



THE VOICE

Vol 29 Issue 08 2021-02-26

Minds We Meet

Interviewing Students Like You!

Teaching my Daughter to Make a Scene

The Importance of Speaking Up

Joining *Chicken Soup of the Soul*

A First Time Experience

Plus:

*Classic Lit: Black Authors
The Struggling Student Rants
and much more!*



CONTENTS

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

Features

Minds We Meet: *Ginger Snap*..... 4

Articles

Editorial: *Buckling Up Again*..... 3

Teaching My Daughter to Make a Scene 8

Joining *Chicken Soup for the Soul's Family* 9

30 Pieces of Wisdom from a 50 Year Old..... 15

Columns

The Struggling Student Rants: *Christmas Can Take You*..... 11

Fly on the Wall: *Joyful Sloth & Indolence*..... 13

Where to Begin with Classic Literature: *Black Authors*..... 16

Course Exam: *ANTH 272 (Introduction to Archeology)* 19

Homemade is Better: *Risotto*..... 23

Dear Barb: *Dating Despite Disease* 25

News and Events

Vintage Voice..... 7

The Voice Writing Contest 2021 7

AU-Thentic Events 12

Scholarship of the Week..... 18

Student Sizzle 22

AUSU Updates 27

Comics

Poet Maeve: *The New Adam*..... 26

The Voice Magazine

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

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Jodi Campbell

Managing Editor

Karl Low

Regular Contributors

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

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

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

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

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

Volume 29, Issue 08

© 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

Buckling Up Again

Karl Low



Once again, post-secondary in Alberta is being told to tighten its belt. Have you ever noticed that there never is an article about how post-secondary is being allowed to let its belt out? At any rate, the most recent Alberta budget has been released, and, as expected, it's post-secondary education that will be taking the bulk of the UCP's attempts to make themselves look fiscally responsible.

Post-secondary institutions are being expected to cut about 750 positions across the province, but the UCP admits it has no idea which positions will be cut. However, because the UCP is also giving post-secondary institutions notice that the amount of their costs they will be expected to cover is going up to 52% from the current 47% you can expect that universities will be looking particularly hard at those positions that don't stand to generate any direct profit. (AU, in case you're interested, already covers much more than that because the AB government does not consider students from outside the province as anything that AU should get Alberta funding for.)

So, positions in mental health, ombudsmen, and really, any position that exists only to assist current students in any area aside from their direct expenditures (ie, courses) is at risk. Positions that serve to increase enrolment or funding (such as advertising designers, assessments, alumni relations, etc), however, are probably safe(r).

With the UCP government now requiring universities to fund the majority of their operation, it becomes apparent why they went to such length to remove the word "Public" from any and all schooling systems across the province. Truth in advertising, as it were. They didn't want the names reminding us of what these school systems should be.

Also, a portion of that remaining funding will be tied to currently unspecified metrics. These metrics are usually tied to employment rates of graduates, which, while a stupid way of funding a university in the first place (why punish current students for previous student performance?), is an absolutely horrible way to fund post-secondary in a boom and bust economy that needs funding to ramp up when our commodity price falls so people can get retrained and start working quickly again.

But never fear, Alberta will at least remain the lowest taxed province in the nation. Ensuring that all those people who don't have jobs and can't afford an education to qualify for a better one won't have to pay a high percentage of their non-existent income. Because that's somehow helpful.

But wait, the UCP is going to table their recall legislation in the spring apparently. Then we might finally get some action, right? Don't bet on it, the recall legislation requires 40% of the eligible voters sign on within a 90-day period. Most ridings don't see 40% turn-out during the actual election. So the UCP has done what they can to make sure they're not in any danger of actually having the legislation used.

On the bright side, this week's *Voice Magazine* is one of the better ones once again! Not only do we have a fascinating interview with AU student, Ginger Snap (also known as Bryan Eden), we've also got a powerful parenting article by Jessica Young, and our own Barb Lehtiniemi tells us how she's broken into writing for the mass-market! Plus advice, events, scholarships, recipes, thoughtful examinations of what it is to be an AU student, and more! Enjoy the read!

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

MINDS WE MEET



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

The Voice Magazine recently had a chance to chat with Ginger Snap (Bryan Eden)—“The Princess of Everything,” the current reigning Ms. Gay Vancouver XLI, who lives in New Westminster, British Columbia, on the unceded traditional territories of the Coast Salish Peoples of the QayQayt and Kwikwetlem First Nations.

Ginger mentioned that her pronouns are she/her while in drag, and he/his out of drag. Ginger is currently enrolled in the AU University Certificate in Management Applications, with plans to open up [her] own business,” stating that

she wants to “open up a mobile tire company and start my journey into entrepreneurship.”

Ginger spent most of her life in Surrey, British Columbia before moving to Calgary, Alberta, after graduating high school. In Calgary, she “worked in the tire industry, working on semi-trucks,” before eventually driving semi-trucks in the mountains for several years. After several accidents, Ginger was diagnosed with PTSD and could no longer drive; she decided to change careers and go back to school. She has been living in New Westminster, just outside of Vancouver, for the past several years and says, “I absolutely love it.”

When not studying, Ginger described her drag involvement, stating, “You know, what I really enjoy about the drag is the charity aspect behind it, and then being able to help people within the LGBT community. And especially, that's what I like about being about Miss Gay. I'm a representative of the Rhinestone Phoenix Charity Foundation, which is a charity foundation that raises funds for an annual chosen charity. I love doing that kind of stuff and that takes up a fair amount of my time.” She continued, “But when I'm not doing drag stuff, I love being out off-roading and hiking and camping deep out in the woods. When I'm not driving vehicles, I'm usually fixing them!”

As for the person that had the greatest influence on her desire to learn, Ginger stated, "I'd have to say myself, to be honest with you. I've had a lot of people in my life that have told me the opposite, that I'm not able to do certain things, and that I'm not smart enough." She continued, "Now here I am at [age] 32 back in university and just doing my best to prove everybody wrong."

Her experience with online learning has definitely had some challenges, "But overall, it's been enlightening. It's been positive. I've definitely have learned a lot." She stated, "What I really enjoy is being able to have the flexibility to kind of learn at my own pace. It allows me to continue working on my drag career, to do all the charity work that I do." It also allows her to take time for "a bad mental health day or a severe ADHD day." She continued, "And vice versa, if I have a hyper focused day, I can hammer out twelve hours of school no problem, which you can't do in a traditional setting. But with that comes certain sacrifices, such as you can't put your hand up in a class and ask an immediate question. It takes a little bit of time to get answers to questions you have. I'm learning that, you know, you need to kind of take that into consideration with your pace." In general, she finds communication with her tutors good, stating that although there is a lack of having questions answered immediately, tutors make up for this by "making sure that every question is answered. They do their best."

Her most memorable course so far has been ORGB 364: Organizational Behaviour, stating "I love learning about the human species on a macro level and how we interact with each other." She is also enjoying LGST 369: Commercial Law.

Ginger spoke briefly about her recent struggles when she wavered about continuing with her schooling. After the breakup of a relationship, she experienced a period of homelessness, before finding an apartment downtown Vancouver. Unfortunately, building renovations meant eviction once again. After another period of homelessness, Ginger became involved in "a very controlling and mentally abusive" relationship, which deteriorated her mental health and "slowed down [the] pace of [her] schooling." In the end, she spent last summer "camping out in the woods and off-roading and overlanding, which started off being a pretty positive experience."

Because of AU's flexibility, Ginger stated, "I was able to live in my truck and just use the data off my phone as a mobile hotspot, and I was able to continue on my school." Unfortunately, after suffering an injury during a performance, Ginger was sexually assaulted, which greatly affected her mental health, as well as her schoolwork once again. Despite setbacks, Ginger has remained focused on her long term goal of getting her company up and running.

By overcoming these barriers, Ginger plans to "give back to the community that has already given so much to me." She stated, "I want to be able to dedicate a certain percentage of my proceeds to charity. That's definitely my biggest motivator to keep going. I know that if I can get through this and represent a positive way to overcome things, then that's what I want to do."

Although Ginger is uncertain that she is able to fully answer a question about what she would do as AU's new president, she stated, "But what I do see on a surface level is that they are taking initiatives to continuously improve in this six or eight months that I've been doing courses. It seems like there's already great updates to the website." She stated, "I don't think I would change anything. I I feel like the school is on a good course [While] there's always room for improvement. I think the school is doing great things already." She also mentioned AUSU's new 2SLGBTQIA+ Discord Server. (Full disclosure: This reporter was involved in the creation of the server.)

As for pet peeves, Ginger stated that she is not impressed, "[w]hen people don't wear their masks when they're out in public, when they're not following protocols and having all these parties. I

have one thing to say—It's 'stay home, stay safe, and wear your masks, please.' Just try and stay positive through all this because it may seem like it's going on forever, but it is only temporary."

Ginger would like to meet entrepreneur and business mogul, Gary Vaynerchuk, who has "a lot of great views on modern ways of doing business and how to treat your employees right." She stated, "I really enjoy his non-traditional view on business and ultra-modern view on business. I take a lot of inspiration from him." And that lunch would be at a "local drag bar called The Junction here out on [Vancouver's] Davie Street, showing one of their delicious burgers or poutines. Honestly, it's really really good food, and then we'd finish off with a boozy milkshake over at Mary's on Davie there and have a great positive experience for sure."

As for non- AU books, Ginger admitted that she has not "read a book (like a good book) in close to a decade" after reading the *Elenium* series by David Eddings as a teen, which "ruined all of the books for me. It was just so freaking good!" However, she "want[s] to start getting back into reading." As for TV shows, Ginger just finished watching *Schitt's Creek*, which she was "pleasantly surprised, it was a great show," and is also watching *Letterkenny*.

Ginger has learned two main valuable lessons in life. Firstly, she stated, "The first one I learned in my early 20s, which was 'Question everything but with an open mind,' and 'Be willing to have your mind changed, hopefully for the better.' The second lesson has been more recent, where things just do not go according to plan. She stated, "You've just got to kind of take life as it comes at you, and just be grateful for what you have when you have it. And try and remind yourself of the positive things in the now."

Ginger's proudest moment in life was difficult to pinpoint, as she described many proud moments throughout her teens. "I was pretty high achiever and won lots of trophies in sports." However, now, she stated, "What I'm most proud of is that I'm getting my life back together. I've got a beautiful home in New West, and I've got my cat and my dog with me. I feel like I made the right choice with my schooling program. I feel like I'm making the right decisions. I'm just proud of myself for not giving up."

One thing that distinguishes Ginger from others is her drag, stating "On top of it, I'm a hetero queen, so I'm one of the very few—I'm definitely Vancouver's premier hetero drag queen." Ginger hopes to inspire other men that "they are also able to do what they want and they can wear makeup and they can feel pretty. Gender stereotypes don't necessarily have to exist." She continued, "On top of that, I also identify as genderfluid," stating "I don't identify as a man, or I don't identify as a woman." Instead, she identifies "with the energy that I'm feeling on the day. Some days I feel more masculine; some days I feel more feminine."

As a final note, Ginger let students know, "I'm here to show the world that you could do anything that you want to do. I'm here to break down those barriers and build those bridges between the LGBTQ+ community and the straight, cis-community. I want to inspire people to feel beautiful when they wake up in the morning and to work toward feeling more beautiful by the time they go to bed. And to remember — Ginger loves ya!"

Best of luck Ginger!

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

Coming up March 1 is Barista Day. We're serving up a pair of articles just the way you like them, as a nod to the essential services baristas provide.

They paved paradise. Writer Bill Pollett remembers when developers transformed the gritty neighbourhood he lived in and loved. "There was always the smell of piss and barbecued duck and rotten vegetables filling the heavy air." Lost & Found — This City, June 8, 2007.

You've got to make the moment last. Janice Behrens provides a savoury taste of the perfect pandemic food opportunity. "[Slow Food] encourages interest in such things as local, artisan produced foods, restful contemplation, generous hospitality and joyful sensuality." Slowing Down, October 13, 2004.

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*

 **THE
VOICE**

**Prizes will be Amazon gift cards*



Teaching My Daughter to Make a Scene The Importance of Speaking Up

Jessica Young



Recently I dealt with an incident at my six-year-old daughter's school. She was in the hallway with a boy from her class, away from the careful supervision of her teachers, when the boy became physically violent with her. My daughter was too nervous to tell her teacher. She thought her teacher was going to be mad at her. Thankfully, she had the courage to tell me when I picked her up from school that day.

The guilt and anger I felt was unimaginable, but what concerned me more was that my daughter did not use her voice. She did not trust her gut feeling that what happened to her was wrong. She believed that being hurt by her classmate could have been somehow been her fault, so she put a smile on her face and went back to class like nothing happened. This was particularly surprising to me because my daughter is *feisty*. I call her my jalapeno pepper because some people can't handle her spice. She is loud, outgoing,

and fiercely stands up for the people she loves.

Now, I am by no means blaming my daughter. I understand why she was nervous to say something. I understand why any woman who has been assaulted or harassed may not want to speak up. I have been that woman. I think most women have been in the position to understand this special kind of fear and shame. Women are conditioned by society to not make a scene; to be small; be quiet; be pleasant. I thought I had more time before my daughter felt the impact of these realities. I thought I was doing a better job at teaching her to use her voice. This was my lightbulb moment—I will not always be there to protect my daughter. She needs to know how to speak her truth and make herself heard, even if her voice shakes.

By complete coincidence (or maybe fate), a few days later I picked up a copy of a book I have been wanting to read for a while: *The Stranger Beside Me* by Anne Rule. The book is about the infamous serial killer and rapist Ted Bundy. The prologue covers several near-miss stories from women who were almost one of Bundy's victims. As if this isn't applicable enough to the existential crisis my daughter's school incident has triggered for me, Rule writes: "As I write these recollections of women who survived, I hope my readers are taking careful note of *why* they did. They screamed. They fought. They slammed doors in a stranger's face. They ran. They doubted glib stories. They spotted flaws in those stories".

Rule then goes on to tell a story she heard at a rape prevention conference. A man who had raped and murdered several women confessed to police. The man described luring a woman into his car, then pressing a knife against her ribs and telling her that he would kill her if she screamed. As he was driving her to a remote location, they stopped beside a police car at a red light. Again, the man tells her he will kill her if she calls for help. Finally, the man confesses, "I turned left, went down the road about half a mile, turned into a road, and I raped her and then I killed her".

What I hope most for my daughter is that she gets to grow up in a world where she doesn't have to worry about violence. Unfortunately, I think this may be a tall order. So instead I hope that the many long conversations I have subjected her to over the last week have made her realize the importance of speaking up when something does happen. I hope she screams and fights and runs. I hope she trusts herself enough to know when to stop being pleasant; when to doubt and slam doors in the face of anyone who gives her that feeling of uneasiness in her gut that is so often pushed down. I hope she calls out for help even when she has a (hopefully metaphorical) knife pressed to her ribs.

I hope she feels strong enough to make a fucking scene.

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



Joining *Chicken Soup for the Soul's* Family A first-time contributor's experience

Barb Lehtiniemi



"A Chicken Soup for the Soul story is an inspirational, true story about ordinary people having extraordinary experiences." - chickensoup.com

The first thing I did when I received my copy of *Chicken Soup for the Soul's* "Making Me Time" anthology was to turn to the Table of Contents to find my name. Out of the 101 stories in the book, mine, "A Daily Hour Just for Me," was number fourteen, on page 45. My first published book credit!

Writers never get tired of being published, and each new platform reached provides a fresh burst of excitement. From my first article published in *The Voice* back in 2013, I've gone on to have hundreds of articles published in newspapers and magazines, both print and online.

But *Chicken Soup's* "Making Me Time" was the first time I had a paid piece in a book.

I was long familiar with the *Chicken Soup for the Soul* series. Started in 1993, over 250 books have been published under the *Chicken Soup* banner. Each themed anthology contains over a hundred short pieces. All the stories are true, and all are upbeat and positive in tone. About a dozen new *Chicken Soup* titles are released each year.

A few years ago, I met an Ottawa-based writer who had just been published in a *Chicken Soup for the Soul* anthology. That was the first time I realized that *anyone* could submit a story for consideration. You didn't have to be famous, or even an established writer. Some writers have their first published piece in a *Chicken Soup* book.

Soon after, one member of my local writers' group submitted a Christmas-themed story she'd written to *Chicken Soup* for consideration. Everyone in our group was delighted when her piece was accepted. Months later, it appeared in one of *Chicken Soup*'s annual Christmas anthologies. My writing friend went on to have two more pieces accepted in subsequent CSS books.

As a published contributor to a *Chicken Soup* book, my writers' group colleague was able to arrange a virtual visit by *Chicken Soup* publisher and editor-in-chief Amy Newmark to one of our group meetings. That visit, by video link, offered our group the opportunity to ask questions and learn more about what the *Chicken Soup* team looks for in a story.

I began watching the *Chicken Soup* website for upcoming book themes. Their [Submit Your Story](#) page usually lists five or six topics they're seeking pieces for. Whenever I saw a theme that resonated with me, I'd draft up a piece. If I was satisfied with it, I'd revise it and submit it for consideration.

I submitted my story for the "Making Me Time" theme back in December 2019. The deadlines for several titles were extended in early 2020 due to the pandemic, and it wasn't until October 2020 that I received the email: they wanted to publish my piece!

After signing and returning the publication agreement, I was later given an edited version of my story to review. The *Chicken Soup* editing team proposed only light edits to my piece, all of which I agreed with. With the edited version, they also provided the quotation they proposed to appear at the beginning of my story, and I had the opportunity to give my feedback on it, or offer a different quotation if I wanted.

In the weeks leading up to the February 2021 publication date, the *Chicken Soup* team kept me updated by email about timelines for the book. Their marketing partner contacted me to ask about local media outlets so they could send out press releases. I was also asked if I was willing to be interviewed by local media about my story in the book.

A few weeks ahead of publication date, a box of books arrived at my door: my ten free copies of *Chicken Soup for the Soul*'s "Making Me Time." Each CSS contributor receives ten copies of the book, in addition to the \$200 they get paid for their piece. Finally, a book in my hand with my name in it! (The first signed copy went to my mother.)

Publication day, February 16, launched a week of social media activity. The *Chicken Soup* team provided graphics for posts, and tips for where and what to post. The publishers held a Twitter launch party, which offered an opportunity to connect with other contributors to the book.

The highlight of the week was a Zoom call for first-time contributors with *Chicken Soup for the Soul*'s publisher and editor-in-chief, Amy Newmark, along with other members of the CSS team. Amy congratulated the new contributors, and declared we were all now part of the *Chicken Soup* family.

I do feel like I'm part of the CSS family. Everyone I've dealt with at *Chicken Soup* has been warm and enthusiastic, and the whole process has been a positive experience.

Many contributors go on to be published in several *Chicken Soup* anthologies. I aim to be one of them.

If you're interested in submitting your own story to Chicken Soup for the Soul, check out their upcoming titles at www.chickensoup.com/story-submissions/possible-book-topics, and be sure to read the [Story Guidelines](#) for clues to essential story elements. Successful contributors receive \$200 for their piece, ten free copies of the book their piece appears in, plus additional benefits.

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

The Struggling Student Rants Christmas Can Indeed Take You by Surprise

Angela Pappas



In the January 27th issue of *The Voice*, someone wrote to Dear Barb, explaining how they went way over budget this past Christmas and woke up after Boxing Day to a surprise bill. While I've been just as guilty as the next person, I'm going to be a bit of a stinker and say that if you celebrate Christmas, your wallet should be prepared for it, just like you prepare the turkey and stuffing, don't you think? Christmas does come around every year—on December 25th—like clockwork. It's not like it takes us by surprise. Neither do birthdays, anniversaries, and all other *annual* celebrations.

All kidding aside, Barb gave some amazing advice to a surprisingly common problem. So common, in fact, that multiple posts and articles are written

about how to tackle this North American pestilence every year. I was floored after reading multiple Facebook threads about how people spend thousands every year, just to please two or three children and four in-laws. I accept this; to each, their own after all.

What baffles me, however, is that these thousands are spent by people trying to climb out of the hole they dug themselves into, while simultaneously feigning surprise and claiming they weren't prepared for Christmas expenses, that it caught them off guard! All my imagination can muster up when hearing this is the Terry Crews look. We are now far enough past Christmas to have come to our senses; we also have 10 months ahead of us to prepare for the next holiday season, just by having a little foresight and stop playing dumb.

The Damage is Done.

Barb suggested we prioritize our debt and work on the highest interest rate first. While this is sage, mathematical advice I disagree with this. Although most financial advisors will give similar advice, from a common sense point of view, debt has nothing to do with math and everything to do with mentality and the psyche. If we have an extra \$50 lying around and throw it at a \$500 credit card debt, we will get a better sense of accomplishment than putting that fifty-dollar-bill towards a \$50,000 debt, no matter the interest rate. It's a psychological boost. We see the numbers change more drastically on the smaller balance, which makes us try harder to find another \$10, \$20, or \$50 to put towards our debt load. Next thing you know, your car is paid off four years earlier than expected!

This is called the Snowball Method and it tackles debts according to their balance, starting with the lowest one first. The reason it's so popular with those carrying a heavier debt load is because seeing the avalanche is overwhelming at best, whereas seeing a small victory, even if miniscule, helps us keep marching on.

Eat the elephant one bite at a time. Next, Barb suggested we put aside a little bit each month—or pay period—to prepare for next Christmas. I 100% agree here and can't preach this loud enough! It doesn't have to be a substantial amount, but you should estimate how much you intend to spend on holiday gifts or birthday parties and set a budget for them. I also know it's tempting to go overboard with spoiling your loved ones. Every little trinket on their wish list, however, will only put a temporary smile on their faces, it will not truly fill their hearts. That's only something you can do—with your presence, laughter, and the memories you create with those you love.

Once you set a reasonable budget for these occasions, you need to be strict about sticking to it. No last-minute stocking stuffers or birthday surprises; only spend the cash you set aside. Besides, if they love you more than your wallet, I doubt they want you to go broke. Once your budget for each occasion has been set in stone, divide that amount by how much time you have left. For example, we still have ten months until the next holiday season. Putting \$100 aside each month into the cookie jar isn't so bad now compared to dishing out \$1,000 next January. However, you have to diligently feed that jar every month. If you skip a couple months, to cover a few other items, this won't work very well—trust me, I know. If you do stick to the plan, though, you'll be pleasantly surprised come Boxing Day when you find yourself out.. \$0, zilch, nada. My heart skips a beat just thinking about it!

Finally, a word of caution: under no circumstance are you to whip out that credit card (or any other means of payment) under the pretence that you've been diligently feeding the 'gift fund' every month and you aren't under budget for once in your life. Just like wearing over mitts to keep from scratching your face off when you get the chicken pox, do what you need to do and hide, freeze, burn, or shred those credit cards if you have to. Stick to your original plan, write out your gift list just like you do your

AU-thentic Events **Upcoming AU Related Events**

Bannock and a Movie March Edition: Wahkohtowin: Cree Natural Law

Mar 1 to Mar 31

Online, Hosted by AU Nukskahtowin
www.athabascau.ca/indigenous/bannock-and-a-movie/index.html

Access through above link

Talk to a Librarian Drop-in Session

Tues, Mar 2, 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

CIDER Session Series:

Changes in educators' digital literacies and perceptions of community of inquiry resulting from participation in an open online professional development course

Wed, Mar 3, 11:00 am to 12:00 pm MST

Online

Hosted by AU's International Review of Research in Open and Distributed Learning (IRRODL)

cider.athabascau.ca/

No pre-registration required; access through above link

Talk to a Librarian Drop-in Session

Thur, Mar 4, 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

Challenging workplace norms for better roles and opportunities

Fri, Mar 5, 11:30 am to 1:00 pm MST

Online

Hosted by AU

news.athabascau.ca/events/challenging-workplace-norms-for-better-roles-and-opportunities-2/

RSVP through above link

The Grad Lounge

Fri, Mar 5, 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.

grocery list, and even do some market research to find the best prices out there. Spend only what you have actually set aside and next January 1st you'll be toasting to the new, debt-free year ahead and thinking "maybe that cheapskate made a valid point after all."

Angela Pappas is a part-time AU Certificate student who enjoys learning and discussing anything personal finance and personal development related.

Fly on the Wall

Joyful Sloth and Indolence

Jason Sullivan



Why Finding The Time May Not Be The Answer to Our Study Woes

The post-punk Marxist band *Gang of Four* once sang, with plaintive aplomb in the face of the mixed results of industrial job creation, "please send me evenings and weekends". We at AU might relate to this sentiment; the gift we purchase for our futures selves by furthering our education can arrive with attendant difficulties of time management. School seeps into places in our life we didn't even know we had! A wish for more leisure time arises as a sentiment at AU whenever our studies jostle in a space/time continuum with the rest of our life. The good news, happily, is that twenty minutes of inspired study can equal a whole hour of insipid effort!

To Rest And Rejuvenate Means What Those Words Say

Maybe it was in a dream that I heard that fortune cookie aphorism about inspired time. I don't remember. Yet, wherever the source, it taps into something essential about our human condition: we tend towards laziness if given half a chance. And often doing nothing, like scrolling social media newsfeeds or half-heartedly watching TV, feels like doing something. Rarely did the twain meet until we met the ominous truth that there is always a new assignment for us to do at AU.

Jean-Jacques Rousseau spoke pointedly, and perhaps with a touch of humour, about the basic nature of human productive proclivities:

"The extent to which man (sic) is lazy is inconceivable. One would say that he lives only to sleep, to vegetate, to remain immobile. He can barely resolve to bestir himself enough to avoid dying of hunger" (Rousseau in Derrida, P. 414). Well hey, who hasn't felt so tired and lazy that they could just wilt into a coma rather than crack the E-books? Like leading ourselves down a garden of Eden trail without even knowing we had, our "delicious indolence" meets a new regime borne of our socialized desire to better ourselves. To learn is to realize our lack and our failures in the past; we have to be pretty humble to realize that our spare time is now potentially the property of our leaner, meaner, academic minds.

Rousseau claims that "if one looks carefully, one would see that...it is in order to achieve repose that each works. It is laziness again that makes us hard-working" (415). Even if one hasn't wiled away many a slothful weekend afternoon listening to Stuart Mclean's *Vinyl Cafe*, only to learn that the presenter died before reaching a ripe old age, to realize that nothing is certain in life. Even folksy sweetness and the best of intentions doesn't guarantee success. If you've ever thought you

loved a research topic (or a whole academic discipline) only to hit a wall, you know what I mean. What matters is less the answers we think we had as the question we learn to ask; and questioning drives us on in our studies. We check our lazy bones at the door when we embark on our AU journey.

Mistaking Laziness for Potential

Rousseau belies his epoch, the 1700s, by noting the timeless origins of human consciousness and the mystery of why humans ever ceased to just sort of live in the moment in their spare time. Over eons, somehow, life became busy and complicated akin to how we suddenly find our life space filled with academic concerns. “Supposing perpetual spring on earth; supposing everywhere water, livestock, and pasture; and supposing men leaving the hands of nature, once dispersed in all this, I cannot imagine how they would ever have renounced their primitive liberty, to impose upon themselves unnecessarily the slavery, the labors and the miseries inseparable from the social state” (279). Our minds reading and learning at AU get that way by using whatever tools are at hand. If all the world’s a hammer, says the phrase, then everything’s a nail. Well to us, our free time is a chance to grow our best scholarly selves.

Rousseau suggests that while indolence may be our natural and original state it is this same primordial essence that somehow provides space for creative expression. Yet, this impetus towards production appears to arise from sociability rather than isolation, acculturation rather than contemplation. And here is where AU lets us get the best of ourselves in a good way: we can discover new and more authentic selves by learning to learn at our own pace and in regions of the mind that transcend our geographic and intellectual context.

Civilized in a Good Way?

As recorded history states, most human civilization embarked on the creation of city settlements (though many very recently) and with this shift in lifestyle came a change in all that made us human. Delicious sloth was replaced by the urge to work, work, work! And here we are brought back to our lives at AU; if we feel like our studies are a struggle then we may be looking at the whole enterprise backwards. Education is supposed to better all parts of us, not only our CV and future (if we have one!) learning potential. Rousseau describes this slippery slope of intentions where a desire for betterment can lead to a life in harness: “in the distance I hear the joyous cries of a senseless multitude; I see the building of palaces and cities; I see the birth of the arts, laws, commerce; I see peoples forming, expanding and dissolving, following each other like ocean waves; I see men gathered together at a few dwelling places of mutual development, turning the rest of the world into a hideous desert...” (279). He’s not always an optimist, Rousseau, yet this trait lets him reveal a truth of our academic life: we aren’t here to be miserable, we’re here at AU to flourish!

So to truly embrace our better selves we are well-advised to remember that inspiration is what drives us forward. If twenty minutes is all the gusto we have for studying some days then so be it. Better to be the wheel than to be ground under by its incessant churning: that’s what makes individualized study special, we learn to be self-starters. Because in the end, all of our life and indeed life as we know it, can be washed away in a moment. No one wakes up dead and wishes they’d have forced themselves into more study drudgery. So when you’re feeling lazy, maybe just take refuge for awhile in the pure joy of being idle. After all, it’s our own best selves that domesticate our lesser impulses. And a guilty rest is almost like no rest at all.

References

Rousseau, J.J. (1781). in 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.

30 Pieces of Wisdom from a 50-year-old

Marie Well



Turning 50 feels like turning 18, only better. The wisdom gained at age 50 can lead to the most blissful moments imaginable. And the wisdom each of us gains by age 50 will be unique from the next person's. That's because wisdom is infinite. But I believe all wisdom can be simplified to one thing: love.

Let me share with you, my dear reader, my 30 pieces of wisdom at age 50:

1. I've learned if we have nothing in our hearts but love, then we have truly forgiven.
2. I've learned if we feel nothing but love toward our work, then we have truly served.
3. I believe we must always forgive our parents on the sole grounds that they gave us life.
4. I believe our goal is to be happy all the time. To achieve this goal, we must train our minds. Training our minds takes constant effort.

Everything that we value takes constant effort.

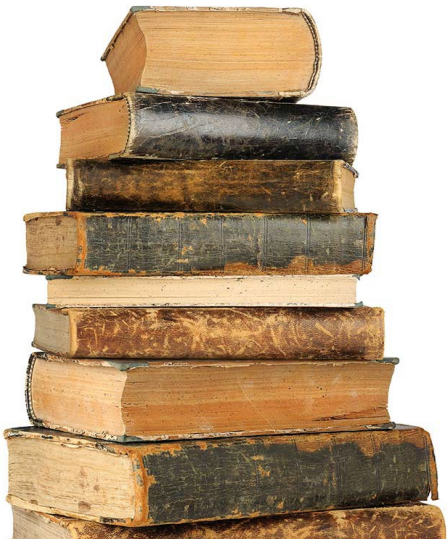
5. I believe we should devote our lives to spouses whom we respect and love immensely. If we feel deep love for someone, we are more likely to overlook faults when they arise, even the most deep-rooted ones.
6. I think everyone has at least one serious flaw. When we overlook that flaw, we come closer to finding happiness.
7. I think that no matter how someone may wrong us, we must always take the high road, never seeking revenge. Sometimes we strike out at an assailant, which we should never do. Our assailant's heart might then bleed as he asks, "Why did you do it?" If our response is, "What did you expect?" then we are clearly on the wrong path.
8. I think we should never allow our hearts to harden, no matter the offense. If we embrace everyone with nothing but love, our hearts soften and we find peace.
9. I believe the best love we feel is the love we give, not the love we receive.
10. I've learned we should never take part in a family feud. Love all family members instead.
11. I've learned to find work I feel passionate about performing. It brings hours of joy each day.
12. I've learned to invest time, money, and energy into the ones we love.
13. I've learned that wisdom is applied knowledge. We must apply that knowledge each day with greater energy than the day prior.
14. I believe love should take more effort on our parts each day. We should court our spouses with increasingly greater intensity than we did on the honeymoon.
15. I've learned we should build in enjoyable but relevant tasks throughout our work days.
16. I believe that if we ever have a moment of unhappiness, then our thoughts are in the wrong place—in need of correction. We must learn to control our minds.

17. I believe that every activity has its season. There is a time to study, followed by a time to apply that knowledge. We may grieve the end of one season, but it's always followed by another season. Every season has its own unique beauty.
18. I've learned that caring for another life form, whether it be human, animal, or plant, must be the most rewarding activity we could ever do.
19. I believe that when we discover our dream careers, work becomes a playground, even for the most vulnerable people.
20. I've learned to say no to any of our thoughts that don't bring immediate happiness.
21. I believe we are here to love another human being unconditionally. The best way to do that is to expect nothing but give everything.
22. I think there are no such things as toxic families. Families are merely people in need of our love.
23. I believe everyone we encounter in life is there for a reason—to be loved.
24. I've learned we must never neglect our bodies. We must always take time for exercise and nutrition.
25. I've learned that for every disability, no matter how extreme, someone has achieved great heights despite their limitations.
26. I've learned to never play victim when wronged. Smile instead. Don't take it personally, even if the act was intended to cause harm. Drum up ways to win over the wrong-doer. But expect not the slightest kindness in return. Weird as it may seem, this strategy brings me the most happiness.
27. I've learned acceptance leads to peace.
28. I believe we can train our minds to feel empathy for everyone. See only the best in everyone we meet.
29. I believe we should never criticize anyone. Love them instead.
30. I understand people may be suspicious of our shows of love. Love anyway.



Where to Begin with Classic Literature Black Authors

Faye Lilley



As Black History Month draws to a close, let me add my voice to those who are saying, “Don’t just read Black authors in February. Keep reading Black authors all year!”

With that goal in mind, and because I am obsessed with classic literature and want to encourage everyone to read as many classics as possible, I come to you today with a list of ten amazing classics by ten incredibly talented Black authors from America and the UK. The genres range from memoirs to novels and even a play, and I have organized them by publication year, from the 18th century to the 20th. I hope you will take some time throughout 2021 to check some of these out and perhaps use them as a starting place for exploring the history of Black literature in the West.

The Interesting Narrative of the Life of Olaudah Equiano, by Olaudah Equiano

First published in 1789, this autobiography was the first African slave narrative to gain a big readership. Olaudah Equiano was kidnapped as a child from his African village and taken as a slave to the Americas, until he managed to purchase his freedom as a young man. He then lived as a freedman in London, England, where he supported the abolitionist movement and wrote his memoirs to expose the harsh reality of life as a slave. Equiano's writing style can seem dry by today's standards, but in terms of Black history in the West, it is a must-read.

Twelve Years a Slave, by Solomon Northup

You have probably heard of the movie, but did you know it was based on a book? First published in 1853, this is the autobiography of Solomon Northup, who was born free in New York state but was kidnapped into slavery for twelve years. Like Equiano before him, but intended specifically for an American audience, Northup used his memoir to chronicle and raise awareness of the horrors of slavery, which was still legal at the time of its publication.

Wonderful Adventures of Mrs. Seacole in Many Lands, by Mary Seacole

Moving now into the 19th century, this is the autobiography of Mary Seacole, a mixed-race freewoman from Jamaica who worked as a nurse/doctress for the British during the Crimean War. Like all the great Victorian writers, Seacole's prose is witty and engaging, and her story will leave you wondering why Florence Nightingale gets all the attention when Seacole predated her as a nurse practitioner. First published in 1857.

Incidents in the Life of a Slave Girl, by Harriet Jacobs

First published in 1861, this slave narrative offers the perspective of female slaves, not only Harriet Jacobs herself but also the experiences of other slave women whose voices were not otherwise being heard. Jacobs escaped the sexual harassment of her master, but she wanted to ensure that white women knew of the sexual abuse and cruelly truncated motherhood that female slaves so often had to endure. This autobiography was published at the start of the U.S. Civil War, and it helped to fuel the abolitionist cause.

Passing, by Nella Larsen

Published in 1929, this is the story of two childhood friends, Irene and Clare, who are both mixed-race and light-skinned. However, while Irene marries a Black man and lives as a Black woman in 1920s Harlem, Clare marries a white man and "passes" as white. This is a thoroughly engaging exploration of race, class, and gender in 20th century America.

Their Eyes Were Watching God, by Zora Neale Hurston

First published in 1937, this novel is presented as the oral account of middle-aged Janie Crawford's eventful, turbulent, and often scandalous love life. Because it is written in African-American dialect that can be difficult to read for those unfamiliar with it, I highly recommend listening to this one on audiobook to get the full effect of Janie's spicy storytelling.

Native Son, by Richard Wright

Arguably the *Crime and Punishment* of 1930s Chicago, this best-selling novel from 1940 tells the story of Bigger Thomas, a young Black man who accidentally kills a white woman. The book shows how inescapable the effects of racism are and explores the moral degeneration of a human being whom society has cornered like a rat.

Invisible Man, by Ralph Ellison

First published in 1952, this groundbreaking and highly influential novel is not to be confused with the science fiction novel of a similar name. The narrator of this book is not invisible in the

literal sense but in the figurative sense of not being seen as who he truly is, since everyone who looks at him sees only the colour of his skin and makes their assumptions from there. We follow the narrator on a mind-bending journey that includes everything from a “battle royal” of young Black men to shock treatments in a hospital to a secret society of Black nationalists. It’s a wild ride and a true literary masterpiece.

Go Tell It on the Mountain, by James Baldwin

This semi-autobiographical novel, first published in 1953, takes place over a 24-hour period in the life of a teenaged boy who is struggling with his relationship with his father, the Christian church, and his own sexuality. Baldwin was told that the exploration of homosexuality in his works would alienate much of his Black audience, but many of his books, especially this one, have long been considered American classics.

A Raisin in the Sun, by Lorraine Hansberry

This play is the story of the Younger family, who are trying to decide what to do with a large life insurance payout, and who find that their white neighbours don’t appreciate their achievement of the American dream. The play opened on Broadway in 1959 and broke new ground as the first true-to-life theatrical depiction of the African-American experience. Not only that, but it is considered one of the best plays ever written.

Faye is a writer, literature nerd, and TV addict who rarely sets foot in the real world. Thanks to AU, she is overcoming health-related obstacles and pursuing her lifelong dream of an English degree.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Troop 17 Scholarship

Sponsored by: RCMP

Deadline: March 31, 2021, 23:59 PST

Potential payout: \$1000

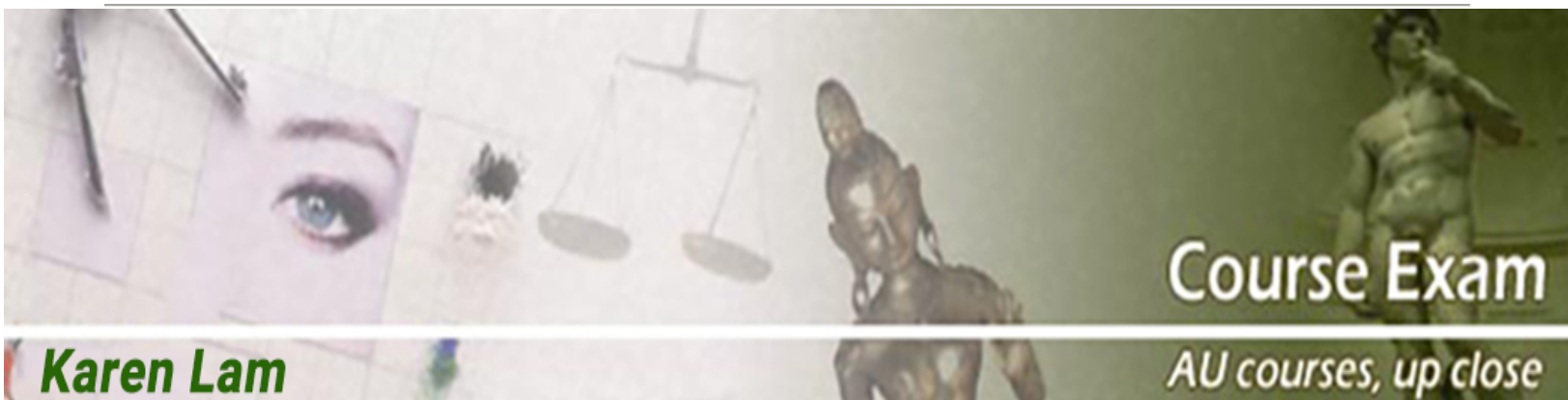
Eligibility restriction: Applicants must be Canadian citizens or permanent residents, have reached the age of majority in their province/territory of residence, and be enrolled full-time at an accredited Canadian college or university.

What's required: A completed application form, proof of enrolment, two completed reference forms, and a maximum 1500-word essay outlining the steps you have taken to prevent bullying and harassment in your school or community.

Tips: Read the How to Apply section carefully.

Where to get info: www.rcmp-grc.gc.ca/en/troop-17-scholarship



**Karen Lam****Course Exam***AU courses, up close***Course Exam****Karen Lam****ANTH 272 (Introduction to Archeology)**

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 272 is a three-credit introductory course to Archaeology that falls under the Faculty of Humanities and Social Sciences. This course will offer you an extensive overview of the theories, methods, and the different practices of archaeology. ANTH 272 also examines the methods and material remains used to study the past. This course is designed for Anthropology and Archaeology majors, or anyone looking for Humanities/Social Sciences elective. The course itself has no prerequisite.

Why You Should Take This Course

For anyone who is interested in anthropology or archaeology, potentially majoring in this field or simply looking to learn more about the study of human activity through various forms of recovery and analysis of material remains, this is the course for you!

We asked a few students who recently completed ANTH 272 why they took the course and if they recommend it to others, and the students that took the course mentioned the initial reason they took the course was because they required some social science credits for their degrees. However, upon taking anthropology or archaeology courses, they developed strong interest and passion for the courses and ended up taking further anthropology and archaeology courses to fill all their other social science credit requirements. The students who have taken ANTH 272 highly recommended this course to others looking for credits, as well as those taking a degree in Anthropology. They liked the course because they found the information and facts interesting, especially the unit about the various types of preservation that can affect a site. Students also highly credited their tutor for her support and guidance in the course.

Course, Assignment, Midterm and Final Exam Details

ANTH 272 is divided into three units with Unit 1 exploring the Framework of Archaeology, Unit 2 focusing on Discovering the Variety of Human Experience, and the final Unit 3 the World of Archaeology. Each unit is divided into a few lessons. The first two units require students to take notes from the two textbooks assigned to the course, and reading the study guide commentary, along with viewing the documentary "The African Burial Ground," which will be featured in the assignments and midterm/final exam.

The course itself is composed of two quizzes each worth five percent each. There are two assignments, with assignment one being worth 20% and assignment two worth 30%. The course includes a midterm and final exam each worth 20% that must be taken online with an AU-

approved exam invigilator. Students are required to achieve a minimum of 50% on both the midterm, final exam and an overall mark of D (50%) for the entire course to pass.

Introducing Dr. Laurie Milne – Course Tutor

The course coordinator for ANTH 272 is Dr. Meaghan Peuramaki-Brown and the course tutor is Dr. Laurie Milne. We had the opportunity to speak with Dr. Milne about the course.

Dr. Milne completed her Honors BA in Archaeology in 1968 and her MA in Archaeology in 1971, both at the University of Calgary and commenced employment at Medicine Hat College in 1971 and remained there until June 2015. While on sabbatical and leave from MHC, she attended Simon Fraser University and received her PhD in Archaeology in 1994. Dr. Milne commenced work as a tutor with AU in 1999 and has also served as an SME, authoring 3 courses, Anth 272, Anth 320, and Anth 394. She also served as an interim coordinator of archaeology courses for 3 years until Dr. Meaghan Peuramaki-Brown came to AU.

The focus of Dr. Milne's studies has been lithic technology, cultural ecology, anthropological archaeology, ecological archaeology, and hunting and gathering societies and the challenges they faced in provisioning themselves and their families. She owes her interest in subsistence activities to her mother, an avid fly fisherwoman and gardener! From the time she was two years old her mother would backpack her to favorite fishing holes. Dr. Milne, her parents, and her grandparents spent many weekends picking wild cranberries, blueberries, saskatoons, and chokecherries. "Huge vegetable gardens supplied much of our food" and, at age 3, Dr. Milne was given her first small garden space. When she was 12, a summer vacation with relatives (who were avocational archaeologists) provided the experience of handling stone tools and visiting archaeological sites left by prehistoric First Nations people. Dr. Milne's mother encouraged her interest in archaeology by taking her to many different locales where artifacts were eroding out of cultivated fields and blowouts.

In 1964 Dr. Milne graduated from high school, the same year, coincidentally, that the University of Calgary opened the first archaeology department at a North American university; Dr. Milne was a member of their first class of students. The program of studies provided background in the four fields of anthropology: cultural anthropology, physical anthropology, anthropological linguistics, and archaeology but it also included interdisciplinary science courses in vertebrate paleontology, osteology, palynology, geomorphology, and soils. Dr. Milne's interest in interdisciplinary research derives from her U of C experiences and was further developed at SFU. While a graduate student at the U of C Dr. Milne had the opportunity to teach her first class, a unit on Indians of the Northwest Coast. She immediately knew that teaching would become her life's work. It was the classroom and students that drew Dr. Milne in and made her excited for each day, an excitement that remains to the present.

How to Be Successful in the Course

Dr. Laurie Milne's Advice for the Course

"When I call new students I always tell them that Anthropology 272: Introduction to Archaeology is a demanding course in terms of its two texts, required video, and coursework, however, the assignments largely require use of course materials rather than library research; quizzes are open book and untimed; the quizzes and assignments foreshadow many exam questions; the subjects under study are diverse and interesting; and I am available to help them be successful in their course experience.

I note that Anthropology 272 provides a great foundation for other archaeology courses and point out that the main course text (Colin Renfrew and Paul Bahn- *Archaeology: Theories, Methods and Practice*) is reputed to be the #1 selling introductory archaeology text in the world and that the articles in the book of readings (Robert J. Muckle- *Reading Archaeology: An Introduction*) have been judiciously selected by the editor, a college professor from Capilano University College in North Vancouver.

I provide extensive comments on all quizzes, assignments, and exams and where appropriate I illustrate by using my personal experiences in archaeology. Some students find critical thinking challenging but questions in each unit of the Study Guide and in assignments generally provide practice which helps students develop such skills. The major research assignment has been modified due to pandemic circumstances and to fit the abilities of students.”

Thank you so much to Dr. Milne for sharing her story and valuable advice to the course!

Student Tips

Course Overview

For this course, we were able to interview one of the students who recently completed ANTH 272, and they stated that this course thoroughly covers all basic aspects of archaeology. When the student compared ANTH 272 to ANTH 277, which is another course they were taking concurrently, they mentioned that ANTH 272 contains a lot of details about subjects, dating processes, archaeological paradigms, and famous archaeological findings. The course itself comes with two hardcopy textbooks, one is the main text, and the other text contains all supplementary readings. When asked whether the textbooks were helpful, students from ANTH 272 mentioned the main textbook is extremely helpful and contains lots of information that is enquired in the quizzes and assignments. Students mentioned there is also a required video and various optional videos that can be watched online or ordered as a DVD via the AU Library.

Assignments

Assignment one is three short essays. Each is 750–1,000 words. Students are provided with six topics and permitted to choose their three topics. The second assignment is a longer paper (one student who completed the course mentioned their second assignment was about 20 pages but that includes charts, photos, and references) based on the weeks' worth of household garbage. Students mentioned that assignment two required a lot of work but received extensive support from the tutor and that made things much smoother and easier. The two quizzes are composed of paragraph-length answers, but, ideally, the more detail the better. Quizzes are documents that can be done at student's own time and are not in exam format. The second quiz is like the first quiz but focuses on the final unit.

When we asked students for tips and suggestions in succeeding in the course, students suggested it is important to pay attention to the list of terms and concepts at the beginning of each lesson, as these are “need-to-know” facts that will be tested in the quizzes. It is also important for students to take detailed notes, especially from the main textbook assigned readings. Students also recommended watching the optional videos scattered throughout the course as they found it very enjoyable and helpful, but they do not contain information that will be tested on assignments/quizzes/exams.

Students praised the course tutor, Dr. Laurie Milne for being the best tutor they had from all the AU courses they have taken so far. Dr. Milne was praised as being very helpful, answering all

their questions, and being extremely proactive about speaking with students over the phone to discuss the course at the beginning of the term. Dr. Milne also gave detailed instructions and support for the lengthier second assignment. Students found she gave clear guidelines of her expectations on quizzes, assignments, and exams, and provided constructive criticism that helped them improve significantly throughout the course. Students also found Dr. Milne responded to emails the same day they emailed her, and that they would receive marks often within an hour to a day after submitting assignments. Overall, students found Dr. Milne very approachable and readily available for support.

Midterm and Final Exam

Exams follow the same format as the quizzes and include four identification questions, two compare/contrast questions and three essays. All offer choices except the compulsory essay, which deals with the required video.

Questions?

If you would like to learn more about the course prior to registering, please feel free to contact the Course Coordinator, Dr. Meaghan Peuramaki-Brown at meaghanp@athabascau.ca. Happy studying!

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

Convocation angels: A student's wish to perform a private convocation ceremony while her mother can still attend leads to AU stepping in to help work a convocation miracle.

Discord

We all have those days: An expression of existential dread by one student leads others to share their bumps on the university road—but the destination is ultimately worth the rough patches.

reddit

Read some lips: a potential AU student launches a discussion about AU's course delivery and expresses disappointment that the course commentaries aren't in video format.

Twitter

@austudentunion tweets: "AUSU is aware that food insecurity is an issue for many students. To help with this barrier, AUSU has launched a new Virtual Food Assistance Program! Find info about this program and additional resources here: <https://bit.ly/2Zsp7R5>."

Homemade is Better

Risotto

Chef Corey



Risotto is probably one of the more difficult dishes to get right. It's not impossible, but a few things have to happen for a cook to get it to the correct consistency. Gordon Ramsay would say it should relax on the plate. The texture of risotto is similar to rice in that it should be soft, but also silky smooth, and not clump up. The best way to achieve this is to a) serve it as soon as it's ready and not let it sit and b) take your time with it. This is not a quick dish; it will take at least 45 minutes from start to finish which means time management is very important.

I'm sure you're thinking to yourself, why would you even attempt it with the previous warning. Well, when made right it's a delicate, delicious side dish! One that you *should* attempt. Take your time, follow these instructions, and you'll be ok. If your first attempt isn't perfect, have patience and try it again.

A little history for you. Risotto is typically made from Arborio rice, which is a large grain superfino rice. What makes Arborio, and other Italian rice, unique is the ability to absorb liquids without overcooking. Arborio is not the only superfino rice though, there is also Vialone Nano, Carnaroli, and Baldo. Each type can be used for different flavour combinations. For example, Carnaroli might be used when a cook is trying to use bold flavors. In my experience, here in Canada, Arborio is the most widely available.

One of the first steps in preparing risotto is washing your rice. The reason you rinse it is to get the starches off. You do not want starch in this meal, so we rinse our rice until the water comes clear. It might take about a minute or so. Another step to watch for is how quickly it is absorbing your liquid. You don't want to add more liquid until the rice has absorbed the current addition. And lastly, toasting your rice. Before you add any liquid to it you want to make sure it is coated with the fat you've used; in today's recipe that is going to be butter, but it could be grapeseed oil, bacon grease, olive oil, or coconut oil. It depends on what, if any, flavors you want to add. The fat you use can impart a specific flavour that you might find attractive.

When toasting the rice, ensure all the grains look like they are covered, don't inspect them one by one, but there might be a slight nutty smell to the rice. You're also not trying to brown the rice; you just want to warm it up and get it coated. Once it's coated and warmed up, then you start adding liquids. About a small ladle amount at a time until you see the rice has soaked up all the liquid, then add the next ladle. Stir it so it doesn't start to stick together, because you also don't want a big clump. You don't have to be rough, just a gentle stir. When all the liquid is absorbed, taste it and add more salt if you think it needs it. Serve it immediately and *buon appetito!*



Risotto

Ingredients:

15g – Butter
 15ml – Canola Oil
 15g – Onion OR shallot, finely diced
 1 clove of garlic – minced finely
 225g – Arborio Rice
 100ml – Tequila, you can substitute a dry White Wine such as a Pinot Gris or a Sauvignon Blanc
 600ml – Chicken Broth
 45g – Parmesan cheese grated fine
 Kosher Salt to taste or about 1 tsp



Directions:

- 1) Finely dice your onion, make sure they are very small and thin.
- 2) Warm up a non-stick pan over medium high heat.
- 3) Pour the Stock into a pot and bring it to a boil, then reduce the heat to a light simmer (low heat).
- 4) Add the butter and oil to the frying pan.
- 5) Once the butter has melted add the onion and garlic. Stir until they are starting to look translucent about 3 minutes
- 6) Add the rinsed rice and stir until all the rice is coated in the butter and oil about 2- 3 minutes
- 7) Add the tequila and allow the rice to absorb it, while you stir.
- 8) Once the tequila is absorbed add ¼ cup of chicken broth and stir until it is absorbed.
- 9) Keep adding broth until it is all added, and the risotto is slowly spreading outward.
- 10) Add the parmesan cheese and stir it in.
- 11) Taste for flavour and add salt until you just taste it.
- 12) Serve it up and Enjoy!

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





Dear
Barb

Barbara Godin

Dating Despite Disease

Dear Barb:

My boyfriend and I have been dating for two years. Our relationship was beginning to fall apart before the pandemic, and we were considering breaking up. We are not happy and don't get along well, but we are both reluctant to break up because of COVID-19. How would we meet someone new? Neither of us wants to be alone, so we are staying together so we will have someone to spend time with socially and intimately. But I am finding it more and more difficult to spend time with Jeff, since we end up arguing most of the time. Would I be better off if I just ended the relationship? Is it possible to safely meet and hook up during the pandemic, or will I have to be alone until it is over? Looking for some advice. Thanks, Penny.

Hey Penny:

It's not a good idea to remain in a relationship because you don't want to be alone, that will cause you to settle for all kinds of behaviours that you wouldn't normally settle for.

No doubt dating during the pandemic is a unique experience, but it is possible to do. Everlywell, a company that manufactures COVID-19 tests, plus many other at-home tests, discovered that one in four Americans between the ages of 20-30, broke quarantine measures to have sexual contact while the quarantine orders were at their height. Certainly, this is not a healthy thing to do.

Some dating apps are helping with this awkward situation, some allow you to put a badge on your profile, stating what kind of meetings you are happy with: virtually, social distanced - with or without a mask. Some applicants choose to put their COVID-19 test results on their profile. So there are definitely some options depending on your level of comfort.

Also there are ways to keep the early dates safe. For example, keep the meetings outdoors, where the risk of transmitting the virus is lower and wear a mask, and socially distance. Picnics and BBQ's are safer bets than going into a restaurant, although outdoor patios are an option. During the winter months you can still go for walks, snowshoeing or cross-country skiing, as long as you are dressed properly, considering the cold winter we are enduring. These are all safe ways to get to know each other. If you choose to take the relationship to the next level, you can both get tested for COVID-19. It's actually a good idea to be tested regularly, unless you both have fairly limited interactions with people that you know are safe. So it is possible to meet people and connect during the pandemic while still staying safe, as long as you make sure protocols are followed. It is not necessary to remain in a relationship that you both are not happy with, you can move on. Thanks for your letter Penny.

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 New Adam

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

- **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](#)
- **Apr 8:** [AUSUnights Virtual Student Social](#)

Services from AUSU

If you are an undergraduate student at AU, that means you are also a member of the AU Student' Union!

What is AUSU?

Being a member of AUSU entitles you to access [AUSU services](#), attend events and online council meetings, receive support and advocacy from AUSU, and run in our election for a position on AUSU council.

Services for Students

As a member of AUSU, you have access to our services and resources, **no matter where you live or how many courses you are taking**. These include:

- [Awards and Bursaries](#)
- [Student Advocacy](#)
- [Free Mobile App](#)
- [Free LinkedIn Learning](#)
- [Free Resume Review Service](#)
- [AUSU Open Mic Podcast](#)
- [Eye-wear Discounts](#)
- [Pharmacy Discounts](#)
- [The Voice Magazine Student Publication](#)
- [Virtual Food Assistance Program](#)
- [2SLGBTQIA+ Discord & Resources](#)
- [Career Resources](#)
- [Peer Course Reviews](#)

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



AUSUnights Trivia

AUSUnights is a Virtual Student Social trivia night held on the second Thursday of every month. They 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!

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



AUSU Year-Round Bursaries

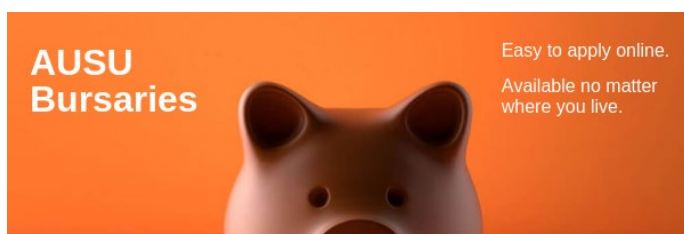
AUSU has [year-round bursaries](#) available for AU undergrad students in financial need.

Computer Bursary - provides new laptops for members who need one for their AU coursework and are otherwise unable to afford one.

Emergency Bursary - can pay for AU course extensions, late exam, or supplemental exam fees for members who require them due to unforeseen circumstances.

Travel Bursary - can help pay travel expenses related to an AU course, such as travelling for exams, labs, practicums, or related conference.

Applications are on the [AUSU website](#).



CLASSIFIEDS

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

THE VOICE

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

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

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

www.voicemagazine.org

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

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

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

© 2021 by *The Voice Magazine*

ISSN 2561-3634