course starting Apr 1](#)
- **Mar 11:** [AUSUnights Virtual Student Social](#)
- **Mar 15:** [Apr degree requirements deadline](#)
- **Mar 17:** [AUSU Public Council Meeting](#)
- **Mar 31:** [Deadline to apply for course extension for Apr](#)

NEW Virtual Food Assistance Program

AUSU is aware that food insecurity continues to be an issue for post-secondary students. There are many factors for this, including rising costs of tuition and living expenses and an insufficient financial aid system. Students often endure undue hardship while simply trying to further themselves personally, professionally, and for the bettering of society.

To help with this barrier, AUSU has launched a new Virtual Food Assistance Program for our members to turn when they are facing food insecurity.

The program will run monthly. AU undergraduate students who are in need can fill out the application and will then be put into a random draw for a food voucher.

Each food voucher will be worth \$50 CAD and there will be 5 vouchers given out per month.

The food voucher will be a gift card to a major grocery chain in Canada. In the case of very remote or international students, we will make alternative arrangements for the \$50 CAD food voucher.

We also compiled some resources to help students find other funding and food assistance.

Find out more or apply online [here](#).



AUSUnights Trivia

"AUSU is proud to recognize and celebrate this year's Black History Month. As we reflect on Black History in Canada, we can draw inspiration from the experiences, dedication, hard work, and resiliency of individuals who work across our nation for a more inclusive world." - Almigdad Eldoma

In our latest Executive Blog, our new VP Finance and Administration Almigdad Eldoma dives into Black History Month and what it means to him.

Check out the Exec Blog online [here](#).



AU Emergency Bursary Fund

To help support the AU learners who are struggling financially due to the COVID-19 pandemic, Athabasca University created an Emergency Relief. AUSU is proud to help sponsor this fund along with the AU Graduate Students Association (AUGSA) and other members of the AU community.

The fund will provide a \$1,000 bursary to learners experiencing a financial emergency.

Find out more online [here](#).



CLASSIFIEDS

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

THE VOICE

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www.voicemagazine.org

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

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

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ISSN 2561-3634