



THE VOICE

Vol 30 Issue 02 2022-01-14

Minds We Meet

Interviewing Students Like You

Surviving Insomnia

How to Get Your Best Nights Sleep

Giants Start Small

The Power of Expectations

Plus:

Matcha Shortbread Cookies

*Music Review: You Are Free to Go
and much more!*



CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Features

Minds We Meet: *Arozo Azma*..... 4

Articles

Editorial: *Welcome to 2022!*..... 3

Giants Start Small..... 6

Surviving Insomnia: *How to Get Your Best Night's Sleep* 7

Pep Talk for Valerie Bertanelli..... 9

DIY Matcha Shortbread Cookies 13

Valentine's Day Vows to You..... 19

Columns

Music Review: *You Are Free to Go*..... 9

Fly on the Wall: *New Year's Resolutions*..... 11

Homemade is Better: *Roast Pork Loin*..... 15

Beyond Literary Landscapes: *Community Care* 16

Dear Barb: *COVID Christmas Fallout*..... 20

News and Events

Vintage Voice..... 5

Scholarship of the Week..... 8

Authentic Events..... 12

Student Sizzle 18

AUSU Update 22

Comic

Poet Maeve: *Ethical Obstacles* 21

The Voice Magazine

www.voicemagazine.org
301 Energy Square
10109 – 106 ST NW
Edmonton AB
T5J 3L7

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Jodi Campbell

Managing Editor

Karl Low

Regular Contributors

Barb Godin, Barbara
Lehtiniemi, Angela Pappas,
Jason Sullivan, Wanda
Waterman, Corey Wren,
Jessica Young, and others

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

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

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

The Voice does not share its
subscriber list with anyone.
Even I don't look at it, it's
all on auto.

Volume 29, Issue 50

© 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

Welcome to 2022!

Karl Low



We made it! Well, most of us, anyway. I hope you all enjoyed our Best of issue, and if you missed it, don't forget that you can always grab the PDF version of it and have it all in one handy file.

This is the first all original issue of 2022. And while it's not easy to find on the website, if you grab the PDF, you'll see this is volume 30 of the Voice Magazine. That means that this is the magazine's 30th year of being published. What started out as a single broadsheet physically mailed to each and every student of AU has come a long way.

The oldest issue I have on file is volume 9, issue 1, one year before we started moving to the web (and earlier than you can access, what can I say, being the editor has its perks). It's a PDF file that's only two pages. And while I do have access to some older issues, they'll need to be digitized before you can see them. I'm mentioning this because I'm hoping over this 30th year of the magazine to figure out a way to get the full history of The Voice Magazine online.

This dive into the past was brought about by the news that a good friend, past president of AUSU, AU Governing Board Member, recipient of the Order of AU

award, and possibly the only honorary member AUSU ever had, Dr. Lisa Priebe, died shortly before the end of last year. She was also the lead author of the only peer-reviewed academic paper I've had published, which we published while we were undergrads. With her Ph.D. in Psychology, she had finally been accepted to medical school to pursue her lifetime goal of becoming a full medical doctor, with plans to practice in end-of-life care and oncology. Lisa was a firm believer in science, and in doing all she could to alleviate pain wherever possible.

Lisa was a couple of years younger than me and though we didn't connect often, we were always happy when we did. All of which means, I felt this one. For those concerned, there's no need to worry or provide condolences, I'm fine. Just thoughtful about the nature of life and the necessity to pull what joy you can from it while you can.

Which is a perfect segue into this week's issue. With our first all new student interview of the year, we talk to student Arozo Azma, fellow *Peaky Blinders* watcher who's pursuing her management degree with AU, she explains how she finds joy out on the trails.

We're also featuring some advice on how to deal with your insomnia, as more and more people are having sleep issues in today's society. So if your joy is sleeping, then perhaps we've got what you need.

Our third featured article is a look at how what you expect from people, particularly what teachers expect from students, can affect what those people are able to accomplish. It's a timely reminder that everybody you meet likely has some untapped potential, maybe all they need is for you to let them know it.

Plus, we've of course got new scholarships, events, advice, an article on the nature of New Years' Resolutions (have you made one? I still haven't. Which means I've got a perfect record so far this year) and more. So welcome to 2022, and enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', is written in a cursive, flowing style.

MINDS WE MEET



Who are your fellow students? At times, in an online learning environment, it can feel like you are all alone, but across the nation and around the globe, students just like you are also pursuing their Athabasca University (AU) studies! Each week, *The Voice Magazine* will be bringing you some of these stories. If you would like to be featured next, do not hesitate to get in touch!

The Voice Magazine recently had a chance to chat with Arozo Azma (she/her), currently residing in Calgary, Alberta, the traditional Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda First Nation (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Arozo is “currently working toward finishing [her] Management Degree with Athabasca.” She stated, “I have about 9 courses to complete before I am done which is very exciting. I am currently in the 3-year program however would like to complete another year to get my full degree but only time will tell. I don’t have a specific goal however just achieving my degree will feel like a huge accomplishment.”

Born in Kabul, Afghanistan, Arozo moved to India when she was three-years old. After spending most of her childhood in India, she moved to Canada in 1999. She explained, “We lived in New Brunswick for a short while before moving to the West Coast, and finally settled in Calgary where I call home. It’s the longest I have ever been in one place, so it is home to me.”

Arozo loves “to be outdoors, [since] it brings such a sense of peace and tranquility.” She continued, “I enjoy hiking a lot so I try to get out to the mountains as much as I can during the summer/fall. One of the many perks of living in Alberta is our beautiful Rocky Mountains!”

When asked about her reading and television preferences, she stated, “I’ll be honest, I have been struggling with making reading a habit for the longest while but now I am trying to finish *The Power of Now*. And as for a show, I’m binge watching *Seinfeld* for what feels like the 50th time and *Peaky Blinders* as well.”

But she doesn’t like everything. Asked about her pet peeve, “I think it would have to be clutter. Disorganization is my pet peeve; I need things/places to be organized well.”

Arozo called her experience with online learning, “interesting,” continuing, “You definitely have to be disciplined and organized to ensure you’re on track with your assignments and exams. But at the same time, it gives you a lot of flexibility with work, school, and [maintaining] life balance.”

When asked if there was ever a point during which she wavered about continuing her schooling, like many students, Arozo mentioned that at first it was difficult to juggle work and school commitments. She explained, "I would have to say working full time. I had to really change my mindset and fully commit to going back to school since it can be challenging to juggle full time work and school among other responsibilities. I knew I wanted to get my degree, regardless of going sooner or later, but sooner is always better, right? It's just one of those things that if I didn't commit now, I knew I would regret it later in life."

"I consider myself a practicing Muslim," Arozo noted, when we asked her about someone she'd like to meet and have lunch with, "so I will say Prophet Muhammad (Peace be upon him). He was the most influential man in history and billions of people to this day follow his footsteps in the way they dress, eat and sleep to name a few. He was a great example to humankind and someone many of us aspire to become a fraction of. I would recommend reading *The Sealed Nectar* by Safiur Rahman Al Mubarakpuri." And the lunch? "I will say Afghan food – specifically Qabuli Palao (Famous Afghan Rice) and Mantu (Beef Dumplings)."

The one thing that distinguishes Arozo from other people is "being an empath." She explained, "I may not always show it, but I can always sense what others are feeling or going through. It's a curse and blessing."

Finally, when asked what the most valuable lesson learned in life, Arozo stated, "Be grateful for everything you have been given." As for her proudest moment in life? "Getting my diploma in Business Administration. I was never too fond of school so achieving my diploma was a big accomplishment for me, and now hopefully my degree." Best of luck Arozo!

Natalia Iwanek (she/they) is currently completing her Bachelor of Arts in English with a minor in Political Science at Athabasca University.



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

Well, it's almost halfway through January already, but it's never too late for some New Year's Resolutions, as demonstrated by this pair of articles, which were each published on January 13th in their respective years.

Success is all in the planning. Katie D'Souza explains how to achieve resolution success with tips on outlining your goals and carrying them out. "Achievable goals don't just start with a sheet on the wall and checkmarks detailing whether we did or did not keep the resolution." [See Your Goals Through](#), January 13, 2013.

But first, tea. Janice Behrens opines that any resolution action should first be considered over a refreshing cup of tea. "Instead of trying to improve myself and save the world all at the same time, I have come to the conclusion that the first thirty days of the year are to be reserved for 'baby steps.'" [The Good Life – Just My Cup of Tea](#), January 12, 2006.

Giants Start Small

Alek Golijanin

Projecting Expectations onto Elementary Students Can Affect Outcomes



Potential is defined as the differing qualities and abilities that determine what an individual can achieve in the future. The label “high potential” gets thrown around on everyone from children to athletes when trying to quantify their likelihood for future success. However, being able to realize potential may have more to do with how educators and coaches interact with individuals than it does with an individual’s potential.

Attitudes And Behaviors Are Stronger Predictors of Success Than Test Scores

The thought process behind potential is that individuals that are identified as having potential are often considered to need less time and effort to reach certain milestones. Another term used to identify high potential learners is gifted, describing someone that is able to learn at a pace that exceeds the pace of their peers. One major aspect of success that often gets overlooked when assessing these high achievers is the nature of the interactions that take place between them and their educators.

The idea that interactions between teachers and their students affects the learning experience was first explored in the 1970s. That experiment involved separating students into high potential and low potential groups. The researchers then informed the teachers who their high potential students were and that they would return in a few months to track student progress. When the researchers returned, they found that there was a clear correlation between groups identified as being high potential and higher scores than those of students in lower potential groups. However, the students were assigned at random into high or low potential groups and every school had the same outcomes. The results of this experiment demonstrated that teachers having certain attitudes and mindsets about certain students can lead to self-fulfilling prophecies.

For all students to have an opportunity to experience success in school it is crucial that the student-teacher interactions be consistent for all young learners. In 2014, May-Britt Moser won the Nobel Prize for Physiology and Medicine, and she made sure to credit her teachers for their encouragement and support. Moser described her student-teacher experience as her teachers seeing something in her and encouraging her to be better despite how she was not the best student with the highest grades. The significance of Moser’s contributions is that they deal with the brain and that she helped uncover one of the brain’s biggest mysteries, the GPS system in the brain known as grid cell navigation. Had Moser’s teachers not supported her in unlocking her potential, something that is a reality for many students, our understanding of the brain would not be where it is today.

Talent is Everywhere, Opportunities are Limited

The idea that talent is everywhere and that opportunities are limited can be seen in Masai Ujiri’s [Giants of Africa](#). The story follows youth that live in remote areas across Africa that are hoping basketball can help them have a better life. I remember attending the film’s premier in Ottawa and leaving the theatre being reminded how good we have it here in Canada. The opportunities

we take for granted in the first-world are the same opportunities that are seen as golden tickets in second and third-world countries.

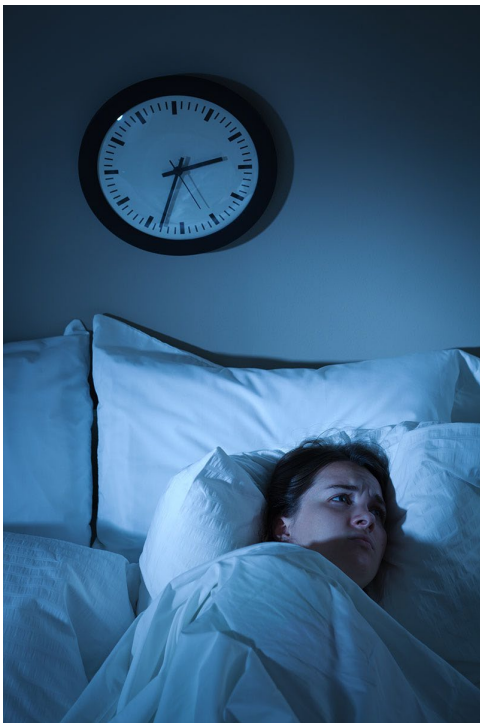
The overall takeaway should be that we need to try and avoid placing limitations on others because of the differences we see in them. If you find yourself in a position of consequence, the goal should be to help individuals find purpose and give everyone a fighting chance to be all they can be. Giants are everywhere. They all start small. Sometimes they need a little help to start growing.

A combat sports fanatic, Alek is a fourth year business student who like to read research papers for fun.

Surviving Insomnia

How to Get Your Best Nights Sleep

Jessica Young



Amid Everyone knows that sleep is important. Not getting enough sleep can affect our physical, mental, and cognitive health. Unfortunately, our high stress and constantly on-the-go world doesn't encourage getting a good night's sleep, and many of us struggle with falling asleep, staying asleep, or feeling rested in the morning. In fact, according to the Centres for Disease Control and Prevention (CDC) 1 in 3 adults aren't getting enough sleep. Yikes.

As someone who has struggled with insomnia, here are some tried-and-true tips that might help you get your best night's sleep.

Optimize Your Bedroom

Make your bedroom the ideal environment for sleeping by reducing external noise, setting the temperature, and reducing light.

White noise machines, a fan, or even a white noise app are great options for reducing external noise, while black-out curtains can help to stop the sun from shining a spotlight on your bed every morning. As for temperature, according to The National Sleep Foundation, "The best bedroom temperature for sleep is approximately 65 degrees Fahrenheit (18.3 degrees Celsius). This may vary by a few degrees from person to person, but most doctors recommend keeping the thermostat set between 60 to 67 degrees Fahrenheit (15.6 to 19.4 degrees Celsius) for the most comfortable sleep."

Reduce Blue Light Exposure

Blue light—emitted largely by devices like smartphones, laptops, and TV screens—messes with our circadian rhythm, essentially tricking our brain into thinking it's daytime. In my opinion, the best solution to this problem is limiting or cutting out screen-time one or two hours before bed. When that's not possible, you can use blue light filtering glasses or change the settings on your device to reduce the amount of blue light it emits.

Follow A Consistent Bedtime Routine

Try to go to bed at the same time every night and take anywhere from 30 minutes to 2 hours before you go to bed to wind-down and prepare your body for sleep. Practices such as having a

bath, reading a book, listening to music, journaling, having a snack, meditating, or stretching before bed can reduce stress and anxiety, as well as help you connect to your circadian rhythm.

Try Natural Sleep Aides

Natural sleep aides can include vitamin supplements, like melatonin or magnesium, as well as herbal teas. A warm cup of tea has a calming effect all on its own, but look for teas that include sleep-inducing ingredients such as chamomile, valerian root, lavender, lemon balm, passionflower, and magnolia bark. Of course, teas containing caffeine should be avoided.

Invest in Sleep-Promoting Products

While there are a million products on the market that claim to aide sleep, I have personally had success with two: weighted blankets and Dodow.

Weighted blankets can range in price from \$50 to \$300+, depending on the size, brand, and weight. I have a queen-size, twenty-pound blanket that cost around \$200—an investment, for sure, but sleeping with my weighted blanket feels like sleeping in a warm hug.

Ringin in at around \$80, you might find Dodow more affordable than a weighted blanket. The little device encourages meditation-like breathing (and therefore, relaxation) without the mental stimulation of counting your breaths. I cannot say enough good things about Dodow—it helps me shut off my racing thoughts and calm my body to get me in the perfect state for a great night's sleep.

Of course, always talk to your doctor if you're concerned about your sleep and consult with a medical professional before taking any supplements or making major changes to your lifestyle.

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: E. Wayne Kay Undergraduate Scholarship, and others

Sponsored by: SME Education Foundation

Deadline: February 1, 2022

Potential payout: varies by scholarship

Eligibility restriction: Applicants must be permanent residents of Canada or the U.S., be enrolled full-time in a degree program in manufacturing engineering, technology, or a closely-related field, in Canada or the U.S., and have a GPA of at least 3.0.

What's required: An online application, details of which will be revealed after you register.

Tips: One application covers all scholarships administered by the SME Education Foundation.

Where to get info: www.smeef.org/sme-education-foundation-scholarships/scholarship-opportunities/



Pep Talk for Valerie Bertinelli

Marie Well



Today, I saw a video of a beautiful woman crying her eyes out over her body image. Her face was stunning, even with her tears, and I remembered how I wished I could grow up to look like her whenever I watched her in her TV sitcom *One Day at a Time*. She was my childhood role model, Valerie Bertinelli.

Recently, someone had body shamed her, and it brought her to tears in a recent Instagram post. But, to me, she had nothing to cry over. She's beautiful. Most women would give anything to look like her. Her face is as sweet as an angel's.

I wish I could replace her tears with smiles, happiness, and nothing but unconditional love. If I could pass on the greatest advice I have similarly ever received, it would be this:

First, don't focus on your appearance. Focus on getting active. Fitness is attractive because it is healthy for the brain and will make you feel better. Feeling good or bad is based on what is happening in the brain, not the body.

Second, focus on healthy eating choices. Consume things that give you nutrition, not remove it.

Third, add meditation to your daily routine: five to ten minutes a day, to start the day and end the day.

Fourth, interact with positive friends and family that make you feel good, not bad.

Fifth, if there are any toxins in your life, from foods to drinks, then remove them from your life. Replace them with the inputs for a healthier state of mind or state of being.

Sixth, learn how to control the mind to be happy most, if not all, of the time. I've done this through books, courses, and free YouTube videos from The Marriage Foundation. I feel The Marriage Foundation will teach you how to love unconditionally all others, especially your own eternal soul.

Seventh, develop your spirituality by reading religious texts from all religions.

Eighth, stay off social media. It's antagonistic and bears little to gain. There is better time spent elsewhere.

Last, above all else, avoid the traps of vanity that base your perceptions on yourself in a negative light. To me you look very similar to what you looked like in your prime. You are very attractive to this day. The only thing that has really changed is your perception. All the changes outlined in this article can lead to changes that will help you develop your higher self.

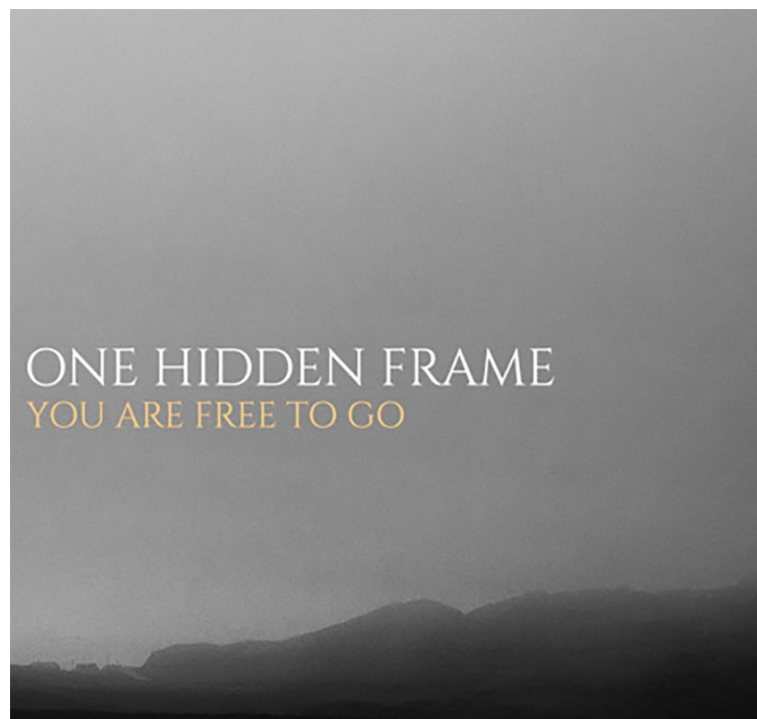
Happiness isn't sold per pound. There are many women who are not just overweight, but morbidly obese, who are happy and friendly and super fun to be around. It's their beautiful souls, just like your true inner beauty, that are highly attractive to most anyone.

I, too, throughout my life, put a lot of emphasis in my appearance, which caused me anguish. But I since discovered the secret of how to love unconditionally. As a result, I now understand that it isn't our bodies that matter the most in love; it's our hearts.

The body is fleeting. Love is eternal. And pure, eternal love and joy, lovely Valerie, is your true essence.

Music Review—You Are Free to Go

Jessica Young



Artist: One Hidden Frame

Album: I Am Not Here

Single: "You Are Free To Go"

Punk rock band, One Hidden Frame, has released the third single from their upcoming album, *I Am Not Here*. The single is titled "You Are Free To Go" and is available for streaming anywhere you get your music.

Established in the year 2002 in Lappeenranta, Southeast Finland, One Hidden Frame consists of Pekka Multaharju on lead vocals and guitar; Vesa Sinkko on guitar and backing vocals; Emil Stenbäck on drums; and Vesa Ahonen providing bass and backing vocals. According to the band, their main focus is creating energetic melodic punk rock, spiced with melancholy and aggression and meaningful lyrics towards a more solidary world. They describe "You

Are Free To Go" as a tear-jerker disguised as an upbeat punk rock rager.

Pekka goes on to say, "I was 8 years old when we got a dog. I grew up with him and learned how animals have their own personality, they are individuals. 11 years later, during winter, I fell asleep and forgot that he was outside. I woke up and went to look for him and he was somehow not the same and I was afraid the cold did something bad. The next day at the vet, I had to let him go because of a diagnosed organ failure. In tears, I felt guilty, apologized, and held him in my arms until the last breath. Few months before his death I had quit eating meat. Because of him I understood that as a creature that can feel, a cow or a pig is no different than a dog."

While I appreciate that "You Are Free To Go" is obviously an extremely personal and heartfelt song from Pekka, unfortunately the track missed the mark for me both musically and lyrically. The music sounded generic—even the instrumental break toward the end of the song held nothing interesting, nor did it showcase the band's talents as musicians. Lyrically, I found the song was too specific to Pekka's unique situation for it to be relatable to anyone else. I wish he had focused more on his emotions about losing his dog as opposed to the specific events, as it would have made it easier to connect with the song.

It also sounds like some of the lyrics were lost in translation (it looks like English may not be the band's first language) or they need to spend some time fine-tuning their writing skills. One line in the chorus is particularly bothersome: "Don't let those ghosts crush you down, until this day if

your mind is down just hold on tight”. The lyrics just don’t flow well—they feel jumbled and confusing.

Overall, I wasn’t a fan of “You Are Free To Go”.

Check out One Hidden Frame for yourself on [Facebook](#) and [YouTube](#).

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

New Years Resolutions and the Precarity of Certainty

Jason Sullivan



A Past, Present, and Future You at AU

Ever switch majors? Unlike New Year’s resolutions, our academic major ought to be a fully personal choice that we will live with for the rest of our lives. To be resolute about a lifestyle change (yawn) or a brain improvement (read a non-course related book each month?), implies an impossible certainty, however. We are already living in the past when we imagine our future selves being the same person as we are in each cognitive moment.

Flexibility in resolutions and academia are nevertheless a great way to get where we’re going. If you’ve ever signed up for a distance course at AU and regretted it when you realized that it wasn’t at all what you expected you know

what I mean. Happily, change at AU is but a click away. And an added bonus is that we can withdraw from courses early on just as readily as at any ordinary institution.

Winter Camping?

The real resolute nature of our studies lies in the requirement that we be disciplined in cleaving to our coursework through thick and thin. So, I’d suggest a doable resolution: winter camping. Er, glamping. Just think of all the writer’s retreats at mosquito lakes; the cure for procrastination might be to brave the elements just enough to motivate us. Plus: glamping implies a cozy yurt and a hot tub. And a change of scenery is a great way to get a feeling for where we are. In a sense, AU is a more glitzy version of education because we have all the comforts of home and none of the commutes or nuisances of campus life. Glamping sounds to me like a much better resolution than a month’s diet of what my Grandpa used to call sawdust and bird droppings (granola and raisins).

Glamping in winter suggests glamour and camping and impossibility of a real interaction with nature within our civilized lives. Or does it? Wouldn’t every human being dating back to ancient Siberia prefer a good hot fire and plenty of fodder? There’s a certain spooky action at a distance implied when we imagine our primal selves camped out permanently under the stars as they wheel their way across a boreal forest sky. Maybe we’ll even hear the hoot and wingbeats of a Great Horned Owl, embodying the owl of Minerva, the owl that functions as a teensy homunculus and a “traditional symbol of wisdom” (Oxford, online). At the very least, a resolution with a

beginning, middle, and end is better than something to last all the way over the horizon of our future lifetime.

Resolving to Assess Our Being in Time

So, what does being resolute even mean? And to who and to which you, the past, present, or future? Remember, we can only know our future self by an assessment of our current reality.

Max Stirner, a contemporary of Karl Marx and Friedrich Engels, was not one to generalize about history around him. Instead, in frankly nihilist fashion, Stirner stated: "Truth is dead, a letter, a word, a material that I can use up. All truth by itself is dead, a corpse; it is alive only in the same way as my lungs are alive – namely, in the measure of my own vitality. Truths are material, like vegetable or weed; as to whether vegetable or weed, the decision lies in me" (Stirner, online).

So: whatever we resolve about 2022 it really is about our decision to bring a more fulfilled life to our lives. Facts are, after all, a shearing away of reality until a pleasant form emerges. Dispensing with pleasantries itself might be an excellent resolution, but that's where the scientific mind meets the social reality of life itself. People are happier, overall, when they are kind. The commentator Douglas Groothuis notes that for Stirner the key is to realize how unique and special we all are. And, naturally, how epistemological singular our versions of reality even are. We know what we know because we are the knowers and the deciders in our lives. Douglas Groothuis suggests that, for Stirner, we only know what we know in terms of ourselves as an individual: "the unique one had to be 'self-referentially confined' – have no external reference point for its judgements – and thus have no recourse to anything beyond its arbitrary positing of value" (Groothuis, online).

Key to any resolution for 2022 is to open our minds and hearts to the New Year and, come what may, recall that we are the golden thread running through our own existence. And hey, as Ludwig Wittgenstein put it: "You cannot prescribe to a symbol what it may be used to express. All that a symbol *can* express it *may* express." So if winter camping, even glamping, seems like too tall of an order then you can always not go and say you did. And to yourself be true, rather than attached to past 2021 version of you.

References

- 'Owl of Minerva'. (2021). *Oxford Reference*. Retrieved from <https://www.oxfordreference.com/view/10.1093/oi/authority.20110803100258860>
- Stirner, M. (2021/1844). in Douglas Groothuis 'All Things Are Nothing to Me' by Jacob Blumenfeld. *Philosophy Now*. Retrieved from https://philosophynow.org/issues/146/All_Things_are_Nothing_To_Me_by_Jacob_Blumenfeld
- Wittgenstein, L. (2021/1921) in Leonid Bilmes "'Time of the Magicians' by Wolfram Eilenberger. *Philosophy Now*. Retrieved from https://philosophynow.org/issues/146/Time_of_the_Magicians_by_Wolfram_Eilenberger

AU-thentic Events Upcoming AU Related Closures

Blended Learning Practice MOOC

Jan 16 to Feb 12

Online

Hosted by AU and the Commonwealth of Learning

news.athabascau.ca/events/blended-learning-practice-mooc-spring-2022/

Register through above link

Faculty of Business Undergrad Program Orientation for New Students

Tues, Jan 18, 12:00 to 1:00 pm MST

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20220118/

RSVP through above link

All events are free unless otherwise noted.



DIY Matcha Shortbread Cookies

Xine Xu



Matcha shortbread cookies make an excellent gift for friends and family

My all-time favorite secret sauce (or rather powder) for my baking is matcha. Despite not being the most enthusiastic baker, I certainly love occasionally treating myself, my friends, and my family with some homemade matcha snacks. As of late, my favorite matcha treat is the matcha shortbread cookie. Pair the soft, crumbly texture of shortbread with the slightly bitter but sophisticated addition of the matcha and you get a concoction that is a definite crowd-pleaser. When I first stumbled upon bulk matcha powder in the grocery store, I immediately snatched it up to create matcha-based drinks such as lattes and smoothies but I was surprised to find the use of matcha in many dessert items as well. For the adventurous matcha can even be added to yogurt parfaits, ice creams and even popcorn!

If you've never tasted matcha before, it is a green tea leaf powder that has a bright green

color. It is slightly different from green tea in that it is harvested differently and ground in a uniform way. Trust me, if you were to ground up loose leaf green tea yourself, it would not taste the same! There are various classes of matcha including culinary grade and ceremonial grade. Ceremonial grade matcha typically is reserved for special occasions such as tea ceremonies and is pricey for the average consumer. However, culinary grade matcha is perfect for home baking, cooking and beverages.

The one I am using is the Japanese organic matcha powder from Costco. However, matcha powder is typically available in most grocery store's baking aisles.

Ingredients:

- 2 cups flour (all-purpose or bleached)
- 1 tablespoon of matcha green tea powder
- $\frac{3}{4}$ cup unsalted or salted butter
- 1 cup powdered sugar
- 2 egg yolks

This recipe makes about 24 cookies

Directions:

- 1) Add 240 grams or 2 cups of flour and 1 tablespoon of matcha green tea powder in a large mixing bowl



Ensure at least 1 inch of space between cookies to allow for expansion during baking



I used the round cookie cutters for my matcha shortbread cookies however, fun shapes can be great for celebrating different occasions.

- 2) Using a hand-held mixer or stand mixer, mix the butter and slowly add contents of the mixing bowl into the mixer
- 3) Mix all ingredients until uniformly combined, then remove dough from mixer
- 4) Cut the dough into halves and let sit in a bowl to chill for 2 hours in the refrigerator
- 5) Shape cookies using cookie cutters and distribute them uniformly on a baking sheet
- 6) Cookies should have at least an inch of space between one another
- 7) Preheat oven to 350 Fahrenheit
- 8) Set cooking timer for 15 minutes and place baking sheet into the oven
- 9) After 15 minutes, remove cookies from the oven and let sit for 15 minutes to cool.
- 10) Serve

To store the cookies, place cookies in an airtight container at room temperature. Cookies can be stored this way for 5 days.



The chilled dough from two hours in the fridge helps solidify the dough making it easier to cut cookies

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



Homemade is Better

Roast Pork Loin

Chef Corey



Happy New Year, everyone! I hope you all spent some much-needed family time and had a restful holiday. I know my family did until COVID entered our house. I feel fortunate that we have avoided the other variants, and thus far (as of this writing), omicron doesn't yet seem to be nearly as bad. Our youngest is 8, she has had one of her vaccines so far, but because of the local rule in Alberta, she must isolate for 14 days after her last day of exposure. We are just assuming that she is home for January.

But in the mean time, here is a recipe for a roasted pork loin. I used a five-pound pork loin roast for this recipe that I picked up from the grocery store. I trimmed the silver skin, then seasoned it with salt and pepper—nothing fancy, just a straight easy recipe. Sometimes simple is all you need for a great meal. Once roasted, I sliced it thin and served it some steamed broccoli, rice, and glazed carrots. I hope you enjoy this recipe!

Roast Pork Loin

Ingredients:

One pork loin roast – five pounds
Salt
Pepper

Directions:

- 1) Preheat your oven to 350°F.
- 2) Pull out a medium or large skillet; metal or cast iron is the preference but work with what you have.
- 3) Heat 1 tbsp of oil over high heat.
- 4) Season the loin with salt and pepper. Get every part of the roast.
- 5) Sear the roast fat side first, cook until it comes free from the pan without sticking.
- 6) Continue to sear all sides of the roast (this might make smoke, so ensure you either have a few open windows or cook it outside on the side burner of your grill)



- 7) Once all the sides are seared, turn its fat side up and roast in the oven an internal temperature of 165°F is reached. Then remove the roast from the oven and cover it in tin foil, allowing it to rest for ten minutes.
- 8) Slice it how you like it and enjoy it.



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



Beyond Literary Landscapes Community Care

Natalia Iwanek



From my early beginnings as a young introvert, the public library has always been a bit of a refuge. Years later, not much has changed, albeit with an additional affinity for endless hours spent scouring second-hand bookstores to add to my ever-growing “to-read” pile.

From one bookworm to another, this column will be underscoring and outlining various literary genres, authors, and recent reads and can serve as an introduction for those unfamiliar with these works, as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. Do you have a topic that you would like covered in this column? Feel free to [contact me](#) for an interview and a feature in an upcoming column.

Who

Those interested in an introduction to the topic of Community Care may choose to begin with four major authors—both as a reminder of some of the genre’s recent bestsellers and inspiration for further

reading. Those being Sonya Renee Taylor, Bessel van der Kolk, Judith Lewis Herman, and Desmond Tutu.

What

Many of these works focus on helping individuals overcome difficult situations. And although most are traditionally marketed in the Self-Help or Self-Care genres, we are never truly alone in learning to love and understand ourselves, or finding ways to cope with trauma, grief, and loss. Often, the road to healing is often not possible without the assistance others.

Many of these works take the concept of individualistic and isolated self-care further, to also mean turning our compassion for ourselves outwards as well as interdependent community care. This is when we take care of each other and “redistribute resources to those who need them most.” In particular, Community care “involves more than one person. It can include two, three, or possibly hundreds of people.”

Some ideas for reads in this genre include *The Body Is Not an Apology: The Power of Radical Self-Love* by Sonya Renee Taylor, *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma* by Bessel van der Kolk, *Trauma and Recovery: The Aftermath of Violence* by Judith Lewis Herman, and *The Book of Forgiving: The Fourfold Path for Healing Ourselves and Our World* by Desmond Tutu and Mpho Andrea Tutu.



Where

These works take place mainly throughout the United States and South Africa.

When

These works take place in the 20th and 21st-centuries.

Why

For readers interested in topics related to community care, resilience, compassion, radical self-love, recovery, grief, loss, trauma, post-traumatic stress disorder (PTSD), and forgiveness, these four works are a start.

How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to Nigerian Literature are available in a variety of disciplines, including one's that may fit into your Degree Works. (Always check with a counsellor to see if these particular courses fulfill your personal graduation requirements!)

AU students interested in learning more about this topic are recommended to look into MAIS 662: Mourning and Trauma: Theoretical and Historical Debates, a graduate-level, three-credit course, which "will look at the historical, psychological, and sociological debates and theories regarding mourning and trauma, and do so from a variety of cultural perspectives." Happy reading!

Natalia Iwanek (she/they) is currently completing her Bachelor of Arts in English with a minor in Political Science at Athabasca University.



Student Sizzle — AU's Hot Social Media Topics

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

Following what's hot around AU's social media sites.

AthaU Facebook Group

What AU students excel at: peer support. A student ready to quit AU studies asks for advice, and dozens of students respond with encouragement, guidance, and shared experiences.

Discord

Bitterly-cold bathroom humour. During an extreme cold-weather event, students in the #coffee-shop-lounge swap cold stories, including frozen toilets (and frozen turds.) This, naturally, evolved into a discussion about climate change and energy sources.

Twitter

@AthabascaU tweets: "Before you book your online exam through ProctorU, be sure to follow these tips. Let us know if you have any questions!"

<https://bit.ly/3neWtxr>."

Youtube

One more heartwarming Christmas story: AU grad and Santas Anonymous leader helps to deliver the Christmas spirit to families in need.



Valentine's Day Vows To You

Marie Well



It's one-month away from Valentine's Day! And what a blissful holiday, bursting with love, affection, and romance. And do I have a treat for you. You have a mystery Valentine and this fairy tale love is greater than the love of any mother. It's love that expects nothing in return. It's pure, unconditional love.

The following are your mystery Valentine's vows to you. At the end of these vows, I'll reveal who your Valentine is and present to you a challenge.

Now, sit back and feel these vows fill your heart and soul:

"I vow to love you unconditionally. In my eyes, you are perfection just as you are, were, or will become.

"I vow to never judge you. Your existence is pure innocence--like a child learning how to walk. I celebrate each fall as part of your dance of learning to walk, run, and climb.

"I vow to be loyal to you. Unwavering loyalty is my

precious, eternal gift to you.

"I vow to see your infinite, unparalleled beauty. You are and will always be the epitome of beauty.

"I vow to always smile and laugh with you, but to never anger.

"I vow never to criticize you. I'll accept your criticisms as welcome advice for me to grow. What you struggle with today, I will never criticize, for your struggles today will make you even more precious tomorrow.

"I vow not to burden you with my problems, although I will listen with empathy and compassion to every problem you may share. I will always side with you on every issue, for I empathize with you with every fiber of my being.

"I vow to treat you as if it's our first date every day. I loved you like crazy during our courting, and vow to love you with even greater intensity every passing day. My love for you is ever-growing for all eternity"

Those are the vows from your mystery Valentine. This Valentine is your guardian angel or your higher power (God)! I believe we all have a guardian angel who loves us with the purest of unconditional love.

And the above vows are what it takes to love unconditionally.

But that's not the challenge I'd like for you to consider. I'd like for you to express these vows to your life partner, expecting nothing in return.

And if you want to become a Saint, express these vows to every soul you meet. And, no matter what may occur, vow to always maintain a happy state of mind.





Dear
Barb

Barbara Godin

COVID Christmas Fallout

Dear Barb:

Well, I'm glad that's over. Christmas was awful! Half my family are vaccinated, and half are not, so it was difficult to decide who to invite to our family dinner. Then some of the family refused to wear a mask or social distance, and so we ended up in different rooms until Christmas day which was total chaos and resulted in a huge fight with people leaving in the middle of dinner.

Within days some of us began having symptoms and a couple ultimately received a positive COVID test. Then the blaming began. Now two weeks later, no one is talking to each other. I am trying to find a way to get my family back together. Do you have any suggestions, or should I just wait for a while and hope this will just blow over? I HATE COVID!

Breanna.

Hi Breanna:

Sorry your Christmas was so stressful. People are so exhausted from the virus, and we were all hoping this year it would have ended and we could enjoy our Christmas get together. The situation with the vaccinated and unvaccinated has been an ongoing issue and has been straining family relationships from day one. Everyone has their own belief system, and the confusing part is that experts don't seem to completely understand Covid or the variants. This leads to frustration and people do not know what to believe.

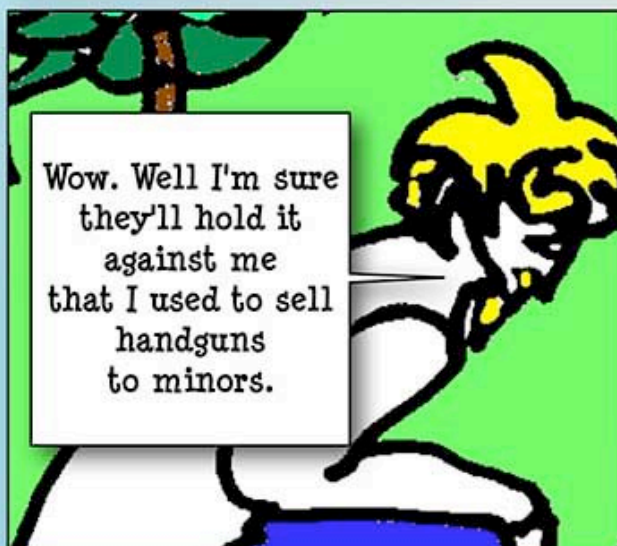
I think you should wait a while before you attempt any reconciliation. If you try to discuss the issues too soon it will be a trigger and things will erupt again. When you can think about it without feeling emotional, then you may be ready to attempt a discussion. Initially try a virtual visit, this way you will all be safe and not have to get into risky situations. When you do get together, do it in an outdoor area where you will be able to maintain safe social distancing and wear a mask.

It would be a good idea to tell your family members that you will be wearing a mask and maintaining social distancing. Hopefully, they will respect your boundaries. If things erupt again when you get together, you may need more time apart, but continue to maintain a connection either virtual or through texts or emails. Remember all pandemics eventually end. In the meantime, do not allow this pandemic to permanently ruin your family relationships. I hope I answered your question. Thanks for writing Breanna.

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 Mave Ethical Obstacles

Wanda Waterman



This update is provided to The Voice by AUSU.
Contact services@ausu.org with questions.

AUSU presents Research Week!

Broaden your academic experience, enhance your resume or CV, and strengthen your graduate studies application by conducting undergraduate research at Athabasca University!

Have your questions answered in [an evening with Dr Andrew Perrin](#), see why and how students like you are involved in undergraduate research, listen as Vice-President External Karen Fletcher chats with faculty and researchers, and more!

Presented By
AU SU

January 24-28

**Expanding Knowledge and Opportunity:
A Guide to Undergraduate Student Research**

With Dr Andrew B. Perrin, PhD
Associate Vice-President, Research
Athabasca University

January 26, 2022 5 PM MT

AUSU Chats with Special Guests
Discover what experienced AU faculty and students have to say about research

Daily Interviews!

start your Research Journey
with a custom **Learner Pathway**
Preparing for Undergraduate Student Research

Brought to you by **LinkedIn Learning & AU SU**

visit ausu.org for details

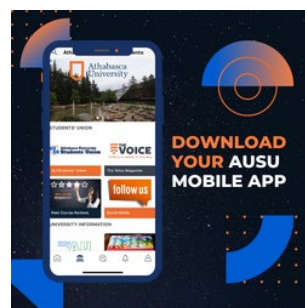
AU SU Open Mic Podcast

#53 BENEFITS OF UNDERGRADUATE STUDENT RESEARCH AT AU

Dr Vinu Kumar
Associate Dean of Research
Faculty of Science and Technology

David Brulinger
Research Assistant
Undergraduate in Computer Science

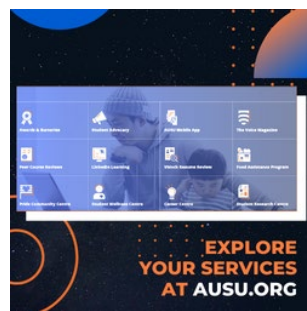
AUSU is here to enhance your AU learner journey! These three simple steps will help you get the most from our programs and services in 2022, so why wait? Get started today!



Did you know you have a FREE mobile app? The [AUSU Mobile App](#) is a great way to stay organized, access services, track events, and connect with others.

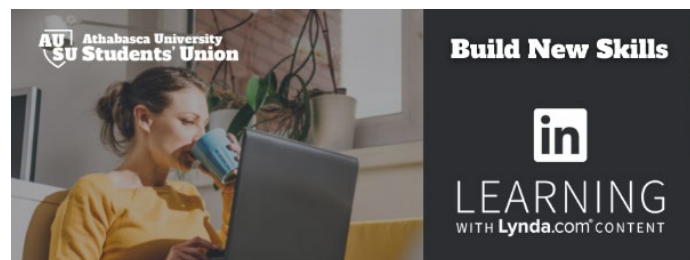
Join campus discussions, organize your classes, and build better study habits, all in the AUSU Mobile App!

Check out the [services and programs](#) available (often for free!) with your AUSU student membership. Find our robust and growing [Awards & Bursaries Program](#), [Peer Course Reviews](#), [Virtual Food Assistance Program](#), free access to [VMock](#), [Resume Review](#) and [LinkedIn Learning](#), and so much more!



Stay informed, connect with fellow AU students, and enjoy special events and contests with your AU students' union!

[Facebook](#)
[Instagram](#)
[Twitter](#)
[LinkedIn](#)
[YouTube](#)



How do you access LinkedIn Learning?

Go to [LinkedIn Learning](#) to sign up. You will need to use your **AU email address** (@athabasca.edu) to get free access to LinkedIn Learning. *Set up your AU email [here](#).*

If you have **already signed up** for your free LinkedIn Learning account, log in to LinkedIn Learning [here](#).

You can also use LinkedIn Learning through the [Mobile App](#)!



Homewood Health offers a comprehensive wellness support program to meet your mental health and wellness needs.

CLASSIFIEDS

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

THE VOICE

301 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7
Ph: 855.497.7003

Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Barb Godin, Barbara Lehtiniemi, Corey Wren
Jason Sullivan, Wanda Waterman, Xin Xu and others!

www.voicemagazine.org

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

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

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2021 by *The Voice Magazine*

ISSN 2561-3634