



THE VOICE

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Minds We Meet

Interviewing Students Like You

Convoys and Herstory

Where is Our Country Going?

Conditioning for Success

Advice to Reach Your Goals

Plus:

*Dealing with Difficult Family.
We Need You
and much more!*



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LETTERS TO THE EDITOR



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

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

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

Editorial We Need You!

Karl Low



If you're not aware, many of the regular writers you read here at *The Voice Magazine* are actually graduates of AU. No longer active undergraduate students themselves, they still try to keep in touch with the student body and write articles they hope will be appealing or helpful to students like you.

But for this magazine to really reflect what's going on with those of you taking your undergraduate degrees at AU, we actually need you, the current undergraduate students, to take the time and bring your ideas and opinions into the mix here. After all, it can be hard for non-students to keep up on the news that really effects you. What's going on with the tuition increase, for example. What kind of things is your student's union doing, and are they any good or just a waste of time?

What courses are great to take if you need a GPA booster, and what do you want to avoid unless you really absolutely must take it?

What's your take, the student take, on the faculty strikes in Lethbridge, or the risk that something similar may end up happening here at AU some point in the future? How is

COVID, or the truckers protests, or your provincial student loans program affecting your AU education and do you think it'd be better or worse if you were in a traditional, brick and mortar university? Been job hunting lately? What have the reactions been like when they see AU on your resume?

If you're a student who takes advantage of AUSU services, why not write something up to share your experiences with other students? We're also looking for students to take on our Course Review column, something that can not only help you get some connections within AU, but is really valued by Voice readers, according to the stats.

These are the kind of questions that I'd like to see answered in *The Voice Magazine*, but to do that, I need students like you to participate. And to encourage that, AUSU granted me leave to give current students a small bonus on the usual pay of any articles we publish. So if any of this interests you, why not contact me at voice@voicemagazine.org and I'd be happy to help you get started.

Afraid you just don't have the skills to write a decent article? No worries, you're not alone, and part of what I'm supposed to do is make sure you gain those skills. The writing part we can work on together, but what I really need is your ideas and your content.

Take this issue, for instance, we've got some great content in an interview with Grace Nelson. A first "year" AU student who, so far, is having a blast with the freedom AU allows her. We've also got a relatively timely look at the connections between convoys, protests, gender, and how education fits in to the whole mess. We round that out with some advice on steps you should take if you're absolutely devoted to success. Not to mention scholarships, music reviews, events and more.

It's an eclectic selection of content I'd never be able to come up with on my own, and it can only be made better if I get people like you helping to come up with even more.

Enjoy the read!

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

MINDS WE MEET



Who are your fellow students? 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 Grace Nelson (she/her), from Courtrice, Ontario the traditional territories of the Mississaugas of Scugog Island First Nation.

Grace is currently in her first semester of AU's Bachelor of Commerce in Human Resources Management. She stated, "Before Athabasca [University], I did one year at Trent University in 2020–2021 for child and youth, working toward being a teacher, but I had a change of heart and decided to find a career with a wider

range of opportunities and more room to grow. I also loved doing online learning since it gave me so much more time to have an actual LIFE—even be able to travel while doing school if I wish. So, I found Athabasca, which met my desire for freedom."

Grace is "truly enjoying" her first semester so far. She continued, "I wasn't sure I'd be a good fit for this, but, so far, it feels right; like I made a good decision to switch. After I graduate, I hope to find a job as a Human Resource manager—hopefully find a virtual one, so I can continue my adventures while working! Thankfully, I have seen a lot of HR jobs that are online, so it can only go up from here I'm thinking!"

Outside of school, Grace has been an avid boxer for the past five years and has her "level one coaching." She explained, "I coached for two years at Motor City Boxing but it closed due to Covid, so I now train at Speakeasy Boxing. I love to travel, went to Calgary last summer for my birthday and saw Lake Louise. She also hopes "to one day move to the Alberta area." She continued, "I love to do photography as well; I mainly do car and travel photography now. On downtime, I enjoy drawing, painting, and going on mini day trips!" In addition to boxing, Grace enjoys "working-out, painting, going on day adventures, and photography." She is also currently watching *Maniac* with Jonah Hill and Emma Stone.

When asked who has had the greatest influence on her desire to learn, Grace stated, "No one has really inspired me to learn other than myself. I want to make sure I can do the things I dream to

do, and unfortunately, nothing is free so I decided to find a career that would allow me to pursue those dreams!”

Although only beginning her AU journey, her experience with online learning has been great so far. She explained, “My experience with online learning is amazing. I have the freedom to have a life outside of school and do school when I am in the right mindset to learn. I love being able to schedule my exams.” Although she “struggle[s] to stay focused,” she finds that she is “getting better and it's teaching [her] how to stay focused and motivated!”

When asked if there was ever a point that she wavered about continuing her schooling, like many students, Grace admitted that she did. She stated, “I wavered in schooling while I was at Trent almost every week; it was so stressful I just wanted to give up. I felt like school was just not for me. Athabasca can be challenging at times, but it isn't as stressful. I pushed through at Trent by just telling myself to keep going and after the year is done, I'll sit down and decide if I want to pursue teaching.”

Grace is currently enjoying ADMN 233: Writing in Organizations, which is an “an online simulation where [she] must answer fake emails and do business projects just as [she] would in real life.” She continued, “I love it because it makes me feel like it is doing the best job at teaching exactly what to do. It's hands-on which I love, I find it difficult to sit and read a textbook, this course provides you with an experience!”

As for communications with her tutors? “I find that communications can be a bit confusing at first but once you get a hang of how to go about contacting them it's quite easy and I have all my questions answered.”

If she were the new AU President, her “first project would be to grow the family of Athabasca University, post more on social media get to know the students more, and maybe make posts about them.”

When asked which celebrity she would like to have lunch with and why, Grace admitted that she does not keep up with celebrities, but that she would most likely choose Jeff Bezos “to find out how I can make more money, haha.” And the lunch? “Lunch would probably be sushi, my favourite meal to have!”

The one thing that distinguishes Grace from other people is that she believes that “there is no correct thing to do in life, there is no purpose.” She explained, “I feel like people take life much too seriously, but we are really just floating on a big rock so why not do the things you really want to do? Don't conform yourself to the made-up rules by society. Be your authentic self and if people don't like it that's all right because they have no clue to what the purpose of life is either!”

As for the most valuable lesson that she has learned so far? “The most valuable lesson I have learned is to make sure you can depend on yourself, get a good job so that you can do whatever you desire in life, and not need to rely on others to reach those dreams.” And her proudest moment? “I am currently working toward my most proud moment, which will be finishing my degree, but after that I'm sure I will have even more proud moments.” Best of luck Grace!

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



Fly on the Wall Convoys and Herstory

Jason Sullivan

Where Is Our Country Going



Tom Petty once sang that “love is a long, long, road” (Petty, online). The same is true of *herstory*, and particularly the *herstory* of dissent and protest. In Martin Luther’s time, German peasants took literally the Protestant call for worldly authority to bow to scripture and the supremacy of personal relations with the other-worldly. It was the birth of the modern concept of individual rights, some would say. Anyway, peasants revolted only to be subsequently quelled by the ruling class and Luther himself, who seemed to say: take your freedom seriously, but not *so* seriously (Engels, online).

Meanwhile, our freedom to study comes with responsibilities, not least of which to our patrons, our families, and our future selves. We are free to fail and to give our all but in the end our conscience tells us if we have given our best effort to each essay, assignment, and exam. Freedom is tricky and, to recall Janis Joplin, “freedom is just another word for nothing left to lose” (Joplin, online). When anyone

feels their freedom threatened it calls into question what this core value means; academic freedom, for instance, draws the line at plagiarism.

The Personal and the Political

Particular subcultures have always resonated with the broader society as people protested against perceived injustices. In Joplin’s 1960s armed Black Panthers stormed the California state capital building in Sacramento. “Carrying rifles, pistols and shotguns, and wearing dark glasses, leather jackets and berets, they marched up the front steps and into the Capitol to demonstrate their opposition to an anti-gun bill by Oakland Republican Don Mulford (1915-2000). Unlike today, there were no airport-style security checkpoints at Capitol entrances — visitors could come and go freely” (McFadden, online). The Black Panthers key complaint? You read correct: opposition to gun control. Name any issue and stereotypes evaporate in the face of the long ticker tape of history.

Next up: the 1970s. It was a smoky landscape of long hair and the Grateful Dead singing gleefully about truckers being busted for delivering meth all across the countryside. “If you got a warrant, I guess you’re gonna come in” they sang (Grateful Dead, online). Now *those* were different times amidst the current addiction and overdose epidemic.

Also during the 1970s, CB radios were deregulated and, like a primitive internet, this allowed truckers and their idea of a convoy to become part of the cultural imagination. Guys and gals on their couches could listen in on what was going on, too. *10-4* and *roger that* remain staples of the cultural vernacular in some quarters to this day.

After all, participation is as much a fandom concept as it is a literal act. Probably the most famous trucking song was, appropriately, “Convoy” by CW McCall. With lyrics about hippies as “long-haired friends of Jesus in a chartreuse micra-bus” it cut through the spook-cheese of stereotypes

and suggested a universal connectivity literally embodied by the Interstate highway system “By the end of the 1970s, millions of Americans had used a CB radio. Sure, “Convoy” is a novelty song, but it topped the pop and country charts and became a phenomenon, inspiring movies and TV shows. It’s also an improbable protest song—an asphalt fable of workers pushing back at a system that always seems to lean on them the hardest” (All Things Considered, online).

And From The Backyard...

Meanwhile, my hometown has a noted music producer from Burma/Myanmar. His name is Thurein Myint, and his father was imprisoned as a dissident by the authoritarian regime that still rules his homeland. Fortunately, he escaped to Canada. And, just as we breathe a sigh of gratitude over the basic human rights that we Canadians experience, we AU students ought to always remember that the ability to disagree as citizens expresses only the most fleeting of historical epochs. His analog studio (remember, almost every great rock and roll, Motown funk, or pop song in herstory was recorded on analog rather than digital equipment) is renowned in the community. The music he plays and records is outstanding.

So is his poetry; here’s an excerpt from 2006. In a poem titled *Once Upon a Time in the Future* wrote: “Easier the better/Cheaper the better/So once upon a time in the future/If women ever become allergic to men/Or the other way around/The little knowledge will be entitled ‘How to quarantine them’” (Myint, 23).

Gender is gender, but we don’t have to bend over backward to consider how discursive disagreements in our times have restricted our democratic ability to agree and disagree and agree to disagree. Belief in our righteous virtuosity, regardless of the *facts Ma’am*, problematizes our ability to really listen to the Other. Respect is easy in an echo chamber and rough when beliefs seem mutually incommensurate. Yet, we are all Canadians and the ties that bind us begin with civil rights. We may disagree on the responsibilities implied in those but in the end we have to get along with one another. *Herstory* will truck on and we are all on the same path hopefully to a better Canada.

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Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.

How to Condition Yourself for Extreme Success

Marie Well



Whether you're gunning for a Ph.D, aiming to go from couch potato to extreme sports, wanting to become a CEO, or desiring to perform in front of thousands of rabid fans, you need to condition yourself.

Mastery at extreme sports, just as for anything extreme, takes conditioning. You need to build muscles, learn how to master your instrument, such as a bicycle or weight set or racing car. Mastery takes repetition, excellent coaching, a single focus, and constant improvement.

But why listen to me? I am not Celine Dion, but I did gain a few wins. I went from anorexic couch potato, barely able to run twenty steps without wheezing, to working out with the university wrestling team under the direct coaching of a five-time World champion. This total body transformation occurred within about a year's time. I also went from being told by my medical doctor that I would never "go to school for any length of time and never work a real job" to acquiring a master's degree, although a Ph.D was my goal. And I am

now in pursuit of a role as a CMO. I've also read books on sports and finance psychology for success and have communicated back and forth with the creator of the 10,000-hours-to-peak-performance rule.

Here are strategies to condition yourself for peak performance:

Motivation.

First, you need desire. You need the desire to reach high—to aim higher than your biggest dream—and go for it. I was in a spell, long ago, where I gave up on all my dreams. I lost all motivation due to a severe anxiety disorder. I felt hopeless and incompetent. But after reading numerous books on how to cure anxiety, I found the cure, and began dreaming bigger and bigger again. And now I'm back in the races. I just wish I kept the dreams burning even during my low points. My advice to you, no matter what challenges you face, keep gunning for the goal.

Belief in limitless potential.

I can't stress this enough. You have infinite potential. You can achieve anything you desire to accomplish. You have the ability to overcome any limitation you wish to tackle. Truly nothing can hold you back, if you choose to plow forward. You've got what it takes, and even if no-one else believes in you, I do.

Goals.

Break your big dream into mini goals and take that first step, however tiny, in the right direction. Put one foot forward toward your dream and you'll naturally take several more steps. A body in motion stays in motion, so keep hustling well beyond the acceleration point. And once you skyrocket, look back and recall how each tiny step mattered.

Practice.

This means learning and practicing the basics over and over until they become as natural as sleeping. A friend of mine performed musically in front of a large crowd and said she was quite

scared at first. But the more she performed, the more conditioned and less fearful she felt. It's the same with boxing. Practice punches daily, three sessions a day, along with daily sparring, as they do in one boxing arena I'm familiar with. This frequent practice conditions fighters to feel relaxed and at ease when in an actual televised fighting match. Practice makes the intensely difficult quite natural.

Instrument mastery.

Get familiar with all the intricacies of your instrument. For instance, be able to jump on your bicycle and travel at high speed to a neighboring city, with all the tools and know-how to fix a flat tire. But don't stop there. I recently saw teens downtown on bicycles leaping from a high platform of a statue to two levels down, hoisted only on their back tires. Dangerous, yes, but they demonstrated mastery. If you want to perform in extreme sports, master your instrument like it's one of your own body parts.

Imagination.

When you get downtime, don't worry about anything. There is never a time for worry, just a time for planning your wins. Focus on imagining your ideal self in your dream role. If you dream of performing on stage, create a video in your imagination of what your perfect performance would look like, along with the rabid fans. If you're a wrestler, imagine yourself dodging the clinches and toppling over your opponent—again and again. If you're a student, imagine yourself studying nonstop, claiming top grade after top grade, until you place your first, second, and third degree on your proud wall.

A singular focus.

Pick a dream with the knowledge that you can always create new dreams once you've arrived. And go for each big dream, one at a time, with a singular focus. Work at your dream for over ten hours each day, if possible. Give it all your focus, or as much focus as you can possibly squeeze in during the day. Surround yourself with the objects of your singular focus. For instance, if you want to look like Arnold Schwarzenegger, then buy his books, his posters, his videos, his recommended foods and protein shakes. Get a gym membership where the weights are of WWE size and hang out with the giants. (But don't go on steroids as they'll kill you in your forties, according to the stats on many WWE wrestlers.) Zero in on the goal.

Studying and modeling the pros.

Coaching is essential here. When I started body building, I had a friend coach me daily on how to lift weights. I also bought Arnold Schwarzenegger's Encyclopedia of Bodybuilding and began doing his workout routine six days a week, sometimes twice a day. As well, I hired a personal trainer twice to help ensure I had proper form. Now that I'm seeking to end up as a CMO, I'm studying social media sites for CMOs and looking at clothing, disposition, colors and other indicators of their style and content. I'm buying books and audio books on CMOs, while also buying books on the industry I wish to focus on. Do what the pros do to condition yourself for success.

AU-thentic Events Upcoming AU Related Closures

Faculty of Business Undergrad Program Orientation for New Students

Wed, Feb 23, 12:00 to 1:00 pm MST

Online

Hosted by AU Faculty of Business
news.athabasca.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20220223/
RSVP through above link

AUSU Speaker Series: Husoni Raymond

Wed, Feb 23, 5:00 to 6:00 pm MST

Online via Zoom

Hosted by AUSU
www.ausu.org/event/ausu-speaker-series-husoni-raymond/
RSVP through above link

Webinar: Learn how to create an inclusive workplace during Black History Month and beyond

Thur, Feb 24, 11:00 am to 12:00 pm MST

Online

Hosted by AU and Ten Thousand Coffees
news.athabasca.ca/events/learn-how-to-create-an-inclusive-workplace-during-black-history-month-and-beyond/
Register through above link

All events are free unless otherwise noted.

Breath control.

Breathing is a great way to maintain mental control when under duress or to regulate a high level of keen neutrality. A breathing routine, often developed through meditation, can help you maintain a steady state for optimal performance even when times are super stimulating.

Mind control.

The goal is to stay optimistic, happy, and upbeat no matter what roadblock might occur. A positive, optimistic mindset is mandatory for the successful pursuit of a high-performance win. I once told a former NHL hockey star that I had the mantra "Losing is not an option" on my wall, and he immediately told me to change it to "Success is inevitable." We have the obligation to change our thoughts to happy ones at every given moment if extreme success is our goal.

The right effort.

The more you work at a task, the more effortless it becomes. But at the same time, you want a little tinge of excitement in your heart to keep even the mundane inspiring. Mantras and motivating music help keep your efforts in the green zone.

Constant improvement.

Every day we need to stretch ourselves so that we try better and smarter approaches—so that we don't get stuck in a rut. Tweak a variable or two daily and measure it to see if the change leads to success. I cut out coffee before exams and performed in a more relaxed, clear-headed state. I tried using cue cards for writing essays and scored higher grades. I studied for final exams the morning of the exam while on the bus, which improved my grade massively, contrary to the popular belief that we should stop studying the night before. Constantly try and measure new systems and actions to see what helps you improve.

A playbook.

Playbooks are used in sports and finance to assess activities, strengths, and areas for improvement. So, take every exam, workout, or public performance you do, and write up what actually happened, what worked well, and what needed improvement. That way, you can start to see patterns that will help you optimize the best and remove the worst.

The above strategies will help you realize extreme success. You are meant to realize your limitless potential. Nothing truly can hold you back. The world has infinite opportunities. And it all starts with your desire.

And once you achieve your dream, don't stop. Dream bigger.



Unearthing classic articles from previous issues of The Voice Magazine

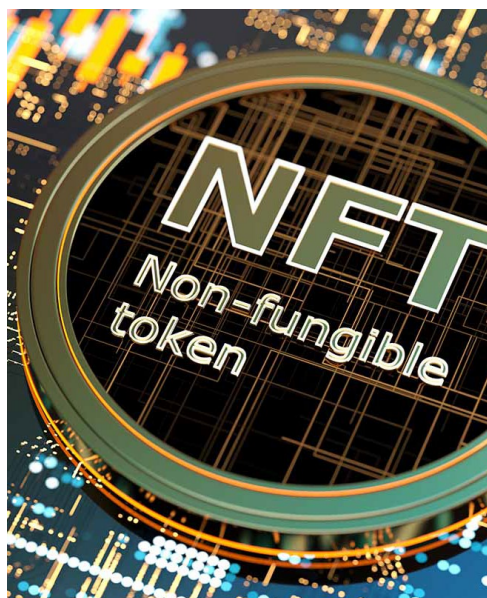
As several provinces head into the Family Day weekend, we glance back at what our Voices past have had to say about it.

Friends are the family we choose. Tara Panrucker examines the idea behind Family Day, and the concept of family. "Family is not limited to who you grew up with. Family is the community you build wherever you are." [Where do you Find your Family?](#), February 8, 2019.

You had me at Sea Monkeys. Bill Pollett tries to beat the dreariness of February-March by proposing some over-the-top activities. "Have you ever, for instance, considered the exciting sport of biathlon? Simply bundle up the family, grab some skis and high-calibre firearms, and head out into the woods for a fun and memorable afternoon." [Farch Blues](#), February 25, 2004.

What I've Learned of NFTs and Web 3.0

Marie Well



Recently, a friend read about a new concept called NFTs and came up with a brilliant idea. I was tasked to create the NFTs. But I had no clue what an NFT even was. So, I began doing some research.

Apparently, there is a new set of ideas coming forward with the new Web 3.0. Three of the dominant ideas are NFTs (which stand for “non-fungible token”), social currencies, and decentralized organizations. Nonfungible tokens are one-of-a-kind (artistic) designs that you can trade on a marketplace, called an NFT platform.

I haven’t had a chance to wrap my head around decentralized businesses nor the underlying reason behind them. So, I’m going to skip discussing decentralized organizations in the context of this article.

But I have read a little bit about social currencies. Some circles say social currencies are a covert way for government to eventually assume a level of control over its citizens actions. In China, for instance, according to [Business Insider](#), a system of social credit is underway where “people can be punished if they drive badly, buy too many video games, or steal.”

Businesses are more focused on social currencies as a way to reward customers for participation in the organizations’ online communities, such as Discord. These social currencies can then be used by the customer to receive discounts on products and services or gain other benefits, such as swag or anything else the business might like to offer in exchange for the desired social action. I also read that this transition to social currency is still in its infancy, so early adopters are still carving out what counts as a desired social action and subsequent reward—in other words, what can be done within the social currency model.

As for NFTs, nonfungible tokens, they are a form of cryptocurrency, where you can perform tasks such as generate 10,000 variations of a single design very quickly and sell every one of them on one of the NFT platforms. The NFT platform I wish to sell on simply has people purchase the designs from you they want and, from there, the buyers can resell them at any price. It’s like a trading environment or a barter economy, but all online and with cryptocurrency. To convert the cryptocurrency to cash, you go to a crypto exchange. Crypto exchanges are kind of like foreign currency exchange services where they convert your Canadian dollars to US depending on the relative market value of the Canadian dollar to the US dollar.

So, to get started, all you need are basic design skills in, say, Canva; a tiny bit of coding ability; and a good course on NFT’s purchased from Udemy for around \$17.00. For the artistic designs, you need to have enough combinations to account for 10,000 NFTs. If that doesn’t make sense, then perhaps think of it has four sets of ten similar items that you need to generate. In other words, you can have one set (one layer) as ten different color backgrounds; another set (another layer) as ten different hats on the person; still another set (yet another layer) as ten different sunglasses on the person, and so forth until you get to four sets (four layers). That way, you can use a nifty little piece of code to instantly generate ten combinations of four layers to create 10,000 similar designs (10 to the exponent 4), each unique.

And then you go and sell them. And, if I'm correct, for each sale subsequent sellers make with your NFT, you automatically take a cut. What's not to like?

But there are a lot of different NFT platforms out there. Some are as crazy as a virtual world, where you buy and own property on it.

Personally, I'd like to know why this transition is being made to Web 3.0 and who is behind it. Only then, I believe, can I truly understand why these changes are being implemented.



Three Tips for Dealing with Difficult Family Members

Xine Wang



They say you can choose your friends, but not your family. While family members are often seen as the most supportive, reliable people in your life, that may not always be so. Sometimes not all family members have the same perspective, the same personality, or even have your best interest at heart.

Having watched a lot of Netflix dramas, I can say that family dramas can be often dramatized and even addicting to talk about over and over again. And trying to deal with the same issues or the same difficult topic can be draining. With Family Day approaching, here are some tips for dealing with difficult family members and how we can always learn from conflicts and grow from them.

Step Back and Reflect

Sometimes family drama can be quite heated. Whether an upsetting argument over the phone or a tense family dinner, the first thing is to separate ourselves from the conflict. When we're in the heat of the moment, we can say things that upset and add oil to an already fiery argument. Don't feed the urge to "get even" or "prove a point". Instead, separate

yourself from the person and the conflict. This gives you time to cool off and look at the situation from a different angle.

When our minds and bodies feel threatened, we come to a fight or flight response that impairs our ability to think clearly and act rationally. What does this look like in a typical argument or discussion? Perhaps, excusing yourself to your room or taking a moment to get some air outside rather than lashing out at the person.

Listen Actively

Sometimes it's easier to ask for what we want before we take the time to listen. When you've had a chance to voice your concerns in a calm and collected way, listen to the other individual's perspective. And when you listen, engage yourself with eye contact, nods and sincerity. Listen to understand their concerns rather than with preconceived notions.

Actively listening means that you communicate what you heard with the individual. For example, when tensions with my mother became heated I would step away from the conversation and come back at a later time. Then I allowed her to voice her concerns with not doing the laundry frequently enough. I allowed her to vent her frustrations. This does not mean you have to agree with their standpoint, but it means that you can see where they come from.

Communicate Clearly

When we've had a moment to cool off the emotional part of our brain, we are more equipped to voice our concerns. This might mean setting certain boundaries. For example, when I had tensions with my siblings over using each other's belongings, I've had to sit down and have an honest conversation with them. I took the time to step back then come to a conclusion on my goals for the conversation. The discussion was smoother and it also helped the other person realize the hurt and anger their actions had caused. Even though this may not always have the outcome desired, it means that you've taken ownership and action to change the situation in a mature way.

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



Music Review

Brass For Gold

Jessica Young



Artist: The Rumjacks

Album: *Brass for Gold*

Celtic punks, The Rumjacks, have just released their new EP, *Brass For Gold*, available anywhere you get your music. You may recognize The Rumjacks from the popular 2011 [“Irish Pub Song”](#) which has over 77 million views on YouTube.

Brass For Gold is the follow-up to their successful 2021 studio album *Hestia*, which introduced new singer/songwriter Mike Rivkees on lead vocals. According to the band, The Rumjacks are capitalizing on their new sense of artistry—this album is grounded in their signature eclectic Celtic punk sound while digging deeper into their ska and hard rock influences.

“After the amazing response we had from *Hestia*’s release, we knew we had to back it up, do it justice and show we aren’t messing around with any of this,” says bassist Johnny McKelvey.

Of the album, Mike Rivkees says, “Brass for Gold is as much as an EP can possibly offer and still be called an EP. In true Rumjacker fashion, these songs represent a variety of different stories. The topics range from lovesick nostalgia, to misfortunate war heroes, and a few lighthearted drinking songs for good measure. While some EP’s tend to be quite experimental, Brass for Gold represents a solid continuation of the newly reformed Rumjacks. Once again stating (almost literally in some of the lyrics) we are passionate and dedicated songwriters.”

Brass For Gold consists of eight tracks: Bounding Main; Bloodsoaked in Chorus; One For The Road; Kicking Soles; On A Somber Saturday; Across The Water; Blinding Flashes; and Falling Back. An official lyric video for the song “Kicking Soles” is available on [YouTube](#).

My grandparents were Irish immigrants. They came to Canada from Ireland in the 50’s and although they loved Canada, I think they always missed their home. My mother and her sisters competed in Irish dancing competitions their whole lives (my mom even taught me a few moves when I was a little girl!). I love Celtic music and Irish accents will always remind me of my Nana and Grandad’s voices—so I was super excited to review this album.

Overall, I loved *Brass For Gold*. If your main point of reference for Celtic punk music is “I’m Shipping Up To Boston” by Dropkick Murphys, you’ll find *Brass For Gold* to be much lighter. I found it more comparable to pop-punk than punk. The songs are fast-paced and catchy, with lyrics that are actually meaningful and not just based around Irish stereotypes.

The tracks “Bounding Main” and “Somber Saturday” were certainly more ska and hard rock influenced than Celtic, but they still flowed nicely with the rest of the album. The rest of the album is filled with enough vocal harmonies, fiddles, and penny whistles to make you wish you were born in Ireland. “One For The Road” is probably my favourite song on the album, although it was hard to choose. It’s a very classic Celtic punk song with lyrics like “One for the road and away we go, pour it on the ground to frozen snow. One for the road and away we go, and we’re singing as we rove and venture”. I also thoroughly enjoyed “Blinding Flashes”. It reminds me of a Celtic version of Tenacious D’s “Tribute”.

Check out The Rumjacks on [the band’s website](#), [Facebook](#), [Twitter](#), and [Instagram](#). They are currently on a US tour with Dropkick Murphys and have several headlining dates coming up, so if you want to check them out in person, now is your chance!

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

Beyond Literary Landscapes Intersectionality

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 vast topic of Intersectionality, a reminder of some classics, and as an

inspiration for further reading, may choose to begin with three major authors, namely Angela Davis, bell hooks, and Audre Lorde.

Others popular writers in this topic include Kimberlé Crenshaw and Gloria E. Anzaldúa.

What

As a term, Intersectionality was first coined in the late 1980s by a civil rights activist and legal scholar, Kimberlé Crenshaw, who stated that “traditional feminist ideas and antiracist policies exclude [B]lack women because they face overlapping discrimination unique to them.”

Since then, the definition of intersectionality has evolved, and is often described as “the complex, cumulative way in which the effects of multiple forms of discrimination (such as racism, sexism, and classism) combine, overlap, or intersect especially in the experiences of marginalized individuals or groups.” Often, in individuals with multiple and complex intersecting identities, oppression and privilege can intersect. This means, “people can simultaneously possess multiple identities and experience both oppression and privilege.”

In effect, “Intersectionality operates as both the observance and analysis of power imbalances, and the tool by which those power imbalances could be eliminated altogether.”

Some classics include Angela Davis’ *Women, Race, and Class*, Audre Lorde’s *Sister Outsider*, and bell hooks’ *Ain’t I a Woman?*

Other works for further reading include Lorde’s *Zami: A New Spelling of My Name*, as well as the works of the Combahee River Collective and Sojourner Truth.

Where

Many of these works are set in the United States.

When

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

Why

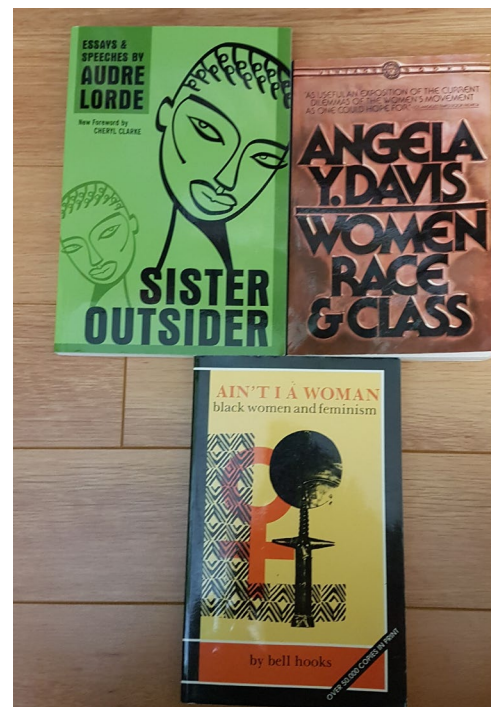
For readers interested in learning more about Intersectionality, including the intersections of race, gender, and class, from a current and historical perspective, these works are a start.

How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to Intersectionality 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 WGST 401: Contemporary Feminist Theory, a senior-level, three-credit course, which “attempt[s] to recognize the differences among women according to factors such as class, race, sexual orientation, citizenship, and physical ability.” Happy reading!

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Banting Legacy Education Awards

Sponsored by: Sir Frederick Banting Legacy Foundation

Deadline: March 18, 2022

Potential payout: up to \$3000

Eligibility restriction: Applicants must have been living with either Type 1 or Type 2 diabetes for at least one year (and are registered with a diabetes program or healthcare provider); be permanent residents in Canada; be in their final year of high school in Ontario; and be entering a post-secondary educational facility in autumn 2022.

What's required: Prospective applicants must request an application package by emailing scholar@bantinglegacy.ca with contact, academic, and specified health info.

Tips: Read award description for info on what the application will require.

Where to get info: bantinglegacy.ca/programs/annual-awards/



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Seeking extensions. A funded student wonders if/how they can get course extensions; an AU insider provides concrete info, and a caution about an extension's effect on back-to-back semesters.

Discord

Good time to clean up the office, anyway. In the #general channel, students swap stories and tips about using ProctorU for exams; most find it relatively problem-free, but the exceptions make for a better story.

Twitter

@AthabascaU tweets: "Learn about #BlackHistoryMonth with these @aulibarchives resources, including materials on talking to your kids about racism, listening to a collection of Black voices through storytelling, and a primer on timelines and nuances of Canadian Black history news.athabascau.ca/in-our-communities/black-history-month-library-resources/."

Youtube

Olympians among us. Olympian Emily Nishikawa shares her experience in [How an Olympian prepared for life after sport](#), one of AU's "Go the Distance" video series.





Dear
Barb

Barbara Godin

Baby Clothes

Dear Barb:

My boyfriend and I had a baby girl a few months ago. We are living with my mom and her boyfriend. My boyfriend Jeff wants us to move out into our own place, but I don't want to, as my mom has a big house with lots of room. Jeff and I have not completed high school and are both working at low paying jobs. I want to go to university and if we move out I know I will not be able to afford it. Jeff is adamant and he says if I don't move out with him, he will move out on his own. I feel like I'm in a difficult position and I really want to make the right decision, not only for us but also for our daughter. What would you say is the right thing to do? I definitely need some assistance. Thanks, Olivia.

Hi Olivia:

Congrats on the birth of your daughter. You are in a difficult position, and I am assuming you are both quite young, which makes it even harder. Your focus is good. Getting a university education is essential if you want to have a good paying job with a future. Your boyfriend is more focused on what he wants right now, which is not the best choice for your family's future. My advice would be to let your boyfriend go if that is what he wants. Your boyfriend can still remain a part of you and your daughter's life. He may eventually change his mind and realize this is not the best course of action and move back in. Thanks for writing, and good luck in the future.

Dear Barb:

I work in an office environment and one of our coworkers always wears revealing clothes. Her tops are low cut and very tight. She wears tight skirts and can hardly sit down. She is a friendly person, and everyone likes her, but I just do not feel her attire is appropriate for work. Am I being too critical? Should a person wear whatever they want to work? Jocelyn

Hey Jocelyn:

It depends on what type of impression you want to make in the workplace. If you want to be taken seriously at work, then dressing for a nightclub is not going to achieve that. Women and men both need to be careful of their necklines. It is not appropriate for a woman to wear a low-cut top, or a man to leave his shirt open so his chest hairs are protruding. When you are talking with a client, you want their eyes to meet yours not checking out what's below. So, no I don't think you are being too critical, but it is not your place to mention this, that will be her supervisor's role.

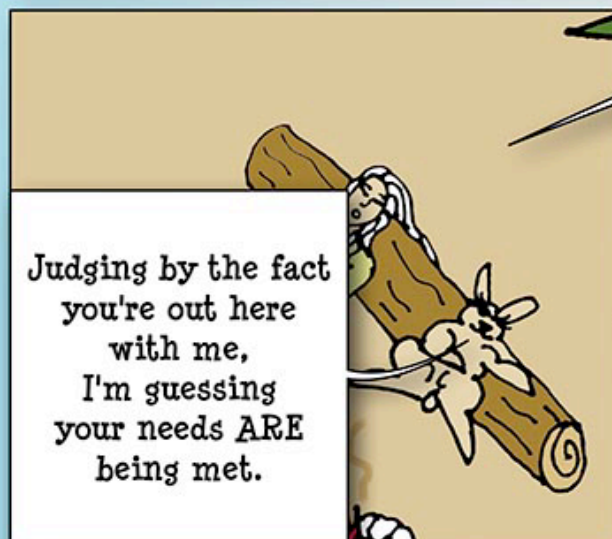
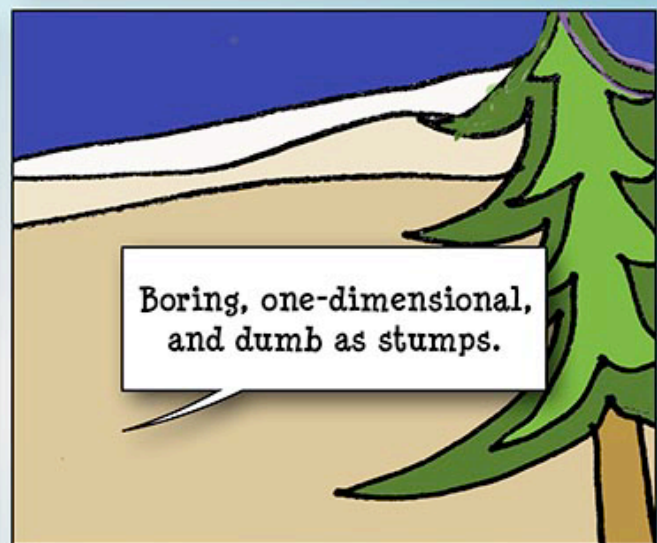
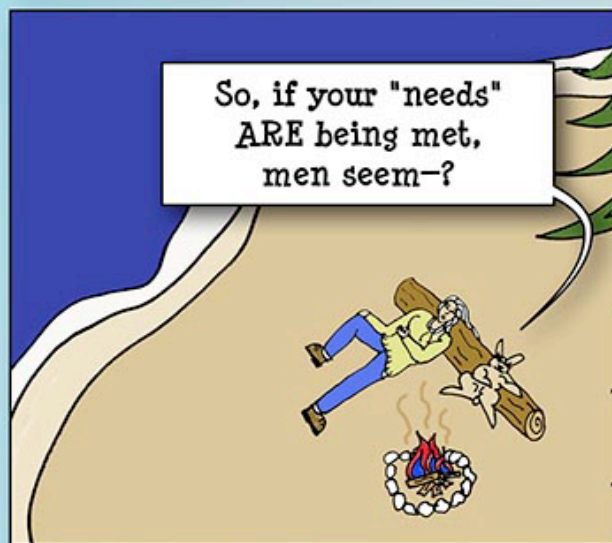
Thanks for addressing this issue.

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 Meeting My Needs

Wanda Waterman



2022 GENERAL ELECTION GET INVOLVED MAKE A DIFFERENCE Nominations Are Open!



Self-nominate now in the 2022 Student Council General Election! Students will vote March 10-14 to fill 12 available seats on Student Council and, for voters who self-identify as Indigenous, up to 13 available seats on the Indigenous Student Circle at AUSU, one of which will also be elected by the circle members to sit on Student Council.

This is the inaugural election for the Indigenous Student Circle at AUSU, made up of AU students who self-identify as Indigenous and who will represent their fellow Indigenous students to AUSU and the AU community. If you are an Indigenous student at AU and have questions about the election, please email Duncan Wojtaszek at governance@ausu.org to learn more.

3 reasons to GET INVOLVED and SELF-NOMINATE

- 1 Represent all AU undergraduate students, including equity-seeking individuals and groups
- 2 Enhance the overall AU student experience
- 3 Add Student Council Leadership to your resume or CV

Did we mention
YOU GET PAID?

I don't have
enough time

I don't think
I'm qualified

I'm nervous to
step forward

AUSU

understands AU
students and supports
its student leaders.

We understand
the AU student
experience and
are flexible.

The only
requirement is
that you are an
AU student.

We are here for
you and will
support you from
start to finish!

You will have the support and resources you need the moment you decide to self-nominate. Interested in joining a great team of student leaders?

Email Duncan Wojtaszek at governance@ausu.org.



Black History Month:
Celebrating Black History today and every day is the theme the Canadian government announced for 2022, recognizing the daily contributions Black Canadians make every day.

AUSU is excited to celebrate with Black History Month

programming and events including an AUSU Open Mic Podcast, AUSUnights Virtual Student Social, and an evening with special guest Husoni Raymond (he/him), Junior Editor for The Journal of Law and Social Policy (JLSP) at Osgoode Law and anti-racism organizer.

But first, start things off with the latest Executive Blog from your Vice-President Community and Wellness, Natalia Iwanek.



Athabasca University
Students' Union

COUNCIL MEETING

YOU ARE INVITED



Next meeting:
Feb. 17, 2022
6:30 p.m. MST

AUSU Student Council meetings are open to the public and all members are

welcome! We post the meeting agenda here at least a few business days prior to each meeting. The instructions to join the teleconference are included in the agendas. The minutes from each past council meeting are on our website here.

RSVP on Eventbrite!

Virtual Food Assistance Program



Did you know that you can reapply for the Virtual Food Assistance Program? Students who are unsuccessful are encouraged to apply again the following month if they still face food insecurity. Students are eligible to be awarded this voucher once per calendar year.

Check out the Food Assistance Program on our website!

CLASSIFIEDS

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

THE VOICE

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