



THE VOICE

Vol 29 Issue 18 2021-05-07

Minds We Meet

Interviewing Students Like You!

Start a Workout Routine at Home

Exercising in a COVID-19 World

Jean-Denis Goes Aloft

Our Fiction Runner Up

Plus:

*The Reading List - May 2021
Vintage Voice Mother's Day
and much more!*



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

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

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

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Volume 29, Issue 18

© 2021 by The Voice
Magazine

ISSN 2561-3634

LETTERS TO THE EDITOR



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

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

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

Editorial Champions

Karl Low



AU students come from all walks of life, and though I don't think it would be hard to describe any single one of us as a champion in some form or another, this week, our feature article is with a student who's an actual champion. A two-time Canadian champion bodybuilder, in fact. Read more about Dany Bianca in this week's "[Minds We Meet](#)."

And if you're wondering how you might get started on the road to becoming a champion bodybuilder, Xine Xu has given us "[How to Get Started with a Workout Routine At Home](#)", which might be just the thing we all need after packing on our COVID-19 pounds.

This week, we're also publishing the runner up in our Voice Writing Contest from the fiction side. The judges actually came to know this story under a title that wasn't what the author intended. Find out why and have a bit of a laugh with "[Jean-Denis Goes Aloft](#)"

I'm also happy to note that the winners for the non-fiction category of the Voice Writing Contest have been decided. With Jason Hazel-rah Sullivan taking the winner's spot, and Anne Ndegwa being our runner up for their entries that examine the topic of Equity, Diversity and Inclusion at AU. We'll have more on them and our non-fiction judges in a future issue, once we've dealt with our fiction entries, but for right now suffice to say that they get a huge thanks from me for their time and the effort they put in to help us with this contest!

But speaking of COVID-19, this Tuesday I got my first round of the vaccine. In our case, it's the Moderna vaccine, and I now understand why people are calling it a "jab". Perhaps it was just our pharmacist, but the application was somewhat forceful, and my shoulder has felt sore for a couple of days now, rather like someone had punched me in it, hard. Other than that, side effects so far seem to be minimal, a bit of muscle and joint pain, well worth the piece of mind I'm getting knowing that in a couple of weeks I'll have some decent protection against COVID-19 and the possibility of long term effects.

My partner, however, experienced some slightly more annoying side-effects, a muscle tremor in the eyelid. Calling the health line about the side-effect we were reassured that it wasn't something to be concerned about, but we were requested to attend at an urgent care facility so that they could formally observe and record the side-effect to help improve what they can tell future patients. If you're wondering about the health care system being overwhelmed, the trip resulted in an almost two-hour wait before the three minutes it took the doctor to come in and officially note the issue. Thank goodness it didn't turn out to be something more serious and time-sensitive.

Even with all that though, it's still somewhat of a relief knowing that we're doing our part to not only prevent us from getting the disease, but to ensure our health systems don't get overwhelmed. So when you're done reading all the news, reviews, scholarships, events, recipes, and more in this week's Voice Magazine, you could do worse than to see if you can schedule your own vaccine appointment. In any event, enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", with a stylized, flowing script.

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 Dany Bianca from Toronto, Ontario, the traditional lands of the Mississaugas of the Credit, the Anishnaabeg, the Chippewa, the Haudenosaunee, and the Wendat peoples, now home to many First Nations, Inuit, and Métis peoples. Toronto (Tkaronto) is located within lands protected by the Dish with One Spoon Wampum Belt Covenant, an agreement between the Anishnaabeg, the Mississaugas, and the Haudenosaunee to share and protect the land.

Dany is currently “taking the Bachelor of General Studies with a designation in applied studies of Business Administration.” She stated, “The program fits really nice with my schedule, and my career plans. I am aiming to complete my bachelor’s in the next two years, so I can gain new skills and new job opportunities in the labour market. I would like to get a job in the international student department of a college or a university—I was an international student before so I know how students feel when they arrive to a new country and all the barriers they challenge. In my current workplace I am able to interact with students, so I believe having a degree plus my work experience I will be able to build better resume.” Dany is originally from Venezuela, but arrived in Canada in November 2007. She stated, “I currently live in Toronto; however, I am planning to move to British Columbia, and hopefully one day to Florida, USA. I don’t like winter at all.”

In addition to her AU studies, Dany is a two-time Canadian bodybuilding champion, who has appeared in several magazines. She stated, “Before the pandemic started, I was competing all around Canada and internationally in bodybuilding.”

Although she had always wanted to finish her bachelor’s degree, her athletic career made this difficult, with completion and travel. However, she stated, “The pandemic kind of made me to step back and make a plan of the unplanned.” She continued, “When the pandemic hit, I started looking for universities online, and I found AU. I kept myself busy, and still I am, while the world was entering into a crisis and the gyms closed. Now, I am completing my academic goal. Coming back to school kept me sane—I love the gym; not being able to train in a full gym facility has been extremely hard for me. I want to compete again, but at this moment I am not sure when. I hope I can come back to the stage soon, ideally 2022.” She continued, “I have a diploma from Humber College in Ontario, and I always wanted to go back to school to finish my bachelor’s—then I

started competing and it kind of got left behind. The pandemic made me to refocus on my academic goals. Also, for the jobs I am looking for the employers ask for a bachelor's degree."

When she is not studying, Dany loves going to the gym, which is her "happy place—and will always be." She stated, "I love lifting weights!"

The person who has had the greatest influence on Dany's desire to learn has been herself! She explained, "I always wanted to learn more and do things, more excited and different than the average person. I'd rather look back and say I can't believe I did that, than I wish I had done that."

She thinks that online learning has been great so far, stating, "I wouldn't be able to be in class everyday in a university due to my schedule. I like about Athabasca that I am able to study when I want, and anywhere. You need to be disciplined, to be an online student is not for everyone, and I am a very disciplined person. It would be great if in the courses we could get more interactions with other students or professors, like a chat so we can see who are the other students that are taking the same course."

As for her most memorable courses, Dany mentioned, "I really like ADMN 233[: Writing in Organizations]; this course gives real life scenarios and situations. I also enjoy NUTR 330[: Introductory Nutrition]; being an athlete I enjoy reading about nutrition, and health eating. I am currently, taking NUTR 405[: Nutrition in Health and Disease], which is my second elective for science." As for communication with her tutors? "So far, so good. I am able to communicate with them via email, phone when I needed. They reply usually in a prompt manner."

If she were the new president of AU, Dany stated, that she "would introduce new workshops or even new elective courses about mental health, personal developments, self-esteem, and how to build a financial plan or save money to buy properties." She explained that these courses are rarely covered in universities, even though they "are extremely important." She continued, "The AU fees just increased, so I would try to reduce the fees or justify the increase with the workshops I mentioned."

When asked which famous person, past or present, she would you like to have lunch with and why, Dany chose Arnold Schwarzenegger." She explained that he inspires her as "an immigrant coming from Austria [since] he was able to get the title of Mr. Olympia, be an actor, and even a governor of California. I am really impressed by people who come to a new country and achieve all their goals." And the lunch? "The lunch would be something healthy, perhaps a salmon with basmati rice and arugula salad. The place would be in a restaurant facing the beach in California—of course."

When she has a bit of time in her busy schedule, Dany relaxes by watching *Behind Her Eyes* on Netflix



because she loves “thriller movies,” and is currently waiting for the second season of *Luis Miguel* to begin.

Dany has had a few proud moments in her life, including being featured “in Canadian magazines and winning competitions.” Her most valuable lesson learned in life has been: “You only live once, but if you do it right, once is good enough. People will always criticize what you do, especially when you do better than them—don’t pay attention to them, opinions don’t pay the bills.”

And the one thing that distinguishes her from other people? She stated, “Well, you already know I am a bodybuilder, and that I love lifting weights, so this is something that distinguish myself from others; especially being a woman.” She continued, “I also enjoy doing makeup. I took a course before to master my techniques, especially when I have to do a photoshoot.” Best of luck Dany!

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: IBD Scholarship

Sponsored by: Crohn's and Colitis Canada

Deadline: June 1, 2021, 11:59 pm EDT

Potential payout: \$5000

Eligibility restriction: Applicants must be citizens or permanent residents of Canada, be diagnosed with Crohn's disease or ulcerative colitis by a health care professional, be seeking a diploma, associate, undergraduate, or graduate degree from a Canadian university, college or trade school, and be enrolled or awaiting acceptance at a Canadian-based post-secondary education institution for the Fall 2021 semester.

What's required: An online application, a completed and signed Proof of Diagnosis Form, a signed and dated Applicant Consent Form, two letters of personal recommendation, and a maximum 500-word essay outlining how you demonstrate your academic aspiration and strive to sustain an optimal level of wellness.

Tips: The online application must be completed in one session, so be sure to review it first and make sure you've gathered everything you need before you start.

Where to get info: crohnsandcolitis.ca/Support-for-You/IBD-Scholarships



Jean-Denis Goes Aloft

Blythe Appleby



An interesting sidebar about this piece is that though the judges know it as *Northern France, 1905*, the original title was *Jean-Denis Goes Aloft*. But that title was only in the file name of the document—a file name that got scrubbed along with all the other meta-data when we anonymized all the entries. Instead, it was sent to the judges with just a number as the file name (in this case VC-F28), and so they took the first line of the piece to be the title. It doesn't seem to have hurt it, however, as it made Blythe Appleby our runner-up for the fiction side of the Voice Writing Contest.

Judge Barbara Lehtiniemi noted, "*Northern France, 1905*, is a breathless romp through a focal episode in the Age of Invention, in which set-backs are simply an opportunity for improvement. In this piece, the dialogue performs the heavy lifting, introducing the characters and propelling the action. The pacing perfectly captures the heady excitement of the time, along with the unbridled enthusiasm of the grease-stained and slightly manic inventor. I thought the writer ably established the setting and characters, and so thought it unnecessary to mention the (obviously French) characters spoke in "a strong French accent." But overall, I found this story pure fun to read, leaving me hungering for more of the madcap adventures of Monsieur de Saint-Michel."

Find out more about the winners and the judges of the Voice Writing contest in our article "[And the Winner Is...](#)"

In any event, please enjoy our runner-up entry, *Jean-Denis Goes Aloft*, or, as I've come to know it:

NORTHERN FRANCE, 1905

The manor house stood at the end of a long drive that branched off from the village road. Why its owner had chosen to move to the country was not generally known among the village folk; but it was said that he was "eccentric," which seemed to explain everything.

The manor's front lawns were grand and well-kept, its blooming rose bushes perfectly pruned. The house itself was classical in style and scrubbed pure white. A park surrounded it, blending with the vineyards and farms of the rest of the valley. A bird singing in a tree at the back of the manor was suddenly startled into silence by a chorus of exclamations that burst from a rear outbuilding. It flew away as two men moved excitedly from the gigantic shed's door, struggling to carry something the size of a knapsack between them.

The first man was short with a small moustache, wearing a manservant's suit. The second man was obviously in charge. He was taller than the other, but this was not saying much; he was also the younger of the two, a few years before thirty. Goggle-sized marks around his eyes were the only relief from the scorched blackness on his face.

"Now, Jacques!" he cried in a strong French accent. They set their load down in the lawn, both almost falling forward into each other. "And now, *mon ami*, for the testing. You have the camera?"

"Oui, monsieur."

The younger man looked positively giddy. “Good, good. Now—” He stopped suddenly. “Do you hear something?”

A carriage had come up the manor drive, and a middle-aged man in a top hat stepped out. He jumped as he saw the young man waving a hand at him from a corner of the building.

“Papa!” The newcomer was ushered to the back of the house. “You have come at just the right moment to witness this monumental experiment! Here, Jacques, lift it up onto my back now, eh? Papa, would you mind—?”

The father hastened to help lift the pack that had been carried to the lawn. “But, Jean-Denis,—”

“Not now, Papa!” He put his arms through the straps on the pack and tightened them. “You can be the first to congratulate me when I come down! Now, Jacques, light the packs.”

“Oui, monsieur.” At arm’s length, Jacques touched a match to the bottoms of the two cylinders on Jean-Denis’ back. There was a sudden belch of flame and the young man was gone, leaving two round patches of burnt grass behind.

“Ah ha!” Jean-Denis shouted from the sky above, wind whipping his hair. Jacques snatched up a camera and began filming, cranking the handle rather quickly in his excitement. “It is wonderful! I am flying!”

The jetpack continued to rumble and flame. Papa stared upwards in astonishment. Jean-Denis was still yelling happily when there was a sudden explosion behind him and a loud pop-pop-pop. His yells increased in pitch as he fell downwards.

Jacques looked up from his camera and jumped. “Monsieur!” he shouted, and began to run after Jean-Denis. “Look out! You are going to crash into that tree!”

“Sacre bleu...” muttered Papa, clapping his hands to his face; then he too ran forwards.

The men on the ground shouted up instructions and warnings, but were cut short by a jarring crash that made them cringe. There was a groan from within the branches of the tree above them. Then, as they looked up, Jean-Denis’ voice called down,

“I think, Jacques...that the jetpack needs perfecting.”

“Oui, monsieur,” he agreed. Then, “Should I call the doctor?”

“No, it is only a small crash this time.” The tree creaked and some leaves rustled as Jean-Denis shifted. “Now help me out of here.”

Within a few minutes, Jacques had procured a ladder and climbed up to retrieve the faulty jetpack. Jean-Denis, blinking dazedly, followed him down soon after. Leaves were in his hair and he sported cuts and bruises on his hands and face. He clapped his father’s shoulder. “Don’t look so worried, Papa,” he cried happily. “That jetpack doesn’t really matter. Soon I will have finished something that will beat all methods—a real flying machine!”

“Quoi?” his father said weakly.

“A flying machine—with wings! Come, I will show you.”

He led Papa back to the gigantic shed. “There she is!”

In the middle of the building stood an almost complete aeroplane. “It is almost finished,” Jean-Denis breathed. “Then I will take it up into the sky. And—”

“*Mon fils*, why do you risk your life with these silly things?” cried his father. “It worries your mother and I to death. You are young, Jean-Denis. Why don’t you marry, settle down? Why don’t you give up these childish things?”

“But Papa, they are not childish! They are wonderful! If you had been flying, you would understand.” His eyes lit up. “I shall take you flying, Papa! The glider is still useable—”

“No. No.” Papa backed away. “I must go now.”

“What! Going already! You won’t even stay to lunch?”

“No, I am having lunch with your mother.”

“Not even a glass of—”

“No. Goodbye!” He dashed out of the hangar and back to his coach.

“Too bad,” Jean-Denis said ruefully. “Jacques, I will be lunching out here today. I must work on my machine. Today, tomorrow—I shall finish it!”

Jacques knew all too well that this meant there would be no sleep for either of them until the aeroplane was complete. “Oui, Monsieur de Saint-Michel.”

“A wrench, please, Jacques,” Jean-Denis grunted, wedged on his stomach under the flying machine. “Thank you.” He reached behind to take it, then tightened a rivet. “Now, if you could pull me out...”

Jacques grabbed his employer’s booted ankles and shuffled backwards. Jean-Denis stood and surveyed the machine. “Well, monsieur, let us hope it works better than the last one,” Jacques commented.

Jean-Denis sighed. “It was a good idea—but the engine at the rear was not. Remember how the back dragged along the ground while the front was in the air, trying to get away?” His servant winced and nodded. “Oh well. It was better than the one with the bellows. Theory said it would fly if it pumped air past enough. It just jumped five feet off the ground at each pump.” He looked at the ‘plane again. “Only a few hours left, Jacques. Then this flying machine will beat all the others.”

Soon, Jean-Denis jumped back from the craft and tossed a screwdriver over his shoulder without a second glance. “Jacques! It is done! It is finished!”

“Congratulations, monsieur!” his servant cried.

“Quick, Jacques! We shall push it out into the yard.”

Jacques hurried around the tail and they each pushed on a wing. Soon it was out of the hangar and onto the grass.

Jean-Denis mopped his brow. “Now, *mon ami*, I shall take her up.”

Jacques’ happy mood faltered. “Already, monsieur?”

“Yes, Jacques, already.” Jean-Denis’ eyes twinkled. “I know what you are thinking: I have just finished this flying machine! Why do I want to crash it already? And I tell you, because this one will not crash!”

"That is what he says every time..." Jacques muttered.

Jean-Denis climbed into the seat of his plane, his feet planted firmly on the frame and his knees against his chest. "Get ready!" he called. He settled goggles firmly over his eyes, then started the engine. "Now, Jacques, now!"

As the engine spluttered into life, Jacques leant his weight on the craft and pushed it forwards. This kickstart helped it to start moving of its own accord, and soon Jacques stood back as it rumbled across the lawn. It began to pick up speed, and as Jean-Denis maneuvered the throttle, the machine lifted off the ground about three feet then bounced back again. Jacques held his breath as it continued forward.

Again the flying machine lifted...dipped, but did not touch the ground...and ascended into the air.

Jacques let out his breath and gave a whoop of triumph. Flying steadily over the treetops, Jean-Denis shouted and laughed. "It is working! It is flying! *Eh bien*, it works!"

A crafty look passed onto his face. "Let us see if we can scare Jacques, eh?" he muttered, and dipped the flying machine down. Jacques threw himself onto the ground as Jean-Denis roared past and swept upwards again, laughing. "Ha ha! I had you fooled, Jacques!" he shouted, looking back at him.

Jacques pointed instinctively. "Monsieur, look! You are about to crash!" Jean-Denis turned just in time to see trees looming before him.

A resounding crash made Jacques cover his eyes, then look up hesitantly. The 'plane lay on the ground with a crimped wing.

He hurried to help Jean-Denis up, but was surprised to find the younger man smiling happily. "It works, Jacques! It needs repairs...but it works! It actually flew!"

Jacques beamed. "Oui, Monsieur de Saint-Michel."

The End

...for now



Unearthing classic articles from previous issues of The Voice Magazine

Sunday, May 9 is Mother's Day (you still have time!) Mothers feature large in many people's lives, and we don't have to dig too far to find Moms in *Voice Magazines* past.

Who you gonna call when your willy's in a jam? Wayne Benedict relives the pain of a childhood zipper incident. "The harder I struggled, the more hooked it became until with a shriek equally measured in pain and embarrassment, I summoned my mother into the water." Life's Most Embarrassing Moments, February 6, 2002.

Make room for Mom. Barbara Lehtiniemi reluctantly gives up her sacred solo evening but gains a closer connection with her mother. "My tranquil nights of solitary splendour seemed shattered when my mother phoned with a favour to ask." Mom Night, May 6, 2016.

How to Start a Workout Routine at Home

Xine Xu



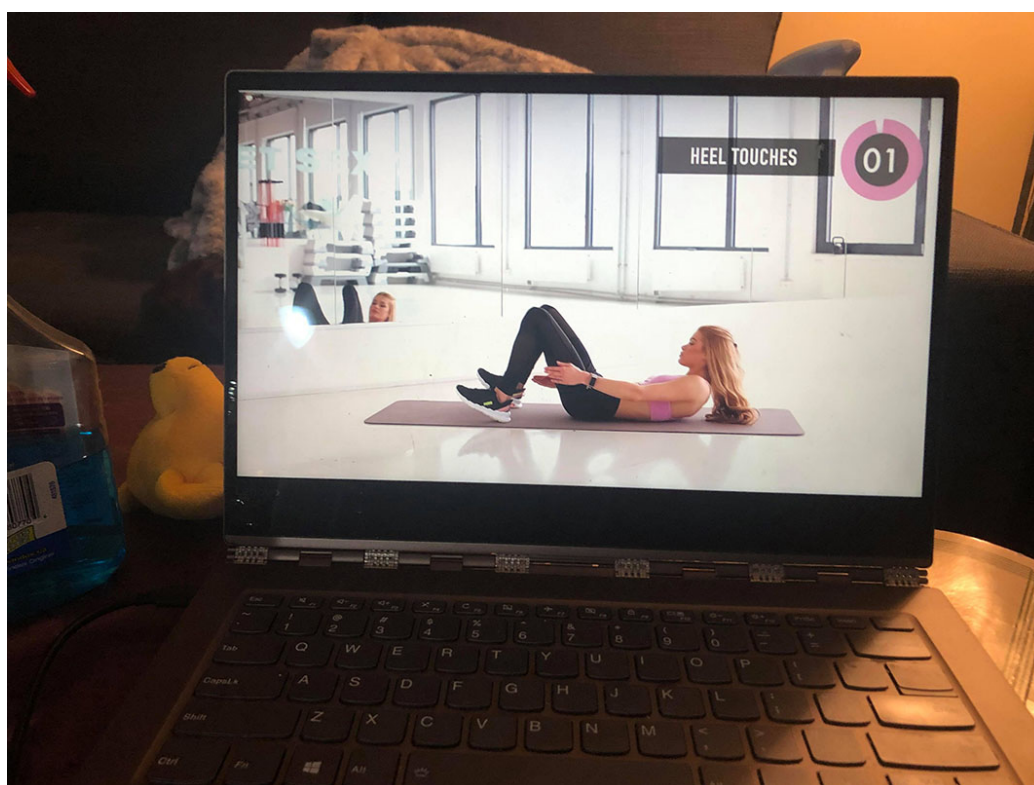
Let's face it, we've all been there. Whether it's the incessant snacking from the last year or the numerous Skip The Dishes takeout we've resorted to, COVID-19 has placed a mental and physical toll on our bodies. For myself, I know the pandemic has been unforgiving on my workout routines. With the number of public health restrictions and gym facilities that have shut down, despite the number of "re-openings", it's inevitable that many are facing some exacerbation of health conditions and some difficulty taking care of ourselves.

I've found that, with the warmer weather and burst in motivation from it, I've committed to a workout routine that works for me. Here's to hoping that this article helps you with your path to finding a good routine to fit your schedule. I found that once I was past an initial inertia to be active, it was quite manageable to do a 10-20 minute workout each day. In fact, setting small goals such as 10 minutes a day often expands your exercise capacity over time. After a month of exercising daily, I've found that my tolerance has lengthened to 1 hour workout periods. So how did I do it?

First Start a Routine:

From personal experience, the first two days were one of the most challenging barriers to overcome. Especially when even a light 10-15 minute workout would strain muscles, create joint aches that lasted the next two days. But it gets better! Especially the rush of endorphins in your body is enough to offset the initial pains. Setting a schedule is very important as it accustoms your body to activity and sweat. Set aside 10-15 minutes before dinner or before breakfast and watch this habit grow overtime.

Next, Follow a Video Guide for Beginners



The keyword here is “beginners.” If you’re like me and haven’t been entirely active throughout the pandemic, then starting slow and being consistent is key to your workout success. Initially, I followed very challenging videos that were high intensity and taught by fitness gurus with years of experience and built-in stamina. When it came to my turn, I could barely last 5 minutes of intense cardio. If you’re using Youtube, opt for videos that have thoughtful breaks after each exercise. Even if it’s 10-30 second rest, your muscles will thank you for it. These helpful beginner’s videos will also mean you can endure longer workouts and not feel defeated in the beginning of starting a new habit.

Then, Involve a Friend or Family Member



If staying accountable to starting this new habit is difficult, involve a friend or family member. Having others be part of your routine means that you’ll be less likely to “change your mind”. I found that by skyping a friend, I was able to see their suffering as we both endured sit-ups and burpees. Because working out can feel more like a social activity in a gym or studio, it becomes even more important to feel like we’re part of a workout community that can motivate, push us to achieve our physical exercise goals.

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



Course Exam**Karen Lam****MGSC 205 (Introduction to Project Management)**

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.

MGSC 205 (Introduction to Project Management) is a three-credit elective course. There is no prerequisite, and the course is available for challenge.

In MGSC 205, students learn about the stages and deliverables in a project life cycle. Students develop an understanding of the language used in project management. Using the yin and yang analogy, students appreciate that project management is more than the technical content (such as a schedule or work breakdown structure). Students learn that the sociocultural aspects are equally important (such as working effectively on teams and leading teams).

Who Should Take This Course and Why

For this course, we had the opportunity to interview Sue, who is currently a returning student to Athabasca University and is working part time towards a Bachelor of Commerce in Human Resources Management. Sue decided to try a return to study as a means of as she says, 'getting her grey cells working again!'

When we asked Sue who she would recommend the course to and why, she stated "I would recommend the course as it provides you with an understanding of project management concepts, tools, resources, terminology and practice – which is beneficial to any career path or area of study. I would definitely recommend it to business, commerce, administration, and human resource students, but it would honestly be helpful to anyone as it provides a sense of understanding and order for implementing strategic objectives in the workplace. I signed up for the course as I thought I would enjoy it and build upon my project management knowledge and build up my personal PM tool kit—I achieved my objectives and enjoyed the course very much (except for exams)."

Course, Assignment, Midterm and Final Exam Details

The course consists of 10 lessons and covers approximately half of the material in the textbook. The textbook (*Project management: The Managerial Process* published by McGraw-Hill) was written by best-selling authors Dr. Erik Larson and Dr. Clifford Gray. Each chapter includes many snapshots from practice key terms in the glossary and some research highlights.

The course helps students learn about how projects are structured in different organizations. Students learn about estimating time and cost as well as developing a schedule. Students learn about managing risk on projects. Students also learn about what it takes to be an effective project manager, managing teams, and closing out a project with the lessons learned.

What will it take to pass the course? This course involves two written assignments (30 percent each of the final grade) and a midterm and final exam (20 percent each of the final grade). The midterm and final exam each consist of 60 multiple-choice questions and 15 true/false questions. The final exam is not cumulative and focuses on the second half of the course material.

According to the course coordinators, the thinking in structuring the course evaluation this way is that it helps balance different learning styles. Some students are much more comfortable writing responses, and other students prefer to focus on multiple-choice and true/false type questions.

The assignments are on a student's "Dream Vacation" project. In the first assignment, students are given an assignment template to fill in. They are given time, cost, and scope criteria and asked to answer questions related to the material covered in the first half of the course. In the second assignment, students build on their Dream Vacation project and answer questions related to the second half of the course.

Each lesson includes multiple-choice practice quizzes, key term review activities, and PowerPoint slides to help students learn the material. Each lesson also includes a reflective self-development exercise whereby students can think about building their project management tool kit based on the tools and techniques they cover in each lesson.

How to Be Successful in the Course

Introducing the Course Coordinators

Dr. Kam Jugdev joined Athabasca University in 2003 following a career as a project manager. Dr. Jugdev enjoys (yes, you read that right) writing courses collaboratively with the Course Production Coordinator. Maria Frank was the Course Production Coordinator for this course. Dr. Jugdev appreciates being able to work closely with her students to help them develop their conceptual understanding of the material and apply the concepts to practice. You can read more about Dr. Jugdev at her [profile link](#).

Maria Frank has been a Course Production Coordinator with Athabasca University since 2016. She values the opportunity to work with academics on undergraduate and graduate Faculty of Business courses to help deliver quality courses to AU students.

"We develop courses collaboratively to enhance student experiences," begins Dr. Jugdev, "Course Production Coordinators like Maria bring project management to the process, along with instructional and learning design expertise. What students see in front of them involves a lot of back-end work. Course Production Coordinators ensure that a course adheres to accessibility standards and follows principles of universal design for learning (UDL). UDL takes into account that students have different styles of learning and engaging with course material. For example, incorporating things like authentic assessments within a course allows students to interpret and express their learnings in unique ways. Course Production Coordinators also address copyright and intellectual property aspects of the course."

Tips from the course coordinator

"Individualized study online courses are a challenge for anyone because they involve a more disciplined approach. Our advice for students is to treat the course like a project that they are managing. As students start learning the material in the first chapter, they should try to follow what they are learning by applying those concepts to handling their progression in the course. For example, just like a project involves the schedule, our courses offer a customizable schedule for students to use.

"It is heartbreaking to see that students are seeking extensions to complete a course. As we developed this course, we encouraged students to check in at the end of every lesson to ensure they were keeping up with their course timeline.

“Take a moment to think about *why* you are taking this course. Ask yourself what broader goal(s) this course will help you achieve. After writing down your answers, place the note where you can see it as you work through the course. Read, update as necessary, and reflect on your personal goals note. Your personal goals will help you stay focused and motivated to complete this course.

“We encourage students not to try to cover too much material in one sitting. Students should think about the time of day that they feel they are most effective when it comes to working on a course, and then they should dedicate a set amount of time to do so on a regular basis.

“Finally, we encourage students not to be hard on themselves if they fall behind on their planned study schedule. Instead, students should extend their course schedule by a few days and continue working at a consistent pace.”

Student Tips

We spoke with Sue, who had recently completed this course and she stated, “This course is terrific as it covers the socio-technical aspects of the work, which is helpful as it guides the learner in comprehending the importance of building and maintaining positive, collaborative relationships in the field of project management and how this side of the work cannot be overlooked. This course highlights that project management isn’t just about tools and processes, it’s about people, leadership, and management.

“The course and textbook align so well on content and the context and objectives are clearly laid out making the concepts straightforward to grasp. I would recommend that students follow the suggested course schedule and complete each learning objective—not skipping any—as this really helps prepare learners for the assignments and exams. I would recommend completing all the Review Activities, including unit/chapter Quizzes and reading the unit PowerPoints before starting assignments, they test your knowledge and demonstrate whether you are ready to start writing.

“This course also has multiple resources provided, such as PowerPoints, lesson notes, key definitions and terms, PDFs, review activities—all of which are so helpful. I loved the review activities, especially the fill in the blank questions as they weren’t just pick and choose, you had to think about what you had learned to answer them, which is good reflective learning.

AU-thentic Events Upcoming AU Related Events

MBA for Supply Chain Managers Info Session

Wed, May 12, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/mba-for-supply-chain-managers-webinar-20210512/

RSVP through above link

PowerED™ Coach Approach for Leadership Development Info Session

Thur, May 13, 11:00 am to 12:00 pm MDT

Online

Hosted by AU's PowerED™

news.athabascau.ca/events/powered-coach-approach-info-session/

RSVP through above link

2021 Western Regional Three Minute Thesis (3MT®) competition

Thur, May 13, 1:00 to 3:00 pm MDT

Online

Hosted by AU

news.athabascau.ca/events/2021-western-regional-three-minute-thesis-3mt-competition/

More information at above link

AUSUNights Virtual Student Social

Thur, May 13, 5:00 to 6:30 pm MDT

Online via Zoom

Hosted by AUSU

www.ausu.org/event/ausunights-virtual-student-social-6/

RSVP to ausu@ausu.org for meeting link

The Grad Lounge

Fri, May 14, 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.

“The textbook is up to date and relevant for current work environments and is reflective of organizational strategy and project management in the real world. I bought the text as I like to stick notes everywhere and highlight things, but I also downloaded the e-book to my phone and laptop using the Vital Source Bookshelf App, which was nice as I could pull out my phone when I had a spare 10 minutes and read or re-read a chapter or two.

“The assignments are truly focused on helping you critically apply your knowledge into a scenario-based piece of work. If you follow the instructions, which are clearly laid out in the assignment overviews, you should have no issue completing them successfully. The assignments were actually quite fun and help you see that project management is actually something we do every time we make a plan. To some degree, use common sense and the information from the text and you will do well. Remember to use APA!

“The exams were tougher, they were made up of multiple choice and true false questions. Slow down and really read the questions is my best advise and don't expect that they will be the same questions as in the Quizzes – some are but most are not. Wording can be tricky so take your time. You have three hours, use it!

“The course provides the learner with an understanding of the four sequential stages of a project life cycle and clearly identify the deliverables that are attached to each stage. It provides an opportunity for the learner to build off strengths they likely already have, learn the correct terminology, understand the importance of strong analysis, preparation, risk assessment and management and people skills, providing a solid starting foundation.

“Follow the suggested course schedule and complete all the learning objectives and reading (lesson notes and textbook). Don't skip them and don't work ahead – keep on a schedule. Life gets in the way sometimes but just press restart and get back on track. Connect with your instructor early in the course, especially if you have questions—don't sit on them—if it hadn't been for an early connection to the instructor, I may not have been successful in the course. Dr. Jugdev, who insisted I call her Kam, was so kind and supportive; she was really an amazing support!”

Experience with Communicating with Course Instructors

When we asked Sue how she felt the communication was with the instructor, she stated, “communication is so easy with the instructor: email questions are returned promptly, and telephone conversations are available when you need clarity.”

Final Tip for Students

The final suggestion Sue recommended for all students interested in taking the course is, “Don't expect the course to be easy. It makes you think but is really worth the effort. Your Project Management Tool Kit will be packed full of new concepts, ideas and resources that will benefit you in your career, no matter what your area of study.”

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator, Dr. Kam Jugdev, at kamj@athabasca.ca. Happy learning!

This article was co-written by Dr. Kam Jugdev, Maria Frank and Sue. Special thanks to Kam, Maria and Sue for their contributions!

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



Fly on the Wall

A Little Mother's Day P and Q Learned from AU

Jason Sullivan



On Mother's Day we appreciate those adults who nurtured our howling and screeching primate selves out of the precognitive underbrush of infancy. The splendours of a Mother's love knows no bounds, to be sure, and to this we can attest when we see or experience the labours required for child-rearing. We all began life with adult caregivers of one type or another, and, in this instance at least, biology is secondary to necessity. There's no out from appreciating motherhood on Mother's Day; like our drive to achieve success at AU, the original impetus to life itself came from our mothers and, behind all the mothers through history, from the mother of life as we know it: Mother Earth.

Like our evolutionary cousins, such as ringtail lemurs, bonobo apes, and silverback gorillas, we entered the light of consciousness with the help of motherly love. And yet, when we elevate our minds up the dusty ivory tower of intellectualism, we find the air becoming increasingly arid, abstract, and parched of emotive affect perhaps described by the idea of maternal love. Education can seem devoid of feeling, and that's why many of us only as adults return to schooling. Where did scholarly life go wrong when words and ideas left out care and compassion? Pausing to gaze out at the abyss of knowledge that we've gleaned in our studies as part of a long, mostly male, scholastic tradition, we might be tempted to cast aside the gender divide with the timeless phrase that we're all human. After all, most AU students are female and many of us are ourselves mothers! Surely the best education about what *really matters* involves receiving a card lovingly scrawled by a sweet tot. And if we're the adult givers of such a card then what matters is not that we can speak our sentiments like the greeting card industry but that we can express what matters most: our love and appreciation for our mothers. And those feelings at their roots transcend the personal conditions of our arrival here on earth.

And So, A Quick Tour with Mother Earth in Mind

Around the world, the feeling of maternal love is expressed in philosophies and religions. In India, for instance, horrific Covid conditions bring to the forefront the mother of all protector goddesses. Her name is traditionally *Shitala matta* but nowadays she takes the name *Corona mata* as cholera has given way to Covid. Corona mata functions like a spiritual vaccination (presumably in tandem with its scientific corollary). As a sharp jab to the soul, so to speak, that "enters a body, she supposedly fights the fever with her antidotes in the presence of cold edibles inside the ritual room, and through processions of songs and performances outside it."

The Mother of Invention: Let it Be?

Meanwhile, as we humans attempt to ward off the climate change plague we've wrought with industrialism and overpopulation, the tendency is to interfere with the earth further. It's like trying to dig our way out of a hole, perhaps. The more we dig, the more the hole will collapse or,

as the saying goes, we'll just *dig ourselves in deeper*. Consider this recent scientific finding about solar panels in Africa, originally intended to preserve and sanctify our continued fast-lane activities and electricity consumption:

“While the black surfaces of solar panels absorb most of the sunlight that reaches them, only a fraction (around 15%) of that incoming energy gets converted to electricity. The rest is returned to the environment as heat. The panels are usually much darker than the ground they cover, so a vast expanse of solar cells will absorb a lot of additional energy and emit it as heat, affecting the climate.

“If these effects were only local, they might not matter in a sparsely populated and barren desert. But the scale of the installations that would be needed to make a dent in the world's fossil energy demand would be vast, covering thousands of square kilometers. Heat re-emitted from an area this size will be redistributed by the flow of air in the atmosphere, having regional and even global effects on the climate.”

The ancient Chinese sage Lao Tzu notes that, all too often, we try and solve a problem with more interference and that only makes things worse. “If you would take from a thing, you must first give to it” (Lao Tzu, 41). Surely in these times where there are 30 cities with populations larger than 10 million, the time has come to appreciate Mother Earth by not adding so many little minions to her ecological carrying capacity (Young, online). Athabasca provides an opening where we can give birth to new ideas and perspectives rather than literally create human offspring; in this sense, motherhood in the broadest sense may be appeased by our inaction on the procreative front. Perhaps by letting nature be, by giving Mother Earth a rest from our tireless activities and the ceaseless expansion of our population, we may allow her to heal and rejuvenate. After all, don't we all know a few older ladies who've rediscovered their inner vivacity after the kids have gone away and left them some space for calm? To be sure, AU is bursting with potential in part due to adult students who finally have time to pursue that long-sought-after course or degree. Academia can really set us free to be the mothers of our own destiny.

Here in secular civilization, we might rightly, in cosmological terms strictly physical (or, more specifically, amenable to hegemonic physicist discourse), consider the earth our mother. Nothing provides ground for our first footsteps, nor air for our first breath of post-birth life more assuredly than old Terra Firma. A kind lady, to be sure. And yet, as we befoul her like a playpen for our industrial pursuits, even our efforts at charity and protection can be like asking a human mother to literally eat a mud pie we've made. Even the dandelion sticking out as a decoration would wilt in disgust! When we try to literally fix or help Mother Earth we often, as a species, just make things worse. Perhaps to truly nurture the earthly mother of our creation means we must *leave her be* in more places and in more ways. Like how our AU studies require solitude in peace and quiet, maybe the ultimate gift to our earth mother on mother's day is also a little of the old P & Q!

References

Lao Tzu. (1963). *Tao Te Ching*. London: Penguin Classics.

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.



Homemade is Better Twice Baked Potatoes

Chef Corey



I've done a few potato recipes this past year, and I feel like I'm starting to run out of things to do with potatoes; then I remember that there are hundreds of recipes for making potatoes.

For restaurant-style twice-baked potatoes, you might want to consider piping the filling back into the shell, but I prefer to scoop it. Less mess, and it looks more rustic. The filling is where you get all the flavour as well, so take your time and make sure it tastes right before you stuff it back in. You can use ingredients like butter, sour cream, ricotta, heavy cream, or more. The options are endless, and you can accent it with so many other items!

If you still like that baked potato taste but want to fancy it up, then add chives, sour cream, or real bacon bits (unless you don't eat meat, then I guess don't bother because simulated vegan bacon bits are disgusting, and your palate doesn't need garbage). You can also add cinnamon, nutmeg, or allspice in

small amounts. Don't overdo it, though, maybe $\frac{1}{2}$ tsp.

The other key is time. You want to bake your potatoes and rub the outside with a bit of oil to get crispy skin. This isn't a make or break, but it levels up the dish a bit! Bake them for about an hour, then let them cool for about 10 to 15 minutes. You want to be able to handle them but still want them a little warm. When scooping out the insides, don't be too rough; you're trying to keep the potato skin intact, so leave a thin layer. Next, you whip everything together and scoop the now mashed potatoes back in.

I hope you enjoy this recipe!

Twice Baked Potatoes

Ingredients:

3-4 medium or large russet potatoes

Canola oil

$\frac{1}{2}$ cup of sour cream

$\frac{1}{4}$ cup butter

$\frac{1}{2}$ cup heavy cream or milk

2 cups shredded cheddar cheese

2 tsp Kosher salt (or to taste)

Directions:

1) Preheat your oven to 400F.

2) Wash and clean the potatoes, keep the skin on.

3) Place the potatoes on a baking rack and cover them with oil.

4) Bake for 1 hour or until the potatoes are soft.

5) After an hour, remove the potatoes and let them cool for 10 – 15 minutes.

6) Cut 1/3 off the top of the potato, or you can also cut them in half to make them go further.



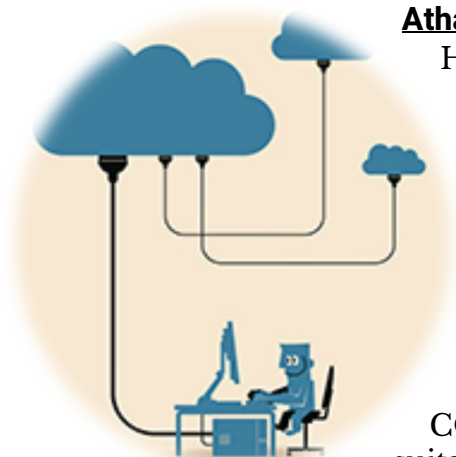
- 7) Scoop out all the potato into a mixing bowl, except a thin layer to keep the skin intact.
- 8) Mash together with the butter, sour cream and milk.
- 9) Add 1 tsp of salt, then taste. If you're happy with the taste, then leave it; otherwise, add the second tsp.
- 10) Mix in half the cheese and mash everything together
- 11) Scoop the mash back into the skins, and top with the remaining cheese.
- 12) Lower the oven to 350F and put the potatoes back into the oven on the baking sheet for another 15 -20 minutes to melt the cheese and warm everything up.
- 13) Serve with steak, or by itself!

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



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

How do you spell "academic misconduct"? A thread about posting or using student essays on certain study-resource websites sparks a lively discussion on what is, and is not, cheating.

Discord

The things you learn! A thread in the #general channel leads to a tip for a free online tool to catch spelling and grammar errors, while a thread in #support demonstrates how a house can be sold in four hours on Facebook.

reddit

COMP for newbies. A query on whether COMP 200 would be suitable for a student with minimal programming experience prompts another student to share their take on the course.

Twitter

@austudentsunion tweets: "Take some of the legwork out of your research with @aulibarchives! <http://library.athabascau.ca/orientations.html> #NewStudents #cdnpse #ResearchTips."

How Memories Bring Joy

Marie Well



If you ever experience a burst of love from someone: a smile from a stranger, a hug from Mom, write it down. Life is too short to let a moment of love, however fleeting, pass us by. Such beautiful memories can drown out our sorrows. When a negative thought strikes, shift to a beautiful memory. As Napoleon Hill states, in every seed of adversity is an equal opportunity. Similarly, in every sad thought lies a beautiful memory.

Sometimes we might think of how people from our pasts hurt us. Why think such sad thoughts? They only bring us down. They cause us to cling to a small fragment of the truth. The more we cling to a negative fragment of truth, the more our thoughts balloon into monsters. If approached with a positive attitude, that fragment of truth may have taken a beautiful form.

For example, I fear my Mom feels no love for me. I let her down earlier in life when I blamed her for my life issues. And my Mom, like me, had blamed her mom. When my beloved Grandma died, Mom said she felt no love for her mother. But now I feel compelled to stop the cycle. So, I began offering Mom gifts: money, time, a restaurant meal, a barbecue, loving words, only smiles when she angers, but to no avail. So, instead of feeling down, I think of all the beautiful memories I've had with Mom. I remember Mom helping me bake peanut butter cookies for my grade two baking contest, which I won. I remember Mom playing the accordion, singing, a tear in her eye, moved by the melody. I remember Mom hugging me close and sharing with me bowls of fresh fruit. I have so many beautiful memories of Mom, they crowd out any sadness.

As another personal example, an enemy turned out to be a gift in my life. He is truly my beloved teacher. He opened up a world of new skills for me, stirred a passion for writing stories, and demonstrated many fine qualities. Instead of cherry picking the worst in someone, why not cherry pick the best? Positive memories bring bliss.

We all, at times, may feel downtrodden by memories. Memories of an ex, of a childhood trauma, of a victimization may come to mind. All of those memories can be replaced by beautiful thoughts. Even the most tragic story has a happy ending, if written in the right mindset.

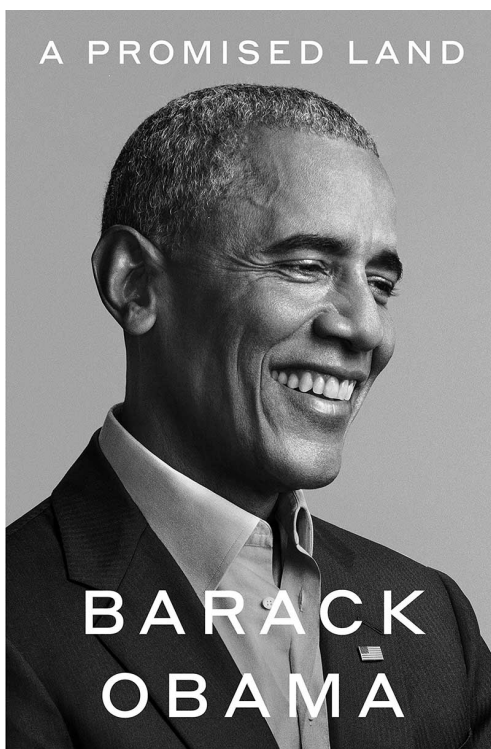
So, whenever we experience a moment of joy, write it down. Happiness requires we let only beautiful memories pass through the gatekeepers of our minds. And even the slightest joyful thought bears the gift of eternal bliss.



The Reading List

Karen Lam

Happy May! Many traditional Universities are now off for the year with some students beginning their Spring semester. However, for us Athabasca students, most of us are continuing with our courses or perhaps some of us are also taking a small break from studies for the Spring and Summer. Whether you are studying or not, here are some recommended reads to try for the month! Many of these are brand new or recently published books.



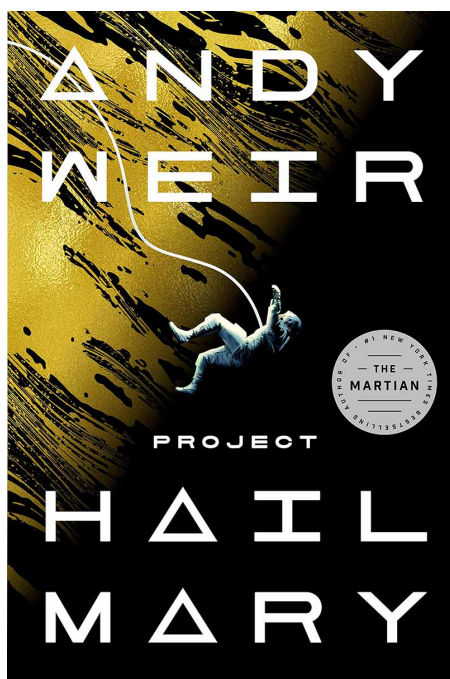
A Promised Land by Barack Obama

A beautiful and well written book that shows an overview of the former USA president's start to politics and his journey to presidency. Have you ever wondered what it is like to be the president of the USA? Well, I certainly have! This book allows readers to see the lifestyle of a politician. Perhaps after you read this story, you may even gain interest in politics or perhaps even consider pursuing a career in politics. The novel also explores how politics works and the challenges that are faced. Overall, a worthwhile read for anyone interested in politics!

People We Meet on Vacation by Emily Henry

This book first caught my eye with the word "vacation." I have never had the chance to travel very much due to school and work. By the time my family and I finally found a year where we are all finally free to travel together, the pandemic had started. As we patiently wait to get vaccinated and for the pandemic to get under control, many of us are dreaming of some sort of vacation, especially after a long year of staying at home. Although we may not be able to travel right now, here is a book for you! This story is about two best friends and their ten summer trips. A book that explores friendships and travel. Read this fun and warm book to read while we continue our dreams of vacationing!



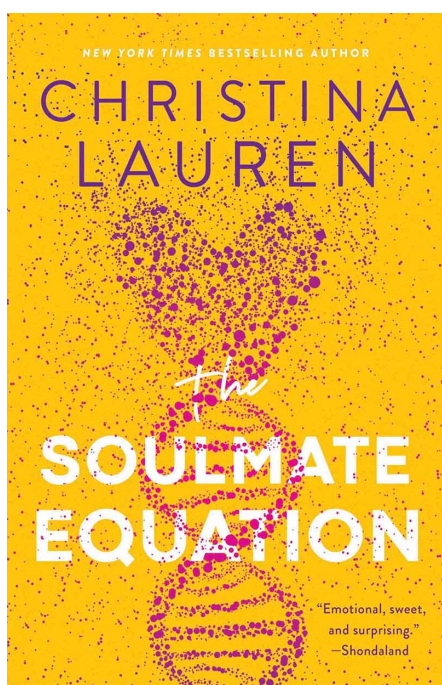
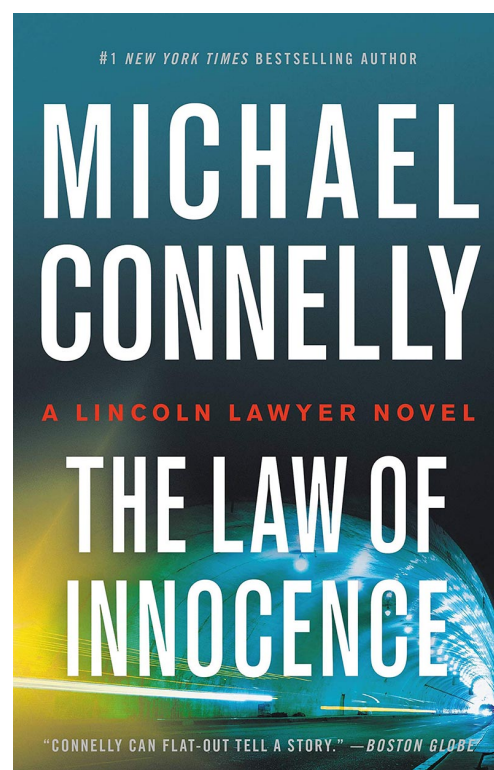


***Project Hail Mary* by Andy Weir**

Calling all “The Martian” fans! Author Andy Weir has finally published a new book. This book is for science fiction lovers, and the story is about Ryland Grace who is the sole survivor with a final mission. If he fails his mission, earth and humanity may disappear forever. A must read for both sci-fi and “The Martian” fans. For those who have not read “The Martian,” that is also a recommended read.

***The Law of Innocence* by Michael Connelly**

For all mystery and thriller fans. Anyone who has read Michael Connelly’s books before know they are all worth the read! Another recent release from November 2020, this story revolves around defense attorney Mickey Haller and the sudden discovery of the body of a former client in the trunk of his Lincoln. A thriller story that keeps readers reading on.



***The Soulmate Equation* by Christina Lauren**

A story about a single mom who is a data and statistics genius but lacking the skills in the dating world. With the challenging upbringing and finding the wrong ex-husband, Jess Davis is working to stay afloat and lonely. However, suddenly Jess comes across a DNA-based matchmaking company that has the capability to change dating forever. What does DNA have to do with dating? If you are interested in a romance mixed with science novel, this is recommended for you.

Happy reading!

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





Dear
Barb

Barbara Godin

Mind Your Manners

Dear Barb:

I am the mother of two teenagers, and I am trying to teach them how to live their lives with dignity, respect, and good manners, as I believe these qualities will help them to achieve a happy and more successful life. I am finding this very difficult to accomplish, as most of the teenagers today are so influenced by social media that they don't pay attention to basic etiquette and treating others with respect. As typical teenagers, my kids have a short attention span for listening to me or their father, but I would like to provide some basic suggestions or tips that they may be open to. Ultimately, my hope is to give them some skills to fall back on when faced with unfamiliar situations. I know this seems like a tall order, but I'm in need of some advice. Thanks, Julia.

Hey Julia:

What a great question! I found an online site, gt20.org (GiveTeens20), aimed at helping teenagers live their best life. It is a great site with tips and videos on many subjects. I also found a section called "Rules of Etiquette." The section is subdivided into Basic Etiquette, Etiquette for Gentlemen, Social Etiquette, and Etiquette for Ladies. Each title is expanded further online at gt20.org. Possibly you could insert some of these simple guidelines into a conversation you are having with your teenager,

this way they won't feel you are preaching to them. As an example, some of the topics from the basic etiquette portion of the site:

Be yourself and allow others to treat you with respect.	Speak with kindness and caution.
Say "thank you".	Do not criticize or complain.
Give genuine compliments.	Be punctual.
Don't be boastful, arrogant, or loud.	Do not embarrass others.
Listen before speaking.	Act and look your best.

The final topic is Etiquette for Ladies and the basic theme of this section is to be "kind" and choosing to believe the best about others and yourself. You are correct, Julia, in believing that your children will fare better in life with good manners and etiquette. According to elegantwoman.org, manners say more about who we are than we even realize. For example, they tell other people who we are, how we were brought up, what kind of family we have, and our social class. Manners can also indicate our level of education, our reading and travelling experiences, and basically what kind of person we are. Hopefully this information will be helpful. You can also go to the sites mentioned above and print out some information and leave it where your teenager may pick it up, or send them a link in their email. You just never know, they may be curious. Thanks for your email Julia.

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 Golden Fool

Wanda Waterman



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IMPORTANT DATES

- May 13: [AUSUnights Virtual Trivia](#)
- May 20: [AUSU Student Council Meeting](#)
- May 25: [AUSU By-Election nominations open](#)

Run in Upcoming By-Election



Join the race in the upcoming [AUSU Student Council by-election](#) and make a difference with fellow students! Nominations open May 25 to fill six seats, with the election in June 2021.

Why Serve on Student Council?

It's a student leadership opportunity you don't want to miss! AUSU councillors represent Athabasca University undergraduate students and advocate on their behalf. Get involved, build on your experience, and represent your peers as part of an [amazing team](#)!

Who Can Run for Student Council?

Any AUSU member, meaning anyone currently taking undergrad courses at AU can run for council. All work is done remotely through email and teleconference, so you can run from anywhere. Students from all branches of learning are welcome!

For more information on the roles and responsibilities of AUSU student councillors, check out [Policy 2.14](#).

Nomination forms will be available when nominations open on May 25, 2021.

AUSU is Hiring a CRO



We are currently accepting applications for the role of Chief Returning Officer for the upcoming by-election. The CRO, working with AUSU staff, is responsible for overseeing all aspects of the election process. Discover more about the opportunity [here](#).

Join AUSUnights Trivia
May 13th from 5-6:30p



AUSUnights are virtual trivia nights over Zoom on the second Thursday of every month. Connect with fellow AU students, have fun, and maybe win some prizes from your AU students' union! RSVP to ausu@ausu.org for an invite!



CLASSIFIEDS

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

THE VOICE

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Jason Sullivan, Wanda Waterman, Xin Xu and others!

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

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

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ISSN 2561-3634