



# THE VOICE

Vol 29 Issue 11 2021-03-19

## **Minds We Meet**

Interviewing Students Like You!

## **Music an Ablest Mess**

A Slap in the Face to the Autism Community

## **Council Connection**

What Went Down February 17th

*Plus:*

*Japanese vs Korean Barbeque  
He Is In Danger  
and much more!*



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# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://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 Contest Closing

Karl Low



If you're reading this on Friday, March 19<sup>th</sup>, there's still a few hours to get your entry in for the Voice Writing contest. We've got a good number of entries for the fiction category, and a few for the non-fiction category, so the next step is for me to remove all identifying information from the entries and send them off to our judging panels. Then we wait. And I'm as anxious about it as you are.

In the meantime, this week's *The Voice Magazine*, gives us an interview with student Josh Dela Peña Galarido. It's a fun interview and a read that will definitely help you get to know this student who's working toward his Bachelor of Professional Arts degree.

Also this week is the report on February's AUSU Council meeting. It's taken a while to get this one out as I was waiting on some extra information from AUSU, but it's here now, and the report for the March Meeting will hopefully be out in the next couple of weeks. But speaking of that, if you're a person who's interested in

what's going on at AUSU Council, can spare a few hours on a Wednesday evening each month, and are able to write a thorough report on what you hear at the meeting, please get in touch with me at [voice@voicemagazine.org](mailto:voice@voicemagazine.org). You'll even get paid for the work.

You'll also want to take a look at Jessica Young's review of the movie *Music* by chart-topping singer-songwriter Sia. Let's just say Jessica has some strong feelings about this movie, and they're not pleasant ones.

Plus, Sunday is World Poetry Day, so in honour of that, we've got a poem from Barb Lehtiniemi. I don't usually like putting poetry in *The Voice Magazine* unless it's got a solid AU hook in it. This is in part because I know I'm not a great judge of it—I tend to feel limericks are the pinnacle of poetic expression, after all. However, this particular poem was longlisted as a finalist for the 2020 Nick Blatchford Occasional Verse Contest, in *New Quarterly Magazine*. That seems like a reasonable certification of quality. So I hope you enjoy!

We've also got a comparison between Japanese and Korean barbeque, and if that's not enough to make you hungry, Chef Corey comes with a look at an old favorite, s'mores. Even better, he gives some tips for how to make the perfect marshmallow for them. In addition to his tips, one that I'll point out is that, should you happen to set your marshmallow on fire, the recommended course of action is most definitely NOT to start waving the stick back and forth in a panic hoping to put out the fire. Do that, and what really happens is that you end up firing a fireball of flaming sugary goo across the campfire, usually directly at the person you were most hoping to impress—because Murphy.

Other than that, our normal selection of reviews, events, scholarships, advice and more! Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the letter 'l'.

# 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 Josh Dela Peña Galarido 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.

Josh is a 24-year old AU student currently enrolled in his third year of the Bachelor of Professional Arts in Human Services (BPA HSRV) program. Before coming to AU, Josh completed a Therapy Assistant Diploma with a focus on four areas of rehabilitation, including Occupational, Physical, Speech-Language and Recreation Therapy. He stated, “After finishing my diploma program, I got a chance to work in a long-term care facility as an Occupational/Physical Therapy Assistant. I worked there for two years, and during my first year working as a Therapy Assistant I fell in loved in the field of Occupational Therapy

and how impactful it is, how it empowers people, and how promotes inclusivity. From that moment I decided to continue my study.” He continued, “Luckily, I found Athabasca University, which is a perfect school for me since I am working full time. My initial plan was to use this degree as a stepping-stone to get into Master of Science in Occupational Therapy. But as I progress with this degree, I am starting to fall in loved in the field of Human Service. One of the core courses of the program is HSRV 201: Social Work and Human Services. The course is an eye opener as it details what a social and human services worker does: empowering people and making a difference in individuals’ lives, which resonates so much to my personal values. The program opened my eyes to see other future careers that I see myself doing, [a] career that is very impactful and uplifting. Social Worker, Mental Health Therapist and Emotional/Behavioural Specialist are my three other options that I see myself working other than being an Occupational Therapist. Overall, the flexibility of the program helps students curate and plan what suits to their chosen career in the future which is the best part of BPA HSRV program and what makes this program so unique amongst all.”

Josh was born and raised in Manila, the Philippines before moving “to Canada to seek better life opportunities” with his family. He stated, “I was 16 when I moved to Edmonton along with my four siblings (yes, you read it right! There are five of us living in a one household, actually six,

including my mom, so imagine how chaotic and fun is that). I am the third child, middle child, odd child; name it. I have two older brothers and two younger sisters. Most people describe me as people person, friendly and warm but also, I am very stubborn, loves to sleep, read, plants and most importantly his coffee (that's because I'm a Taurus). I enjoy strolling around downtown and take pictures, look for new coffee shops and brunch places. I'm not the sportiest guy, but I enjoy going for jog, or brisk walking (during winter or summer time). Other than English, I speak two different languages, Tagalog and Español."

Josh continued, "This year I started a new job as Therapeutic Assistant Behavioural Therapy at Edmonton Catholic Schools District where I work with kids with learning disabilities, challenging behaviours, and exceptionalities. A big jump from where I was but change is good, as older folks would say. I was working as an Occupational/Physical Therapy Assistant on a long-term care facility for two years before landing in my new job, working there and being introduced in the field of Occupational Therapy interest me to pursue Master of Science in Occupational Therapy once I finished my undergrad and become an Occupational Therapist in the future."

When he is not studying, Josh stated that while it may sound a bit boring, above all, he is an "avid fan of reading." He continued, "I am not most sporty person you will ever meet but I'm always down to try things (as long as it's safe and within my realm of interest). I also enjoy researching for ways how to level up my coffee (just so you know I loooooove coffee). I love hanging out with my friends and family and having that sense of 'bonding' soothes my soul because I'm a people person. In a nutshell, I am boring and crazy at the same time. Lastly, I love to cook! It is honestly the best way to get into everyone's hearts (besides my lovely smile and dimples, yes with an 's' because I have two)."

As for the one person that has had the greatest influence on his desire to learn, Josh chose his mother, stating that "her life was never easy when she was [his] age." He explained, "She used to tell me that she had to work for eight hours during the day and do night classes as her family didn't have enough money to support her studying and her three other siblings. Therefore, her and her older brother worked so hard to support their younger siblings' education. She always emphasized that hardship, perseverance, and taking risks are the formula for great success and learning in life. Also, learning doesn't always happen inside the classroom, the outside world will teach you more life learning experiences. And with this, it pushes me to strive harder and do well in learning and pursue higher education." He continued, "By the way, my mom finished a degree in Accounting (Bachelor of Science in Business Administration in Accounting) and her older brother finished Bachelor of Science in Electrical Engineering and their two other siblings finished Bachelor of Science in Midwifery and Bachelor of Science in Business Administration in Management."

His initial impressions of online learning were "pretty overwhelming," stating that the "hardest part of it is how would you manage your time because you basically have all the control whether you choose to slack off" or complete "smaller steps (tasks) each day." However, he quickly became confident. "My experience was definitely a rollercoaster ride, but what I realized when this pandemic hit us was ... oh, maybe God put me on this training ground, because he knows something is coming that will shake the entire learning experience. Fast forward to now where everything is doing online. I learned to manage my time, do smaller tasks, appreciate small achievements, and have study breaks versus when I started where I literally crammed 5-6 chapters in one sitting. Do I like it? Hmm, yes and no." While online learning makes Josh accountable for his failures and successes, he also misses interacting with "classmates and having that physical sense of connectedness."



Josh did waver about continuing his school once, stating, that when he obtained his first job he was excited about his quite professional career and slowly became comfortable in the role. He explained, “This feeling of being comfortable makes me second-guess if I should pursue or continue my studies. The person who really helped me realized my full potential was my acting supervisor, the occupational therapist. She would tell me and asked me every day, ‘Are you satisfied with this position? I’m saying this with all love; you’re very young, and I could see you becoming a therapist one day. I see a strong potential in you Josh. You should go for it.’ Besides my mom, she is one of the people that influenced me to continue my schooling. She guided me and saw a potential in me, she shared lots of ways and skills needed to become one and that’s why I fell in love with the profession so much, because of her and its purpose.”

Choosing one memorable course was difficult, as “all of them are very impactful,” however, he chose HSRV201 discussed earlier, stating, “It helped see how I could help people beyond the philosophical meaning of ‘helping.’ It instilled skills that I could use in everyday life and not just for professional use. I’m also looking forward taking [Educational Psychology] EDPY courses because it aligns to where I am at right now career wise. I am working as Therapeutic Assistant Behavioural Therapy in school, so those courses are very beneficial.”

As for communication with his course tutors, Josh stated that they are “superb and very helpful.” He continued, “I want to emphasize how beneficial it is to communicate with a tutor as they will guide you toward success. It would not make you less of a person or student if you ask things you solely don’t know or even if you’re just uncertain about it. If the situation tickles your stomach, ask for help. As Professor Dumbledore once said, ‘Help is given to those who ask.’ I cannot emphasize that enough.”

If he were the new president of AU, Josh would focus of three areas, mainly developing “more internship programs as it promotes networking skills and strengthen students’ skills in their chosen field or future careers,” adding “more courses focusing on mental health,” and developing “an integrated Indigenous focused course or possibly make it a part of each programs’ core course to advocate people about the Indigenous People of Canada.”

## **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](http://www.athabascau.ca/indigenous/bannock-and-a-movie/index.html)

Access through above link

### **Learning to Learn Online MOOC**

Mar 21 to Apr 24

Online

Hosted by AU and Contact North

[news.athabascau.ca/events/learning-to-learn-online-athabasca-universitys-massive-open-online-course-spring-2021/](http://news.athabascau.ca/events/learning-to-learn-online-athabasca-universitys-massive-open-online-course-spring-2021/)

Register through above link

### **Keeping Organized as You Search**

Tues, Mar 23, 12:00 to 1:00 pm MDT

Online via Microsoft Teams

Hosted by AU Library

[library.athabascau.ca/orientations.html](http://library.athabascau.ca/orientations.html)

Register through above link

### **Business Undergrad Program Orientation for New Students**

Wed, Mar 24, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

[news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20210324/](http://news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20210324/)

RSVP through above link

### **The Grad Lounge**

Fri, Mar 26, 5:00 to 6:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

[fgs.athabascau.ca/news/events/index.php](http://fgs.athabascau.ca/news/events/index.php)

No pre-registration necessary; access through above link

*All events are free unless otherwise noted.*

If he were to meet a famous person, past or present, to have lunch with Josh chose Vice President Kamala Harris. And the lunch would probably be “probably a mixture of my culture’s food (Filipino-Spanish) and hers (Indian-Black). Why? Simply because of her personality, her values, her stance aligns to mine and the way she sees good in every people.” Specifically, the lunch would be “Tandoori Chicken, Dosa and potato curry, Caldereta and Paella.”

Although Josh admits that at only 24-years old, he has “not experienced life fully,” he has “learned that life will never be easy.” He has also learned to “face challenges, take risks, put God in your centre, [and] accept failures because it’s necessary.”

As for his proudest moment? He stated, “I’m very proud of myself how I recognize, reflect, and learn from my mistakes. Also, mastering my time management skills as I juggle life, school, and my full-time work. Those two are my proudest moment in my life.”

The one thing that distinguishes Josh from other people is that he is a “multi-faceted person,” who enjoys “learning new skills, discovering new things, and [using] these skills.” He continued, “Also, people would describe me as very warm-hearted and hardworking person.”

As for a non-AU book that he is currently reading, Josh chose three in the field of neuroscience and neuropsychology, including “*My Stroke of Insight* by Jill Bolte Taylor, a neurobiologist who experienced a rare type of stroke.” He stated that it is “truly fascinating and inspiring.” In addition, he is also reading “*Why We Sleep* by Matthew Walker, a neuroscientist,” stating that “this is not your typical book about sleeping; it details about how lack of sleep correlates with developing Alzheimer’s Disease.” Finally, Josh is also reading “*Kids These Days* by Jody Carrington, a clinical psychologist who believes that the main cause of child’s challenging behaviours is how disconnected everyone is.” Best of luck Josh!

*Natalia Iwanek is currently completing her Bachelor of Arts in English at AU and is also a freelance editor and writer. She can be contacted at <https://www.nataliaiwanekediting.com>*



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Shear Comfort Automotive Scholarship

**Sponsored by:** Shear Comfort

**Deadline:** April 15, 2021

**Potential payout:** \$1500

**Eligibility restriction:** Applicants must be legal residents of Canada or the U.S. or hold a valid student visa, and be enrolled at an accredited university or college in Canada or the U.S. in an undergraduate program related to engineering or automotive technology.

**What's required:** An email with contact and academic info, along with a 300-600 word essay about future technological developments in the automotive industry.

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

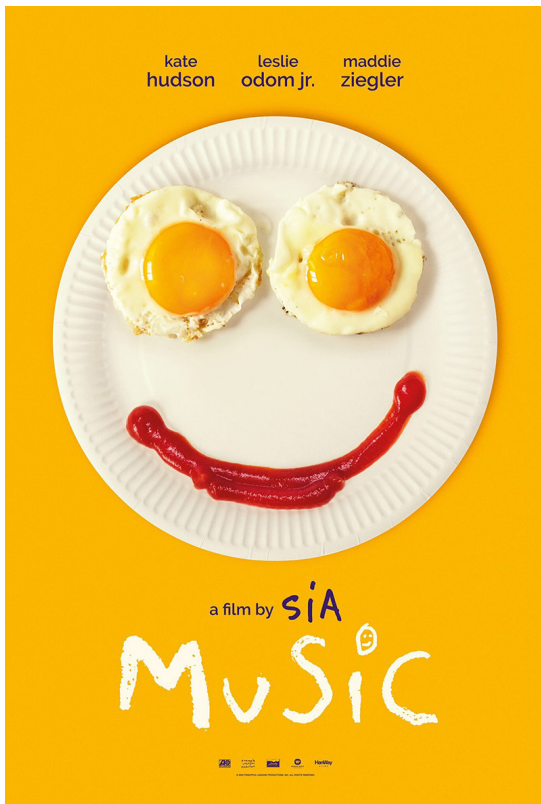
**Where to get info:** [www.shearcomfort.com/scholarship.asp](http://www.shearcomfort.com/scholarship.asp)





## Sia's New Movie *Music* is an Ableist Train Wreck

Jessica Young



You may have heard of the new movie *Music* directed by singer-songwriter Sia, known for her chart-topping hits such as “Chandelier” and “Cheap Thrills”. Her prodigy and goddaughter, Maddie Ziegler, stars in the movie. Ziegler plays a non-verbal, autistic girl named Music. After the sudden death of her grandmother, Music is left in the care of her recovering addict and drug-dealer sister, Zu, played by Kristen Hudson. We get a glimpse of how Music supposedly sees the world when she puts on her headphones and we are transported to what looks like the set of *Yo Gabba Gabba*, where Music performs choreographed dance routines to Sia’s songs. . [The trailer for \*Music\* is available on YouTube](#)

As the mom of an autistic five-year-old who is also non-verbal, I was excited when I first heard about *Music*. I want my son to be represented in the media. I want misconceptions about autism to be addressed. I want to start conversations about prejudice towards people with disabilities because this is the only way to create a more inclusive world for my son. Unfortunately, *Music* is a slap in the face to the autism community and anyone who loves someone with a disability, and I was horrified when I

watched the trailer.

Let’s begin by defining ableism. Ableism is the discrimination against people with disabilities. It is rooted in the belief that people with disabilities are inferior, need “fixing”, and are defined by their disability. The casting of Zeigler—who is neurotypical—to represent a neurodiverse person is the definition of ableism: it says that autistic people aren’t even good enough to represent their own experiences.

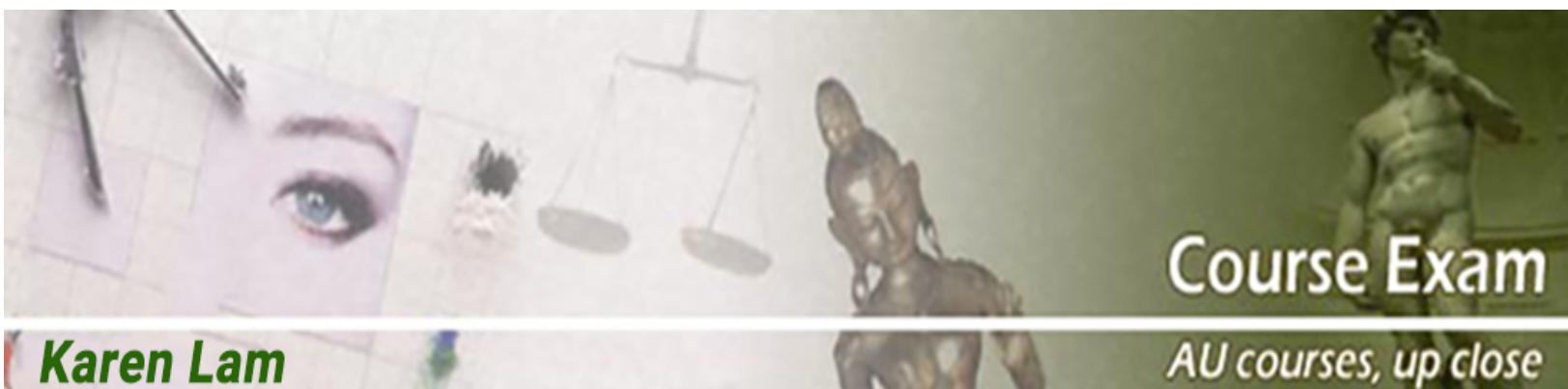
The portrayal of the character Music is a caricature of autism, with no depth or development to Music’s personality throughout the movie. Zeigler’s facial expressions, movements, and voice are grossly exaggerated to the point that it looks like she’s doing an impression of Simple Jack from *Tropic Thunder*. There is no way to describe the performance other than it looks like she is mocking a disabled person. Although, yes, some autistic people do have similar traits (including my son), watching a neurotypical person behaving that way feels, well, icky. It is also quite clear that Music’s character is nothing more than a prop for Zu’s personal development. The focus of the movie is not on its namesake, but on how Music effects Zu’s life. “Music” is essentially “Marley and Me”, except Marley was given more of a personality. Sia, like many others, seems to see people with disabilities as pets. It seems she’ll pat them on the head with a condescending coo of “You’re so cute!” but lacks the ability to see them as real people deserving of respect.

Overall, this movie came across as Sia’s vanity-piece, designed to show the world just how woke she is. She doesn’t seem to see how harmful this is to the autism community nor care enough to try. The laundry list of controversies surrounding how Sia has handled this movie is a mile long; including dismissing the criticisms of autistic people on Twitter and partnering with Autism Speaks, an organization widely regarded as ableist. If that wasn’t enough, a video has surfaced of

an interview with Sia, where the interviewer says that non-verbal people “might as well be an inanimate object—like a wig” while Sia nods her head enthusiastically.

*Music* and Sia’s behaviour in the aftermath hurts my heart. I look at my beautiful little boy and think, how could someone compare him to an inanimate object? How could someone think he is inferior or undeserving? When I describe my son, I say he is the sweetest guy you will ever meet. He’s affectionate and kind. He loves hugs and tickles. His laugh is infectious. He’s silly and charming and determined. He loves dinosaurs. His sister is his best friend. His autism is such a small, insignificant part of who he is. But I know that so many people in this world will look at him and *only* see autism. *Music* is a stark reminder of that.

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



**Karen Lam**

**Course Exam**

**MATH 266 (Introduction to Calculus II)**

**Karen Lam**

*If you have a course that you would like to see a Course Exam article written for or you recently took a course that you would like to recommend to other AU students, please feel free to reach out with the course name and number, and any questions or feedback you may have. We'll be happy to write about it in our next Course Exam article.*

MATH 266 is the second three-credit introductory calculus course that further expands on topics that were taught in MATH 265. MATH 266 “focuses on definite integrals, which allow exact calculation of surface areas, volumes, the length of curves, and solutions of practical and theoretical problems.” MATH 266 does have a pre-requisite of MATH 265 and is also available for challenge for credit option.

For those interested in taking MATH 265, I recommend reading the MATH 265 course exam article that was written by another Voice Magazine writer!

### **Who and Why You Should take this Course**

This course is designed for Math majors, however, many other majors including Sciences, Engineering and Computer Science typically are also required to take one or two university level calculus courses. With that said, this course is not limited to those in a Math major or studying a science or engineering program. If you enjoy mathematics or would like to expand your calculus knowledge, this course is also for you.

When I completed my Biology degree a few years ago, it was mandatory for me to complete two calculus courses as part of my program. Many times, I wondered if this course would ever come in handy, although most of the knowledge will not be used, I did find that after taking this calculus course, my general mathematics skills had improved significantly. It was most useful when I started working as I spent a lot of time working with our budget—financial reconciliation and all that fun stuff. Therefore, I recommend this course to everyone as it will improve your existing knowledge of calculus and improve your general mathematics skills in the long term.

### **Course, Assignment, Midterm and Final Exam Details**

The course itself is six units starting with Unit 1: Inverse Functions, Unit 2: Inverse Trigonometric and Hyperbolic Functions, L'Hopital's Rule, Unit 3: Techniques of Integration, Unit 4: Applications of Integration, Unit 5: Differential Equations and finally, Unit 6: Sequences and Series.

The course activity includes eight quizzes that are worth a total of 12% along with four assignments each worth 10%, 6%, 8% and 10% respectively. There is a midterm and final exam for the course with the midterm being worth 26% and the final exam worth 28%. The midterm covers the first four units, and the final exam covers the final two units of the course.

### **How to Be Successful in the Course**

#### **Student Tips**

Throughout my schooling, mathematics and calculus have always been one of the courses that I find students either do well in or struggle through. The primary reason I've found is because, unlike many other classes, math courses require heavy practice. Unlike some other subjects, where understanding the concepts really well may get you a good grade or memorizing is key, math courses require lots of practice to be successful.

As someone who has taken a linear algebra course and a statistics course, I can confidently tell you that if you would like to excel in any mathematics course, practice is key. First, make sure you understand the concepts and then make sure you practice all the practice problems provided. This could be practice questions from the textbook, assignment questions or quiz questions. The more practice you do, you will become more confident and find that the course is actually quite easy.

For assignments and quizzes, when you are stuck, I find that we often try to troubleshoot, which is perfectly fine and a good strategy, however, if you are stuck for hours or just need a hand, also remember that Moodle Discussions and your Course Tutor exists for a reason. Do not hesitate to reach out to them if you have any questions!

Students may think that cramming is possible for math courses, and although, it has been done many times and some students get away with it, I strongly recommend against it. Practice takes time and I recommend spreading out your studying and do a little bit of practice each day, and that will come a long way, and you will feel confident with minimal stress for the exams.

#### **Questions?**

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at [Fst\\_success@athabascau.ca](mailto:Fst_success@athabascau.ca). Happy practicing!

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





## He is in danger

### Celebrating World Poetry Day March 21

Barb Lehtiniemi

He is in danger when at prayer  
 He is in danger everywhere  
 He is in danger in his car  
 He is in danger from the law  
 He is in danger in the skies  
 He is in danger when he flies  
 He is in danger at the store  
 He is in danger in a war  
 He is in danger after school  
 He is in danger shooting pool  
 He is in danger from his boss  
 He is in danger when there's a loss  
 He is in danger at the park  
 He is in danger after dark  
 He is in danger around the town  
 He is in danger—he is brown



*("He is in danger" was longlisted (though not published) in the 2020 Nick Blatchford Occasional Verse Contest in The New Quarterly magazine.)*



## Unearthing classic articles from previous issues of The Voice Magazine

World Poetry Day is March 21. Poetry is integral to life (not just in song lyrics) and The Voice's contributors have mused on the many facets of poetry.

**Verses to Fight by.** Writer Wanda Waterman St. Louis traces how controversy over a poetry reading fuelled a rebellion. "Other insurrections have reportedly been inspired and fuelled by poetry, but I can think of no others fought in its defence." Maghreb Voices — Power, Poetry, and Popular Dissent in Algeria, Part I, February 11, 2011.

**Looking Beyond the Words.** Another entry by Wanda Waterman St. Louis continues some views on Canadian poetry and its relationship with culture and ethnicity. "But we need to stop seeing our literature as either a set of ethnic solitudes or an elitist, exclusionary hierarchy; we need to recognize literature as a network of consciousnesses that are all, in their way, significant to the culture at large." The Mindful Bard — On Canadian Poetry, Part II, October 15, 2010

## Council Connection

### February 17, 2021 Meeting

Karl Low



The meeting started with ten of the eleven remaining councillors present. Councillor Regan Johnson unfortunately was absent due to an illness.

With the acknowledgement of working on the traditional lands of various indigenous people's President Stacey Hutchings called for others to indicate which lands they were on in the chat, and several councillors and staff members did. I do have to give some props for the Council finding ways to ensure that what would normally become a part of the meeting simply done by rote instead manages to maintain some relevance, and people putting thought into it.

The agenda was quickly passed, and, after a friendly amendment prompted by Councillor Monique Durette to correct what was referred to as a special meeting of council but was not, the

meeting minutes were passed as well.

### Scholarships, Awards, & Bursaries, and Others

The first order of new business for AUSU this meeting was to look at policy revisions to the Scholarships, Awards and Bursaries policy. The notable changes to this policy included reducing the minimum requirements for many scholarships from twelve credits to only six credits, and increasing the minimum GPA for the Academic Achievement Scholarship to 3.85 from 3.7, thereby aligning it with AU's criteria for Great Distinction.

As a side note, I was present when these awards policies were first created and the reasoning for the twelve credits was to ensure that AUSU awards be primarily accessed by program students. However, it was noted in the meeting that there are many newer students at AU seeking assistance from AUSU that Council would like to be able to provide, and this is one way of making it more accessible to them.

Councillor Durette noted that she was disappointed that this policy did not include a change to point 7.02.05 relating to what happens to leftover funds if not all of the awards funds are distributed, stating that Council had approved the policy in September incorrectly as the wrong version had been included in the meeting package.

President Hutchings noted that this motion was about what the awards committee approved for changes to the awards policy as it stood, and further changes needed should go to the awards committee for review. She also pointed out that Council did not approve the policy incorrectly, as that was the policy brought forward and that was what Council then voted on and approved.

The vote was called and passed with 8 in favor, none opposed, and Councillor Durette and Councillor Devon Romanick abstaining.

With some discussion on referencing technicalities, Council moved forward with approving a new policy on Equity, Diversity, and Inclusion, and instituting a standing committee for the policy as well.

### **AUSU Survey**

The next item on the agenda was a review of the AUSU survey results. While there were fewer responses than usual, Executive Director Jodi Campbell noted that they were still pleased with the number of responses received, especially given COVID-19. The public report on the 2020 AUSU Survey results is now available on the AUSU website, and will be used to direct where AUSU focuses its advocacy efforts with the university.

It was also noted that, as usual, some students are confused with the differences between AUSU and AU programs, and this is something that still needs to be worked on.

### **New Executive**

The next item on the agenda, and probably the most consequential one, was AUSU's decision to add a fourth executive member to the Executive Committee. For those who don't know, it is the AUSU Executive Committee that is responsible not only for setting the direction of AUSU (with the rest of Council overseeing them to be sure that they're not heading the wrong way) but also that does a good portion of the work involved, especially on drafting new policies and figuring out ways to develop new ideas and programs, in consultation with the staff as to what's possible.

Once designed, AUSU staff then takes on the actual implementation and making those plans happen. The Executive roles are full time and paid accordingly, and AUSU now feels that, with the expansion both in AUSU activities and the membership of AUSU, this fourth executive is needed to ensure full service to members.

The new executive position is titled "Vice-President Community and Wellness", and will split off from the "Vice-President External and Student Affairs", allowing the former to concentrate more on developing AUSU's relations and programs and policies dealing with other organizations (such as the provincial governments) for the benefit of AU students, while the new executive position will concentrate on making sure that AU students have the programs and supports internally that they need to succeed.

This motion passed unanimously, though there was some brief discussion about what happens if a person who is not a member of the LGBTQ+ community gains this executive role, as it is expected to take a position of leadership for the community in spearheading their concerns to AU and AUSU. It was noted that there is certainly room in the community for those who are not part of it to still be able to provide some leadership, and also that it is expected that there will be further refinement of the role by the first executive to hold it.

### **Emergency Relief Fund**

This meeting also saw Council unanimously approve giving \$10,000 from the AUSU surplus to AU, where it would become part of the AU Emergency Relief Bursary. Councillor Amber McDuffe asked why AUSU simply didn't run its own emergency relief bursary with the money, noting that it might look like it was only AU who was helping the students. President Hutchings noted that AU has already developed the infrastructure and policies to handle getting the money out to students in an efficient manner, and also that AUSU made sure that its name was listed as being partners with AU in providing the bursary. Given that the total bursary is slated to be about \$270,000, that \$10,000 for a listing alongside may actually make AUSU look more generous than it was.



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## **Mediation & Human Resources Services**

This meeting also contained a motion for an unbudgeted expenditure of \$9,000 for human resource services including about \$3,000 for mediation services.

Looking at the proposal, I noted that it was “to provide mediation services for the Executive Director and an Employee working for the Athabasca University Students’ Union.” And that the objective was “to provide coaching and mediation for the participants to support them in ... dealing with the aftermath of the investigation, and to begin the journey of rebuilding trust.”

So I asked Executive Director Campbell what additional details he could provide to me about the incident that caused there to be an investigation, and if the money spent was worth the expense.

He responded “Throughout the past number of months, AUSU has sought out professional HR-related services, to not only address our needs as an organization during COVID-19 but also address the evolving HR needs of AUSU in general. As an organization, we sought our professional advice throughout this process and mediation was suggested as an effective way to assist with working through the many facets of our experience. We have been pleased with the results we have received thus far and look forward to continuing to foster a positive and supportive culture within our staff, executive team, and our council.”

It’s a safe response--in that it doesn’t say very much at all. However, having been on past Councils I understand how sometimes people just don’t get along very well. How what initially seems like a minor argument can blow up, and the drama that can happen can be completely disruptive to the group for months on end. With a Council that has lost several members since the last full election, I can certainly understand wanting to avoid further disruption that leaving these kinds of issues unresolved might create.

The motion passed unanimously.

## **Reports and Final Words**

While previously, the Executives and Committee Chairs would tend to expand on their reports during the meeting, this newer Council under President Hutchings seems to be going the opposite route, generally leaving their reports as written, without comment. While this makes for shorter meetings, it also means that there’s less to report on, and that if you want to know what Council is doing, you’ll need to attend the meeting to get a copy of the reports, or write directly to AUSU and ask.

AUSU has added a Recognitions and Acknowledgements to its regular agenda as a way to try to highlight to each other what they’re doing and how AUSU is making a difference. It was noted during this section that the AUSUNights initiative is attracting a lot of people each week and starting to attract some repeats and form a little community. Also, new staff member Tim Hansen, responsible for AUSU’s social media, was welcomed.

The next Council Meeting was scheduled for March 17<sup>th</sup>, and the report on it should be out in the next couple of weeks. In related news, I’m currently looking for a new AUSU Council Meeting reporter. If you have an interest in AUSU Council, attending a meeting once a month and writing up a solid review of what happened in the meeting, please contact me at [voice@voicemagazine.org](mailto:voice@voicemagazine.org). You can even be paid for your work.

So the next AUSU Council Meeting that you can attend will be on April 21, 2021 at 6:30 pm. Contact [governance@ausu.org](mailto:governance@ausu.org) for more information.

## Fly on the Wall

### Being Cold and the Being of our Being

Jason Sullivan



As temperature depends on our local micro-climate, so too do the feelings of our personal life remain irreducible to a series of facts. Nowhere is this clearer than our lives as AU students, which, for the most part, appears to others in the abstract. We might be feeling the heat of a deadline, or the chill of a disappointing grade, but to outward appearances we're the same friend or family member that we were all along.

Social theorist Gayatri Chakravorty Spivak suggests that we tend to misplace our location within lived reality by forgetting that it's our personal dilemmas and experiences that forge our sense of presence in the world. She wrote that "before one can even say *there is being*, there must be a decision that being can be proper to itself to

the extent of being part of that proposition" (Spivak, 141). Thus, being cold or warm is a matter of perspective and comes down to our own point of view. After a vigorous trek through deep snow we'll all be warm and maybe right through to our metaphysical bones!

Yet, there's more to saying how we feel than drawing a line between ourselves and our feelings; invariably, to take a perspective is to splinter, like an icicle, ourselves into a self doing the feeling and a self commenting upon it. And our being is not the same as being in itself, if such a thing as equality among consciousness exists and we share a collective sense of our world.

To share a human world and understand one another feels natural because we seem to have more in common, both language and emotions, than in difference. Or so the story goes. Likewise, to the extent that we see ourselves as active and powerful in the face of whatever elements we encounter, be they social or meteorological, invokes seeing beyond simple categories of *what is* and choosing to prescribe for ourselves *what ought to be*. At AU we know that the tough toil of scholastic success is no mere metaphor, no TED talks lecture to pacify some childlike curiosity.

Temperature, then, would seem to be something we experience with our whole being and with the reflexive nature of our consciousness. To separate our being cold from the social circumstances and conscious/unconscious tangle of choices that got us there suggests that we are never a holistic self so much as a pastiche of versions and interpretations. In fact, if therapists (whose job, as such, is to therapize) could teach only one thing to their clients it would be just how labile our state of being truly is. Kids learn this in a jiffy: "if you're cold, put your darn socks back on!"

### The Tightly Wound Illusion of a Self

Winter is what it is, and that tautology illustrates both our agency and our potential. In distance education we're not constrained by anyone more than ourselves if we choose to look at our study opportunities that way. At AU we have little to fear, procrastination-wise, but that we will forget to take charge of ourself and our studies. And if we get snowed under there's no stormy skies to blame; it's on us.

Drifting intuitively down daydreamy study streams, untrammelled by ice, is to this *Fly on the Wall*, a portage to disaster. The cold of winter can teach us something: the best excuses, such as not

studying because it's a sunny day outside, founder when we realize that motivation is about placing our future selves, all of them and all of their goals, squarely into our present being. And from there, it's merely a matter of realizing that we'll be happier later *and* now if we do what has to be done first. Our studies, forsooth!

Whether we're whining about being cold or the cold is affecting our being at an unconscious level, the key to remember is that we make of temperature what we make of all our life: a mission, a misery, or a triumph depending upon our perspective. Objective measurements provide a baseline for creative action in the world; as Jacques Derrida put it, "objectivity takes the form of representation, of the idea as the modification of a self-present substance, conscious and certain of itself at the moment of its relationship to itself" (Derrida, 106).

We make of the temperature what we will as soon as we refuse to allow the temperature to have its way with us. So too with academic adversity, tendencies for procrastination are an opportunity to feel a greater sense of success in each moment that we overcome them. After all, accomplishment is about realizing that when our studies leave us cold that's when the fire of our ambition has to get going. So next time winter temperatures get us down, let's remember that we're among the lucky few who have something intellectually productive to do on an intemperate winters' afternoon!

#### References

Derrida, J. (1967/2016). *Of Grammatology*. Baltimore: Johns Hopkins University Press.

Spivak, G.C. (1993/2009). Spivak: *Outside in the Teaching Machine*. New York: Routledge.

*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.*



## Six Traits of Highly Successful Women

**Marie Well**



I love hearing about women's successes, especially from those most unlikely to succeed. Some women are rocket ships. They excel at work, become Chief Executive Officers, and lead hundreds of employees to unbeatable success. And some of these women come from very humble beginnings, some of which may be shocking.

So, how can we become more successful, especially as it concerns our study life and careers? Here's what I think it takes.

Successful women reward themselves for their effort and achievements. They may spend weekends on skills development, a new wardrobe, an exercise routine, a seminar in the Bahamas, and other rewards that simultaneously advance their careers. Go ahead, my lovely, and indulge in such rewards.

Top performing women don't waste time, either. Instead, they work consistently. Working evenings and weekends for the sheer pleasure signals that ambitious women tapped into their passions. They love the feeling of getting ahead and



over delivering. They love using free time to acquire missing skills. Work becomes a tempo, a continual effort that becomes less of a habit and more of an addiction.

Women living the dream tap into their passions, too. They take note of all the careers they ever wished they could pursue and bundle them into one dream job. For instance, the woman who loves networking, marketing, acting, and teaching, may work well wearing many hats, for instance, within a company that provides online courses. Blend your desires into one career to pique your passions.

Women who achieve success tend to invest in themselves. When they run into roadblocks, especially if the women are inexperienced, they seek multiple solutions. They pay for courses, buy hours of consulting, pay for checklists, seminars, conferences, and books—anything to take them to the next level. They may reinvest half their salaries into bettering their job skills. They may also go out of pocket to purchase performance enhancing software tools. They seek every edge. The more women invest in themselves, the faster they reach the goal.

Women who tend to succeed work well with others. They encourage others and strive to boost others' career prospects. A friend once said she'd never end up in an executive role because she's a misanthrope—she dislikes people. In other words, the women who truly achieve the heights know how to charm others, make others feel valued, and boost others' self-esteem. One successful woman I know advised, "Believe in others until they believe in themselves." And I once saw an interview with Walmart's CEO. What a lovable, caring, down-to-earth soul. I believe even the most cynical women can become beloved leaders by simply caring about others.

Lastly, successful women never quit. They stay fixed on the goal. Should one door close, they work steadfastly to open another.

Success doesn't just come to perfect people either. We could be severely disabled, filled with addictions, living in a homeless shelter—and still have the ability to reach the top. When my editor posted a photo of a chess board pawn with the shadow of a king, he spoke to the core of me: we truly have no limits, every one of us, no matter our backgrounds. Not from my point of view.

## WRITER CONTEST

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\*Prizes will be Amazon gift cards



## Homemade is Better

### S'mores

**Chef Corey**



There is something about a campfire that is captivating. The way that flames move, the crackling sound of wood, smell of the smoke—ok, maybe the smoke isn't as captivating, but cooking over a fire sure is! This past weekend, our twins and I got together with our cub scout pack and enjoyed a day of outdoor activities. I got to show some youth how to cross-country ski, curl, and what a chucksled is. Google that one; it is a neat scouting activity! We also roasted hot dogs over a fire and made the elusive s'more! I call it elusive because it seemed like none of the Cubs I was with could get that perfectly golden colour on their marshmallow. It was so foreign to them all. A few tried but ended with the inevitable taste of defeat, a blackened sweet! I also lead a group of Beaver Scouts (age 5-8), watching them make s'mores is a treat all to itself!!

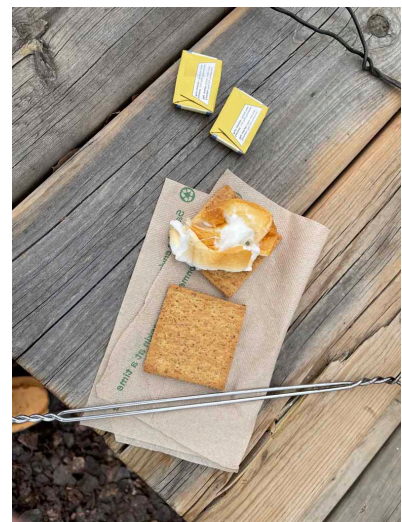
The s'more has always been popular with scouting groups. I say scouting groups because the same people started the Girl Guides and the former Boy Scouts (now called Scouts Canada). Scouts Canada officially became dual gendered in the early 1990s. But groups were allowing females to join before that. Rewind to the early 1900s and Lord Robert Baden-Powell, his sister Agnes, and his wife, Lady Bing, were responsible for creating the scout movement, including the Girl Guides.

In the 1920's the first recipes for s'mores started to appear in cookbooks as a graham cracker sandwich. Its name was changed in later editions, presumably because you want some more after the first! It is traditionally made with three ingredients: 2 graham crackers, 1 large marshmallow, and a piece of chocolate (something flat that you have enjoyed previously). But

there are infinite variations that one could use to create a s'more still! I have tried using a Reese's Peanut Butter Cup, changing the crackers for some that have a chocolate topping, using flavoured marshmallows, and also homemade marshmallows! You could also use different chocolate types and add in a salty item like bacon if you're using dark chocolate. Be cautious with this, though, as some flavours overpower others, and you lose the balance.

The key to a golden marshmallow is not to pick the hottest part of the fire but rather the coals. Let your fire die down a little bit, so you have a nice hot bed of coals. If you're using a gas stove or propane firepit, this obviously changes. Movement is the second tip. Keep rotating the roasting stick over the heat source, but give it a good six inches or more. If you keep turning the marshmallow and have a decent gap between the flame and the marshmallow, you'll quickly get that golden look. Don't turn it too fast, though, just nice and easy, a little like a rotisserie on a BBQ.

Once you get that beautiful golden-brown and delicious marshmallow, carefully transfer it to one of your graham crackers. I like to use the cracker to pull the marshmallow off the roasting stick. Then I add on the chocolate and the top layer of cracker. Lastly, I admire the creation I've just





given myself and eat it, savouring every bite! Roasting marshmallows and making s'mores is still a reminder of my childhood simpler days.

But what if you can't get to a campfire or you don't have a gas stove? Well you can still make s'mores. Crank your oven to 350F. Get out a sheet pan and cover it with parchment or spray it with pan spray at the very least. But really, parchment makes clean up much more manageable. Go to a dollar store and look for some; your local grocer likely carries it as well. Once your oven is ready, place some graham crackers on the pan, add your marshmallow and roast until the marshmallow is just starting to melt or turns golden brown. Remove the sheet pan, and carefully add your chocolate and top layer. Let it cook for a minute, then get ready to buckle up cause you're taking the Graham Cracker Express to Flavourville!

I hope to get out and enjoy some more of these treats, I know our scouting sections will have many more days of this!



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

## Student Sizzle — AU's Hot Social Media Topics

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



#### **AthaU Facebook Group**

Oh, look! A real live student! A student who began studying at AU last year posts a link to a video describing AU from a new student's perspective. Sixteen minutes of a real AU student talking, right here folks: [youtu.be/a9jFTFmHaDQ](https://youtu.be/a9jFTFmHaDQ).

#### **Discord**

Half the stress is just booking an exam: queries in the #General discussion reveal many students get stressed navigating the dual-stage exam booking process (with AU and an invigilator like ProctorU.)

#### **reddit**

Motivation from beyond the finish line: A student who has just completed their BGS shares some wisdom from the other side of the parchment.

#### **Twitter**

@AthabascaU tweets: "Congratulations to #AthabascaU Writer In Residence Joshua Whitehead (@JWhitehead204)! 2018's novel #JonnyAppleseed has won the @cbcbooks 2021 #CanadaReads competition!!"





## Japanese versus Korean Barbeques

### What's the Difference?

**Xine Xu**



One of my favorite meals at restaurants are Japanese barbeques (JBBQs) and Korean barbeques (KBBQs). They showcase some incredibly complex flavors mixed with the charred taste of protein that makes the perfect combination for a hearty, satisfying meal. Recently Alberta opened in-person dining and I had an opportunity to celebrate my roommate's birthday at a Japanese barbecue restaurant. While many JBBQs and KBBQs are all-you-can-eat, this particular one was not. I personally found that the a la carte options provided better cuts of protein, great variety, and were more enjoyable when you don't over-eat because of the restricted portion sizes.

So what are the similarities and differences between these two highly popular dining options?

### Similarities

- Both JBBQ and KBBQ allow guests to cook their food themselves. This adds a lot of fun and excitement to the eating

experience. I found that these dining styles truly enable individuals to custom the degree to which the protein is grilled.

- Side dishes are often available for both and add some changes to the palate especially after having multiple cuts of the same meat dipped in the same sauce, the side dishes are a refreshing change.

### Differences

#### KBBQ:

- KBBQ typically has meat marinated in a variety of sauces adding a lot of flavor to the meat. Even after the meat is grilled, a variety of sauces can be added to the meat to enhance the flavor further.
- The grill used for KBBQ is a charcoal or gas grill.
- Oftentimes the meat is wrapped in veggies such as lettuce leaves.
- Typically, KBBQs offer unlimited sides, called banchan dishes, including things like potato salad, fishcakes, kimchi, and pickled vegetables.
- The cuts of meat include beef short ribs (kalbi), pork belly, boneless chicken, and brisket steaks





### JBBQ:

- JBBQ typically offers high quality cuts of meat that are not marinated to preserve the natural flavors of the protein. However, following the grilling, dipping sauces can be used to add flavor including mirin, garlic and soy sauce.
- The barbecue grill used is a charcoal or gas grill, however, Teppanyaki (which is another subcategory of JBBQ) uses a cast iron grill.
- Side dishes are often raw vegetables or salads.
- The cuts of meat often include beef, pork, and chicken. For beef, I've tried wagyu cuts and other marbled cuts of beef that almost melt on your tongue with their high fat content. Pork and chicken are often extremely tender and reminiscent of the yakitori or skewered meats in Japanese street-food.

Overall, both KBBQ and JBBQ are incredibly enjoyable experiences and can be DIY or experiences in a restaurant setting. Prior to the opening of local restaurants for in-person dining, I've attempted my own KBBQ at home using a backyard charcoal grill and laying the different cuts

of meat marinated with a KBBQ marinade—which you can find in most Asian supermarkets.







Dear  
Barb

Barbara Godin

## Dysfunction Junction

*Dear Barb:*

*I am from a family of three girls and I'm in the middle. Our family has had many issues with drugs, alcohol and abuse. My older sister and I seem to always be arguing and competing over stupid things. We are all on our own now, but it seems the problems still come up when we get together. I am beginning to think our family is dysfunctional, but when I mention that to my sisters, they don't agree. They feel all families have issues like ours. They accuse me of creating problems. I have briefly talked to my mom just to see how she feels and she also agrees with my sisters and tells me that everything is fine and to stop stirring the pot. Maybe I am looking for issues where there aren't any, but it just doesn't seem normal for a family to be in constant turmoil and go for months and even years not talking to each other. What do you think, should I just let it be and accept that this is the way my family is?*

*Thanks, Emily.*

Hi Emily:

You gave a small snapshot of your family, so it's hard to say whether they are truly dysfunctional, but it does sound like it from my view. I will provide some of the characteristics of a dysfunctional family and you can see if they apply to your situation. You have already mentioned that there were drug and alcohol abuse issues. Substance abuse issues often lead to traumatic experiences and rejection within the family, as well

as unhealthy parent-child attachments. Unstable home situations, such as parents who do not come home regularly, or provide food, or care for their children, may cause children to grow up and continue to function in these unhealthy ways as adults and parents. A family with many conditions and expectations, who only give love in return for maintaining a certain grade average, or living up to a particular image, is not a healthy environment. A lack of acceptance within a family, will lead to dysfunctional behaviours and ultimately affect relationships outside of the family. An important aspect that is often missing in a dysfunctional family is empathy, or the ability to see another's point of view, which will ultimately lead to misunderstandings between family members.

According to the American Psychological Association (APA), a dysfunctional family is professionally defined as "a family in which relationships or communication are impaired and members are unable to attain closeness and self-expression."

It sounds like your family fits into these criteria. But all is not lost, as there are many ways to deal with dysfunction within a family, beginning with setting boundaries, and at times avoiding certain topics, or even limiting contact. The healthiest and most successful way to manage family dysfunction is through family therapy, where you can learn healthy ways to deal with these unhealthy family patterns. Even if your family members are reluctant to attend, you can go and learn more positive ways to interact with your family. Hope this information was helpful Emily.

*Email your questions to [voice@voicemagazine.org](mailto: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  
Loving the Royals

Wanda Waterman

I thought he'd  
never leave.

Now,  
Maeve,  
Christy's doing  
the best he  
can.

Yeah, he is.  
Like all of us.

It's  
why I try  
to love  
everybody.

Except  
for the royals.  
They've been really  
pissing me off,  
lately.

Now,  
Sugarbuns—

Yeah,  
I know.  
(Sigh.)

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](mailto: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](mailto:ausu@ausu.org) for an invite to the virtual meeting room. Be sure to specify which date!



## AUSU Year-Round Bursaries

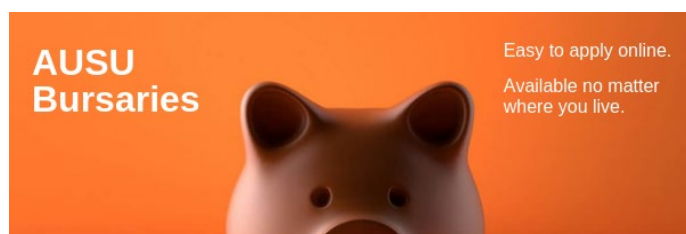
AUSU has [year-round bursaries](#) available for AU undergrad students in financial need.

**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](#).



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# CLASSIFIEDS

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Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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