



THE VOICE

Vol 29 Issue 42 2021-10-22

Minds We Meet

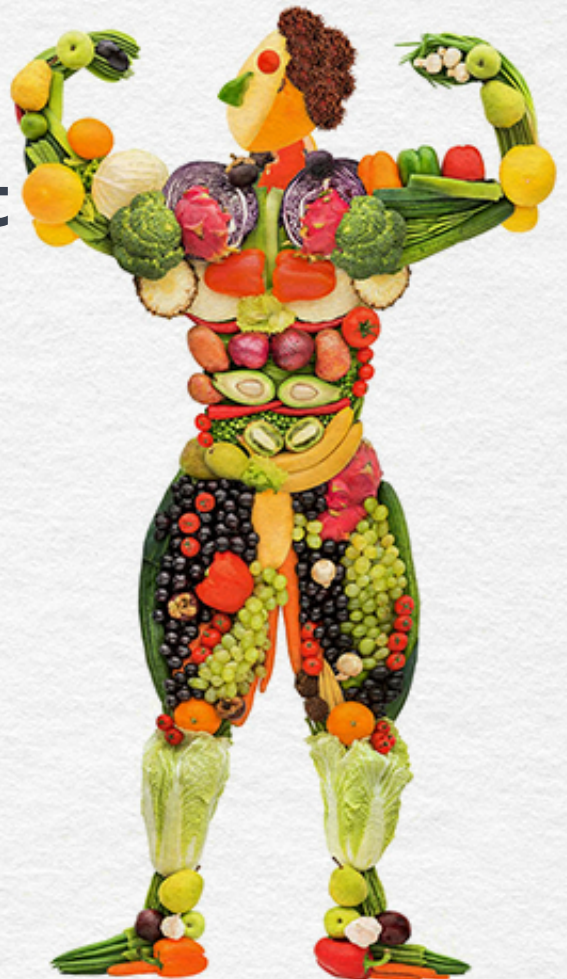
Interviewing Students Like You

Iceland's Women Changed the World

The Day Iceland Stood Still

Stick to a Healthy Diet

Quick Tips



Plus:

*Homemade is Better: Fried Chicken
Dear Barb: The Grandparent Trap
and much more!*

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Views and articles
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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](#).

The Voice does not share its
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Volume 29, Issue 42

© 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

The Demise of Old Stock

Karl Low



The idea of “Old Stock” Canadians was something put forward first by Prime Minister Harper. Widely derided as being a call to xenophobics and anti-immigration sentiment, the recent municipal elections in Alberta are increasingly challenging the notion that this is a demographic worth courting by political parties.

To be clear, what is generally considered as Old Stock Canadians are Canadians of European descent, typically whose families have been present for several generations. I would qualify as an “Old Stock Canadian” for instance.

In Calgary, however, a “Take Back City Hall” slate of candidates came forward sponsored by the “Progressive Group for Independent Business” (PGIB), a staunchly conservative group run founded by Craig Chandler, and which has received criticism even from its members for being too focussed on driving forward with socially conservative concerns.

Most of the candidates supported by the group, including Craig Chandler himself, and mayoral candidate Jeromy Farkas, were not elected.

Instead, in both Calgary and Edmonton, elected candidates are fairly diverse, and both cities have elected mayors that do not fit into the “Old Stock” category.

If this is happening in Alberta, the self-proclaimed “conservative heartland”, then it is encouraging to think that simple electoral realities will soon force conservative leaders to come to grips with a world where the notion of appealing to an “old stock” group of Canadians offers no benefit. And when we can finally dispense with the notion that familial heritage—with its accordant links to race and immigration—aren’t important to holding power, those who continue to attempt to do so will find themselves squeezed out of the parties and decision making processes of our government. But the best part is that while there are many different types of ‘isms’ that prevent inclusion, more often than not, those who hold to one of them hold to many of them.

Meaning that as these people lose their ability to drive power based on any one single ‘ism’, it will, at the same time, weaken many of the others.

All of which is to say that the general course of how society improves over time is continuing. There are, of course, bumps along the way, and the internet will, unfortunately, serve to magnify those bumps. Those who find their views are no longer accepted by most of society will be able to find solace and comfort among those on the internet who do, and this will unfortunately lead to bubbles of misinformation, which can then spawn things such as the Capitol Hill riots as people can no longer even agree on what basic facts are. It won’t be easy.

But overall, things are getting better. That’s something I think we should keep in mind as we’re bombarded by companies and organizations desperate to find those stories that bypass our rational thought and instead seek to create emotional states of fear or anger—states that drive us to keep watching for any turn of events, and thus let them capture and profit from our attention for that much longer. This doesn’t mean we can be complacent about our own portion of helping to include those who have been pushed outside, but we can at least take comfort in the notion that, over the longer term, it seems to be working. Enjoy the read!

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

MINDS WE MEET



This week, I had a chance to get an insight into the life journey of Natalie Lapa who moved from Langley, BC, to Spruce Grove, Alberta, and has resided there for more than a decade.

Natalie had been homeschooled from Kindergarten through Grade 12 by her mother and started her journey at Athabasca University pursuing the Bachelors of Science program with a major in human science. But she added, “This fall I am transferring to the University of Alberta, as I was accepted into their honours program in cell biology. After I finish my undergraduate degree, I would like to pursue graduate studies abroad. Athabasca allowed me to start my post-secondary journey in my last year of high school. The courses I took at AU enabled me to start in the middle of Year 2 of the cell biology program at the U of A.”

During her free time Natalie enjoys watching and critiquing films, staring at a blank wall deep in thought (she told me that there’s no guarantee that those thoughts are deep, though), and travelling. “Currently, I’m training to race the Spartan Sprint in Red Deer.”

Throughout her life, her desire to learn was influenced by many people, real and fictional. She mentioned affectionately, “My mom homeschooled me all the way from kindergarten through 12th grade, and essentially taught me how to learn on my own. Fictionally, the character of Nathaniel Bowditch (who was a real person) in the historical novel *Carry On, Mr. Bowditch* was very inspiring. His relentless self-driven pursuit of knowledge, despite major professional and personal setbacks, put my own learning problems into perspective.”

As for her experience with online learning, she mentioned that “Learning online through Athabasca allowed me to start taking courses while I was across the Atlantic, working as an au pair in Germany. It proved invaluable last year, when on-campus universities had to migrate online. I found that the pandemic didn’t affect my schooling much, because Athabasca was built to be an online university.”

Natalie’s most memorable AU course was PHYS 200.

“It was extremely difficult for me, probably because I procrastinated too much on it. I crammed nearly all the lab reports into the last 3 days before my course contract date. Fuzzily building graphs and writing out discussions/conclusions on data at midnight was very memorable (I’m a morning person).”

Natalie found communications with tutors to be extremely effective and helpful since their advice and support helped her pave her way through various difficult courses, “All my tutors have

been great at communicating, although the methods of communication would vary from tutor to tutor. One tutor helped me with a physics problem (in PHYS 200) by drawing out her own diagram and emailing me the picture. Another tutor primarily used the phone. All were helpful when I needed help. Shout-out to Lois Browne, my organic chemistry tutor. I wasn't the best at organic chemistry, but she was very patient and clearly pointed out where I needed to improve. Thanks to her, I ended up with an A- in CHEM 350. (I was barely hoping for a C+ when I was halfway through the course.)"

Her pet peeve is people not paying attention to any written information, noting that, "I've seen people walk into automatic doors that refused to open... after walking *around* the prominent sign in their way that stated the doors were out of order."

Currently, outside of AU books, Natalie is reading *Mao Tse-Tung and I Were Beggars*, by Siao-yu.

"Yu was a schoolmate of Mao, and they went on a "begging trip" through China at one point. The book was lent to me by a friend who's a history buff. I'm enjoying the immersion into a culture and era about which I know practically nothing. I'm also appreciating how Mao and Siao-yu disagree on almost everything, and yet still maintain their friendship (at least for now) through mutual respect and shared passions for debate and poetry."

Natalie's passion for learning as well as advancing her career by seeking new opportunities is very motivating and inspirational. The *Voice Magazine* team thanks Natalie Lapa for taking time out to share her life journey and prays for her continued success in every stage and cycle of life.

Kaisha Nasir is in her third year of Bachelors in Business Management with only six courses remaining untill graduation! I took the summer off since my kids turn into mini T-Rex's everytime I open my e-book.

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

But what happens to the "A" in AU? An opinion piece published in the Edmonton Journal sparks a discussion about what impact a campus-less AU would have on students.

Discord

Aw, shucks. Amid posts about course selections and study tips, one student takes the time to thank the student community: "...Everyone here is really encouraging and motivating to me. I see other people working hard and crushing their classes and it makes me want to work hard too. I see people struggling with their own challenges and finding ways to overcome them, and it makes me want to fight through my struggles as well..."

reddit

They're all easy. "Which courses are easy/fast?" Ever see this question posted, yet again, and be tempted to throw in your worst course ever? Nah, me neither.

Twitter

@austudentsunion tweets: "Did you know that @athabascau students have free Office 365 and their own email address? Just one of many perks for choosing AU! Find out more at <http://office365.athabascau.ca> #StudentDeals #AthaU #Microsoft."



When Iceland's Women Changed the World in One Day

The women's walk-out protested gender-based pay discrimination.

Barbara Lehtiniemi



On October 24, 1975, the women of Iceland did not go to work.

For one day, Iceland's women did not show up for their jobs as shop clerks, receptionists, flight attendants, bank tellers, teachers, or fish-plant workers. They did not show up to do housework, farm chores, child-minding, or family shopping. They did not pack their husband's lunches, nor did they prepare the family's meals.

It was the Women's Day Off.

1975 was declared by to be the "International Women's Year" by the United Nations. Like women in many countries around the world, Iceland's women weren't feeling particularly celebratory. They felt overworked, underpaid, and unappreciated.

Iceland's women had been nurturing their grievances for some time. Women made up approximately one-third of the labour force but were often paid less than 60% of what men doing the same work were paid—even at the same workplace. Additionally, women were saddled with most of the unpaid work at home, even if they worked full-time outside the home.

Several groups, including the Rauðsokkahreyfingin (Redstockings), were ready to take their grievances public, in a big way.

When Iceland's major women's groups met for their first summit in the summer of 1975, the Rauðsokkahreyfingin proposed the idea of a massive one-day strike, to draw attention to women's contributions to the national workforce and protest against gender-based wage discrepancies.

To make the idea appealing to more women, and to avoid the potential repercussions to women accused of taking part in what could be viewed as illegal strike action, the day was to be called the "Women's Day Off."

Women's groups heavily promoted the idea in the news media in the run-up to the event. By October 24, the women were ready.

But, were the men?

In his 2021 book, *How Iceland Changed the World*, Egill Bjarnason describes the chaos:

"On October 24, 1975, all morning flights from Keflavik International Airport were cancelled. The flight attendants didn't show up. Bank executives had to make their own coffee and then sit in as tellers. Students showed up to empty classrooms. Men dragged

their children to work. Assembly lines ground to a halt. Phones at reception desks rang unanswered, until an overwhelmed male voice picked up."

Approximately 90% of females in Iceland took the day off, both those in paid employment, and those engaged in unpaid work at home.

That afternoon, a crowd of 25,000 showed up for a massive rally in the capital city of Reykjavik, and smaller rallies were held around the country. (Iceland's population at the time was less than 220,000.)

Iceland's economy was paralyzed for the day. Businesses, schools, factories, and government offices were forced to shut down. In the afternoon, the smell of burnt food wafted in the air, as men tried—some for the first time—to prepare dinner for themselves and their children.

The women made their point.

By the following year, Iceland passed a law prohibiting wage discrimination on the basis of gender. Parliament also passed a bill granting women three months of paid maternity leave.

Five years later, in 1980, Iceland's first female president was elected—the first female elected head of state by a direct vote.

While the concept of women's strikes are nothing new—Greek playwright Aristophanes famously portrayed an extreme example in his play 5th-century BC play, *Lysistrata*—Iceland's women revived the practice for modern times.

Following Iceland's example, women's strikes were organized in other countries over the next several decades. In 2017, women in over 50 countries took part in a one-day strike to mark International Women's Day on March 8.

Although the needle was moved significantly on women's rights by that one day in Iceland, it didn't fix everything. The women of Iceland have gone on "strike" five times since 1975, the latest in 2018. The events are always held on October 24, but no longer involve a full day. On these newer versions of the strike, women leave their jobs early, to represent the time they've been paid for in comparison to men. The time they leave grows later as the years go by.

One day, Iceland's women will leave work at the same time as men every October 24.

Barbara Lehtiniemi is a writer, photographer, and AU graduate (BGS 2018.) She lives on a windswept rural road in Eastern Ontario.



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

October is [Canadian Library Month](#), a tempting topic for writers. *The Voice's* archive reveals dozens of library-related articles, including these two.

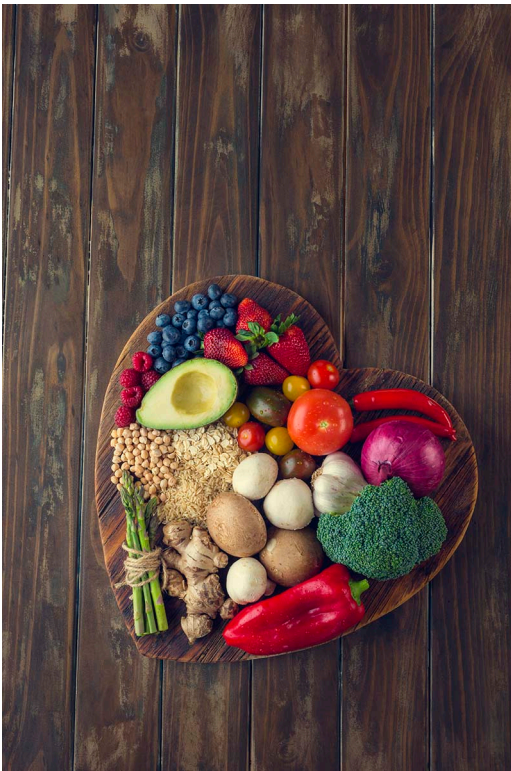
A library is greater than the sum of its books. S.D. Livingston ponders how the introduction of library-book vending machines will impact the future of libraries. "The mistake in thinking (or even suggesting) that automated book machines will replace librarians is in assuming they perform the same role. They don't." [Write](#)

[Stuff – Libraries and Lunches](#), October 29, 2010.

Spreading the library love. Barbara Lehtiniemi demonstrates the enduring value and vitality of public libraries. "My public library card was, to me, as magical as a credit card with no limit. Any book the library had could be mine for a time—for free." [The Library's Greatly Exaggerated Death](#), October 3, 2014.

How to Stick to a Healthy Diet

Jessica Young



Many of us are struggling with pandemic pounds—the extra weight we’ve gained throughout the pandemic that represents the lack of activity, boredom, or stress eating, and the psychological impact of rarely leaving the house—I know I certainly am. According to [one CBC article](#), a recent report from the Agrifoods Analytics Lab at Dalhousie University found 42.3 per cent of Canadians said they had gained weight unintentionally during the pandemic. With vaccination rates going up and (hopefully) signalling the beginning of the return to “normal,” I for one am more than ready to return to my usual, healthy, self.

Changing your diet and sticking to your new healthy lifestyle can be incredibly difficult at first. Here are some tips and tricks to help.

Set Goals, Make a Plan

First, figure out what your goals are. Do you want to lose 10 pounds? 50 pounds? Do you want to be able to run in that marathon next summer? Feel better? Whatever your goals are, make sure they are SMART: Specific, Measurable, Achievable, Realistic, and Timely.

So, let’s say your goal is to fit into your favourite pair of denim shorts (that you can no longer get past your hips) this summer. Next, you need to plan how you will accomplish your goal. For me, this includes cutting out processed foods, sugar, and most carbs. Another aspect of planning I find helpful is meal-planning—which means prepping, or at least deciding beforehand, exactly what I will eat for the week.

Find Your Reason Why

Why do you want to lose weight? There are no wrong answers here, as long as you are being true to yourself. When I think about why I want to be healthier, I think of my children. I want to be around for as long as possible for them. I want to be able to keep up with them. I also know I am a better mother when I feel good physically.

Find your reason and put it out into the world. Write it in your journal, post it on your wall, tell someone about it—whatever you feel is best for you.

If...Then...

The biggest struggle I have when trying to stick to a diet is when life happens. Maybe both of my kids are sick, and I don’t have the energy to cook myself a healthy dinner. Maybe my errands are taking longer than expected and I’m beginning to get hangry. In our busy world, sometimes ordering a pizza or grabbing a burger from the drive-through seems like the only option. This is where your “if/then” comes into play.

Think of the things that commonly derail your healthy-eating train, and pre-emptively decide how you will stay on track. For instance, I almost always have a Lara Bar, nuts, or a piece of fruit with me when I leave the house, so I don’t feel the need to stop and grab an unhealthy snack. I have also found several options from various restaurants that are consistent with my diet, so getting take-out or ordering in when I have a busy day is still possible.

Example: If I am too tired to cook dinner, **then** I will go to Edo and get the chicken and vegetable stir-fry with cauliflower rice.

Listen to Your Body

I can't stress this point enough—never starve yourself. Diets that make you feel constantly hungry, tired, or sick are not good. Take this time to become more in-tune with your body. What foods make you feel good/bad? What are your hunger cues? How do you know when you're full? Our bodies know what they need, we just need to listen.

Get Active

While diet is an integral part of our health, so is getting at least 30 minutes of physical activity every day. Not only will exercise help you reach your health goals, but it also improves your mood and helps with digestion. I enjoy lifting weights at the gym and running, but you might prefer going for outdoor walks, participating in a sport, or doing yoga at home. Regardless of what kind of exercise you partake in, I find that consistent exercise encourages me to stay on track with my diet.

Give Yourself Grace

Most importantly, be kind to yourself! Accomplishing your goals will take time. There will be days when you don't feel like continuing. There may even be days where you slip up—and that's okay! Remember that there is always tomorrow, and you are worthy, valid, and deserving of love no matter what your physical body looks like.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Smooth Movers Scholarship

Sponsored by: The Smooth Movers

Deadline: Nov 30, 2021

Potential payout: \$1000

Eligibility restriction: Applicants must be students enrolled in high school, college, or university, and be in Canada, U.S., Australia, or Europe.

What's required: An email with proof of enrolment, along with a 900-word essay about the future of housing, and a 2-minute video explaining your thoughts.

Tips: Since this is from an Australian company, be safe and get your application in no later than Nov 29th so you don't get skunked by the time difference.

Where to get info: thesmoothmovers.com.au/the-smooth-movers-scholarship/



Homemade is Better Fried Chicken

Chef Corey



We Fried chicken is one my weaknesses, and it can be difficult to find good fried chicken. There are many restaurants that serve it, but I almost always feel let down a little. Between KFC, Popeye's, Mary Brown's, and Jolly-Bee, I think Popeye's is the best. Having said that though, I much prefer making it at home. I can make it taste the way I like, and as crispy as I really want it. I also stumbled across a few different recipes that I've combined to make something that is pretty close to the taste of Popeye's seasoning. It's not exact, but its close.

Making fried chicken at home requires a little knife work, but I'll walk you through it. There are also countless YouTube videos that can show you how to make a 9-piece cut from a whole chicken. The trick is making sure your knife is sharp, this makes all the difference, so if you do not have a really sharp knife, invest in getting it sharpened or learn how to do it yourself.

First, you're going to cut off the legs. Cut between the leg and the back, then feel for the joint. Using your knife like a pry bar, try to separate the legs from the hips. Make a straight cut through and complete the leg removal. Next you will want to remove the wings. Feel for the first joint, then cut through it, that should separate the tip. The second section of the wing is the same. Feel for the joint, bend it backwards and cut between the joint. Now bend the spine backwards and cut between the back vertebrae to separate the back. This is junk, so you can toss that part into a pot and use it for chicken base, or if your city allows bones and meat into their compost toss it in there. Now you have the breast to deal with. Take your knife and cut across the breast to separate the bottom of the breast from the body. Next cut through the back to separate the breasts. Then cut through the middle of the breasts. Cut each breast in half and there you go, 9-piece chicken. If this confused you, look it up on YouTube you'll see how to do this better.

Now, mix up some mashed potatoes, coleslaw, or whatever sides you like to go with your chicken. I recommend some gravy too, but it's not a necessity. Let get to the recipe.

Fried Chicken

Spice Mix ingredients:

- 2 cups flour
- 2 tsp fine salt
- ½ tbsp thyme
- ½ tbps basil
- 1 tsp oregano
- 1 tbsp celery salt
- 1 tbsp ground black pepper
- 1 tbsp dry mustard
- 4 tbsp paprika
- 2 tbsp garlic salt
- 1 tbsp ground Ginger
- 3 tbsp white pepper



Spice directions:

1. Mix all the ingredients into a bowl.

Chicken Ingredients:

- 1 9-piece chicken (or whole chicken cut into 9 pieces)
- 1 cup buttermilk
- 1 recipe of spice mix
- 2 – 3 cups canola oil

Directions:

1. Cut your chicken into 9 pieces, as described above, or have a butcher do it.
2. Soak the chicken in the buttermilk for up to 24 hours, but 4 hours is just as good.
3. Fill a large pot with the oil, and, if you have one, grab a candy or deep fryer thermometer and heat the oil to 350F.
4. Pre-heat your oven to 350F and pull out a baking sheet. Optionally you can place a wired rack on top or use some parchment.
5. Place your spice mix in a container large enough to hold a few pieces.
6. Once the oil is heated, transfer the chicken from the buttermilk to the spice mix and make sure you get every nook and cranny covered with powder.
7. Once you have a couple pieces covered, put them in the oil for up to 5 minutes to get a crispy skin.
8. Transfer the pieces to the baking sheet, once all the pieces are fried place the tray in the oven and cook until the internal temperature of the largest piece reads 165F.
Allow the chicken to rest for 5 more minutes, then serve!



Staying Centered

Marie Well



Every student has a goal he or she is pursuing. It could be a degree, knowledge gain, or an investment of one's spare time. But there are ways to work the mind to make those goals more realistic. Here are some ways to control the mindset for optimal performance at school, work, or past-times.

Set goals that get you closer to your dreams and that excite you. Imagine you are a woman with a severe disability with a goal of one day earning a six-figure salary as a corporate director. This may sound unrealistic, but it is very attainable. The only limitations are the ones we impose on ourselves.

Inject positive energy and enthusiasm into your goal. Catch the negative emotions like fish in a net. Throw those negative emotions away and replace them with healthy ones. For instance, if you feel flooded with negative emotions because your professor assigns too many assignments in one week, don't let fear paralyze you. Instead, say, "I can do this and here are my strategies." Variables that could be adjusted include time

spent studying, extracurricular distractions, study strategies, tutors, visualizations of meeting deadlines.

Reject limiting beliefs. Everybody has self-doubt, self-criticism, and negative thinking. We must overcome those negativities by first recognizing them. We then need to reframe the negatives into positives. Imagine someone at work directs a negative comment at you and you feel crushed. Perhaps this feeling has been exasperated by memories of the past when you were ganged up on by fellow students, scarring you emotionally. Thus, it's important to overcome the tendency to feel over-sensitive in such scenarios. Specifically, you need to reframe the situation so you come across as confident and pleasant—the person people love to be around.

As another example, the barista at a coffee shop may see serving coffee as her upper limit for careers. But if she reduced her limiting beliefs, she could apply for professional careers, perhaps pursuing a degree as a medical doctor.

Redefine any limiting negative beliefs. Say John was an oil rig worker for fifteen years, and his dad was an oil rig worker. He comes from an oil and gas company. So he believes if he wasn't working oil and gas, he'd have to work manual labor as a default. But then, after having lunch with a former co-worker who, like John, got laid off, his co-worker told him he was going back to school to train as an IT Security Tech. He heard the money was at least as good as the oil patch. So John's friend convinces John to do the program as well. John changed his limiting beliefs that only the oil patch would give him the lifestyle he desired.

Think, "I'm going to get the best skills for the best job imaginable." Don't go for the F, no matter what your past might try to dictate. Only you know what the best is. Everybody has different

ambitions, and everybody defines success differently. Imagine you have no past holding you back. You are brand new to this world. Given this, what skills will you acquire and what best possible education and career will you claim? You are writing over past limiting beliefs, replacing them with your best possible outcome. Everyone is plagued with limiting beliefs, but everyone has the power to overcome them.

Lose fixed beliefs. Striving for new heights can at first be uncomfortable. For instance, if to advance in our career path, we need to get a degree, and we don't even have our high-school, this can cause pain. But if we see the new life trajectory as an adventure—an opportunity to flourish—then we've bypassed much of the discomfort that can prevent us from moving forward.

Manage emotions and fears. Get centered to achieve this state. Centering helps you overlook past mistakes and minimize worries. This enables you to focus more clearly on your objectives. Visualizing success and allowing your emotions to meet that higher state helps with getting centered. Let go of the negative shadows of your past, your weaker perceptions of your self-image, or the opinions of others.

Research the best possible outcomes. You can look at examples. If you are looking for a new job, search for ten-year trends for job demand. Also, look at which careers are in high demand. Also, talk to career counsellors at local universities.

Make constant adjustments. This may include pursuing studies or skills development through courses, books, coaches, or any other resources. A stock trader has changes throughout the day and they need to redirect their strategies at any given moment to prevent losses. Adjusting is necessary when operating under uncertainty. And everything in life is uncertain.

Get hyper-focused on the goal. Remove as many distractions as possible. Also, spend 90% or more of your time focused on your goal realization.

Reflect on what could be improved. This means don't keep applying to jobs that are disappearing, for instance. Or don't go into a university program that has a high probability of obsolescence over the next decade.

AU-thentic Events Upcoming AU Related Events

The 6th IEEE Cyber Science and Technology Congress

Oct 25 to Oct 28

Online

Hosted by AU and IEEE

news.athabascau.ca/events/the-6th-ieee-cyber-science-and-technology-congress/
Register through above link

October Pride Week Keynote Address – Author Joshua Whitehead

Mon, Oct 25, 2:00 to 4:00 pm MDT

Online

Hosted by AUSU

www.ausu.org/event/october-pride-week-keynote-address-author-joshua-whitehead/

Access through above link or AUSU Facebook page

Faculty of Business Undergrad Program Orientation for New Students

Wed, Oct 27, 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-20211027/
RSVP through above link

AUSUNights Pride edition

Thur, Oct 28, 5:00 to 6:00 pm MDT

Online via Zoom

Hosted by AUSU

www.ausu.org/event/ausunights-pride-edition/

RSVP to ausu@ausu.org for meeting link

October Pride Week Presentation – Dr Tobias Wiggins

Fri, Oct 29, 5:00 to 7:00 pm MDT

Online

Hosted by AUSU

www.ausu.org/event/october-pride-week-presentation-dr-tobias-wiggins/

Access through above link or AUSU

Facebook page

All events are free unless otherwise noted.

Consider an imaginary person named Jane Doe. In the past, Jane Doe saw her disability or skin color as a limiting factor to what she could achieve. She had her part-time job for fifteen years but recently lost her job. She thought that was the best she could achieve.

But instead of seeing the job loss as a negative, she decided to neutralize the response and apply positive energy. She discovers that orthopedic services have been backed up due to lack of staff. So she takes a two-year licensed practical nurse program and starts work at a higher income in a job that she loves.

If you like learning, then why wouldn't you get thoroughly educated to realize your best imaginable future?

The biggest ingredient for realizing any goal is the willingness to change.

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

Fly on the Wall Beasts or Best in Class?

Jason Sullivan



Monkeys with smartphones, is that us? Pressingly, is AU part of our cultural decline, where we sink to the level of proverbial beasts? Eek! Or, maybe digital devices themselves are the truly mindless animals that draw us down to their level? The internet brings out the beast in so many of us; it's as though the web grants its participants a temporary and false sense of society. At a neurological and conscious level online interactions *feel* authentic but then, when that blue screen fades, we are left alone on our corner of the actually existing planet.

AU student life exhibits this virtual realm *par excellence*, or so it would seem. Student life is a-temporal and asynchronous and geographically displaced from a common campus or even a common culture. It's as

though we are all spectres haunting an invisible classroom; or, are our minds actually feeling all the same things other pupils experience? In this sense our academic essence may reflect core societal beliefs of our time. Like disembodied brains in vats of mystery fluid each of us imbibes the belief that knowledge and truth can be separated, distilled like a tincture, from a physical location. Yet in the end we embody real animal essences and that includes our ideas; after all, if some of us isn't part of the rest of us there's something metaphysical going on that implies that we aren't even who we think we are.

...and there we are!

Wherever we go in our minds do we not carry our human essence with us? Beast or angel, our humanity carries waves of reality through all our interactions. Consider the words of a fictional, but all too familiar, psychiatrist in the 1942 Hollywood film *Cat People*. "Even as fog continues to

lie in the valleys, so does ancient sin cling to the low places, the depressions in the world consciousness” (Ormsby, online).

In the end, what do we really learn? Such a general question leads us to wonder about the assumptions that make knowledge even an imaginary possibility. Just as computers have only some of the answers, and only in certain ways, our scholarly minds are also restricted above all by our human ability. The old Jetsons cartoon had a wise robot who, stymied by an impossible calculation (in statistics a social science example is the impossibility of dividing a number, any number by, 0), would famously exclaim: “does not compute!”

And Now a Word from Baudrillard, Master Diagnostician of the Simulacra

Jean Baudrillard more recently noted a component of digital reality that we might miss as we inject our sense of self into the techno-proceedings: computers lack social sense in the way algorithms and programs assert themselves. “The computer has no other. That is why the computer is not intelligent. Intelligence comes to us from the other – always. That is why the computers perform so well...Such is the power of abstraction. Machines work more quickly because they are unlinked to any otherness.” (Baudrillard, 143).

Think of how social discourse takes the form of perceived truth even as many truths share space. A person can have all the right answers, socially, and still fall flat in the rat race of popularity. Likewise, ineffable data beyond data, facts beyond factuality, underpin so much of what we do as human animals. Bruno Latour even suggests “if reading the daily paper is modern man’s form of prayer, then it is a very strange man indeed who is doing the praying today while reading about these mixed-up affairs. All of culture and all of nature get churned up again every day” (Latour, 2).

Maybe that’s why class discussions and social media in common carry a certain sense of the absurd: from even a small distance discourse sounds like so many sniping monkeys arguing over so many trivial tidbits of knowledge and understanding. It’s as though atavism, a return to imagined earlier and lower states of being, embodies the essence of discussions and maybe even of epistemology itself. Anyone who’s signed up for an AU course they thought would be great and found that self-image and actual desire or ability were miles apart gets this. We don’t always know what we know or how and often even our intuition is off base. Happily, there’s no shame in withdrawing from a course in the first thirty days. And to keep trucking through tough course material makes us stronger.

Unlike social media, academia teaches us to tame our beastly flight impulses when it comes to new and contrary ideas. There’s a reason that so many essays invoke the mantra of compare and contrast. To gain perspective is to gain the ability to learn, really learn. And that is what separates us at AU from our more primal selves, the ones who secretly think at some level that they already have all the answers and merely require confirmation.

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Music Review—Terra

Jessica Young



Artist: Eric Alexandrakis

Album: *Terra*

Eric Alexandrakis has released a musical spoken word album, *Terra: Music Is The Medicine Which Keeps My World Spinning In Harmony [Living With Post-Cancer Trauma Via Music's Healing Powers]*. The album itself focuses on the effects of music therapy on various ailments and traumatic experiences by mixing Eric's cancer treatment experiences with his own unique brand of avant-alternative music.

Of the album, Eric says:

“Scientific studies have shown that music can have positive effects on a variety of ailments, including Post Traumatic Stress Disorder, dementia, Alzheimer's, Parkinson's, domestic abuse, addiction, and

many others. Sometimes we're also knowingly, or unknowingly affected mentally by trauma from past experiences, and/or potentially from medical treatments for various ailments, such as in my case, cancer. Only in recent years have some of those affects been acknowledged within the mainstream, and only recently have I been able to acknowledge that I too have some trauma residue from my experiences with cancer, and, well, also from life as well.

“It's not a cliché. Music is indeed the most powerful force on Earth. It can make you laugh, cry, sing, dance, run, love, hate all within the same few minutes. For me, staying balanced relies heavily upon my ability to stay creative, because music is my medicine, and it can be everyone else's medicine as well.”

I'll start by saying that I am a huge believer in music therapy, so I was very excited to check out this album. My son has autism, and although he is mostly non-speaking, he responds beautifully to music. Music plays an important part in his therapy and school—helping him to use language, move his body, express himself, and regulate his emotions. I love that music therapy is becoming more mainstream.

Terra has a whopping 50 tracks, ranging in length from four seconds to ten minutes each, with the exception of the song “Terra Medicina” which clocks in at one hour and eighteen minutes. The songs have some very interesting names, such as “The Revealing Science of God”, “It Was Me [BUNNICULA'S WHIP 'N DIP DEMO KARAOKE MIX]”, and “Domestic Abuse.”

The Poetry Foundation defines spoken word as “A broad designation for poetry intended for performance. Though some spoken word poetry may also be published on the page, the genre has its roots in oral traditions and performance. Spoken word can encompass or contain elements of rap, hip-hop, storytelling, theater, and jazz, rock, blues, and folk music. Characterized by rhyme, repetition, improvisation, and word play, spoken word poems frequently refer to issues of social justice, politics, race, and community. Related to slam poetry, spoken word may draw on music, sound, dance, or other kinds of performance to connect with audiences.” I very much enjoy spoken word and slam poetry. In fact, one of my favourite artists is Hobo Johnson, who has put a modern twist on spoken word and helped to popularize the genre.

Unfortunately, I think Eric Alexandrakis misses the mark on this one.

Terra begins with a monologue about the journey of life, and what constitutes a good life. There is no musicality, rhyme, repetition, or word play. The rest of the 49 tracks alternate between this style of monologue, and mostly lyric-less techno, synthesized beats that sound like a combination of computer noises and radio static. The song “Baggage Claim” is essentially just beeping—it sounds like the audio of an alien spaceship landing in a cheesy sci-fi movie.

I respect that this project is obviously very dear to Alexandrakis. I believe that *Terra* was therapeutic for him to create, and I think that’s wonderful. I also think that sometimes when an artist is extremely passionate about a project, they sometimes forget that other people need to be able to connect to their music as well if they hope to receive positive reviews or turn a profit. Multiple monologues about your thoughts on life make a great podcast, but not a great album. Songs that run for over an hour come off as egotistical and pretentious, not artistic. It might be difficult for listeners to find a connection to an album that is obviously so, so personal to Alexandrakis. There were a few songs, such as “Good Girls Won’t Waltz With Me” and “Daylight Daylight”, that have beautiful instrumentals, flowing lyrics, and showcase Alexandrakis’ lovely singing voice—reminiscent of 60’s psychedelic rock. I really wish that *Terra* included more of these songs because they were great.

In the opening track, “Nightflight to Venus”, Alexandrakis defines having a good life as “having happiness, security, and the freedom to express myself”. He has certainly expressed himself with this album. I wish him all the best.

Check out Eric Alexandrakis on his [website](#), [Facebook](#), [Twitter](#), and [Instagram](#).

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



Dear
Barb

Barbara Godin

The Grandparent Trap

Dear Barb:

My fifteen-year-old son is going to be a father again! er Three months ago his fifteen-year-old girlfriend (at the time) gave birth to a baby girl. I am a grandmother at 35, not what I planned for my life, or my sons' life. In fact, I am almost finished my degree at AU, now I will probably end up being pretty busy with these babies since their parents are so young.

I am a single mom and thought I had educated my son so there wouldn't be an unwanted pregnancy, but I guess not. When the first pregnancy happened I was angry but tried to maintain my composure and had a good talk with him. I'm afraid I might lose it this time and end up alienating my son. He said the girl told him she was protected and he believed her. I just don't know what to do; he is obviously not listening to me. He has been educated at school as well, but he's just not getting it. Is there something I am missing, something else I can do so this doesn't happen again?

Desperate Grandma.

Dear Grandma:

As parents we can do all the right things and teach our children to be responsible, but they mess up. Unfortunately, teenagers are often governed by their hormones, not their logic. I can definitely understand your devastation at this happening twice in such a short time. You have every right to

express your disappointment with your son, but that's really all you can do. If you become angry and lose contact with him, you will also most likely lose contact with your grandchildren. Your son needs your support, as does the mother of his child, and his pregnant girlfriend. Have you considered talking to the parents of these girls, perhaps you could come up with a plan to help these young parents?

I know this was not your plan for the future, but life sometimes throws us a curve and we have to adapt to a new normal. Your son is very young and with the proper support and love he will hopefully be able to get this life together and become an awesome adult and father. Without your support, he really doesn't have a lot of options and could easily go down the wrong path. Also, I believe your grandchildren will benefit from having you in their life. I found [a booklet with information about the rights of young parents in Canada](#), although most of the referrals are to locations in New Brunswick, the booklet applies to legal rights, responsibilities and obligations in all of Canada.

Thank you for your email and remember grandchildren are precious gifts.

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 Referendum

Wanda Waterman





Our fall annual [Awards and Bursaries](#) have doubled!! This means **twice the awards** available in the following categories:

Academic Achievement	\$1,000 ea. (6)
AUSU Bursaries	\$1,000 ea. (10)
Balanced Student Awards	\$1,000 ea. (8)
#lgo2AU Award	\$1,000 ea. (4)
New Student Bursaries	\$500 ea. (8)
Returning Student Awards	\$1,000 ea. (8)
Student Volunteer Awards	\$1,000 ea. (6)

Accessible to all AUSU members currently taking AU undergraduate courses, qualified students - [apply now!](#)



Based on the early success of our piloted [Virtual Food Assistance Program](#), AUSU is proud to announce that we are increasing support for our AU student members. The value of the 5 gift cards awarded by monthly draw will be **increased to \$100 CAD each**. We are also **doubling the number of cards** from 5 to 10 during one month per quarter when students may need greater assistance around holidays.

[Learn more here](#) about AUSU's Virtual Food Assistance Program or click below to apply.

[Apply Now](#)



From October 25-29, AUSU celebrates October Pride Week! Don't miss the Facebook Live [keynote address on October 25](#) by award winning Two-Spirit, Oji-nêhiyaw author [Joshua Whitehead](#) (he/him).

Also, RSVP for our Pride Edition of [AUSUnights](#) and listen to AUSU Open Mic Podcast [Episode 50: Let's go! It's Pride in October!](#)



AUSU values your opinions! Between Nov 1-22, tell us how we can best serve our student members to support your positive experience while studying at AU. Our 2021 AUSU Annual Survey should take no more than 4 - 5 minutes to do and all your answers will be completely confidential. The best part? We are giving away over \$2000 in prizes to members who take our survey.

We look forward to your feedback! If you have any questions about the upcoming survey, please contact services@ausu.org.

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301 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7
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Publisher	Athabasca University Students' Union
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www.voicemagazine.org

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

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ISSN 2561-3634