



THE VOICE

Vol 29 Issue 13 2021-04-02

Minds We Meet

Interviewing Students Like You!

Council Connection

March 17 Meeting

A Rant: The Five Best Burgers

Questioning the Best



Plus:

Course Exam: Comp 444

*Homemade is Better: Brisket
and much more!*

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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, Xine
Xu, and others

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presented here are those
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LETTERS TO THE EDITOR



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

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

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

Editorial

Coronavirus Trolley

Karl Low



Some quick notes, first. For those waiting for the results of the Voice Writing Contest? Keep waiting. The entries are in the judges hands now and they've begun figuring out how they're going to choose. I will keep you updated.

Also this week, be sure to check out our feature interview with student Elisa Neven-Pugh. Students struggling is nothing new, but it's always good to see one who's thriving despite the challenges.

And don't miss the Course Review this week. I usually don't bother recommending them, but this one struck me as particularly interesting. Perhaps it's just the subject matter, but I've watched way too many episodes of *Robot Wars* to let a course all about building robots just slide by unmentioned.

What's on my mind this week, however, is Premier Kenney's latest response to the ongoing pandemic. Cases in Alberta are once again on an upward trajectory, in the early stages of a graph that looks startlingly similar to the one that had us running on the edge of our ICU capacity before significant lockdown measures started to take effect and bring the numbers down. Yet Premier Kenney's response

is simply to stay the course, and seems to rely on the idea that, without any additional enforcement or restrictions, people will magically start behaving better.

When questioned about this stance at the latest press conference, his response was "If people aren't listening to the current restrictions, what good is adding more restrictions going to do?"

Of course, this is similar to saying that if some crime is being committed, even though there's laws against it, we may as well just throw up our hands and give up. It's a complete lack of leadership, but it's what I've come to expect from Premier Kenney.

Premier Kenney is facing significant electoral challenges. Portions of his own party have considered whether they want to hold a leadership review early. The problem for Mr. Kenney is that the vocal part of his base is generally against stricter regulations. So, Mr. Kenney is faced with a dilemma, akin to the trolley problem in philosophy.

On one track lie a good number of Albertans who will be infected with the coronavirus barring people suddenly changing their behavior with no change in the circumstances that caused them to behave that way in the first place. On the other lie a few Albertans who are far more concerned about what additional restrictions do to the economy and their personal freedoms.

For most people, knowing that some must die, they view it as how many can be saved, and the answer becomes obvious. For Mr. Kenney though, he's the one responsible for pulling the switch, and from what he can see, his career is also on that line. Except, and this is the dilemma part, it may actually be on both lines. The question then is when the train has come to a stop, how many people will think he made the right choice?

Of course, he's trying to make it seem like he doesn't have the choice. That what will happen is inevitable, a combination of virulent variants and slow vaccinations from the federal government. He, of course, wants to be held blameless.

To me, it seems like somebody's just asleep at the switch.

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. 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 Elisa Neven-Pugh from Rocky View County, Alberta, situated in Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Elisa is currently in “the counselling program from a feminist perspective [University Certificate in Counselling Women (UC-CW)].” However, she stated that her long-term goals are to obtain “graduate training in theology as a minister after completing a BA in feminist theory.” She continued, “My hope is that these two programs will help me to be more practical when I speak to the woman of my future congregation, and therefore make Christ more approachable for not only woman but those struggling with difficulties that take more than spiritual practice to deal with. For example, childhood trauma or mental illness.”

Elisa began with a bit of background about her life stating, “I was born three months premature with my twin, and I was diagnosed one year later with cerebral palsy quadriplegia. The interesting thing is I come from a long line of people who have disabilities and overcame them. My paternal grandfather—going blind and still skiing until well into his 80s. My great aunt on that side—contract polio in the 1950s—raised two daughters on her own following her husband's unexpected death. She was also a successful businesswoman. On my mom's side, my grandparents moved to Canada from Germany when my mom was 14. She does not have a disability but has overcome many health issues with her perspective on life. My father is a firefighter. Furthermore, my sister has overcome her own challenges and is in a job she loves. So you can say I come from a tough stock.”

When asked about who in her life has had the greatest influence on her desire to learn, Elisa explained, “There's a couple answers to the question. The first is my mom. She completed a Bachelor's in Fine Arts as a metalsmith while raising two twins with my dad and working with my

disability specialists. If she can do it, I can. Also, there are so many people with disabilities who don't have the means or support for post-secondary education. Consequently, it is a gift of circumstances that I have both a supportive family and the financial means to complete a higher education degree. As the old saying goes: 'Waste not want not.'

She stated that she enjoys online learning, since "it's very accessible." She also likes "how you can work at your own pace." She continued, "I do miss class discussion and getting to know other students beyond introductions." Despite these positives, Elisa admitted that, like many of us, she did waver about continuing her schooling at one point. She explained, "About two years ago I went through a 'I want everything to be happy phase' when it came to my textbooks. Meaning I was still looking for a fairytale world in which everybody gets along and the papers focus on a silver lining. Quite simply, I was a child and refused to grow up. As ironic as this may sound it was my mom who gave me the pep talk and kick in the butt I needed. Not to mention my newfound relationship with Jesus gave me a new perspective. If he can resurrect following the crucifixion, I can come back after reading the harsh realities created by patriarchy."

Her most memorable course so far has been [PHIL 380](#): Introduction to Eastern Philosophy. She explained, "It was memorable because I almost failed it. Well, before the final paper, I was at a C minus and my lowest grade before then was a B minus. The reason I was there was because I had grown too used to people's comments about my wisdom 'beyond my years.' My shelves were covered with New Age books so I thought this was going to be a piece of cake. It wasn't. Plainly, I have first-hand experience of the truth behind the warning that those who exult themselves will be humbled. Fortunately, I swallowed my pride and asked for help both from my professor and the [church] father when I received a D minus on the second paper. And because of that surrender, I received an A on my final term paper despite everything. It was memorable because it taught me God's grace."

She is content with communication with her course tutors, stating, "It depends on the person but for me they have always been very helpful and kind. The reason I say this is I'm a perfectionist, so I ask way too many questions, but they always get back."

If she were the new president of AU, Elisa had some ideas for her first project, including getting "the disability perspective on the class-reading list especially in feminist courses." She continued, "For example, in the woman and work course and unions. This is because I find this perspective to be extremely lacking at the present time when it comes to the social sciences. At the same time, I would hope that I would be able to put this individualized priority on equal standing with the other priorities if I was given such an opportunity and privilege. That is to say, my first project would be whatever needs the most attention."

As for pet peeves, Elisa stated, "When people say there is no possibility for improvement. I am all for acknowledging when something isn't working but that doesn't mean something positive can't come out of a difficult situation. For example, can I expect a complete revision of feminist courses to include disability perspective? No. That is time consuming and unreasonable. However, I can point out the missing perspective and work in finding a creative solution that works for everyone. I know too many people with a disability who have their heads down but duking up mentally. By this I mean they find speaking up to be nerve-racking because of negative experiences in the past, causing them to be resigned or in a constant state of having to prove oneself as capable. I am no stranger to these situations but now I know there is a way to fight a good fight and create positive change. Put another way, my biggest annoyance is when people refuse to open doors just because the one doesn't open easily, because I know from personal

experience how detrimental this is—having had a major depressive episode in my late teens because of this belief.”

As for her most valuable lesson learned in life? “You can catch more flies with honey than with vinegar. I say this because despite my disability I have never been subject to intentional bullying. (My only experiences of this being the critic inside my head and protective pessimism). I like to think that, along with Grace, this and other happy experiences happen because I choose to be positive and nice when I interact with people. That is to say, I never forgot the power of standing in someone else's shoes and it really helps me.”

And her proudest moment in life? “The moments when people realize we are more than physical beings because of my interactions with them. For example, teachers who don't expect much and then end up saying you taught me something.”

The one thing that distinguishes Elisa from other people is that every day, she prays that she is “being used for the highest good.” She continued, “And every day, I find out just how human I am. For a perfectionist, it is both aggravating and liberating at once. It is a fascinating experience.”

As a final note, Elise stated, “I don't want to pretend I don't have any flaws.” She admitted, “I would like to say that I am prone to a temper, stress easy, overthink, and talk too much about my endeavours sometimes at the exclusion of other people. However, I was still given this opportunity so I leave you with this. Despite any flaws you may have, you have a purpose and opportunity to make a wonderful life for yourself and others. God bless you all.” Best of luck Elisa!

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: David and Shelley Scholarship

Sponsored by: Easter Seals Ontario

Deadline: April 30, 2021

Potential payout: \$500

Eligibility restriction: Applicants must be residents of Ontario, seeking post-secondary education, and have a physical disability. See full [eligibility requirements](#).

What's required: A completed and mailed application form, along with academic transcripts, two reference letters, and a one-page letter outlining your qualifications for the award, scholastic achievement, and extra-curricular activities.

Tips: Check out the other Easter Seals Ontario scholarships offered; more than one can be applied for.

Where to get info: services.easterseals.org/other-programs/scholarships/



A Rant: The Five Best Burger Recipes

Jeff Shermack



In Calgary during late March, Jack Frost turned his cold gaze upon us once more and blew a final frosty kiss goodbye. Now that winter's aftershocks are over, it's time to greet the gods of flame. Barbecue season is here again—also known as summer among sad vegetarians. Strike a match over your charcoal grills or turn a dial and press a button on your gas alternative. The annual barbecue season brings an opportunity to try all the great recipes you didn't get to last year, before you eventually revert to simple standards that are quicker and easier than making an oven-baked cheese-crisp and mango chutney for a turkey burger. Plus, now you have a great reason to go outside again.

Burgers are the simple barbeque option for beginners, with layers of nuance for seasoned pit-

masters. Yet for some reason, people seem to feel the need to complicate them. You could step up your game with the five following recipes for pristine patties, carefully researched and collected here for easy access, but that would be a mistake. None of these recipes deserve even the smallest pinch of your attention, because the best burgers have only one ingredient: meat. (salt and pepper optional).

The Classic Grilled Burger

This is your most basic burger. Some people call it the Plain Jane—even though it's clearly not. If you're just looking for an easy recipe to get barbecue season started—and desecrate the most sacred shrine to flames in your home—then look no further. You've arrived. You're in the town of Duck Soup. It's Vanilla Ville baby.

Ingredients:

- 2lbs 80/20 ground beef (For novice practitioners, that's usually ground chuck.)
- 4 cloves minced garlic
- 2 tablespoons minced onion (Gross.)
- 1 tablespoon Worcestershire sauce (It doesn't matter how you say it. It's never mattered.)
- Salt
- Pepper

If you're not completely turned away by that ingredients list, mash all that stuff together into some kind speculative slop that mimics the finished product of a burger and then I guess just drop it on to your grill in big chunky ice-cream scoops like carnivorous cookie-dough.

The Hawaiian-Teriyaki Burger

This is a tangy, sweet, delicious option that many people like to try, but here's the thing I really want to say: you don't need to add anything extra to a burger patty. If you have a good ground mix of fatty cuts and lean cuts, it's going to taste great on its own. Adding unnecessary ingredients to your patty overpowers the meat's natural, savoury succulence. It's also complete overkill, since

anything you want on a burger can be added after the patty is perfectly cooked. I'm not arguing that onions are gross. Far from it. I'm arguing that you should never add anything to a burger patty before you cook it. Anything you want on a burger should always be on the burger, not in the patty.

That's one of the best things about burgers. Any ingredient, any taste profile, any possible combination of the five flavour elements (*spice, sweet, sour, bitter, and umami*) can all be built within the bun, but only if you retain the strength of its essential foundation: meat. A little salt and pepper will enhance the meat, but anything else is just a shameful mask for bad beef.

Ingredients

- Ground Beef
- Grated Carrots (Really?)
- Chopped Scallions (Overused and overrated)
- Grated Ginger
- Reduced Sodium Soy Sauce
- Sriracha (See my note on scallions)

I don't even know what to say anymore. The recipe I found for these patties didn't even say to add salt and pepper. Technically, carrots and onions do cook around the same rate, so you could add them, but why would you want to? Do you like chunky unpleasant burgers? Do you like patties that crumble apart because their structural integrity has been compromised?

Stuffed Burgers

This is just a regular burger with extra steps. Stuffed burgers have never made any sense. They're a cheap novelty, ideal only for gawking in disturbed delight. They're like a lady with three-foot fingernails or a three-eyed sloth. Interesting? Sure. I might even say intriguing, but ultimately freakish, unusual, and unnecessary. Only humanity's insatiable, vociferous gluttony could lead to these monstrosities.

I've already talked for longer than I care to about the reasons that this doesn't make sense. Just put the toppings on the burger. Why do you need to put them inside? Are you trying to make life more difficult? Burgers don't need to be complicated, and they shouldn't be. You don't need a bunch of rare, bizarre ingredients to make a patty taste tantalizing. You just need a good mix of meat and maybe two additional, basic seasonings.

Look at the popular bacon, mushroom, swiss burger. Sauteed mushrooms, sizzling bacon, and creamy swiss all combine for a unique, outstanding amalgamation that transports you up and away, into a fugue state characterized by caramel breezes and unimaginable satisfaction. None of those ingredients are inside the patty. They're all on top.

Black Bean Burgers

You don't deserve to eat burgers. Close this article, turn off your computer, and spend the rest of the day thinking about what event from your life affected you so deeply that you would even consider this level of sacrilege against the lords of meat. (And while I'm at it, stay in your lane vegetables, grains, and other passable non-meat alternatives. You already have a purpose, and you're well-suited for what you do now. Stop trying to be meat.)

Withering vegetarians have struggled for years to find a meat alternative that makes a great burger. There is no alternative. Beets might be red, but their saccharine crimson juice is no match for iron-rich sanguine blood.

The Best Burger

The best burger patty is whatever you enjoy eating.

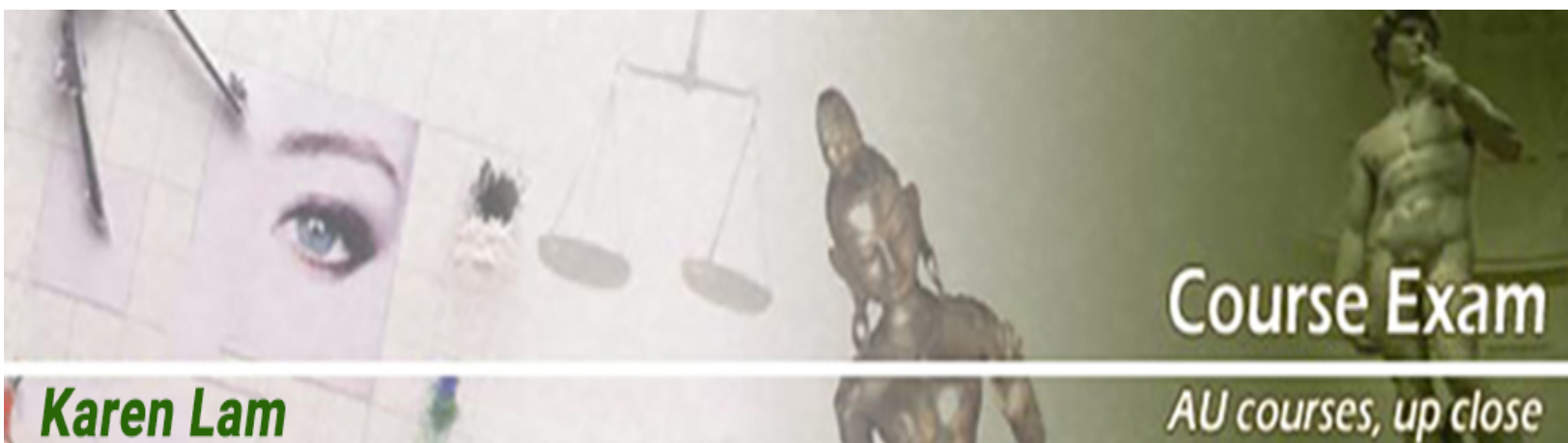
Just kidding, that's wrong. The best patty has an ideal mix of meat and fat (I prefer 70/30, but 80/20 is acceptable), a pinch of salt, sprinkled over the meat like magical dust from a grease fairy, and just a touch of pepper, plucked from the lingering scent of an explosion.

However, just because that's the best burger patty, doesn't mean that's what you have to eat. That's just one the opinion of one supplicant under a mighty, meaty suzerain. There are many reasons not to eat meat (especially beef): from the extremely poor treatment of most livestock, to expressing devotion for another, equally mighty deity. Whatever your reasons are for abstaining, I support you. Everyone has their own priorities, goals, and needs. You should never take the deranged ravings of a lunatic writing articles on the internet as anything other than what they are.

If you're one of those people that do eat beef, and you claim that burgers are better with chunks of onion inside of them, or volatile bombs of cheese and bacon placed in the center to make victims of ignorant eaters, then I can only ask Prometheus for strength, and hope that eventually you join Aristotle, Hesiod, and I in eudaimonia.

Moderation in all things, including burgers.

Jeff Shermack was studying English, writing SF and interested in experiments with storytelling structure. This February he'll be graduating from AU, getting ready to take on the real world.



Karen Lam

Course Exam

AU courses, up close

Course Exam

Karen Lam

Comp 444 (Embedded/Robotic Programming)

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.

COMP 444 is a three-credit senior level Computer Science course “designed to introduce you to robotic programming using Arduino.” The course explores the first principle and expands to advanced topics of robotic control. The course does have a pre-requisite of COMP 200 or approval by the Course Coordinator and is not available for challenge. For those who have not taken COMP 200 and are interested in doing so, feel free to check out the [course exam article for COMP 200](#).

Why You Should Take This Course

Robotics technology has slowly made its way into our daily lives and is becoming an important aspect of them without us even realizing. This includes the popular iRobot vacuum and its floor maps, self-driving vehicles, smart home devices, robotic toys for kids, robots used to explore space, and many robotic technologies used in health care, agriculture, transportation, utilities, and security. Robotic programming and technology are everywhere, including at home and work. Robotics has the power to transform our lives and work environments positively, increase efficiency, raise awareness for safety and provide better services.

For anyone who's tech savvy or interested in robots or programming, this course is a must take for you! This course will introduce students to robotic programming using Arduino hardware and software, and teach students about robotic movements, sensing, feedback/architectures, representation, behavior, control, and coordination. Students also have the opportunity to build their own robot, how cool is that?!

Course, Assignment and Final Exam Details

The course itself is composed of thirteen units starting with the orientation/introduction and moving to robotic movements, robotic sensing, robotic controls, unexpected outcomes/emergent behavior, navigation, and group robotics, learning and robots, and finishing off with examining the ethical implications of robots in modern society.

The course consists of three assignments each worth 10% along with a project worth 40% of the total grade. There is a group work and collaboration part of the course that is worth 15%. There is no midterm for the course, however, there is a final exam that is worth 15%.

How to Be Successful in the Course

Introducing Mr. Richard Huntrods P.Eng – Course Coordinator

Mr. Richard Huntrods graduated from university with a B.Sc. in analytical chemistry (1977), then a B.Sc. in chemical engineering (1980) followed by a master's degree in chemical engineering in 1988. His project was the computer simulation of a cooling reactor for ethylene production.

After graduation in 1980, Mr. Huntrods began working in the IT sector for various oil and gas companies. He wrote reservoir simulators in FORTRAN for four years, supported various engineering applications on a variety of hardware platforms, and generally worked as an IT software engineer during the 80's. In the '90s, he went independent—becoming a consultant software engineer. In addition to some typical energy sector programming, he spent time developing microprocessor applications, including a MIDI engine for a sound card. During the '90s he began teaching programming in the evenings at a local college. In the late '90s, Mr. Huntrods joined SAIT as a full-time instructor. From 1998-2000 he was the Computer Technology Program Coordinator. During that time, he began tutoring for Athabasca University.

In 2001 Mr. Huntrods left SAIT to join Athabasca University full time. He still consults for several companies, working on various enterprise applications (server-side Java).

A registered professional engineer (retired), he is also a glassblower and an avid SCUBA diver. In 2007 he switched to a rebreather so he could spend more time photographing underwater wildlife around Vancouver Island. You can find more on his general website at <http://huntrods.com/> and his scuba website at: <http://scuba.huntrods.com/>

Mr. Huntrods' Advice for the Course

"COMP444 was the first course I designed 'from the ground up' to use both hardware and social learning theory. The hardware was quite difficult. At the time the course was developed, the only real 'educational' hardware was the Lego Mindstorms for Education. It turned out to be too expensive to incorporate into a distance course.

I spent some time searching the internet for an inexpensive microprocessor that was popular and current. There are many on the market, but at the time the Arduino was getting a lot of attention. It was brand new, yet still there was a wealth of information about it on the internet, as well as a lot of interest and programming ideas. I felt it also important that we not just supply a micro controller, but a complete kit that also included important electronic and electrical components that would be easy to use and not require us stocking numerous individual components; something complete that we could order and send to the students. I found that Sparkfun (in the USA) sold a relatively inexpensive complete kit (Sparkfun Inventor's Kit, a.k.a. SIK) including the Arduino as well as many great components. The kit had been designed for STEM education in the K-12 market in the USA. It fit our needs perfectly.

I also needed a textbook, preferably one that covered a great many topics in introductory robotics. The text chosen is not huge, but it's coverage of the material is exceptional. It's easy to read as well. It is sent (it's a physical paper book) together with the SIK to every student enrolled in the course. As it's both excellent and short, the entire text is read as part of the study activities.

Much of the course is designed around exploration and self-documentation (blogging, writing a journal, etc.). The course is very open-ended. Other than answering some leading questions for each unit and completing all the experiments in the SIK guide, students are free to explore any project they choose. Projects can be created from just the components of the SIK, or can be created using additional purchased items from numerous internet sources. There is no requirement to purchase anything for the project, but many students in the course are so enthused at the idea of building a robot of some type that they have chosen to purchase components to make it a reality.

The final exam consists of two questions. The first question asks the student to describe in detail their project using a supplied framework. The second question asks the student to reflect on their learning journey with the course and offer any comments or suggestions to improve the course."

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator, Mr. Richard Huntrods at fst_success@athabascau.ca. Happy robot building!

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

Council Connection

March 17, 2021 Meeting

Karl Low



At 6:30 pm, AUSU Council gathered with its new executive having just been elected. The more things change, the more they stay the same, as the saying goes. In this case, all three executives from last month were re-elected into the same positions, but an extra executive position had been created and a councillor elected. Although the person who won the position was not disclosed during this meeting, I've found out since that Councillor Karen Fletcher has been elected to the new Executive position of Vice President of Community and Wellness (VPCW), so congratulations go to her.

The meeting started with all current councillors present except for Devon Romanick, who, as it turned out, had recently resigned from Council, with it being noted during the President's report that Devon had

been juggling a lot of things and had decided that stepping down from AUSU Council was necessary. This means that AUSU Council is now down to ten people out of the initial 13 that were brought to AUSU through the 2020 election and 2020 by-election.

In total, AUSU has lost seven of the thirteen councillors that students initially elected. This is a concerning amount of turnover in the organization, as it surely means that significant effort has been going in to make sure that nothing slips through the cracks as various councillors leave, plus the additional training and familiarization required when a councillor moves to take over a portfolio left behind. Unfortunately, I'm not sure what can be done about this, but it does seem to indicate that the move to the larger thirteen seat council over the previous nine seat council was probably a very good move. Hopefully the same will be said about the additional executive position.

Getting back to the meeting itself, also present was student Jo-Mary Crowchild, the representative of AUSU's indigenous Student Representation Committee to Council to present that committee's report.

Agenda, Minutes, and Policies

The agenda and minutes and review of previous action items were quickly handled with little comment, as were the first two policies on the agenda: The Equity, Diversity, and Inclusion (EDI) policy, and the Executive Committee Terms of Reference policy—the changes to which added the fourth executive.

Also brought forward was the Equity, Diversity, and Inclusion Position Policy (not to be confused with the previously mentioned EDI policy). The Position Policy defines AUSU's position on these matters to the outside world, the EDI policy defines how it handles those matters within its own activities. It was noted that the position policy is still evolving, with the third part coming sometime this year along with proposed changes to the council governance and terms of reference. The third part will consist of the research that has been done, and it was noted by Vice President External and Student Affairs Natalia Iwanek that she feels this position policy will be a

live document, that is, something changed quite regularly, because the issue space is something that is continually evolving.

The next point was the Sexual and Gender-Based Violence Position Policy. VPEX Iwanek pointed out that AUSU had not had anything like this in the past, perhaps because the lack of campus meant it wasn't seen as something as important to AU and AUSU as it might be for physical universities. However, because AU does have various opportunities for students to meet in person, including co-op opportunities, labs, and certain town-halls or other gatherings, that AUSU should have something on record.

All the policy additions and changes brought forward were approved unanimously by council.

Indigenous Student Representation Committee

The last section before report presentation was the presentation of the Indigenous Student Representation Committee's report, with the resolution that AUSU council adopts the recommendations from the report and approves the creations of an appointed AUSU Indigenous Student Circle in 2021.

Jo-Mary Crowchild spoke to this report, and noted how the committee first talked about identifying indigenization at AUSU, with her saying that she's "only been a part of the AU community since last April, so I'm still learning what's going on, but recently you guys have added land acknowledgements, which are super important" and also noted how there was a focus about access to education for indigenous learning, including seeking more funding on multiple levels of the university to include indigenous voices. She was also hopeful that the committee would be able to create a position to offer an indigenous voice on how we can do better as AU for the students, and noted "It's good to see this council advocating for that."

President Stacy Hutchings pointed out that she wanted to make sure AUSU gets indigenous communications in their executive workplans, and when it comes to reconciliation, to understand that our typical processes are very colonial, "so understanding that and being able to create other ways of being and knowing within our space and elevate the voice of all" is very important.

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

Bannock and a Movie April Edition: The Cree Hunters of Mistassini

Apr 1 to Apr 30

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

Access through above link

Blended Learning Practice MOOC

Apr 4 to May 1

Online, Hosted by AU and Commonwealth of Learning

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

Register through above link

Facebook: Fact or Fiction?

Wed, Apr 7, 6:00 to 7:00 pm MDT

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

Register through above link

PowerED™ Leadership Webinar Series: Part 1 with Dr. Paul Bentley

Thur, Apr 8, 11:00 am to 12:00 pm MDT

Online, Hosted by AU's PowerED™
news.athabascau.ca/events/powered-leadership-webinar-series-part-1-with-dr-paul-bentley/

RSVP through above link

Networking Skills to Launch Your Career

Thur, Apr 8, 11:30 am to 1:00 pm MDT

Online, Hosted by AU, RBC, and Ten Thousand Coffees

news.athabascau.ca/events/networking-skills-to-launch-your-career/

Register through above link

AUSUNights Virtual Student Social

Thur, Apr 8, 5:00 to 6:30 pm MDT

Online via Zoom

Hosted by AUSU

www.ausu.org/event/ausunights-virtual-student-social-5/

RSVP to ausu@ausu.org for meeting link

The Grad Lounge

Fri, Apr 9, 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

No pre-registration necessary; access through above link

All events are free unless otherwise noted.

Executive Director Jodi Campbell added that this was “A unique project we should be proud of. Thank you to everyone in the ad hoc committee,” and noted that “people were really getting involved, collaborating and brainstorming,” and it was great to see.

One of the recommendations of the report was that an indigenous students’ circle be appointed from the indigenous students of AU, and that future councils would have one seat filled by the circle’s representative to AUSU, with the other twelve being decided by student election. Governance Advisor Duncan Wojtaszek noted that this would likely be permissible under the post-secondary learning act, as it was still a student of AU, being chosen by other students of AU. Personally, I liken it to other universities where students of certain faculties elect a representative for their particular faculty for the student association.

The motion passed unanimously.

Executive & Committee Reports

This brought us to the executive and committee reports section, and as has quickly become tradition, these past mostly without addition or comment from the executive, other than the aforementioned resignation of Devon Romanick.

Executive Director Jodi Campbell did note during his report the resignation of AUSU’s communications co-ordinator, Donette Kingyens who has moved on to AUSU for a position in their Prior Learning Assessment and Review department. He also noted that, as of March 25th, AUSU would become a wholly virtual organization, as they are giving up their office space.

Coronavirus forced AUSU to go back to people working primarily from home (something it last did almost a decade ago now) and it was noted that AUSU’s systems allowed that to happen with very few disruptions in the normal workflow. They’ve decided that they may as well keep that momentum going, and so will now be a fully virtual organization.

Recognition and Acknowledgements

Finally, the recognition and acknowledgements section contained an interesting story from Councillor Katy Lowe, who was thanking AU and the AU community for being what they are. You may have seen the images on her Facebook page of Katy graduating at home, but there’s a reason why AU went to the effort.

Katy, who’s graduating this year, would not be able to attend convocation with her mother, who has stage four cancer. Councillor Regan Johnson, on hearing of this, told President Hutchings, who talked to AU, and the communications team of AU put together “a little convocation ceremony” for her so her mom could see it.

“It was so amazing on every level”, she said, and she’s “touched by the generosity and so proud to be a part of the AU community, because this was something that meant a lot to me and my family, especially for mom, and was the best day she could have had before she went into treatment the very next day.”

She continued, “I will always be the most proud alumnus of this university and this community. I am so proud to be a part of it.”

Ever wonder why you’re at AU? Now you’ve got another reason.

Next Meeting

April 21, 2021 will be the next meeting of AUSU Council. If you’re interested in seeing what AUSU is doing for you, contact governance@ausu.org and ask to come to the next meeting, you’ll get a package giving you the details of the meeting, including when and how to get in.

Fly on the Wall

Language by Any Other Word?

Jason Sullivan



Language is an indispensable tool for learning and, lest we dig our own academic graves by failing to utilize language to our best advantage, a brief survey of the technology of words as tools is in order. We know that crows and anteaters use tools, and that rock-dwelling mammals like marmots have specific warning calls (that can seem to us like words) to announce the existence of certain predators. And we might even be aware that a certain species of bird imitates these warning calls to mess around with animals to its own advantage. Yet, none of these creatures ever wrote a sentence let alone proofread an AU essay. Being a student makes us special among a special species, at least as far as myriad meanings are concerned.

Our academic minds can barely conceive of such an uncivilized time where words meant nothing and only the bubbling soup of our stream of awareness expressed the cauldron of what it means to be a living being on planet Earth. In fact, symbolic culture as undertaken by words is incredibly recent in terms of the planet. Whether we never write in cursive or still make assignment outlines with paper and pen, we are still inhabiting the same recent realm connoted by a verbal-written binary.

That electronic tablet that fails to allow us to smoothly type a paragraph with our bare fingers, let alone a final essay for an AU course, is itself not really a new invention. Sigmund Freud in his time described the advent of a children's toy popular in some circles to this day: the mystic writing pad. Freud questionably believed in a core "concept of verbal representation as preconsciousness" wherein lies the key method in which we get done the work of expressing ourselves (Derrida, 197). However, as Jacques Derrida notes, and as we see with animals and pre-humans using tools but not words, meaning is not itself embedded in words. Words and discourse, logos, and phonics, combined into elegant passages of prosaic meaning when we write them. Whereas animals' communications mean general things with scent markings and body language, our human purposes are relatively murky as we add complexity to basic sentiments. There's a reason poetry is magical! Anyone who's ever spent a quiet afternoon engaging in babytalk with kittens and infants knows that the distance between feeling and meaning, (and, above all, meanings involving sustenance such as snacks) abides in galaxy almost unimaginably distant from the metaphoric landscape of the written realm.

Derrida, in his essay "Freud and the Scene of Writing" summarizes the distance to here implied by the yawning gulf between animal instinct, communicable yet prelinguistic, and human discourse, expressed through the paradoxically finite (in words) and infinite (in potential) realm of language. "Logo-phonocentrism is not a philosophical or historical error which the history of philosophy...would have rushed into pathologically, but is rather a necessary, and necessarily finite, movement and structure: the history of the possibility of symbolism in general (before the distinction between man and animal, and even before the distinction between the living and the nonliving"

(Derrida, 197)

To be really living as a human might well be to be applying our reading and writing skills and,

not to overstate the point, to be applying our best brains to our AU studies! We aren't learning academically if we simply do what we've always done. To break new ground we have to shatter preconceptions and allow ourselves to be carried away, so to speak, by our course material. It's bliss and a bit unsettling but if it was easy we'd just, well, watch cute videos on our computer tablets.

Consider what our life would be like without the written word and without the capacity to express ourselves in writing. No Tower of Babel could hope to express more than an essential desire to express with language what had hitherto been inexpressible. The notion that fact expression without language erects a barrier between us, a wall that would make falling in love as we know it (let alone becoming passionate about our chosen academic discipline) as impossible as pushing a wheelbarrow without a wheel.

So it's quite natural for us as humans to consider symbolic culture as the basis of every meaning we make or discover. Consciousness as we know it is inherently problematic (words are only bursting bubbles from the soup of thought) without our selves there to say what we think and feel. In this sense, to learn at AU is to truly become who we are, and were, and to embody the future selves that we hope to become.

References

Derrida, J. (1978). "Freud and the Scene of Writing." *Writing and Difference*. (Alan Bass, trans.) Chicago: University of Chicago Press.

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



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Everyone was new once: A new student seeking tips on getting AU studies organized receives a flood of insightful tips from other students.

reddit

Lesser of two evils: A student worries that a withdrawal notation on their transcript might hurt chances for grade school; other students provide opinions on the merits of taking the W to preserve a high GPA.

Twitter

@aulibarchives tweets: "Graduated and still wish to use library resources? We offer alumni access! Check out our services for alumni! @AthaUAlumni <https://ift.tt/3fmVeLq> #Access #AULibrary."

Youtube

AU's Library posts a recently recorded webinar on the academic research process, Keeping Organized as You Search.

Homemade is Better

Brisket

Chef Corey



I threw my back out last week and had to put my recipe on hold. This week, to make up for it, I'm smoking a brisket for my Dad's birthday, which was last week at the time I'm writing this. I might be a little late to this party, but I feel like brisket has become more popular. I know it's not new meat to anyone, but if my Facebook feed is any indication, more of my friends and relatives are getting into smoking a brisket!

A while ago, I got into a Netflix series called the Chef Show, an extension to the movie Chef starring Jon Favreau of Marvel fame. In the movie Chef, Jon's character is a well-known Chef at a fine dining restaurant. He decides to start a food truck and drives across the USA serving up his delicious eats through a series of events. One-stop they make is to Franklin BBQ in Texas. Owner Aaron Franklin has become a legend for his brisket, with people coming from miles around to get some. In the Netflix series, Jon and his friend and mentor, Chef Roy Choi, revisit Mr. Franklin to learn the secrets to good brisket! The

show provides some great pointers on how to trim and season the meat before smoking it. I drool every time I watch that episode, and I've seen it four or five times.

In previous articles, I've talked about cooking things in the oven if you don't have a smoker. And understandably, there are so many choices of smokers to get that you could spend thousands of dollars trying to get the perfect smoker. Then there are the types of fuel each smoker uses, pellets, chunks, pucks, sawdust, gas, electric, coal! What shape of smoker do you get, box, barrel, egg, off-set? How do you pick? The good news is unless you want a smoker, this recipe is transferable to your standard oven. The temperature is the same, and the cook times are the same.

But let's talk smokers for a moment. I'm on my second smoker, and I can tell you this model is better than my first, but the first one was a great starter smoker. My wife bought a stand-up box style a few years ago to get me started, and I probably used it a couple of dozen times over the years. It used propane fuel and was a decent little contraption. I found that the propane style was hard to control, but I've also learned that there is always temperature variation and that where your smoker is stored can make a difference. If you're smoking in the dead of winter, you're going to need more fuel and more heat, and it's going to take longer. If you keep it in a warmer environment like a detached garage, with the door open to let the smoke out, it will keep the elements at bay.

Now I'm using a smaller but higher-end pellet-style smoker with an electric box. The electric box does a great job of keeping the temperature consistent. It still fluctuates, but not nearly as much as the propane. A guy I sometimes watch on YouTube that lives in my neighbourhood prefers to use the egg style; he adds his coals and his chucks and lets it warm up. My aversion to this style is access to the fire. I don't have much experience with them, so I'll admit I'm ignorant of how they work.





Many of the BBQ pros in the Southern US seem to use the off-set style, with a smoke box on one end, and the rest of the smoker looks like an oil barrel. These styles work better and are more versatile because you can hot smoke and cold smoke with them. Some advice for those that are looking into it, the cheaper the smoker, the cheaper the metal. This is important because a heavier gauge metal will hold the heat better. Think of a cast iron pan versus a basic aluminum pan. They will both cook, and they will do a decent job of it, but the cast iron will use less energy to heat up than the aluminum. Because the cast iron can dispense the heat more evenly and keep that heat for longer, it will cook more consistently. The aluminum pan will heat up, and eventually, the pan will reach the right temperature, but aluminum isn't as good at dissipating heat as iron. Don't get me wrong, as I said, they will both heat up and cook your food, but one is more energy-efficient than the other. Smokers and grills are the same. You certainly don't need to pay thousands of dollars for a great smoke or grill, BUT one made from a thicker

gauge of metal and quality materials will do a better job than thinner metal and cheaper materials. So take the time, do some research, check Youtube for reviews, read about them on various websites. If you put your time in and do the leg work, you'll find the product that will give you the most satisfaction.

And now, my recipe!

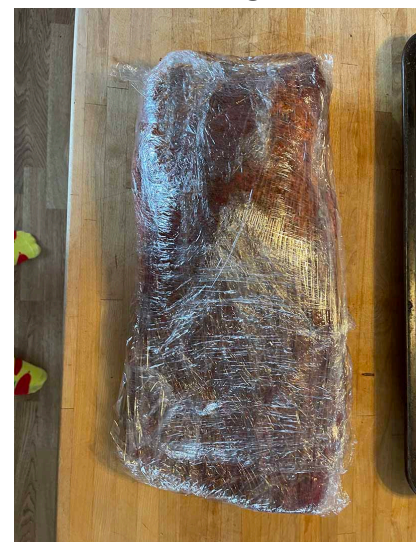
Smoked Brisket

Ingredients:

1 - 12-14lb brisket

Salt

Pepper or a premixed seasoning of your choice



Directions:

- 1) Find a good butcher and ask if they can clean up your brisket, but leave a decent amount of fat.
- 2) Heat your smoker or oven to 225F.
- 3) Once they have reached the temperature, get your meat into the smoker straight on the grills. If using your oven, put the meat on a baking sheet.
- 4) Cook the meat until it reaches 160F
- 5) Remove the meat from the oven and wrap it tightly in aluminum foil
- 6) Put it back in the smoker or oven and cook until it reaches 195 – 205F
- 7) Remove the meat and let it rest for at least 30 minutes
- 8) Unwrap the brisket and cut it against the grain.
- 9) Serve it up with some oven-roasted potatoes and grilled veggies or whatever other sides you like!
- 10)

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



How to Control Our Minds

Marie Well



If we're happy despite what twists life may throw, then we've learned to control our minds. And days of pure happiness are possible for every one of us, even in the most severe life circumstances.

When I was a teen, I spent a short time focused on controlling my mind. I'd wake up before school and think, "It's an amazing day. I'm lucky to be alive!" I'd go to school smiling at everyone, drumming up the confidence to chat with each passerby, a bubbly tone to my voice. But it took great effort, and life had its struggles, so I stopped.

And that's where we all tend to go wrong; we stop striving for constant happiness when it takes too much effort. I believe we're meant to invest that effort to 24-7 happiness.

Thirty-five years later, I'm back to controlling my mind. And I hope to share what I've discovered.

Avoid judging. To be happy, it's wise not to judge anyone. We gain from overlooking others' faults, focusing instead on fixing our own faults. It's helpful to see everyone on a journey, each person's life lesson unique from our own. Valuing everyone's journey helps us to never condemn others. And never condemning others leaves us happier.

Love others. It's also blissful to feel love instead of judgment for every soul. When we feel love, we feel happiness. And when we feel love for every single soul, no matter their circumstances, that feels like fireworks of happiness!

Reframe thoughts. To control our minds it's important to reframe our thoughts, ensuring we avoid jealousy, anger, frustration, or tension. If someone confronts us with anger, instead of retaliating, we can empathize with that person and dwell on his or her strengths. Or if we feel frustrated after a test, we can seek the positive: every bit of learning, we might think, is gold. Thus, acceptance and appreciation are ideal for training the mind.

Visualize success. Visualizing success also helps us train our minds. We may find value in spending fifteen minutes a day visualizing the achievement of a goal, the steps to be taken, the tasks we'll tackle the next day. As well, there exists a branch in Hinduism called Karma yoga that instructs us to work selflessly to serve the greater community. Visualizing success for ourselves—and especially for others—are two great ways of controlling the mind.

Set goals. Controlling the mind also involves setting inspiring goals. Everyone can reach for the stars—and claim a supernova. It just takes an inspiring goal and a commitment to never quit—even when faced with failure after failure or with daunting limitations. Any goal is doable if we tame the desire to quit.

Strive for health. Seeking healthy activities also helps with mastering one's mind. For instance, meditation, especially the loving kindness type, may help us control our minds. A healthy diet and exercise can, too, help pacify an otherwise unstable mind. And reading about religions, saints, or self-help can lay out actions that yield a mindset of peace.

Cream of Mushroom Porkchop

Xine Xu



Recently I tried out a new recipe that I've come to love. It's one that is simple, flavorful, and carbohydrate-smart. My previous diet consisted of a high carbohydrate meals which left me feeling unsatiated. To help manage my energy sources better, I decided to allow for more proteins in my diet. This small change has helped me reduce the quantity of my meals and keep me energized for longer periods of time. This recipe is incredible because, having used Campbell's Cream of Mushroom for years, I didn't realize how easy it was to make a healthier meal without the salt and preservatives in canned soup. Cream of mushroom is as easy as it sounds, however in this recipe I've replaced heavy cream with cream cheese, which helps reduce the water content in regular cheese.

Overall, if you're looking to cut down carbohydrate intake, I found the easiest way to still feel full and satiated is to add protein not only in the form of animal protein but also plant proteins as well. For example, legumes are a great source of that missing protein. After this meal, I was ecstatic with the balance of nutrition and taste.

Prep time: 15 minutes

Cook time: 30 minutes

Difficulty: easy-medium

Ingredients:

340g pork chops, boneless
50g shallot
6g garlic
1 tsp garlic salt
1 unit vegetable broth concentrate
227g mushrooms
170g green beans
3 handfuls of baby spinach
2 tbsp cream cheese (Philadelphia Cream Cheese)
1 tbsp unsalted butter
1.5 tbsp oil
Salt and pepper to taste

Instructions:

1. Preheat the oven to 425 degrees F.
2. Wash and dry the produce.



3. Trim the green beans, slice the mushrooms, and chop the spinach coarsely. Peel, then thinly slice the shallots. Peel and mince or grate the garlic.



4. Toss the green beans with shallots, half garlic salt and 1 tbsp oil on the one side of the baking sheet. Season with pepper.
5. Pat dry pork with paper towels. Season with remaining garlic salt and pepper.
6. Heat a large non-stick pan over medium to high heat. When hot, add $\frac{1}{2}$ tbsp oil then pork.
7. Pan fry until golden on each side (2-3 minutes per side). When pork is golden, transfer to the other side of the baking sheet with green beans. Roast, in the middle of the oven until cooked through in 10-15 minutes.



8. Heat the same pan over medium heat. When hot, add 1 tbsp butter and mushrooms. Cook, stir constantly until softened in 5-6 minutes. Add garlic and cook, stirring often until fragrant and stir in cream cheese, broth concentrate and 2 tbsp water. Add spinach and cook, stirring occasionally until spinach is wilted (1-2 minutes). Season with salt and pepper.
9. Thinly slice pork. Divide pork and green beans between plates. Top pork with creamy mushrooms.



Descending to Violence

Dear Barb:

Hi! My husband and I have been together for four years, having dated for almost two years before we moved in together. Everything was good with no major problems and I never saw a hint of violence in Jason, so I was devastated when he started choking me during an argument. That was a year ago, and it has happened three more times since. One time he punched me and gave me a black eye. I told people I walked into a door. Another time he grabbed my wrist so hard he left bruises and fingerprints. I keep covering up for him, but I think people are starting to clue in. My mom has been very suspicious of my bruises and black eye and I have a hard time lying to her. After these episodes Jason seems devastated that he did that to me. He cries and pleads for my forgiveness, promising it will never happen again. I love him and forgive him, but then it happens again. I believe he loves me, but if this doesn't stop I cannot stay with him. What causes men to hit women? I wonder if I am provoking him, but everything I see and read says that women do not provoke men into becoming violent. I cannot imagine having children and them having to witness this. Do these men ever get better I don't know whether I should leave or give him a chance to get some help?

Thanks, Brianna.

Hello Brianna:

I am so glad you wrote about this important topic. Domestic abuse is a major problem, and in Canada a woman is killed by her partner every six days! Statistics Canada reports that almost one third of all police related violent crimes are the result of intimate partner violence. The reasons women stay in these relationships is complicated, and can include the fear of what will happen if they leave.

The site canadianwomen.org provides statistics to validate this fear,. Women do not provoke the violence, it comes from somewhere within the man. But the reasons men abuse are not simple or clear cut. According to Dr. Susan Hanks, Director of Family and Violence Institute in California, men who abuse are struggling with their own psychological issues. Also these men are usually dependant on the woman and feel threatened by any independence they may attain.

Some men may abuse because they grew up watching their mothers being abused by their fathers and this has become their normal. For some men alcohol or drug abuse is the trigger. My advice is to contact your local women's shelter and discuss your options or speak to your family doctor who will be able to direct you to the facilities that are available in your area. Get help as soon as you can Brianna, you do not want to become a statistic. Thank you for sharing your story.

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
Revenge Stinks

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:

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- [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

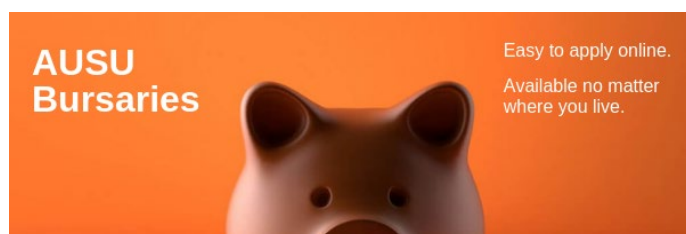
AUSU has [year-round bursaries](#) available for AU undergrad students in financial need.

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!

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