



THE VOICE

Vol 29 Issue 20 2021-05-21

#ODSPoverty

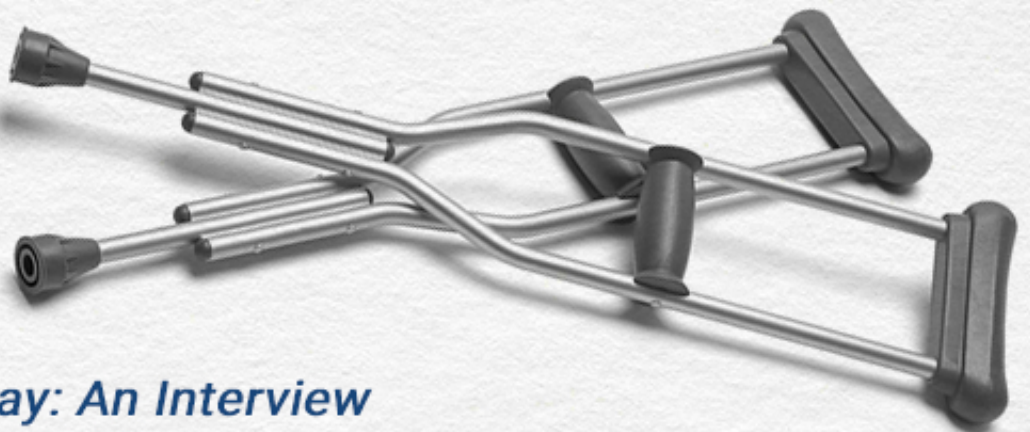
The D Now Stands for Despair

Hindsight is the Sixth Sense

Music Review of the Latest from Belvedere

Pride in the Fall

The Fly on the Wall



Plus:

*Asian Gold Ribbon Day: An Interview
Course Exam: Classics 309
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

And the Winner Is.. Part Two

Karl Low



So, the fiction contest winners are in and published, what happened to the non-fiction side of the contest?

It took a little longer than expected for the non-fiction judges to come to a decision, largely because of e-mail issues, but a decision has been made. The category for the non-fiction side, in case you forgot, was Equity, Diversity, and Inclusion at AU. This is, as you might imagine, a sensitive topic.

Fortunately, we had some expert judges available to look at the entries and choose.

Starting with Dr. Reinekke Lengelle, an assistant professor with Athabasca University in Canada and a senior researcher with The Hague University of Applied Sciences in The Netherlands. She is the author of the book *Writing the Self in Bereavement: A story of love, spousal loss, and bereavement* (Routledge, 2021) and has written more

than 35 scholarly articles and book chapters. Her career began as a poet, playwright, and writing teacher. In the past 15 years, she has worked as a professor and codeveloper of the *Career Writing* method, which uses creative, expressive, and reflective writing to foster career identity development and agency. She is a symposium co-editor with the British Journal of Guidance and Counselling and led the development of two issues on the use of Creative Methods in research and professional practice, published in 2018 and 2020, respectively. You can find out more about Reinekke's work at www.writingtheself.ca.

Also judging was Dr. Michael Lithgow, an assistant professor in communication studies with AU, and the steward for the Writing in New Media focus area in the MA-IS program. He's also been a community radio and television producer and freelance writer, with articles in the Canadian Journal of Communication, and a collection of poetry called *Waking in the Tree House*, published in 2012.

Finally, AU's own current writer in residence, Joshua Whitehead was the third on the panel, and you can read more about him at his own website: <https://www.joshuawhitehead.ca/about>.

Between the three of them, they selected Jason Hazel-Rah Sullivan for his entry *Would the Real Hazel Please Stand Up; Wait, Where Is She?*, about the confusion being named "Hazel-rah" brought to his childhood, and Anne Ndegwa for *Helen*, an essay about the Botanical Gardens of Silver Springs and the benefits that inclusion has brought to it.

We also drew five random winners from the almost 40 entrants, each receiving a \$100 Amazon gift card. So, congratulations to Jason K., Bronwyn A., Eli E., Kaisha N., and Marcus L., those gift cards should be sent out soon to the lucky draw winners.

Meanwhile, this week in the Voice Magazine is the first in a long time that we haven't had a student interview ready. If you've been reading the student interviews but haven't shared your story yet, why not drop me a line at voice@voicemagazine.org so we can set something up. You'll get a bit of swag, and your fellow students will get to read about someone really interesting: you.

Enjoy the read!

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

#ODSPoverty

Where the D now Stands for Despair

Lonita Fraser



Sometimes I am at a loss for words—which is a mighty rare thing for someone from the east coast who is frequently hopped up on caffeine, chocolate milk, or rage.

What continues to blow my grey matter is how, in a wealthy country whose pundits praise its kindness, generosity to other nations, and other treatments of people which would shine the halo, disabled persons—folk amongst those least able to find gainful employment, be traditionally employable, or sometimes even care for themselves in an appreciably decent fashion—are also those most frequently ignored and left by the wayside, and are amongst those with the lowest forms of financial supports.

#ODSPoverty is the hashtag favoured amongst Twitter users when posting about their struggles trying to survive on the Ontario Disability Support Program.

The buck-passing bandying between the federal government and the provinces/territories about whose responsibility it is to deal with it, has continued for more decades than it should. You know whose responsibility it is? Everyone's. But the loonie, as it were, does ultimately stop at the federal level, especially when this country is half-way led at the provincial level by factions that think austerity measures are the bee's knees, and who spend their reigns going after the easiest targets they can. The Liberal factions seem to want to spend time looking like they're doing something, but end up doing nothing at all.

Studies? We don't need studies. We don't need studies when people are looking to Medical Assistance in Dying to avoid the legislated poverty of living on provincial funding, or when people feel like they're the target of some foul form of eugenics.

Does none of this give you pause? Does none of this give you pause while you hand out funding to other sections of the population in less immediate and dire need of it, to people and businesses who aren't in danger of going hungry or losing their homes? Does none of this give you pause when people consider killing themselves as their only future?

That was an email I sent to the Prime Minister because of an advocacy push online. You can send a message yourself via this link: <https://pm.gc.ca/en/connect/contact>.

The past year has, more acutely than before, shone a stark, painfully revealing light on the state of many things in this country (and others): the delicacy of the supply chain and the importance of the people who work in it, packaging our food and getting it to us; the disgusting state of long-term care; the excruciating need for more medical personnel at all levels to care for us; the shocking lack of funding for all of them; and the deeply disheartening lack of financial assistance for anyone left out in the cold from all walks of life, particularly those in a position to be unable to earn enough to take care of themselves.

More sadly, along with the complete lack of immediate funding increases for those in dire need of it in the most recent federal and Ontario budgets, is the continued lack of attention, beyond

lip service, that the situation gets at both the federal and provincial levels, and the lack of empathy shown by some parts of the populace. You should not be asking whether or not these people should be helped. There shouldn't be a question at all, other than, "How can we fix this and make it work?"

Ontario's ODSP rates are still at levels set in the mid-'90s. For pandemic-related aid, Ontario provided only an extra \$100 per month for only a few months during 2020 for extra costs incurred related to COVID, and that went only to people who asked for it, yet the province did not advertise this money was available and, by the time many on ODSP found out about it, the extra funding program was cancelled.

The federal government provided only a one-time (up to) \$600 COVID-related payment to those who get the Disability Tax Credit (which is not universal to all disabled people), and it took them up until just a month or so ago to even provide the money to some people. The federal government did ask the provinces not to claw-back from provincial benefits for anyone in a position to also receive CERB last year. Ontario chose not to fully comply with that request, as did many provinces. In fact, only British Columbia, Yukon, and Northwest Territories fully followed the federal government's request not to claw back.

This entire situation is a shameful tarnish to whatever crown Canada wears. If this is how this country treats its most vulnerable, well, I don't know about you, but this is not a nation I can take pride in. Press your MPs, MPPs, and MLAs to advocate for increased provincial funding for the disabled, for a provincial or federal basic income for them and the elderly at least, and for more creative solutions to employing those disabled folk who are in a position to work.

References:

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<https://www.macleans.ca/opinion/dying-for-the-right-to-live/>

Lonita Fraser is an AU graduate living in Ontario where she works from home doing transcription, making art, and trying to learn how to play the bass guitar

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: BigSun Scholarship 2021

Sponsored by: BigSun Athletics

Deadline: June 19, 2021

Potential payout: \$500

Eligibility restriction: Applicants must be high-school or post-secondary students, and have engaged in sports during their high-school years.

What's required: An email with contact and school info, along with a 500-1000 word essay answering three specified questions about your high-school participation in sports.

Tips: Be sure your essay addresses all three questions indicated.

Where to get info: bigsunathletics.com/



Fly on the Wall Pride in the Fall

Jason Sullivan



As a young party animal who moonlighted as an AU student the werewolf battle was real for a younger version of this *Fly on the Wall*. Would I snarl and shred my way right out of my shot at a higher education degree? Or would I find a better balance between madness and civilized discourse, reading and romping? Luckily, in those years I met a kindly cabbie who gave me some of the best advice I've ever heard. Be your own best friend, he said. And as I learned the meaning of that simple phrase I learned to be a better me and a better student. After all, we are often our own best study buddy too at AU. Maturing our brains and growing up our decision-making and raising our personal scholastic bar are all pieces of the adulting puzzle.

So it was with sadness that I learned that my great mentor had passed away suddenly. All I have to go on now are memories of what mattered most in our interactions. It's like how learning how to learn is about so much more than memorizing facts and figures and trivia answers. This article is dedicated to memory. Tiny town or burgeoning borough, we all have room in our hearts and neighbourhoods for LGBTQ people. In fact, what makes us most human isn't who we love or dance with but how we impart our wisdom and learning to our

future selves and to others in our life who matter the most.

Pride in the Fall, Pride During The Fall

After being pushed back from its original summer dates last year, Kelowna Pride Week managed to continue. "We were determined to find a way to mark Kelowna Pride Week 2020 in a safe, inclusive and celebratory manner" says the General Manager of the Pride Society (Halpenny, 2020). Instead of cowering and cancelling the event entirely it's a testament to their prowess to be affirmative and hold the event anyway. Fun times!

Like staying home to study when friends are out having a blast, sometimes the right thing to do at AU is to resist going with the flow of the social tide; in the case of Pride, cancel culture doesn't claim another victim. Apt too, because queerness applies to more than just accepting assorted forms of sexuality—queerness bubbles fertile resistance towards social normality. Whether it's saying no to an interior decorating trip to Jysk or opposing the concept of marriage in general, Pride allows folks to reveal aspects of resistance in all walks of life.

First a Quick Background Refresher, Puttin' the Homo in Sapiens

Inclusiveness is the order of the day, and in modern Canada there's a place for every type of love between consenting adults. Yet, lest we feel a little too superior and uppity about our progressive culture, let us recall that peoples all over the world have special roles for those we now affix to a rainbow spectrum of letters. LGBTQI and the other ABC's of identity suggest a new and expansive landscape whereas, in reality, cultures around the world have had a panoply of identities all along. Some indigenous North American cultures include a *berdache* (later re-named

as two-spirited) gay identity discovered when young men intuitively danced the women's dance at festivals (de Vris, 2020).

In India a third sex of transgendered males are likewise known as Hijras (Nanda, 1989). And in traditional Lesotho, Mummy-Baby relationships involve lesbianism between generations as a form of camaraderie and, yes, love (Sullivan, 2009). Roles are a part of every culture and for those who find themselves a bit outside or askew from the norm, there's often a place of belonging for them too. But queer theory is about questioning identity in general, as we shall shortly show.

To challenge social norms is thus about more than just being who one is, as though an authentic essence transcended the flow of lived existence. Willingly or unwittingly, or both at once in a glorious dance, the notion of a stable identity underscores, not only our 21st Century's normalized questioning of gender and identity roles, but the emergence of modernism itself. It also underlies the original sin of homophobia that led to Pride in the first place. That's why today the concept of *having* a flag to fly undergirds the many flags available for sale on the Kelowna Pride website (Kelowna Pride, online).

And Now a Word From A Relevant Social Theorist...

The queer theorist Guy Hocquenghem wrote a 1972 book titled *Homosexual Desire*. The police brutality during a bust of a New York gay nightclub called Stonewall had added to the stew of cultural ferment that included women's liberation, socialist ideologies, environmentalism, and especially the anti-war movement. All of this was liberally spiced with a desire for peace and love that endowed the baby boomers who were the first generation raised in the tranquil sunshine that followed the worst war in human history.

Everything was up in the air fifty years ago. Hocquenghem's key premise was that queer desire is everywhere. He wrote that "If the homosexual image contains a knot of dread and desire, if the homosexual fantasy is more obscene than any other and at the same time more exciting, if it is impossible to appear anywhere as a self-confessed homosexual without upsetting families, causing children to be dragged out of the way and arousing mixed feelings of horror and desire, then the reason must be that for us twentieth-century westerners there is a close connection between desire and homosexuality. Homosexuality expresses something-some aspect of desire-which appears nowhere else, and that something is not merely the accomplishment of the sexual act with a person of the same sex" (Hocquenghem, 50). Desire, properly understood, might precede its object and thus only the liberation of desire from stable identities could bring about a better society.

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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.

Music Review

Hindsight is the Sixth Sense

Jessica Young



Artist: Belvedere

Album: *Hindsight is the Sixth Sense*

Calgary, Alberta skate-punk legends, Belvedere, have just released their sixth full-length album, *Hindsight is the Sixth Sense*

Belvedere—heroes of fast, furious, melodic punk, who have never lost sight of their roots—recently marked twenty-five years of history together. Formed in 1995 and originally never meant to play a live show, the trailblazing band quickly grew a reputation on the underground punk scene for their blazing speed and melodic vocals. The band was unable to tour in 2020 to commemorate their twenty-five-year milestone, which led them to write

Hindsight is the Sixth Sense. While this album features a new direction in song writing attributed to new band members Dan Wollach on guitar and Ryan Mumby on bass, the all-familiar speed, the rifts, the insightful lyrics, and sing-along harmonies are all still there thanks to drummer Casey Lewis and lead singer/founder Steve Rawles. The album was recorded at Echo Base Studio in Calgary, produced by Casey Lewis and Steve Rawles, and engineered, mixed, and mastered by Casey Lewis as well.

Hindsight is the Sixth Sense features thirteen songs: “Happily Never After,” “Elephant March,” “The Ides,” “Camera Obscura,” “Retina,” “Chromatic,” “Good Greif Retreat,” “Comrade (feat. Roger Lima),” “2 Fast 2 Furious,” “Memento Mori (feat. Dylan Toews),” “Automate (feat. Rody Walker),” “Heartbreaker,” and “Peace in Our Time.” After listening to the album, there is no doubt that these guys are incredibly talented. The music is intricate, extremely technical, and energetic, and Rawles voice was clearly made to sing punk. They remind me of Bullet for My Valentine or A Day to Remember. While I’ve never personally seen Belvedere perform, friends who have can confirm that they are just as amazing live.

Although it is difficult to choose when the entire album is phenomenal, my favourite song is probably “Good Greif Retreat”. It is an interesting, revolutionist take on our capitalist society, perhaps inspired by the current focus on social issues in the COVID-era:

“And we say now, it’s time we took a leap of faith
And erode their streak, no shelter anymore
With no divide, unite as peers
The corporate veil should disappear”.

Profound lyrics combined with a sound that practically compels head-banging—what more could you ask for?

My one complaint with this album is merely a personal preference that maybe some other readers will share. Admittedly, punk music is not my go-to, and while I do enjoy it, I can only

tolerate small doses. So I prefer when punk or metal albums feature at least one or two slower-paced, quieter, or acoustic songs to break up the overall “loudness” of the album. Clearly, Belvedere is known for their fast and furious sound, so if you’re anything like me I would recommend listening in short spurts or mixing in songs of other genres, allowing you to appreciate the nuances of each individual Belvedere song.

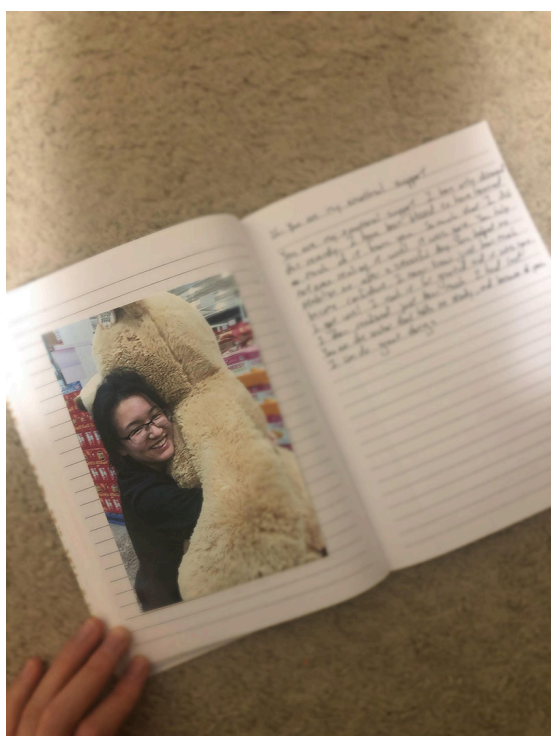
Hindsight is the Sixth Sense is available for streaming wherever you get your music. You can also check our Belvedere on [Facebook](#), [Instagram](#), and [Twitter](#).

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



Three Reasons to Make Journaling Part of Your Routine

Xine Xu

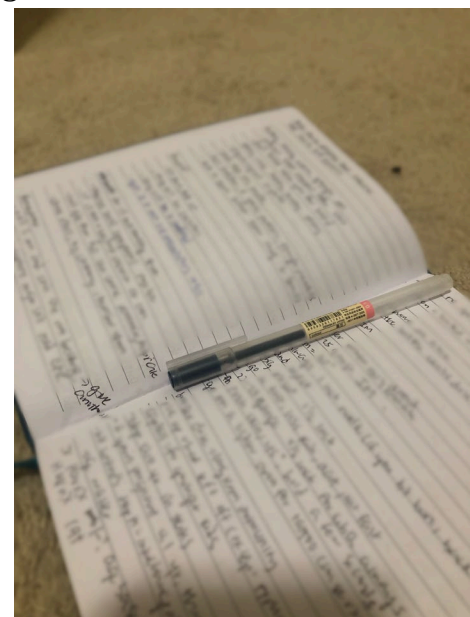


COVID-19 has thrown a lot of obstacles in our course. Whether it was your intended graduation date or the job you were eying for the next internship but was cancelled. So how can we make sense of these different obstacles without it feeling like life has thrown a number of wrenches in our plans. As Steve Jobs once said, “You can’t connect the dots by looking forwards, you can only connect them looking backwards,” or in other words, hindsight is 20/20.

In March of last year, I started journaling. A habit that I’m proud to have kept up but one that has also transformed my own mental health and resilience. Many people have preconceived notions that journaling is only for the English majors or the Philosophers among us. However, I’ve found that as a STEM (Science Technology Engineering and Math) student, I’ve largely enjoyed this habit—not only as a way to better articulate my experiences and emotions but also to improve my sense of purpose during the dreaded pandemic.

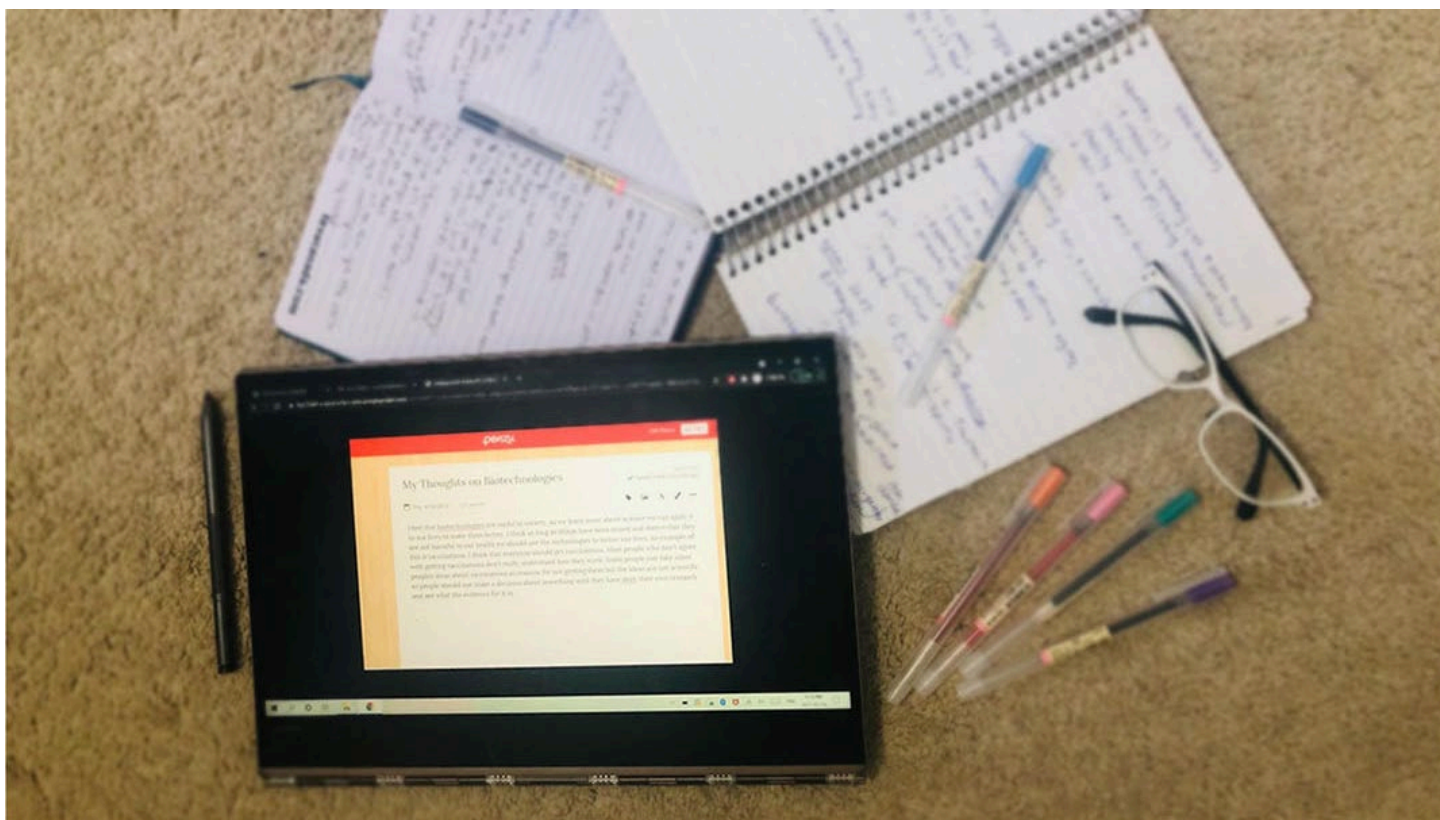
So why should you start journaling?

1. **Tracks your progress:** if you ever wondered if your academic and professional work mattered or if that side project you’ve been working on will ever be appreciated and respected by people around you, don’t fear. You’re not alone. Imposter syndrome, the experience of believing that you are not as competent as others perceive you to be, is real and affects many of us. Since I’ve started journaling, I’ve begun to notice the small hints of progress that keep me motivated. And during lockdowns, when we don’t have our friends or family cheering us on, we might feel like our experiences are meaningless. Journaling gives you a chance to reflect on the progress and plan for the future.



2. **Check in with yourself:** self-care is a word we throw around a lot during the pandemic. We emphasize mental health, but we have few practical strategies to overcome our apathy for the series of disheartening information on the news. One way I've found journaling has helped me is to be more in tune with my emotions. I find that while I feel angry or frustrated, I often cannot always pinpoint the source of that emotion. Instead, the emotional aspects translate into physical manifestations of mental foggy or heart racing. While traditionally journaling is associated with physical pen and paper, there are now many online journals such as Penzu or Evernote that help keep our journals organized.

3. **Find creative answers to your problems:** When I'm busy ruminating over my emotions and not being entirely clear-headed, I find it difficult to find win-win solutions. For example, after an argument with a significant other, I found myself journaling to help find better ways to communicate. I listed some of the pros and cons of my current behavior and took the time to reflect how both of us can improve. Journaling in a way gave control back to me and allowed me to take control of the situation rather than a respondent.



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



Asian Gold Ribbon Day

A Conversation with AU's Dr. Gina Wong

Tim Hanson



Dr. Gina Wong is no stranger to grappling with difficult topics.

As a registered psychologist and Program Chair of the Graduate Centre for Applied Psychology at Athabasca University, Wong specializes in maternal mental health and working with parents facing perinatal mood and anxiety disorders. In addition, Wong literally co-wrote the book on infanticide and filicide, serving as an expert witness in perinatal mortality court cases.

However, the Asian Gold Ribbon Campaign marks a turning point in Wong's efforts to unpack her own past experiences with anti-Asian racism.

Dr. Wong was booked for an interview on the subject in March 2021, which turned out to be the day after the Atlanta Spa Shootings made headlines. While the COVID-19 pandemic has brought on a surge of anti-Asian discrimination in Canada and abroad, the shootings were a flashpoint that brought renewed focus to the issue.

"I was on CTV live the day after," said Wong, "and asked a lot about anti-Asian racism and what happened the previous day."

"The media requests just kept coming after that. I probably did eight or nine with national, eastern (Canada) and on the radio."

Wong noted that "in many of those interviews, they were interested in my own experiences...some of the things I spoke about I had never before uttered."

Wong explained that many of the experiences she shared went back to her childhood as a first-generation Chinese immigrant, while other stories were much more recent, recounting encounters with discrimination had by herself and others in association with COVID-19 over the past year.

"I had tucked a lot of that away in the back of my head...as a 'good Chinese girl' and a model minority is 'supposed' to do."

Wong was spurred by this renewed focus on past traumas to begin processing these experiences "through a racial lens" which led to what she described as "identity redevelopment."

"Before this campaign, I couldn't say-and I never thought about saying-that I was a proud Chinese-Canadian woman."

Wong explained that the Asian Gold Ribbon Campaign comes at a time of elevated discussion surrounding racial disparity, crediting the Black Lives Matter movements as well as the Truth and Reconciliation Commission for paving the way for these conversations. However, Wong's campaign follows a different path.

“There are some really great campaigns, like #FaceRace and Act 2 End Racism...but what I didn’t see in Canada or the US was a visibility campaign. In speaking to media, processing my own stories, reckoning with my own race, I didn’t want my daughters to grow up in a world where they would feel shame or self loathing for who they are.”

“This campaign is founded on making the world a better place for the next generation.”

With that in mind, the Asian Gold Ribbon Campaign is invested in telling stories that celebrate Asian stories and culture in all walks of life, and it has seen success across the board – finding support musician Martin Kerr, actor Samuel L. Jackson, celebrity Chef Trevor Lui, and Andrew Phung of *Kim’s Convenience* fame. Beyond the realm of entertainment, former MP Olivia Chow has joined the campaign as one of many ambassadors.

Not bad for eight weeks of work! While the campaign continues to grow, and Wong has big plans in store.

“My vision is worldwide,” said Wong, noting a growing following beyond the Canadian border, specifically in France and Australia. “This year we’re very based in North America, but as I tell my co-founder Sheila Wong, why not aim high and see what happens?”

Of course, Wong’s approach has delivered huge results. The inaugural year of the campaign is culminating in Asian Gold Ribbon Day on May 20, featuring the Let’s Talk Series and East Asian Youth Summit webinars hosted at AsianGoldRibbon.com.

Asian and non-Asian persons alike are encouraged to wear facemasks, lapel pins, and ribbons on Asian Gold Ribbon Day, and post selfies to social media with the #asiangoldribbon tag. These items are available for purchase on the campaign website with proceeds going to “mental health support programs and services for Asian wellbeing.” An online tutorial for making your own ribbon is also available, while Facebook profile frames, videocall backgrounds, and more are available for download.

Keep your eyes on landmarks across Canada too, with the CN Tower, Niagara Falls and more expected to light up gold in recognition.

Beyond blowing up social media on May 20, I asked Dr. Wong what we can do to support the campaign beyond the confines of Asian Heritage Month.

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie May Edition: Gifts from the Elders, and The Sacred Relationship: Healing the Water, Healing Ourselves

May 1 to May 31

Online

Hosted by AU Nukskahtowin

news.athabascau.ca/events/may-online-bannock-and-a-movie/

Access through above link

Business Undergrad Program Orientation for New Students

Wed, May 26, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20210526/

RSVP through above link

The Grad Lounge

Fri, May 28, 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.

"We are focused on becoming a sustain(ed) movement, which is why our educational resources are available anytime," Wong explained.

"We are unique in that our campaign isn't exclusively focused on anti-hate, but celebration of Asian culture and history."

The staying power of the stories featured on the campaign website will be expanded in coming events celebrating the Mid-Autumn festival in September of this year.

To sum up the campaign, Dr. Wong notes that her studies have continued to highlight that **"positive ethnic identity buffers the negative impact of racism and discrimination."**

Wong notes that these stories and commemorations of Asian heritage would have made a major difference for her growing up, and she is proud to be able to offer that to the next generation.

"Through this campaign and the amazing people that I've met and shared stories...I feel a shared resonance," Wong said of her growing circle which "didn't previously have a lot of Asian women like myself in it."

"Through that, through them, I can now say that I am a proud Chinese Canadian woman."

It sounds like the results of the campaign speak for themselves.

In addition to the campaign website, find the Asian Gold Ribbon Campaign on social media:

Facebook: <https://www.facebook.com/AsianGoldRibbon>

Twitter: <https://twitter.com/asiangoldribbon>

Instagram: <https://www.instagram.com/asiangoldribbon/>

TikTok: <https://www.tiktok.com/@asiangoldribbon?lang=en>

YouTube: <https://www.youtube.com/channel/UC4cirsUHFvmch0arUbv5mwQ>



Unearthing classic articles from previous issues of The Voice Magazine

This long Victoria Day weekend will be, for many people, the second in pandemic-induced lockdown. Time for a nostalgic look back at two takes on May Two-Four.

Does Roy know about this? Columnist Hazel Anaka gears up for a long-weekend yard sale. "I've gotten some grief from family members because I'm also going to sell Roy's recliner." From Where I Sit – Shameless Huckster, May 18, 2009.

Seasonal adjustments. Bill Pollett reflects on his slowness to warm up to Vancouver's sun-soaked spring. "The cyclists, roller-bladers, wind-boarders, skim-boarders, kayakers, and joggers (who never really left, anyway) have emerged once again from their dreary bulb-like sleep, and are blooming in vernal spandex glory in every available outdoor space throughout the city. How depressing." Lost and Found – Here Comes Spring, April 7, 2006.



Karen Lam

Course Exam
CLAS 309 (Ancient Greece)

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.

CLAS 309 is a three-credit senior level humanities course “that surveys the political, military, social, and cultural history of one of the most influential civilizations of the ancient world. This chronological survey briefly examines the mysterious Bronze Age civilizations and their fall, and the achievements of the Archaic Age. The core units of the course focus on classical Greek civilization. The final units survey the Hellenistic period that came after. Modern western thought, art, and culture finds its roots in ancient Greece. From across the centuries, the ancient Greeks speak to us through translated sources and images of their art. Students will study a topic in greater depth through a research project.” The course has no pre-requisites and is cross listed under three different disciplines with HUMN 309 and HIST 309. The course is also available for challenge.

Who Should Take This Course and Why

For this course, we had the opportunity to interview James Ellis, currently a full-time, second-year student studying French in the Bachelor of Arts program. James loves learning about other cultures and their origins, and so history has been a field that he enjoyed studying alongside languages. James feels that, “the Ancient Greeks left an incredible impact that is still felt today and CLAS 309 provides an excellent introduction to this culture and to Classical studies.”

When we asked James what the course was about, he stated, “CLAS 309 covers the entire history of Ancient Greece from the Minoan and Mycenaean cultures of the Bronze Age all the way through to the dawning of Roman rule in the 1st century BC. The modules cover a broad range of topics including the development of Sparta and Athens, wars like the Peloponnesian War, the evolution of democracy, and the Hellenistic age of Alexander the Great. It also covers important cultural topics like philosophy, theatre, and literature. The detailed textbook is central to the course and is complemented by an in-depth study guide and well-chosen historic primary sources, including readings from Homer, Herodotus, and Thucydides.”

James also recommended this course “as it covers enough topics to gain a good understanding of the Ancient Greeks while providing a good amount of detail. This course also covers the early period of Roman rule in the Aegean region and therefore pairs very well with Athabasca’s CLAS 312 course on Ancient Rome. While CLAS 309 is excellent for history lovers, I also think it would be great for students in many other fields, including politics, geography, international relations, philosophy, and art.”

Course, Assignments and Final Exam Details

The course is composed of 14 chronological units that will require students to read from the textbook and primary sources provided. Each unit also includes a detailed study guide with supporting information, a pronunciation guide, key terms, and study questions. In terms of the work that will be required to be submitted, there are three assignments, three skills modules, three multiple choice quizzes, and a final exam. The assignments are essentially one large research project on a chosen topic with the first two assignments consisting of an annotated bibliography and an essay/article review, and the final assignment being the paper itself.

The skills modules are comparatively small compared to the overall course but do go over imperative topics such as how to write a paper and how to properly do citation formatting. There will be three multiple choice quizzes that later test student's knowledge of the skill modules.

The final exam is three hours long and consists of four essay questions; two questions based on the first half of the course and two questions based on the second half of the course. Students can select from seven questions for each half of the exam. Questions are focused on core themes and concepts like democracy, culture, or wars. The exam questions are general enough that students do not need to worry about each small detail that was taught through the course. However, James did mention that remembering the details correctly, such as appropriate names, dates, and events will earn students a better grade.

How to Be Successful in the Course

Professor Marc Cels' Advice for the Course

Associate Professor Marc Cels coordinates courses on early European and global history. He completed the BA History (Honours) at the University of Calgary and the MA and PhD in Medieval Studies at the University of Toronto. His research specialty is the history of religion and emotion in medieval Europe. He has been with AU since 2008.

You can find out more about Dr. Cels at his [AU Website](#).

"The history and culture [of ancient Greece] always fascinates students," suggests Dr. Cels. "Many students are familiar with aspects of Greek myth, art, or philosophy from other courses or even popular culture. The ancient Greeks influenced European and Islamic civilizations and, by extension, modern global culture. The course assigns samples of writings by ancient Greeks so students can hear their voices. These clues from the past are often strange and challenging, but always interesting. They can't be skipped. The note exercises in the course prepare students for the final exam. Such assignments help students to be critical and attentive readers."

The course has a research project, with assignments that break it down into three steps. While there are modules to bring students up to speed on the standards for researching and writing in History, the course expects that students have completed their first year of university studies and have some experience with essay assignments.

Students have the support of an individualized study tutor, who is more than a marker. The tutor provides constructive feedback on each step of the research project and can provide extra assistance on completing the course and prepping for the final exam, if a student requests it. That help is especially beneficial for students from outside of History or the Arts program. Indeed, many students enjoy this sort of course as their senior Humanities Area elective."

Student Tips

For the course we also interviewed James Ellis. When we asked James for tips on the course, he stated, "Earning a high grade in CLAS 309 takes a lot of work as this is a vast topic and students

are tested not just on Ancient Greece but also on a wide range of academic skills including research and paper writing. It's much harder to remember historical information without context so I found it useful to put events on a timeline to establish connections; this really helps in the research paper and the exam when you are writing about large topics as you can then discuss how things relate to each other in more detail and with greater accuracy."

When we asked James about his experience with the Course Tutor, he mentioned, "My course tutor was excellent and provided useful feedback on the three assignments. I only had a few minor course issues and she quickly responded with helpful advice. In addition, her feedback on assignments was well explained and allowed me to clearly identify where I needed to focus in the subsequent projects. The quiz feedback is automated and all answers and corrections are visible afterwards."

Special thanks to Professor Marc Cels and James Ellis for all their contributions to this article!

Questions?

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

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

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Quick links to scholarship cash. A student's query about where to find awards and bursaries is replied to with links to AU's and AUSU's scholarship pages, as well as *The Voice's* own weekly scholarship feature.

Discord

It's all in the interpretation. A question about how to access library materials for a quiz eventually reveals a student's misinterpretation of the quiz's question; another student provides the aha moment.

Twitter

@AthabascaU tweets: "#AthabascaU announces new English Language Proficiency Requirements Policy: <https://bit.ly/3uJfMTc> #OnlineEd #EdTech."

Youtube

New in Biz? AU's Faculty of Business posts a recorded webinar of its Undergraduate Student Orientation.



The Spiritual Way to Handle a Bully

Marie Well



Be thankful for our luck when we cross paths with a bully. Bullies make us wiser, better, and enlightened if handled with care. The saying that ‘what doesn't kill us makes us stronger’ missed the mark. From my experience, what doesn't kill us can make us happier, and I have a formula to turn our biggest bullies into our most euphoric states of mind.

I was bullied during my term at university, badly. I wish we had the following formula then that I'm about to share with you now.

Love the bully so much that our heart bursts at the thought of him or her. Meditate daily, repeating the words, “I love ...” and naming our bully, allowing our whole physical being to swell with the vibration of love.

Celebrate that our bully may very well be adored by his or her guardian angel, assuming everyone has a guardian angel. Better still, become our bully's guardian angel.

Laugh gently at our bully's antics, knowing full well that everybody has issues meant to be mastered. Better still, see the bully as our beloved innocent child who has yet to learn a better way of being. Guide him or her with patience, love, and understanding.

Contemplate our bully's beautiful traits, refusing to judge or even consider their negativity. Find everything special about the bully, breaking through that barrier that otherwise prevents us from seeing their spectacular gifts.

Even empathize with their stance against us, enough to feel compassion, enough to see how we might become better people through self-correction, yet not taking the bullying personally. It's a balance that creates inner peace.

Find a way to be of service to the bully. St. Catherine of Sienna would bathe her ailing bully. So, give a gift, do an act of service, say sweet words, offer time together, offer a warm touch, or perform any other selfless act. Provide these loving things for our bullies.

But the bully may likely not respond in kind. Don't worry. I've written the above to help condition us for the greatest state of mind: happiness. That state requires we control our minds, plucking out any negative emotion as soon as it arises. It means immediately snuffing out anger, resentment, jealousy, frustration, sorrow, or any kind of pain, however real. That means smiling, laughing, loving, and feeling joy instead of any negativity. For example, forced warm laughter shoots off endorphins and automatically shifts our thoughts. Make warm laughter our period after most every sentence.

Bullies may not just be people. They can be memories, actions, thoughts, worries, and inanimate things, too.

So, let's apply the formula for spiritually handling bullies: give love, control our minds, and create for ourselves constant happiness. What doesn't kill us will make us happy. And if it does kill us, perhaps we'll be greeted with infinite heavenly rewards.



A Wondering Witness

Dear Barb:

Yesterday morning I was having a coffee and looking out my front window and I saw my neighbor back out of his driveway into another neighbor's car that was parked on the side of the road. It didn't look like there was a lot of damage, but there definitely was some damage. Since this was around 6 in the morning, there wasn't many people were around. I saw the neighbor who backed into the car get out and survey the damage, then get back in his car and drive off. I assumed he was going to get in contact with the owner of the damaged car later in the day.

The neighbor who did the damage is a friend of mine, the other neighbor recently moved in, so no one really knows him. A few days later I was talking to my friend who backed into the car and mentioned that I had seen the accident and he completely denied it. He said that he had thought he ran into the car, but when he got out and checked there was no damage. Clearly there was damage! I know that this neighbor has had other incidents and been involved in a few fender-benders, so he may be running into problems with insurance or his driving record.

The problem I have is that when I spoke to the neighbor with the damaged car, he mentioned that someone had hit his car, but he doesn't know who it is. In fact, he asked me if I had seen anything. I denied that I had, because the other guy is my

friend, but now I'm having second thoughts whether that was right thing to do. What advice would you give to someone in my situation?

Thanks, Bill.

Hi Bill:

It seems you have a moral dilemma. You have to choose between doing the right thing or being loyal to your friend. What makes it worse is the neighbor who was hit asked if you saw anything and you said no, but clearly you did. If you approach that neighbor now with this new information you most likely will lose your friendship, as your friend told you he did not hit the car.

Did you actually go out and look at the car immediately, or was it sometime later in the day that you noticed the damage? If it was later in the day, there is the possibility that your friend did not hit the car and that someone else did it and that your friend was telling the truth. If you are 100% positive that your friend hit the car, then the right thing to do is tell your friend that you saw him hit the car. At that point he may have to come clean with you and take ownership of what he did. If he doesn't, then you have to choose what you feel is the right thing to do. Sorry I couldn't be more help, but I trust you will do the right thing. Thanks for writing Bill.

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Poet Maeve
Forced Isolation

Wanda Waterman



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IMPORTANT DATES

- May 25: [Next AUSU Newsletter Edition](#)
- May 25: [AUSU By-Election nominations open](#)
- June 10: [AUSU By-Election campaign starts](#)
- June 11: [Virtual Convocation 2021](#)

STUDENT COUNCIL BY-ELECTION

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