



THE VOICE

Vol 29 Issue 16 2021-04-23

Minds We Meet

Interviewing Students Like You!

Easy Beef Souvlaki

It's All in the Tzatziki

Women In Fiction

What *Sulwe* Shows Us

Plus:

Course Exam: Musi 267

*The Zen Garden of the Mind
and much more!*



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LETTERS TO THE EDITOR



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

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

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

Editorial

Karl Low

Should it be Bi-Election if it Happens Twice in a Term?



While I'm still working on the most recent Council Connection, one thing I can tell you is that it's time to get yourselves ready for another by-election. Last time, I reported on Monique Durette stepping down from the executive position to that of a regular councillor. This most recent meeting came with notice of her resignation from AUSU Council altogether. Along with her, Councillor Darcie Fleming has announced her resignation to be effective as of May 1, 2021, and Kathryn Hadden was sadly removed from Council for failing to keep up to the academic standards required. (In layman's terms, she hasn't actually been in an AU undergraduate course in quite some time, a requirement to serve on AUSU.) This will cause the second policy-forced by-election for this council in a single term.

While not unprecedented, it is a rare occurrence, and it makes me wonder if the nature of the commitment is being stressed strongly enough to students who want to become candidates.

This latest resignation will leave AUSU Council at seven students, and with the addition of the newest executive, means that the executive team has more votes than the rest of the Council. This is a dangerous place for a students' union to be, as there is significant history of various students' unions being taken over by an executive team that has gone on to do significant damage to the union while benefiting themselves. This is usually preceded by communications from the students' union about their activities becoming less frequent or fulsome.

Having said that, with what I've gathered from attending many meetings of AUSU Council, as well my conversations with various council members and members of the executive team, I don't think there is a significant danger of that happening to AUSU with the current group.

But the important part of all this is that council needs to hold a by-election, not only to adhere to policy, but because it's a security feature for the students' union to have more councillors at large than executive members. And I've already been informed that plans are already being made for the next by-election for AUSU Council.

So, if you've been thinking you've got some great ideas for ways that the students union could better spend your money to benefit students, or some things that AU needs to be told to make a priority, you may soon get your chance.

And while we're on the topic of AUSU, if you're interested in what the students' union is doing with your membership fees, but really don't feel the need to be on council, maybe you want to consider becoming the Voice Magazine's new council reporter. If you're a current undergraduate student who can commit to sitting through a couple of hours of scintillating* conversation each month, we'll give you some support in putting together a good council meeting report, and even pay you a bit for the time required.

Meanwhile, this week, the Voice Magazine brings you a fresh student interview with a student whose goal is nothing less than to change people's lives. Plus a couple of quick and easy recipes to choose from whether you like lasagna or beef souvlaki, what these recipes have in common is that they're quick and easy for a busy student like you to make.

And, of course, we've got advice, course reviews, news, events, character explorations, scholarships and more. Enjoy the read!

* Scintillation may vary based on the perceiver.

A stylized, handwritten signature in black ink that reads "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 Ahmed Sherief from Calgary, Alberta, the 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).

Ahmed is currently enrolled in a Bachelor of Arts with a double major in Psychology and Sociology, with a minor in English.

He first came to Canada with his family “about two and a half years ago” and has “been living in Calgary ever since.” He stated, “I am married, and have a boy and a girl, 11 and 7 years old. I have a Bachelor of Science in Chemical Engineering from Alexandria University in Egypt and had previously worked in oil and gas industry in Egypt and Iraq for 12 years. My original plan was to come to Alberta and pursue work in the field of oil and gas. The plan did not work as the industry continues to struggle. I started looking inwardly into my passions, and the old flames of psychology and writing rekindled. I applied to Athabasca for a psychology major and sociology and English minors, and here I am.”

He continued, “My passion has always been to help people become the best versions of themselves. I used to do that through conversations with my friends, family members, and colleagues where I asked them questions to probe into their inner motivations and then suggested paths they can follow to fulfill their dreams. By taking a psychology degree I can do an even better job in advising people on such matters armed the scientific knowledge I should gain.”

When he is not studying, Ahmed loves to read novels (he is currently reading *The Hobbit* by J.R.R. Tolkien) and to write “stories, poetry and articles.” He is also currently “working on a novel about Magic in Ancient Egypt.” He would like to meet “J.K. Rowling, the creator of Harry Potter series.” He explained, “I really want to talk to her about her early years when she was writing the first book. I think that would give me a lot of energy to continue with the novel that I am writing.”

Ahmed’s father has had the greatest influence on his desire to learn. He stated, “He always opened doors for me to look through and learn about different things in life. Since as far as I can remember he used to bring me books and comics to read, and he used to talk to me a lot about history and ancient mythology.”

As for this experience with online learning, Ahmed thinks that it has “been good so far.” He continued, “I did really well with my first English and Psychology assignments, and that gave me a push to work even harder. What I like is working at my own pace, and having the option to be

there for my family when they need me. What I don't like is the lack of socialization with other students and faculty members." He also finds communication good with his course tutors. He stated, "They always respond within the set time, and usually offer more help than I needed. My English tutor introduced me to the Alberta University poetry contest, and I participated. I am really excited about that opportunity."

If he were the new president of AU, Ahmed's first project would be the implementation of video lectures. He explained, "I expected there would be video lectures for each course recorded by the professors and was surprised to learn it's not available for most courses. I think recorded video lectures would help set the pace of studying."

His proudest moments in life occur "whenever [he] manages to help someone break out of their boundaries and self-, or society-imposed limits and start working on achieving their full potential in life unapologetically." He explained, "Each time someone thanks me for changing their life, I feel it's the proudest moment in my life." And his most valuable lesson learned in life? "Truth is not always enough. Sometimes people would believe a lie over the truth just because it was well presented."

The one thing that distinguishes Ahmed from other people is that he does "not conform with the expectations of society." He continued, "I never succumbed to peer pressure to act or look anything other than how I want to act or look. For example, I never smoked, drank alcohol, nor used swear words in my teenage years, although everyone thought those things were cool. I have always kept my own standards and never cared what anyone else thought of me." Best of luck Ahmed!

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>

The Not-So Starving Student Easy Beef Souvlaki & Tzatziki Recipe

Xine Xu



Having been a fan of Mediterranean cuisine since I was a child, I've always experimented with different Mediterranean flavours and dishes. I particularly love the warm skewered meats, the lightly oiled and charred vegetables and the refreshing, creamy taste of tzatziki dip that adds a burst of richness to the dish. To celebrate the warmth of recent weeks in Canada, I've gotten a head start on grilled and barbecued proteins in the comfort of my own kitchen.

Souvlaki dishes are a great kickoff to the summer and don't require as much preparation and cook time as you might think.

The sauce is simple to make and helps improve appetite. If you're into last-minute recipes, you'll love this adapted recipe that I tried over the last week. Even after three days of eating leftovers, I'm not sick of the same meal yet!

Preparation time: 20 minutes (12 hours if marinating steak overnight)

Cook time: 15 minutes

Equipment:

Blender
Cast iron grill (for optimal results)
Tongs

Ingredients:**Meat:**

¼ cup olive oil
1 tablespoon minced garlic
2 tablespoons chopped fresh parsley
1 tsp salt (or to taste)
¼ black pepper
1 tsp lemon juice (or one medium sized lemon squeezed)
2 lbs Pre-cut sirloin steak or grilling steak (can replace with chicken thighs or breast cut into dice)

Vegetables:

1 cup cherry tomatoes halved
1 cup chopped (1 inch by 1 inch) red onions
1 cup white mushrooms halved
2 red bell peppers chopped (1 inch by inch)
1 tsp paprika
2 tbsp coarsely chopped parsley
2 tbsp olive oil
Salt and pepper to taste
Optional: 1 lb asparagus spears
Optional: 1 zucchini (½ inch coins)
Optional: 1 eggplant chopped (½ inch coins)
Tzatziki sauce
½ medium sized cucumber
2 cups plain Greek yogurt
4 tsp minced garlic
⅓ cup chopped dill or parsley
1.5 tablespoon lemon juice (or 1 medium sized lemon squeezed)
½ tsp salt or to taste
1 pinch of black pepper or to taste

**Instructions:**

1. Combine oil, garlic, salt, parsley, and lemon juice and stir to combine. Combine chopped steak with marinade in a large plastic bag and press out the air. Seal the bag and chill for 30 minutes to an hour (or overnight for optimal flavor). If you're lazy like me, 30 minutes will do the trick.
2. To prepare tzatziki, cut half a cucumber into 1 inch coins. Combine chopped cucumber, minced garlic, lemon juice, parsley/dill, half of the 2 cups of yogurt, salt/pepper in a blender and blend until smooth.

3. Move the tzatziki into a large bowl and add remaining yogurt and mix manually to increase the thickness of the mixture. Place in the fridge to cool.



4. Chop vegetables accordingly and set aside.
5. In a cast iron skillet, add olive oil and meat on a stove on medium-high heat. After 2 minutes or when heated, add chopped vegetables.
6. Cook for 5 minutes tossing vegetables with tongs and ensure they are evenly coated with olive oil. In my own recipe I'd added half of a bacon strip to help coat the vegetables with more evenly and add some flavor to the vegetables.
7. When vegetables are soft, add chopped parsley for garnish and paprika. Cook for another 1 minute. Serve vegetables on a large platter.



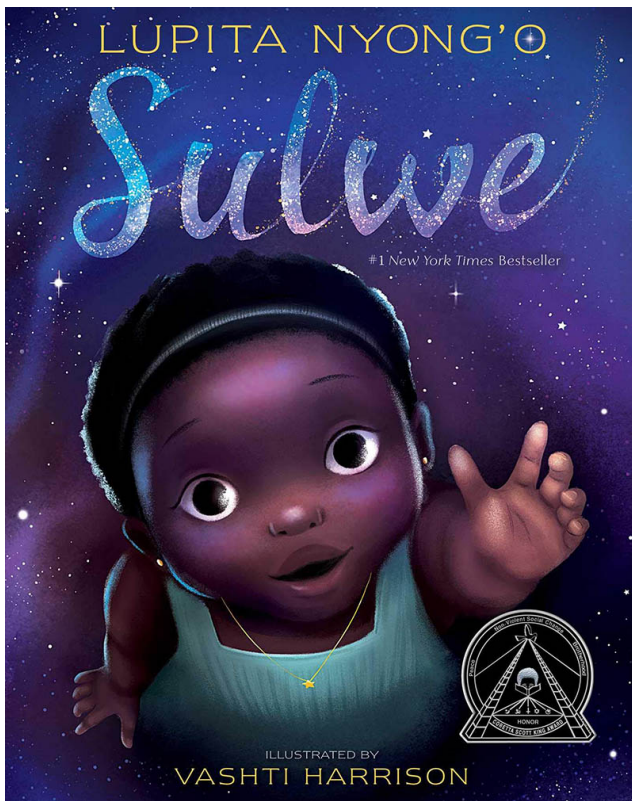
8. To cook the protein, start with a cast iron skillet over medium-high heat. Add olive oil to coat the skillet evenly. After preheating for two minutes, add marinated steak (or chicken)
9. Cook for 1.5 minute each side for quality grilling steak, and turn protein using tongs. Cover the skillet for 1 minute and turn off heat.
10. Take the chilled tzatziki out of the fridge and serve with your protein and vegetables.

Xin Xu is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot breeder and tea-connoisseur.

Women in Fiction

Sulwe

Milica Markovic



Significant spoilers ahead for the book *Sulwe*. If you haven't read the book but intend to, you should probably stop reading now.

Returning to children's fiction for this entry, I wanted to look at a more topical narrative that, while simple, spotlights an important discussion that our youth—and we—could benefit from. Kenyan-Mexican actress Lupita Nyong'o penned a beautifully-illustrated book inspired by her childhood experiences, published in 2019, called *Sulwe*.

In this story, the eponymous little girl, who has the darkest skin tone in her family and at school, struggles to fit in because her peers favour her sister. Sulwe begins to show confidence in herself after she embarks on a fantastical journey among the stars, which symbolizes a person's value beyond their appearance.

Given that Nyong'o is a debut author, it's understandable that she's still developing her prose.

However, I found *Sulwe* to be remarkably well-rounded considering the limits of the picture book genre. Nyong'o avoids depicting Sulwe as a victim; instead of pitying herself, Sulwe tries to remedy the situation, but nevertheless makes flawed decisions and overlooks better ones at first.

We don't see Sulwe telling the other children how she feels and to treat her fairly or confiding in her loved ones for advice. Rather, she attempts to lighten her skin by using makeup, an eraser, and brightly-coloured foods. Characters who express envy and self-doubt are frequently written as succumbing to irrational behaviours.

In a scenario like Sulwe's, this is a believable starting point for the fictional child's arc because they have yet to develop healthy solutions to problems they encounter for the first time. Imagination also tends to be regarded as a powerful resource for children, and while it can be beneficial, their impulses may also drive them to do things an adult would likely understand from experience to be impractical.

Sulwe's turning point for me is when she seems to recognize the harm her choices are causing her and, alternatively, prays for lighter skin before bed. While her perspective doesn't change, I like this moment because it reads as though she's giving herself time to correctly process her emotions so that when her mother does engage with her the following morning, she demonstrates a willingness to talk about the incident.

Their conversation allows Sulwe to begin contemplating the idea that looking past the exterior is what builds a person's integrity, although this is a slower development. By acknowledging that she must ponder how to approach the other children and conduct herself in a way that makes her feel comfortable, the audience might be convinced that Sulwe has fully shifted from her earlier impulsivity.

Sulwe finds her answer when the stars share the legend of Day and Night with her. The latter's absence means that people cannot rest, dream, or meditate. The takeaway here is that brightness comes in different forms and offers balance in people's lives. It is a clever analogy as darkness in fiction is often associated with unfavourable connotations that dismiss or downplay its validity.

What this means for Sulwe in her world is that she must own to her strengths and contributions as a human being. However, the difference is that only *she* can discover what they are. Rather than taking what others say at face value as she did in the beginning, we witness Sulwe working toward self-appreciation by day and creating a space for herself under the night sky whenever she seeks counsel. Her resolve shows that progress can be nonlinear.

Whereas other stories might've ended with Sulwe immediately making friends, I'd argue that not knowing her fate is a more suitable conclusion in today's landscape. Many people struggle to regain their dignity and trust in others after experiencing discrimination, especially a type that isn't widely addressed by our society. Since the growing prominence of Black Lives Matter, the topic of colourism has also been raised—a term I only recently became familiar with through YouTube videos—which discusses the preference toward light-skinned individuals despite racial or ethnic similarities people may share.

In *Sulwe's* case, the human characters are all implied to be of Luo descent, but colourism can occur within virtually any ethnic group. I believe it's important to continue sharing stories like Sulwe's so that readers can learn to recognize and speak out against inexcusable treatment of our fellow humans in any situation.



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Extending the agony: a student's query about the number of permitted extensions reveals that AU has bumped it from three to up to five for unfunded students. news.athabasca.ca/announcements/covid-19-questions-and-answers/

Discord

Well, why not aim high? A student contemplating applying to Harvard asks for and receives info about the application and transfer-credit processes.

Twitter

[@austudentsunion](#) tweets: "Exams coming up? Review all of your options with [@AthabascaU's](#) News Hub. #AthaU #Exams t.co/s6xTKwPBV3."

Youtube

Athabasca U posts a pair of videos in which alumni answer the question "What advice would you give to future AU students?": youtu.be/c38rqd4AEf8 and youtu.be/IVYZopcsNsc.

Fly on the Wall

The Zen Garden of the Mind

Jason Sullivan



At last it is Canadian spring, when finally we burst into action. Pens and paper, laptops and textbooks, they are all thrust to the wayside as we celebrate what there is *to do* outdoors. But wait, there's work waiting for us in the yard! If we're privileged enough to have some outdoors of our own to tend we easily can fall into a drudgery that feels akin to studying one hour too many on a sunny afternoon. Maybe mindfulness will give a meditative glow to our labours.

A garden of heart and mind is what we want as we weed and mow and trim and lop. Yard work and coursework share a common reality in that they're always there with us. Familiarity easily breeds contempt, though, and AU can trigger a sense of dread—especially on a sunny day. But,

then, so too can our unkempt outdoor climes. It's a double-bind that inhabits our mind; too much attention is demanded. How do we seize pedagogic inspiration without falling victim to rote routine and how, when outdoors, do we enjoy our surroundings without feeling like there's always more to do?

A Little Zen Salad

Japan, noted for fabulous cherry blossoms and fastidious manners, presents an intriguing portal to the prioritization required when we tend to a vegetable garden or enable our academic potential. Behind the stereotype of being an “incredibly fastidious people who sleep and work and don't take time off” Japanese culture also has space for play. One Boston University writer reports a student's experience of Japanese college cafes in the 1960s:

“Soon after we arrived, we were asked to take off our clothes.” Artists at the café painted White's body with bright, cobalt blue paint, and then she and the other participants became living paintbrushes, à la Yves Klein, pressing themselves against the white sheets. “This was not the Japan I expected,” she says. “It never is,” ([Hyde-Keller, online](#)).

Perhaps to genuinely enjoy gardening our mind (and minding our garden) we have to overcome our expectations. First, though, it's necessary to see the positive potential and propitious peril that attentiveness may lead us toward. We might do well to heed Allen Ginsberg's 1956 injunction to our culture: “When will you take off your clothes?” ([Ginsberg, online](#)). After all, whatever we wear or wherever we go, we're the ones doing the being. It remains for us to reconsider our desire to keep up appearances to our image-oriented selves.

Naked Minds in a Garden; Seeing Our Selves Without Spectacles

A Zen garden; it sounds like a placid place where island time might trickle away into nirvana-inducing daydreams. Yet, in Japan, the trains do run on time and are well-maintained. Japanese train conductors deploy mindfulness on their job, acting out a verbal “checking and calling” system called *shisa kanko*. Mindfulness while minding bullet trains proved empirically successful:

train conductors who call aloud the many items on their safety checklist do indeed make less errors as they inspect:

“A 1994 study by Japan’s Railway Technical Research Institute, cited in The Japan Times, showed that when asked to perform a simple task, workers typically make 2.38 mistakes per 100 actions. When using *shisa kanko*, this number reduced to just 0.38 – a massive 85 percent drop” ([Powell, online](#))

So, there’s that. But on the train of life, and specifically conscious life where we perpetually prioritize and evaluate our thoughts and feelings in the context of our surroundings, to resort to a static checklist of must-do’s is maybe not a recipe to success. In fact, we might end up a neurotic train wreck if we’re too diligent about what *needs to be done*. Our studies, like our yards, are always there and we could just keep slogging away until the cows come home (or we suffer from burnout). Mindfulness has its limits when we consider how the greatest joy in a garden well grown or an essay well written often lies in just lying back and basking in the mutual glory of our own creation combined with letting life’s juices unfurl.

A Spectacular Solution

We’d make a spectacle of ourselves if we walked around all day calling out our plan for what has to be done next in our lives; likewise, if you, like me, have spent time in the Great Canadian Suburbs where neighbours are a mere water pistol shot away in every sense of the word, there’s a lot of negative social sanctions invoked when you talk to yourself while upkeeping your own personal back forty. People tend to reserve their one-sided conversations for their dog. So *shisa kanko* has its problems if we apply it too literally, and any time we ask ourselves to pay extra attention to our duties for awhile we might best remember: what goes up, must go down. Attention must be refreshed by rest and relaxation. Be it some recreational reading or just lying in our yard, we can’t expect to be *on* all the time. Social philosopher Guy Debord (1931-1994) even suggested that our society has misled us into valuing spectacular performances, think here of the dubious claim a person might make that they practice mindfulness constantly. Debord’s *Society of the Spectacle* succinctly states that reality is ebbing away as people transform the claim *act the way you want to feel* into a catechism of fakery:

“The spectacle grasped in its totality is both the result and the project of the existing mode of production. It is not a supplement to the real world, an additional

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

Library Search Strategies Webinar

Tues, Apr 27, 12:00 to 12:30 pm MDT

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

Register through above link

MBA for Executives Webinar

Thur, Apr 29, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/mba-for-executives-webinar-20210429/

RSVP through above link

ATTACH webinar series: Measuring the Immune System

Fri, Apr 30, 12:00 to 1:00 pm MDT

Online

Hosted by AU and CIHR

<https://news.athabascau.ca/events/>

Register through above link

The Grad Lounge

Fri, Apr 30, 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.

decoration. It is the heart of the unrealism of the real society. In all its specific forms, as information or propaganda, as advertisement or direct entertainment consumption, the spectacle is the present model of socially dominant life. It is the omnipresent affirmation of the choice already made in production and its corollary consumption" ([Debord, online](#))

Debord seems to confirm what many of us suspect: consumerist culture and its fetishism of advertising has framed and formed even our deepest desires for fulfillment. Surely it behooves us to recall the consumerist basis of demands and expectations for combined productivity and serenity.

If we are to rise above the dull desire to constantly advertise ourselves as though we were a product for consumption by others then we must put our garden trowels where our academic mind is and remember that, in distance education most of all, it really is what's inside our brains that counts. We won't be happy or successful all the time and that's just fine. So next time you feel like you must tend to your outdoor realm, remember that AU success works best when we have balance and not too much lingering guilt over coursework left undone. And out of a tangle of weeds joyful epiphanies may germinate. Sometimes the happiest hours of our lives are when we just rest on our laurels for awhile.

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

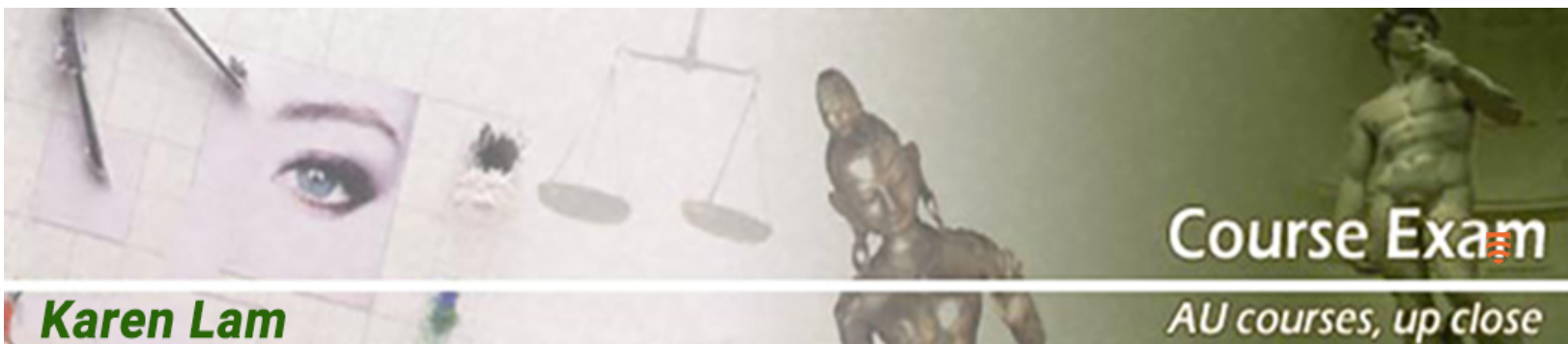


Unearthing classic articles from previous issues of The Voice Magazine

On April 23's 405th anniversary of Shakespeare's death (it's also [Talk Like Shakespeare day!](#)), we focus the stage lights on the bard's appearances in a pair of vintage Voice articles.

Shakespeare for all times. Cristina M. Frey makes current connections with Shakespeare's timeless themes. "Part of the power of Shakespearean drama is its universality. Ambition, sex, love, lust, lies, loneliness, envy, manipulation, power—these have motivated human relations for centuries and transcended class, race, gender, and wealth." [The Writer's Toolbox - Shakespeare in the Park](#), April 18, 2014.

Living your literary fantasy. S.D. Livingston highlights the physical ways you can immerse yourself in your favourite literary works. "...if you like to be carried away by flights of imagination, how far would you go to step through the looking glass—to experience a literary world in real life?" [The Write Stuff - Through the Looking Glass](#), March 9, 2012.

**Karen Lam****Course Exam****MUSI 267 (Sound and Sense: Listening to Music)****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.

MUSI 267 is an introductory music course designed for “music appreciation for non-music.” The course includes two primary goals, with the first one being “to enhance the student’s aesthetic perception of music and to teach the ‘tension and repose’ method of listening to and understanding music.” The course itself has no pre-requisites and is not available for challenge.

Why You Should Take This Course

Dr. Kevin Whittingham, the tutor for MUSI 267, recommends this course for “anyone who enjoys listening to music of any kind. It does not assign categories, such as classical or popular, or Eastern or Western. Rather, it considers music’s universal features: rhythm, pitch, and structure.”

For those interested in music, this is the course for you! Upon taking this course, you may find yourself develop a new level of appreciation for music. A fun fact, our Voice Magazine also releases Music Reviews, check it out if you are interested in trying some new music or reading some reviews.

Course, Assignment, Midterm and Final Exam Details

The course itself will bring students the opportunity to examine a wide range music to help them identify and understand the universal features of music such as organization of rhythm and pitch. The course will also allow students to explore the different music that are available in different cultures and time periods. Upon taking the course, students will be more aware of the common features in music and will be able to identify a wide range of pieces aurally, write descriptively, analytically, and comparatively about music. The course involves lots of listening and each unit will include periods of listening to recordings along with some readings. Prior knowledge of music will come into handy for the course, however, it is not required.

The course has eight units including but not limited to instruments, human voice, rhythm, pitch, background, structure, and tension. The course is composed of two assignments each worth 30% and a final exam worth 40%.

How to Be Successful in the Course

Introducing Dr. Kevin Whittingham - Course Tutor

Dr. Kevin Whittingham has completed a degree in musicology. He is the tutor for MUSI 267 and has contributed to MUSI 267’s course development. In his long service as a tutor, Kevin has had experience in a wide range of courses in history, humanities, and music including MUSI 267, HUMN 268 and 269, HIST/MUSI 310, and HUMN/CLST/MUSI 412. He is also a member of The British Music Society, The English Poetry and Song Society, The Housman Society, and The

International Association for Word and Music Studies. His published articles concentrate on vocal music, and he is currently researching the early twentieth-century British contralto Clara Butt.

Tips from Course Tutor

Kevin states, “this course would benefit anyone who enjoys listening to music of any kind. It does not assign categories, such as classical or popular, or Eastern or Western. Rather, it considers music’s universal features: rhythm, pitch, and structure.

Students spend a lot of time listening to recordings, and the exam has a listening component. In two essay assignments, students are expected to write descriptively and analytically about music using a basic music vocabulary.

Any prior knowledge of music that a student has will be helpful, although the course assumes none.” Thank you so much Dr. Kevin Whittingham for your feedback!

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at mccutcheon@athabascau.ca. Happy studying!

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

Homemade is Better Lasagna

Chef Corey



I remember watching Garfield cartoons on TV when I was younger and always thought the idea of a cat eating a whole lasagna was hilarious. Jim Davis wasn’t wrong, though. I have a few favourite renditions of this dish, made mainly by close family members. I’d love to tell you my number one, but then I have to buy flowers and cards for the others and grovel and plead, and feelings are hurt, and I get less lasagna! Something Garfield would not have stood for!

My lasagna is a straightforward recipe to make, and we enjoy it every time. But I tell my kids that there a small handful of meals that are always better the next day. Lasagna is one of them, followed by coleslaw, pulled pork, and pizza. Though this is not a list set in stone though, there can be additions and subtractions. This recipe definitely lends to a second supper—if you can make it that long.

I realize that Homemade is Better could also include homemade pasta, and I do love homemade pasta, so I’ll make it and tell you how in future. You need some special equipment for that, though, unless you don’t mind rolling out pasta for hours. But in this recipe, I use oven-ready noodles. If I were to use homemade pasta, I would also use mascarpone cheese instead of cottage cheese, and I’d likely add a few other fancy ingredients like a mix of pork and beef, some spinach, and fresh herbs.

But this? This is a quick and dirty let’s make a lasagna quickish for supper tonight. You don’t need a lot of extra steps, and it pays off. The reluctance to use homemade pasta is simply time, and if we are being honest, we don’t always have enough of it.

When my wife comes home from her very demanding job at the end of a long hard day, she's tired, hungry, and just wants to relax. As a side note, I said the opposite in my interview with Minds We Meet, and thankfully my error was pointed out to me.

I'm equally sure that you are tired after a long day as well. If you're working full-time, or part-time, or at home caring for little ones while your partner is working, or perhaps you're a single parent; you just need something in under an hour. This is the perfect recipe for that. All you have to do is pre-assemble it and put it in the oven when you get home. It's a dish that can sit and wait for you. You can even cook it days ahead and pull it out to warm it up. It's very versatile.

So, I leave you with this recipe! I hope you enjoy it, and thank you for continuing to read my articles!

Lasagna

Ingredients:

Sauce

- | | |
|-----------------------------|--|
| 1 tbsp olive oil | ½ tsp thyme |
| ½ onion – diced | ½ tsp rosemary |
| 4 cloves of garlic – minced | 2 tsp parsley |
| 2 lbs of ground beef | ¼ cup of red wine or beef stock |
| 2 tsp Kosher salt | 1 can of plain tomato sauce – do not use flavoured |
| 1 tsp ground pepper | 1 can of diced tomatoes |
| 1 tsp oregano | 1-2 bay leaves |
| 1 tsp basil | |

Lasagna:

- 1 box of oven-ready noodles
- 1L cottage cheese
- 3-4 cups of shredded Mozza

Directions:

- 1) Heat a large frying pan over medium-high heat, add the oil, onions, and garlic.
- 2) Cook the onions and garlic until they start to become translucent, then add the beef.
- 3) Increase your heat slightly; you want it more high than medium.
- 4) Add your salt to the beef and cook until no pink is left.
- 5) Add the herbs and red wine (or beef broth if you're using that).
- 6) Cook until the liquid is reduced to ¼ of its original volume. You shouldn't see very much of it.
- 7) Add the tomato sauce and diced tomatoes and stir carefully.
- 8) Add the bay leaves and stir again.
- 9) Cover and let it simmer ideally for about 2 hours; but if you're short on time, let it simmer for at least 30 minutes.



The longer simmer brings out more flavour from your herbs and allows the flavours to blend more.

- 10) Once your sauce is done, let it cool slightly.
- 11) Grab a 9" x 13" pan; glass or metal is fine. If you're using metal, I suggest parchment on the bottom, making cleaning up easier.
- 12) Place $\frac{1}{4}$ cup of sauce on the bottom and spread it out. It will be very thin, and that's ok.
- 13) Layer 3 noodles side by side.
- 14) Add 1 cup of sauce and spread it.
- 15) Add 1 cup of cottage cheese and spread it as well.
- 16) Repeat steps 13-15 until you are out of noodles.
- 17) You should have just enough sauce left for the top, then spread the rest of the cottage cheese if you have any and top it with the Mozza.
- 18) Once you're ready to cook it, cover the lasagna with tin foil and preheat your oven to 350F.
- 19) Bake for 40 minutes in the middle of the oven, I recommend using a sheet pan under the dish, so that you can avoid spills later.
- 20) After 40 minutes, remove the tinfoil and place the lasagna back in the oven for another 20 minutes or until the cheese on top starts to brown.
- 21) Remove from the oven and let it rest 10 – 20 minutes before cutting into it.
- 22) Try to save some for your lunch—if you can.



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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Jean Lumb Awards

Sponsored by: Jean Lumb Foundation

Deadline: May 24, 2021, 11:59 pm EST

Potential payout: \$1000

Eligibility restriction: Applicants must be Canadian citizens or permanent residents, be enrolled full-time at a high school or secondary school in Canada, and be of Chinese heritage.

What's required: An online application along with a résumé, academic transcript, at least two reference letters, and a maximum 500-word summary of your achievements.

Tips: Read the application [instructions](#) carefully for important details on the process.

Where to get info: jeanlumbfoundation.ca



How to Embrace Failure for the Win

Marie Well



I felt like the stepchild locked away in the attic. I failed again. My new job was working out well until the boss hovered at my door, spread his arms wide, a grin on his face, and insisted I hug him. I blasted off an angry email requesting he never do that again. The next afternoon, I was escorted out of my office by two executives, led to a taxicab, the fare prepaid. I walked past the cab, venturing home by my own two feet, jobless.

My confidence was shot. But I kept my hopes high. Perhaps I could succeed at a career, despite extreme workplace anxiety, despite lack of experience from years spent in a hospital, despite my countless shortcomings.

And then I found a career I loved. Everything went well and I experienced not an ounce of anxiety. But sales had been hard hit during COVID. My first two sales initiatives stalled, and I was on the brink of accepting yet another defeat. As I slowly gave up, everything around me started to crumble.

But a miracle happened. I forced my mind into a state of happiness, guarding my every thought with love, forgiveness,

peace, and acceptance.

And within the next fifteen minutes, I was enlightened with a new sales strategy that could bring significant revenue. All my relationships instantly regained positive momentum. I recovered not only hope, but my will to succeed.

I realized in that moment that life is a blend of setbacks, obstacles, failures, and successes. We all go through these trials. One obstacle ends and another begins. There is no escaping the pitfalls, but we can escape the suffering. But how do we escape the suffering?

Our job is to control our minds, seek the positives—the opportunities for growth—even the joys—within every failure. Even the most successful people—celebrities, leaders, billionaires—undergo failure and, at times, defeat and despair.

But success is all attitude. Failures can't defeat us if we keep positive, strive to stay happy, seek better solutions, persistently work to benefit others. In these instances, failures become steppingstones to successes. No failure is the end.

Failure only occurs once we stop trying, but once we try again, failure returns to its stepping-stone-to-success state. So, refuse to quit work, refuse to quit school, refuse to quit a long-term relationship. These escapes create a tsunami of trauma. The solution may just be a smile away. With a positive attitude, an open mind, and a will to find a solution, success is inevitable.

It also helps to listen to the [words about failure from Napoleon Hill](#), an American Self-Help author at the turn of the 20th century, when shadowed with failure.

“Every negative event contains within it the seed of an equal or greater benefit.

“No man ever achieved worthwhile success who did not, at one time or other, find himself with at least one foot hanging well over the brink of failure.

“When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal.

“Most great people have attained their greatest success just one step beyond their greatest failure.

“Failure cannot cope with persistence.

“You don't have to fear defeat if you believe it may reveal powers you didn't know you possessed.”

And, most importantly, “The greatest failure in life is to stop trying.”





Dear
Barb

Barbara Godin

BFNF

Dear Barb:

Hi, I have had a friend since grade school. Through the years we have had a lot of fun and did a lot of things together. Now that we are in our late twenties, our relationship doesn't feel the same anymore. For example, when I text Jasmine she takes forever to answer me, sometimes she doesn't even answer. When we do finally get together, she seems uninterested in our conversation. I sometimes feel like she is just getting together with me so I will stop bugging her. Often when we have plans and she cancels, I see her out with other people. She seems to have a whole new group of friends and has lost interest in continuing a relationship with me.

When I ask her if she is angry, or if I did something to her, she casually says no and changes the subject. To be honest when we do hang out, it's not fun, but more tense and it seems we are both anxious to leave or move on to other things. I still really like her and when we reminisce about our past, we have a lot of laughs and good memories. I don't want to lose our friendship, but it just seems to have changed so much, I don't even miss her when we don't see each other for months. I often hear of people having lifelong friendships and I always thought that's what we had, but I'm beginning to doubt that now. Has our relationship run its course? Should I just move on, or continue trying to maintain something that seems to be

dying? Thanks, Christina.

Hello Christina:

Thank you for writing. Relationships are complicated. Some friendships last a lifetime and others do not, much like marriages, some last and some don't. When you have had a friendship for so many years, especially one that began when you were quite young, often there comes a point where the individuals have changed so much, that they no longer have anything in common. It seems this might be where you and your friend are right now. Communication is the cornerstone to any relationship, so my suggestion is to have an open and honest discussion with your friend. If you are sensing hesitancy on her part, you may have to accept that she is ready to move on. If you still want to maintain the relationship, then you will have to make some adjustments. You said that when you reminisce you still have a good time together, maybe you could tell her you understand that your lives have changed and you are both in different places, but that you would still like to get together yearly, just to maintain some sort of a relationship. Who knows, at some point in the future you may find your way back to each other and be able to revive your relationship. However, it may turn out that this is the way it is meant to be, there isn't always a specific reason why relationships change, it's just the way it is. Thanks again Christina 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
The New Abnormal

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](#)

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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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- [Career Resources](#)
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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

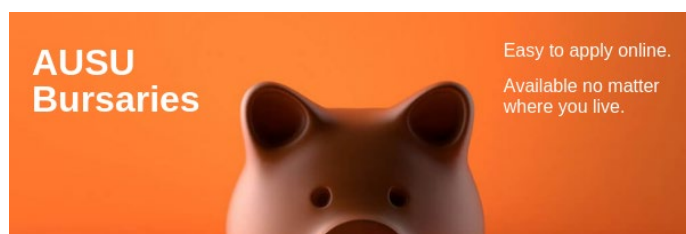
AUSU has [year-round bursaries](#) available for AU undergrad students in financial need.

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.

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



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THE VOICE

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