



THE VOICE

Vol 29 Issue 22 2021-06-04

Surviving Mandatory Isolation Advice for Quarantining with Kids

Deconstructing Core Beliefs What Underlies the Flow of Ideas

The Reading List Books for June, 2021

Plus:
Homemade is Better: Filet Mignon
Course Exam: ENGL 212
and muchmore!



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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

The Schools of Bart Simpson

Karl Low



Despite how transmissible COVID-19 is, I couldn't say for sure if I knew anybody who'd actually had the disease. I have my suspicions about certain members of my family, but nothing definitive. Until now, at least. With some 40,000 students attending AU, it makes sense that at least some of us have had COVID-19, and in this issue, our own Jessica Young talks about her experience with it, having had it brought home from school by her youngster.

What exactly do you do when you're stuck in a 14-day quarantine with your kids? She gives us her advice having already gone through it. And while hopefully vaccines will soon make this a non-issue, until that happens, our feature article, "Surviving Mandatory Isolation with Children" may give you just the help you need to get through a quarantine without entertaining murderous thoughts near the end of it.

Also this week, as we slide into summer and much of southern Alberta is suffering an heat-wave, Karen Lam gives us the June reading list if you're looking for a few books to enjoy while you

hide in the shade wishing for the ice-cream truck to come by.

And finally, we feature the Fly on the Wall this week, with a look at how our core beliefs can affect our academic journey, and vice versa. I picked this one to feature specifically because this week I've found myself delving into philosophical proofs about the existence of a God, and the idea of a core knowledge or belief system falls strongly into that. While I agree with the overall concept the article is getting at, there's a line or two in there that I specifically disagree with. But I'll let you decide.

Of course the largest news this week is the discovery of the bodies of some 215 children at a residential school, and the prospect that many more may be found in future. Notable in all the news about this is that the Truth and Reconciliation Committee had asked for federal funding back in 2009 to determine if there were such graves at residential schools and was denied. That decision looks particularly bad with our new hindsight. And it's still hard for most people to understand that this is not necessarily something that happened generations ago. The last residential school was only closed in 1996. That's seven years after *The Simpsons* first aired if you want something that makes the time period real. Bart Simpson was telling people to eat his shorts even as residential schools were still operating. This is not a problem that's merely a footnote in our history. These events are still recent.

Which is why Premiere Kenney's casual dismissal about renaming schools and removing statues of John A MacDonald seem particularly out of touch and tone deaf. Nobody's arguing that Langevin and MacDonald should be removed from our history, but knowing what we know now, it's time to stop celebrating them. Take down their statues and name plaques, and move them to a museum, where the full context around them and our Canadian history can be learned from, hopefully to avoid being repeated.

Until then, however, you still have this week's issue of the Voice Magazine, including advice, scholarships, events, and more. Enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", with a stylized flourish at the end.

Surviving Mandatory Isolation with Children

Jessica Young



At this point, many of us have had to endure the torture of a mandatory 10-to-14-day isolation period after testing positive for COVID-19 or being identified as a close contact of someone with a confirmed case. For those of us with young children, this can be especially difficult—even more so for those who do not have a private back yard to get fresh air and blow off steam.

Recently, I was notified that someone in my seven-year-old daughter's class had a confirmed case of COVID-19. Although no one in our family had any symptoms,

we decided to be safe and get her tested. Despite being incredibly nervous, she was very brave and received the oral swab test. The next morning, we received the test results: positive. We didn't really need the test results to tell us that though—the whole house had woken up that morning feeling sick.

We did all the necessary damage control; getting the rest of the household tested, informing the kids' schools, fielding calls from AHS, etc. Then, this was it—we were in isolation for 10 days. Thankfully, the kids were holding up well. They had a mild fever, cough, and were very tired, but their symptoms only lasted for about three days. I, on the other hand, suffered with extreme fatigue, a barking cough, off-and-on fevers, an upset stomach, and loss of taste and smell for almost the full isolation period. While my sickness certainly made the isolation period more difficult, we got through it relatively unscathed. Here's how we did it:

Stick to a Schedule

This one was difficult, but also had the most pay-off. My five-year-old son has severe autism, so a predictable schedule is an absolute must for him to feel regulated and content, but it also had huge benefits for myself and my daughter. It made the days go by faster and everyone less restless. It was also nice for me to feel that I had accomplished things during the day, even if all I could muster were small victories—laying around staring at a phone screen rarely helps anyone feel better.

It was helpful that both kids had a Zoom Meeting with their class at 9am, 10am, and 1pm, so we were able to create our schedule around those times. We had a set time to work on reading, writing, and math with my daughter, a small amount of TV time, and outside time. I live in an apartment, so I did not have access to a private backyard where I could let my children play during the day. While this was unfortunate, we made do with what we had. I do have a balcony that is far enough away from other tenants we were able to use for fresh air.

Part of our schedule also included getting ready for the day. While we stuck to comfier clothing options, changing out of our pyjamas, having a shower, brushing hair, and washing faces signalled to our brains that it was time for our day to begin.

Movement Breaks

My kids are super high-energy, and it is obvious when they do not get enough physical activity. My balcony isn't big enough for them to run around, so we implemented movement breaks. For at least a half-an-hour every day, we would play a physical game like Simon-Says or The Floor is Lava. We did animal walks, dance parties, children's yoga, and incorporated movement into learning spelling words. My kids and I absolutely loved the [Cosmic Kids Yoga](#) videos.

Brain-Boosting Activities

While it was tempting to just throw on the TV all day, I knew in the end this would make it harder for my kids to listen to me, focus on school, and go to sleep at night. We made time every day to do activities such as reading, taking relaxing baths, doing puzzles, Face-Timing family, drawing, doing crafts, and playing board-games. When we did utilize the TV, we tried to create a fun, family experience by renting a new movie and letting the kids have a picnic on the living-room floor with snacks.

Make Time for Grown-Up Time

Trust me—you also need time to do things that you enjoy to save your own sanity. You set the tone for your children's day, so if you're a grumpy mess because you haven't had any "you time," your kids are certainly not going to have a good experience. For me, this looked like a hot bath every night after the kids went to bed, asking for quiet so I could read a chapter of a book cozied up on the couch, taking a nap, or playing more complicated board games with the adults in the house.

Take Care of Yourself

Most importantly—take care of yourself and your family! You and your family might be feeling physically sick, or mentally sick of being stuck inside. If you have a day where absolutely nothing gets done other than watching movies, that's OK! Give yourself some grace and recognize that you are human. Drink lots of fluids, get rest when your body needs it, don't push yourself too hard, and call your doctor for help if you're feeling nervous about your symptoms. Stay safe, stay healthy—we're all in this together.

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



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

The recent discovery of the remains of 215 children on the grounds of a former residential school near Kamloops awakens painful memories and elicits sobering reflection across Canada.

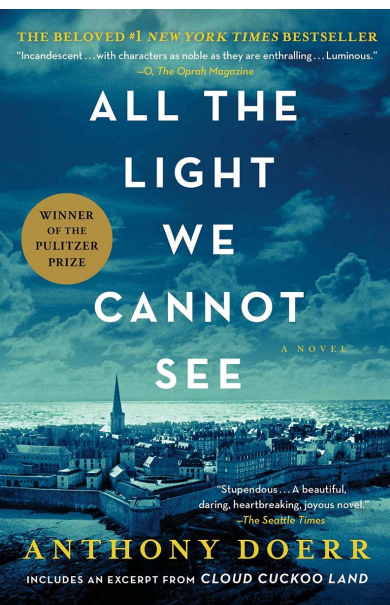
Small steps in the right direction. Former AUSU Executive Director Tamra Ross looks at a proposal for mandatory Indigenous content in university programs. "A lack of funding is the main cause of the delay but it seems to be a glaring omission from the program offerings given AU's apparent status as a school with a strong First Nations focus..." [Truth & Reconciliation – Will Your Next University Program Have a First Nations' Content Requirement?](#), February 19, 2016.

Buried in the back pages. Stacey Steele asks pointed questions about the lack of media coverage and public concern surrounding crimes against Indigenous women. "We hear what we want to hear, and ignore the voices that are striving to be heard." [Invisible Women](#), September 10, 2003.

The Reading List June 2021

Karen Lam

It is officially summer! While the weather may not be exactly summer depending on where you live right now and most children are still in school until the end of the month, many of us are planning more outdoor activities including camping, more walks, or visits to the playground. But others may still be looking for more indoor activities to do. But reading can be both an indoor and an outdoor activity. So here are my recommended reads for June!

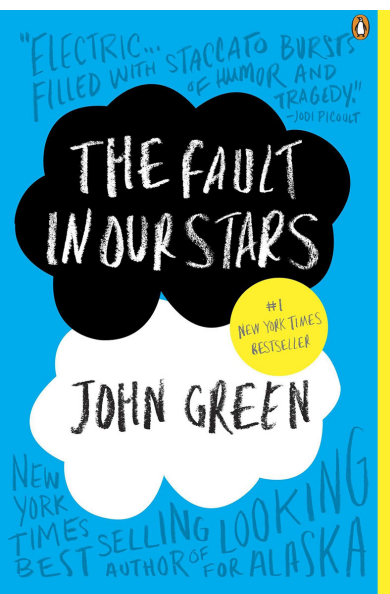
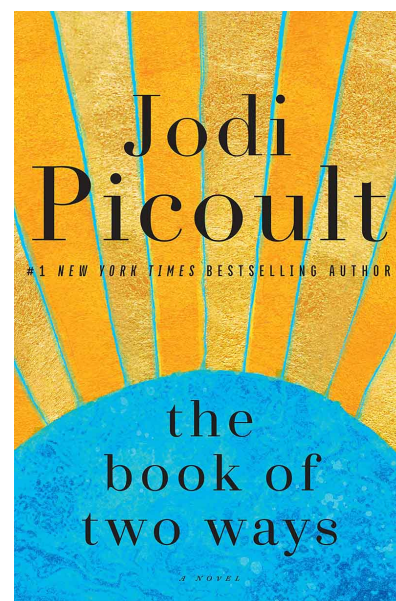


All the Light We Cannot See by Anthony Doerr

When I was going through my bookshelf this weekend, primarily organizing, and adding some new books I recently bought, this book caught my eye again. Likely because during the pandemic, seeing the light at the tunnel was challenging. With that said, that certainly is not the reason I am recommending this book. This story is beautifully written and is a story narrated through a blind French girl and German boy whose paths crossed in France, both of which are trying to survive the World War II. After reading this book, it left an imprint on my heart and I ended up purchasing a copy to keep. This book was a GoodReads Winner in 2014 and was a huge hit during that time!

The Book of Two Ways by Jodi Picoult

While I was searching for next read, this book title caught my eye. Just as the title hints, this book is about an individual called Dawn Edelstein who experiences a plane crash incident that she luckily survives. After the crash, the airline is working to ensure all survivors get the care they need and offer transportation to wherever they want to go. However, just before the crash, Dawn did not know she would survive, and she has flashes go through her before the crash. Surprisingly, her flashes were not about her husband but a man she last saw 15 years ago, Wyatt Armstrong. After the incident, Dawn is faced with two choices, does she return home to her husband or to Wyatt? An intriguing story and must read for everyone!

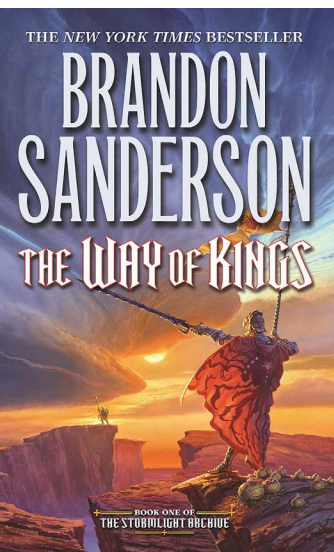
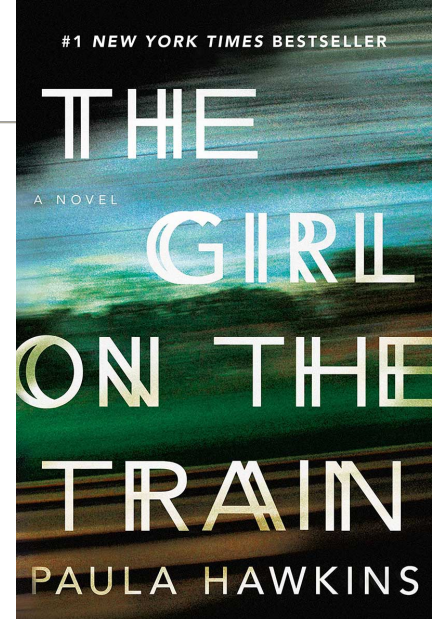


The Fault in Our Stars by John Green

Are you looking for a tear dropping love story? If that is the case, you absolutely cannot miss out on this one! The Fault in Our Stars is a love story about two teenagers, Hazel and August, who are both cancer patients that meet through a cancer support group. The story brings to readers Hazel and August's journey through cancer and how they came to become each other's strength. A story that allows all readers to fall in love again like a young teenager. Reading this book, myself, I can warn readers, have a box of tissue with you! This is absolutely a worthwhile read.

***The Girl on the Train* by Paula Hawkins**

Calling all psychological thriller fans, this is a must read! Before reading this book, I never thought I would be interested in psychological thrillers. Maybe it was because I had read *Gone Girl* not long before this! A story about a crazy girl on the train or perhaps a clever psychopath is just using the girl? Regardless of what it is, this is a page turner with lots of suspense and twists. You would think you know what is going on next, but you are likely wrong. A must read for all mystery and psychological thriller fans!



***The Way of Kings* by Brandon Sanderson**

For all science fiction fans, this is a must read for you!

This story explores a fascinating journey through Roshar, a place filled with war and conflict. The book shows the story of different characters, their journey to survival, and explores the concept of imperfection. This book brings a beautiful message that, despite flaws and being broken, there is always a chance for change and redemption. Brandon Sanderson also does an amazing job of writing magic and epic battle fields. A must read!

Happy reading!

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: CNIB Post-Secondary Scholarships

Sponsored by: CNIB Foundation

Deadline: June 30, 2021

Potential payout: up to \$5000

Eligibility restriction: Applicants must be blind or partially sighted, be Canadian citizens or have held landed immigrant status for one year prior to date of application, and be entering post-secondary education.

What's required: An online application form, including academic info and answers to questions about goals and ambitions, along with proof of secondary education completion, an academic transcript, letter of acceptance from an accredited post-secondary institution, college, or university, and two letters of reference from a teacher, school official, or volunteer supervisor.

Tips: There are multiple scholarships available; only one application is required for all.

Where to get info: <https://www.cnib.ca/en/cnib-post-secondary-scholarships>.



Fly on the Wall

Bergson and Cato

Jason Sullivan



Deconstructing the Flow of Core Beliefs

We've all stepped in a puddle of spring rainwater. It's like a dark and stormy night, and "once upon a time" implies repetition of a series of attendant expectations. An inadvertent puddle splash connotes an oopsie-doodle moment and then, insidiously and almost imperceptibly, water wicks its way up our pantleg inducing uncomfortable sensations as our calves and thighs moisten. Rainwater may bring joy to gardens and a lovely petrichor aroma to sunlit air as the clouds clear and colours brighten, but the results for comfort can be mixed. A romantic rain-soaked moment is one of many potentially positive forms of getting soaked. We might note, then, that academic progress depends on learning to accommodate multifarious

interpretations of reality and the texts that carry their meanings into our minds.

Water is our core resource for life and homeostasis; water is the most essential vital fluid on our planet and it metaphorically parallels consciousness as the common denominator of human beings. Henri Bergson, a famous philosopher 100 years ago, especially in France, was sure that a vital essence (*elan vital*), animated our all-too human life force. Essential to his version of creativity and consciousness and corporeality as a unified flow was his belief that "we sense the 'flow' of life as a primary inner experience" (Goudge, 287) Like the water that oils our innards, our flow of awareness is the key to our finding and projecting meanings onto the world. These meaningful projections are personal and based on beliefs we hold fast to. Education allows us, if we let it, to question these formative opinions about the world and society.

Bergson even suggested that a vital essence formed and moulded all animate and inanimate earthly reality. Of all animals, humans are best able to symbolically conceptualize reality and this skill depends upon us attaining certainty about what we feel to be true. We can't relearn how not to step in a puddle over and over or we'll never get anywhere. However, pure stimulus-response mechanism, or rote belief in what we're told by cultural authorities, is too simple an explanation for the ways and means of human experience.

A particular philosophic goal of Bergson was to overcome the loggerheads achieved by epistemic disagreements between rationalists and empiricists. The latter, who see sense data as the baseline for understanding the world around us, tend always to begin with what can be physically measured. The former, and we might as well out the original rationalist by name (Plato!), believe that at the core of human reality is the ability to think our way through, around, and out of the flighty mess that is our sensory inputs. The mind is a special tool, an organ invisible to brain and microscope, yet one with a magical, even mystical, eye that leads to all the wondrous achievements of human consciousness.

Enter Cato: Core Beliefs as the Memes of our Being

Yet wait, there's more. There always is; it's like seeing plants thrive even while the soil seems dry. Water is everywhere even when our eyes fail to find it. Water, like ideas and beliefs, has to be dug for. Excavated. Once we discover it on the surface water becomes clear as the life force, the magical manna, that abides in more and more places. Memes too, from the French word *meme*

that means *same*, express core cultural beliefs and ideas in repetitive form. And if we go back, way back, to Republican Rome in the 3rd century BC we find, perhaps, the first meme. At the end of each speech, drawing on his experience in the Punic wars that over many campaigns led to the obliteration of Carthage on the north Africa coast (a three days sail from Rome at the time), Cato the Elder would state: “in my opinion, Carthage must be destroyed!” (Kiernan, [online](#)). Honest and humble of him, and the anticipated repetition of this memocratic slogan at the conclusion of his oral discourse no doubt elicited cheers from hawkish Senators in attendance.

In behind Cato’s core belief in the necessary destruction of the Carthaginian empire was a deep certainty in the impossibility of equality or peace between peoples and their economies, social, libidinal, or otherwise. Like water itself, the unseen certainties of life (for empiricists and rationalists these core epistemic beliefs frame their interminable disagreements about what is and what can be known), may rarely but fruitfully be expressed in statements simple and trenchant. So behind Cato’s famous rejoinder at the conclusion of his orations was perhaps an even more crucial belief that he held. It went like this:

“Suffer women once to arrive at an equality with you, and they will from that moment become your superiors.” (Cato, [online](#)).

Nasty stuff, we might opine! Yet, let us to remember that the water of our life beliefs may today carry equally deep some cultural certainties that history shall judge to be wholly unreasonable.

Critical thinking, and creating juicy essay ideas, depends upon us thinking away from the mainstream of cultural certainties. At the very least, we’ll give our professors and our listeners a chortle. Demonstrating that nothing is self evident (recall that, for most of history, leeches were seen as a solution to maladies rather than humble blood transplants) may just allow us to divert life’s vital force in our own minds such that we create and discover new fluid channels of academic joy.

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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.

Bannock and a Movie June Edition: Two Spirit Stories

Jun 1 to Jun 30

Online

Hosted by AU Nuksahtowin

www.athabascau.ca/indigenous/bannock-and-a-movie/index.html

Access through above link

MBA for Executives Webinar

Tues, Jun 8, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/mba-for-executives-webinar-20210608/

RSVP through above link

The Alter Ego Effect: The Power of Secret Identities to Transform Your Life

Wed, Jun 9, 10:00 am to 12:00 pm MDT

Online, On-demand

Hosted by AU

news.athabascau.ca/events/the-alter-ego-effect-the-power-of-secret-identities-to-transform-your-life/

Register through above link

Hack the Library – Using Discover to Access Journal Articles, Books, and E-Books

Thur, Jun 10, 3:00 to 4:00 pm MDT

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

Register through above link

The Grad Lounge

Fri, Jun 11, 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.





Course Exam

Karen Lam

AU courses, up close

Course Exam

Karen Lam

ENGL 212 (Poetry and Plays)

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.

ENGL 212 is a three-credit introductory course teaching “forms of poetry, with a wide variety of examples from Shakespeare to Atwood, examining themes, structure, style, and imagery.” In the second part of the course, students will be introduced to “elements and forms of drama and provides a historical perspective on the development of drama with reference to three plays: a tragedy from the early seventeenth century, a tragi-comedy from the late nineteenth century, and a modern comedy.” The course has no pre-requisites and is available for challenge.

Who Should Take This Course and Why

For this course, we had the opportunity to interview Cerise Troup, who is currently a full-time student working toward her Bachelor of Arts in English with a minor in anthropology. Cerise is a full-time, single mother to two beautiful children. She works as a Senior Project Manager in the exhibit industry. In essence, she manages the design, fabrication, and installation of exhibits at trade shows, events, and conferences. When we asked Cerise who she would recommend this course to, she stated, “I would definitely recommend this course to any AU student and any AU student who loves to read. The reading material provided touches on all forms of poetry and drama and provides a deeper understanding of the overall structure and composition of the works.”

Course, Essays and Final Exam Details

ENGL 212 covers the history, analysis, and major authors of poetry and drama. The course consists of novels, work collaborations, and literary glossaries. The course also comes with a study schedule and study guide for students.

The structure of the course includes three essays. The first essay is worth 10% and is an explication of a poem that is no more than 650 words. The second and third essays are worth 25% each, an analytical essay on poetry and one on drama, based on the subject chosen on the questions provided. Both essays should be 1000 words. The course is divided into two parts, with part one focusing on poetry and part two focusing on plays. It does not have any midterms, however there is an online final exam that is worth 40% of the overall mark.

How to Be Successful in the Course

Introducing the Course Tutor – Marian Allen

Marian Allen is a tutor for English 212 and for five other writing and literature courses for Athabasca University. Mrs. Allen has been tutoring AU students since 1986. She retired from being the Associate Chair of the English Department at MacEwan University in 2010. She is the co-author of two books on grammar and rhetoric: *Essay Writing for Canadian Students* and *Forms of Writing*.

Marian Allen's Five Tips for the Course

1. Many students look forward to reading poetry and are eager to jump right into the course, but some feel a bit daunted by the number of poems. Keep in mind that the better you understand these poems, the more likely you are to remember them, so be sure to read the commentary in the English 212 Study Guide carefully, and try to answer the study questions on the poems. If you have problems, don't hesitate to contact your tutor.
2. The first assignment in English 212, which asks you to write a stylistic analysis of an excerpt from one of the poems, may seem difficult, especially if you have never written this kind of essay and worry about how you figure out the rhyme scheme or the rhythm of a poem. The commentary on the poem you are analyzing in the English 212 Study Guide and the introduction to poetry in the *Harbrace Anthology* are very useful resources here. Your tutor can also help you understand the poem you are analyzing and can provide feedback on your ideas before you submit the first version of your essay. You also have the opportunity to revise this essay and re-submit it. The effort you make in this assignment to understand not just *what* the poet is saying but also *how* the poet is using language for maximum impact will greatly enrich your enjoyment of all the poems and plays in English 212.
3. When you are writing your essays on poetry and studying for the exam, pay attention to the different types of poetry in English 212 and try to remember the main characteristics and some representative poems in each of the four categories of poetry: lyric, narrative, dramatic, and free verse. Note the characteristics of particular forms of poetry such as the ballad, the sonnet, the dramatic monologue, and the ode.
4. As you work your way through the course, take note of key literary terms such as *symbol*, *image*, *courtly love*, *pastoral*, *carpe diem*, *tragedy*, *comedy*, *setting*, *characterization*. Try to use these terms accurately in your essays and on the exam.
5. When you are working on the plays, read the Study Guide commentary carefully and try to answer the questions. Your goal should be to understand the main ideas in each of the plays and to try to see some connections among them. Are both Othello and Hedda Gabler tragic heroes? What do the heroines of MacDonald's and Ibsen's plays have in common?

Student Tips

For this course we had the opportunity to interview Cerise, who suggested the tip to being successful in the course is, "Close-reading, annotations and notes as one reads the material, proofreading of essays before handing in, and if using large blocks of quotes, ensure that the summary or analysis of that quote is the same size or larger."

When we asked Cerise about her experience with the tutor, Marian, she stated, "the tutor Marian Allen is knowledgeable, easy to get in touch with and marks fairly quickly with excellent constructive criticism." Cerise also mentioned, "Overall I am delighted with the course and the learning perimeters provided."

Thank you very much to Marian and Cerise for their feedback!

Questions?

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

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



Homemade Is Better Filet Mignon

Chef Corey



This past week, I struggled to develop a recipe until I pulled out some tenderloin steaks. I was inspired to create a simple, but still delicious (as long as you eat meat, that is) recipe. The filet mignon is traditionally cut from the smaller end of the beef tenderloin, and in North America it is usually wrapped in bacon and served with a sauce such as Bearnaise. In France, though, and some of Europe for that matter, filet mignon refers to a pork tenderloin, not beef. If you're across the pond and want a beef filet mignon, you'll want to ask for a filet of boeuf.

I prefer to cut my own beef tenderloin, a surprise to none of you, I'm sure. I will often buy it from Costco, then let it age in my fridge. However, if you ever find it at a local butcher or your local grocery store, then pick some up.

You can get beef tenderloin that is not wrapped in bacon, thus permitting you to do so yourself.

Why bacon, you ask? Great question. The beef tenderloin comes from an area that is not exercised due to the muscle around it. Thus, it's very, very tender (hence the name tender loin) and usually doesn't have much fat in it, making it a very lean cut of meat. However, the lack of fat also creates a dilemma. If cooked too long, it dries out. Enter the bacon, specifically the fat of the bacon. The bacon fat (the white part of your bacon) provides a forcefield, if you will, so the steak doesn't dry out while it's cooking. You still have to rest the meat after it's cooked, though.

A few interesting facts about beef tenderloin. It can stand up to more cook time, so if you prefer your steak medium to well done, a tenderloin cut is perfect because it will remain tender as long as you remember to rest it. If you like more cooked than shoe leather, then save your money on this steak. Tenderloin is also one of the more expensive cuts, hence why I buy mine whole, age it, then cut it. Several excellent YouTube channels can demonstrate the process of trimming and cutting beef tenderloin. Two of my favourites are Alton Brown's *Good Eats* episode "Tender is the Loin," and videos by a set of brothers from Ohio whose channel is called the Bearded Butchers. Scott and Seth Perkins are great to watch because they explain where the cut of meat comes from, show you how to break it down, and you get an insight into what it is that butchers do all day. I don't mean they just make YouTube videos, but the actual art of processing different meats. It's very fascinating to me.





When I'm cooking filet mignon, I like it to be no more than medium, so around 130F, maybe 140F. I will wrap a slice of thick-cut bacon around it, use a toothpick to hold it in place and then get my grill hot. You want high heat because this is a reasonably quick-cook item, so the higher the heat, the better. You will have to watch it, though; it might be 2-3 minutes per side if you're looking for medium-rare to medium.

I hope you go out with confidence and make an excellent filet mignon for you and your friend or partner!

Filet Mignon

Ingredients:

4 beef filet steaks – cut about 1-1.5" thick
 4 thick-cut strips of bacon
 4 toothpicks
 Steak spice of your choice (I use Montréal steak spice, but salt and pepper are great as well)



Directions:

- 1) Remove your steaks from the refrigerator 3 hours before you want to cook them and bring them to room temperature.
- 2) Heat your oven or grill to 450F – 500F (hotter if you're using your grill and it gets that hot).
- 3) While your grill or oven is heating up, grab your bacon, toothpicks, and steaks. Wrap the bacon around the steaks and use the toothpicks to hold the bacon.
- 4) Season one side of your steaks, then put the seasoned side down on your grill.
- 5) Season the side that is showing.
- 6) Watch your steaks and after 2-3 minutes, flip them.
- 7) If you're not good with telling steak temperature by, feel or by looking for how the juices change colour, then grab a digital probe thermometer and test the thickest steak. You are going to around 125 – 135F (for medium-rare to medium). That is the temperature you are pulling your steaks, and you still want to rest them for 5 to 10 minutes.
- 8) After resting the steaks, remove the toothpicks and enjoy!

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



How I Went from Rags to Riches

Marie Well



I'm not a millionaire. I don't own a sports car. And I don't make a six-figure income. But I'm getting closer to the rags to riches goal. Despite this material quest, I've embraced life's most meaningful goals, at least for me. They are love, virtue, and spiritual growth.

And, largely due to my embracing of values, my life went from dust to diamond.

Here is my story:

Thirty winters ago, I spent years in a hospital undergoing rehabilitation. During that time, I worked in a disability employment shelter, cutting strings off of sewn bags, forty hours a week. After every two weeks, I'd receive a paycheck of roughly \$5 total for eighty hours of work. That topped off my disability income of roughly \$600 a month.

I then met a mentor who saw potential in me, and she placed me in an advocacy role, teaching me the ins and outs of media and PR

work. She brought me into a whirlwind of radio, television, and newspaper interviews. Later, around the time our relationship soured, she inspired me to upgrade high-school and attend university, which I did.

At university, I tried to fit in, taking cues from other students on the "correct" ways to behave. I learned that gossiping, not holding doors open for people, and other unsavory behaviors were the norm. Naively, I adopted these behaviors to fit in. And soon I was the object of ostracization, perhaps deservedly. (Anything negative in our life, like ostracization, is a gift intended for us to change and grow.)

On the brink of dropping out of university, I met another mentor who taught me the values of spirituality and of turning the other cheek. Now equipped with values to help me endure, I went on to get a master's degree.

I then worked in a research lab, keeping my disability a secret. Luckily, I excelled in my role, but at a price. I came down with extreme workplace anxiety. During anxiety attacks, terror seared through my brain from doing the simplest tasks. Tying shoelaces, washing hair, brushing teeth, turning on a computer, and watching the bride's dress TV shows—all these things became extremely challenging—and frightening. To succeed, I was forced to tame my mind. Thus, I did a lot of journaling, meditation, and reflection, but I still had more to learn.

As a result of all the anxiety, coupled with a bad diet, I was then stricken with a chronic disease. So, I learned all I could about healthy foods, turning around both the disease and the anxiety. At this time, I met another mentor who lectured me on love, and I found a web service that taught me how to love unconditionally. With these two elements, I found myself walking up a path toward enlightenment.

Today, after several unsuccessful jobs and long stretches of searching for work, I finally found a high paying career I love. As a result of my passion and my spiritual evolution, I no longer struggle with workplace anxiety.

But deep in my heart, I know I must watch vigilantly over my mind, ensuring I train it to always be happy, to always seek out the most angelic actions. If I don't, I could slide back into a state of anxiety and lose everything I built.

With every hardship I faced, the only facet that kept me on track was virtue. That meant I had to continually adopt greater virtues to overcome each pressing challenge. The biggest lesson I learned is to put myself, even force myself, into a continual state of pure love and laughter. In that state, work, studies, life, health, and especially relationships flourish.

Maybe one day I will enter the six-figure club.

But that's a long climb from cutting strings for \$5 total per two weeks. I'm far from owning millions, but, despite my rags to riches story, I'd rather be filled with love than buried in materialism.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Extension tensions. A query about the COVID-current rules for course extensions takes a detour through the rhubarb before arriving at an answer: "You are allowed 1 additional extension due to Covid in addition to the 3 two-month extensions available for a total of 4. This may change so keep checking the Covid page for updates. Currently you must apply for the extension by 11:59 pm MST of the last day of your contract."

Discord

Curb your enthusiasm. A student working ahead wonders if it's okay to submit all assignments on the first day of the course; responses suggest the best plan is to space them out (and wait for marks) rather than overwhelm the tutor on day one.

Twitter

@austudentsunion tweets: "Nominations are now open in the AUSU Student Council By-Election! Get involved, build your experience, and represent fellow @AthabascaU students as part of an amazing team of #StudentLeaders! Self-nominate today: <https://bit.ly/3fj7PIK>." (Nominations close June 8, 2021)

Youtube

Explore AU's history with the 6-minute AU Beyond 50, posted by AU.





Dear
Barb

Barbara Godin

Friendly Advice & Consequences

Dear Barb:

I have a situation and I'm not sure what to do about it. A friend told me she recently met a new guy and is already saying he might be the one. But she has been married twice before and had a few failed relationships, obviously she doesn't make good choices. Unfortunately, the new guy is a friend of a friend and he is well known as quite the player with the ladies. I am not sure whether I should tell her or not. I really like her and would not want to lose our friendship over something like this. What advice would you give to someone in my position? Thanks for your help - Karen.

Hi Karen:

Good question! My advice would be to stay out of it. Just because he's been a certain way in the past doesn't mean he can't change. Your friend might be the right fit for him, and if you say something to her and the relationship works out, your friend will never trust you again. However, there is a possibility you will be correct and he will hurt her, so at that point you need to be there for her, to be a shoulder to lean on. I hope I was able to help. Best of luck.

Dear Barb:

My eighteen-year-old son has had a few rough years. He almost dropped out of high school, but fortunately I managed to convince him to finish his grade 12. Then he got involved with a girl and fell madly in love, but she dumped him for his best buddy. He stole my car and went joy riding and ended up smashing the car. The damage was minimal, but he was charged with careless driving. Part of me feels for him and part of me is angry for his reckless behaviour. I want him to learn consequences, but I also want to support him. I am not sure how I can accomplish that, do you have any suggestions? Thanks, desperate mom in Ontario.

Hey Desperate Mom:

So sorry about your situation with your son. I am pretty sure this event will have been a wake-up call for him. With a careless driving charge your son will probably not be driving for a while and have a large fine to pay. So he can't avoid the consequences of his actions. Being there for your son is all the support you need to provide. He needs to process this on his own, and be responsible for paying for the fine. If you pay it for him, you have to make sure he pays you back. It's not uncommon for teenagers to do irresponsible things; most are able to move on and learn from them. Don't make this an issue between you and your son, allow him to pay his debt to society and to you and move forward with his life. Thank you for sharing your situation.

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**When the Pandemic is Over****Wanda Waterman**

This update is provided by AUSU. The Voice does not create or edit this content. Contact services@ausu.org with any questions about this article.

IMPORTANT DATES

- June 8: [AUSU By-Election nomination deadline](#)
- June 10: [AUSU By-Election campaign starts](#)
- June 10: [AUSUnights Virtual Student Social](#)
- June 11: [Virtual Convocation 2021](#)

STUDENT COUNCIL BY-ELECTION

GET INVOLVED
MAKE A
DIFFERENCE.



NOMINATIONS OPEN

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

Why Serve on Student Council?

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

[Click here to self-nominate!](#)



Athabasca University has organized for you, your friends and your family, an incredible celebration that incorporates the well-loved traditional elements of convocation with a virtual twist. We can't wait to welcome you into the Class of 2021!

More than that, we look forward to celebrating with you! AUSU is the proud sponsor of the virtual photo booth that will capture memories on your big day. Make sure you come by and say hi - we're so proud of you!



Passionate about improving the experience of underserved and underrepresented students? Looking to gain governance experience? Then [check out this amazing leadership opportunity](#) with AUSU!

The Equity, Diversity, and Inclusion (EDI) Committee is formed by AUSU Council and promotes awareness and visibility of EDI core values at AUSU. The committee identifies specific EDI needs and supports the executive committee in their advocacy efforts to have those needs met.

To join AUSU's EDI Committee, **email your resume and a brief summary of why you are interested** to Duncan Wojtaszek at governance@ausu.org.

You must be a current AUSU member to apply.

Deadline: June 16th, 2021.



AUSU will be hosting a formal Annual General Meeting on June 28th, 2021, at 5 pm MT.

All students are welcome to attend! Join AUSU Council and staff to review the [2021 Annual Report](#), audited financial statements, and highlights and achievements from the 2019/2020 fiscal year.

If you have any questions about the event, please contact governance@ausu.org.

CLASSIFIEDS

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

THE VOICE

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