



THE VOICE

Vol 30 Issue 10 2022-03-11

Minds We Meet

Interviewing Students Like You

The Voice Candidate Interview

Information For Your Vote

Council Connection

February 2022 Meeting

Plus:

***Global Conflict - The Foreign Fighters
Dear Amy Schumer
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: *Hanna Jilek*..... 4

Articles

Editorial: *Have You Voted*..... 3

The Voice Canadidates Interview 6

2022 CLC Poetry Contest 19

Global Conflict: *Ideological Wars*..... 20

Why Failure is Golden 25

DIY Chinese Soup Dumplings..... 26

Dear Amy Schumer 29

The Secret to Happiness 31

Columns

Council Connection: *February 2022*..... 15

Homemade is Better: *Breakfast Sausage*..... 23

Fly on the Wall: *Progress not Perfection* 27

Music Review: *Calm Fury* 33

Beyond Literary Landscapes: *Gloria Anzaldúa*..... 34

Dear Barb: *Acting Like a Child*..... 36

News and Events

Authentic Events..... 9

Student Sizzle 18

Vintage Voice..... 24

Scholarship of the Week..... 32

AUSU Update 38

Comic

Poet Maeve: *The Purpose of Therapy*..... 37

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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

Have You Voted?

Karl Low



I know it probably seems like I'm harping about this, because, after all, it's just a student council it doesn't seem terribly important, right?

But with almost a million dollars of student money coming in every year, it's important that you take the few opportunities you have to ensure that the people who are spending that money are ones that students feel they can trust. I've personally seen too many reports of student councils that have become dysfunctional, or worse, corrupt, simply because they do seem so small and unimportant to most people that nobody pays attention.

And I'll admit, I have a vested interest in this because while AUSU has committed to giving *The Voice Magazine* autonomy (and funding) to report on issues that matter to students in any way that I and the voice writers feel is appropriate, the Voice Magazine does not have true independence, and it could disappear with any new AUSU council.

With a good council elected, the odds of that happening are very thin. But if a bad set is elected, student magazines that report on student councils quickly find themselves running into trouble. If not fully independent, they can just be cancelled. Even those that are fully independent and funded directly by students can find it difficult to be able to report on a bad council, as they'll find doors closed and meeting and decisions increasingly being made in private.

Of course, this might seem like I'm concerned that there's problems with some of the candidates who are currently running. To be clear, I'm not. From what I've seen, I'm fairly certain the candidates who are running for acclamation are a good group, but it's not my decision—it's yours.

To that end, if you haven't already voted and haven't looked at our candidate interview, now would be a great time to check it out. We received responses from eight of the ten candidates to our interview questions, so you have a chance to look at them and what they think is important for the future of AUSU.

Also this issue, we're featuring an interview with a student who may be like a lot of you in that she's self-funding her way through an expensive Bachelor's degree, and then is looking toward an even more expensive Master's degree. Find out what keeps her going through all of this and if you've ever wondered what a student sky-diving looks like, well, we've got photographic evidence in this week's Minds We Meet.

Also this week is the AUSU Council Meeting for March. If you're interested in seeing what goes on "behind the scenes", there's still time for you to sign up, and we get you up to speed with what's been going on in our Council Connection reporting on the meeting back in February.

Plus, of course, we've got recipes, reviews, news, events, scholarships, and more, including a contribution by a brand new writer who not only brings news of a poetry contest you can still enter, but tells us about her experiences with it in the past. Both informative and fun, it's a great way to enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the final letter.

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 Hanna Jilek (she/her), currently residing in Cowichan Valley, British Columbia, the traditional territory of the Quw'utsun' (Cowichan) Peoples.

Hanna is currently enrolled in PSYC 289: Psychology as a Natural Science, and is planning to complete a Bachelor's and a Master's degree. She explained, "I will be incorporating my studies with Yoga Therapy along with somatic training. After I receive my Master's, I will be joining the MAPS program in Oregon to further my education for therapies that work alongside psychedelics."

She lives "on Vancouver Island in Cowichan Valley," located on "a small permaculture farm that is cultivating health and wellness through sustainable practices." She continued, "I am a yoga therapist that holds space on our farm for small classes and 1-on-1 therapies. I moved from Alberta in April 2020 and relocated to Vernon to live with my parents (at 30). Shortly after moving to Vernon, I started to explore the island, fell in love, and decided to move again in October 2020 and the rest is history!"

When she is not studying, she likes to do anything active, including hiking, running, surfing, rock climbing, and yoga. She also finds time to read (she is currently reading *Creative Manifestation for Beginners* by Richard Webster) and binge-watch *Ted Talks*.

When asked who in her life has had the greatest influence on her desire to learn, she stated, "That is a tough question, my influences come from a wide array of human beings. Podcast[s], books, [and] mentors. There isn't one that stands out. They all contributed collectively."

As for her experience with online learning? She began with the positives; "I really enjoy online learning. I work at my pace. I feel like being self-directed is important at this stage in my life. I will get out what I put into my studies." And dislikes? "The lapse of time between finishing an exam and waiting of feedback from professors. Honestly? Pretty happy with how things are going so far!"

Despite her praise for online learning, like many students, Hanna did waver about continuing her schooling at one point. She admitted that it was the cost of education, which "can be very discouraging." She explained, "I pay for my education course by course, so being patient with

my education and coming out debt free is a goal of mine. I was a 50%-just-passing-high-school student, never applied myself and had zero interest in what was taught (except gym) haha.” However, what she truly needed was to know that she is “capable of more and choosing to prove it to [herself].”

When asked about her favourite course so far, Hanna chose her current one, PSYC 289: Psychology as a Natural Science. She explained, “The meditation and consciousness sections of psych 289 are, so far, my favourite. It goes along with my passions outside of school and shows me the scientific approach to these interests—another perspective!” As for communications with her course tutors, Hanna stated, “Michelle is great, she took time to call me and chat about concerns I have.”

If she were the new president of AU, Hanna would focus on “Online webinars that discuss a variety of ‘Hot Topics’ and “Student engagement and community building.”

When asked which famous person, past or present, she would you like to have lunch with, and why, Hanna chose Joan of Arc, calling her inspiring. And the lunch? “Probably some kinda meat on a stick.”

As for Hanna’s most valuable lesson that she has learned in life? Admitting that this was a tough question, since she has many to choose from, she stated, “As of now, being authentic in everything I say and do, allows me to be myself, but encourages those around me to feel safe enough to be themselves to[o]!”

The one thing that distinguishes her from other people is that she “really enjoy[s] reading subtitles” since they help her “process and comprehend what [she is] hearing/listening.”

As a final note, Hanna had a message for fellow students. She stated, “I am an open book, I enjoy sharing experiences and deep rooted connections with people. I do not enjoy small talk. I would love to connect with fellow students on social media via Instagram @bendibanana.” Best of luck Hanna!



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



The Voice Candidate Interview

Karl Low



Thirteen seats are open on AUSU Student Council. These are the seats that students will sit in and who will be responsible for taking your concerns and your issues to the university, the provincial government, and beyond.

This election, we have ten students vying for these seats, but it's not just automatic. It still comes down to you to decide if these are really the people you want representing you. Starting March 10th, voting will open and you will be allowed to register a Yes or a No vote for each candidate. And don't just assume this is going to be a rubber stamp. The student body has rejected potential candidates in the past, so your vote matters.

To help you decide if these candidates are the ones you want representing you, each election, the Voice Magazine sends out a number of questions for them to answer. Their answers are then printed here, in the order that I received them in email. No editing has been done, with each response being a raw reflection of how they

chose to respond.

Eight out of the ten candidates provided answers by the deadline. If a candidate who responded chose not to answer one or more of the questions, their name is included under the question, but their response left blank.

The rest, as they say, is up to you.

What faculty are you in, if any, and how much longer do you expect to be studying at AU?

Blake Collett

I am in the faculty of Health Disciplines. I expect to be studying at AU till late 2025.

Natalia Iwanek

I am in the Faculty of Humanities and Social Sciences (FHSS) here at Athabasca University (AU), working on my degree in English and Political Science. I expect to be at AU for two more years.

Karen Fletcher

I'm in the Faculty of Science and Technology, and expect to finish my degree in the next 18 months to 2 years

Cilhane Ahmed

I have been enrolled in the BA major Psychology minor French since January 2021. I hope to graduate by the end of 2024.

Amber McDuffe

I am in the bachelor of arts program, majoring in psychology with a minor in women's and gender studies now but started in the bachelor of science program. I will be studying for at least 2 more years.

Rebecca Weubbolt

I'm with the Faculty of Humanities and Social Sciences currently completing my undergraduate degree in psychology. I expect to complete my studies within the next two years.

Allie Wojtaszek

My degree is Bachelor of General Studies (Arts and Science) and I will hopefully complete it by 2024.

Eva Embree

BA – psych major. I have 2 years left, but hope to finish in 4 before moving on to grad school.

Are there any particular tactics you'd like AUSU to pursue on the tuition issue for future years?

Blake Collett

A tactic I would like AUSU to pursue on the tuition issue for future years is looking for support at the Federal level due to the wide array of students across the country.

Natalia Iwanek

The tuition increase over the past terms was unacceptable and so disappointing, despite everyone's best efforts. I would promote increased advocacy to the Alberta provincial government to increase post-secondary funding, especially in the unique case of AU. This would include increased meetings with MLAs, as well as internally within AU, to ensure that student concerns are recognized. I would also strive for increased consultation with AU's diverse student demographics to ensure that all voices are represented, including out-of-province/country learners, learners of all ages, learners with dependents, rural/remote learners, equity-seeking learners, and learners with accessibility needs.

Karen Fletcher

I'd like us to pressure AU to commit to dedicating a certain amount of any increase to students in financial need. MacEwan and Mount Royal Universities have both had success with this technique.

Cilhane Ahmed

I do not have particular tactics to offer but just asking for common sense. The last increases have been debated and applied during the COVID-19 crisis, whereas many people lost their job, and it was the most challenging time to pursue study. Even though AU offers solutions for those who are struggling during this pandemic (such as the contract extension for free and the temporary compassionate grade policy), I still believe it is not the time to increase the tuition.

Amber McDuffe

I feel it is really important that AU listens to students, we have been treated like walking ATM's for far too long and the voice of AUSU doesn't seem to be heard. I feel we can talk to AU about this until we are blue in the face but seeing the negative impact they are causing may be better. Bring to them, letters from students explaining how they chose AU because they can't afford to be off work and attend a traditional brick and mortar school, that they are now having to ration their food so they can pay their bills while still going to school and relying on the food banks for assistance because they want a better life and education is the way out of poverty, that students are living with maxed out credit cards and mounting student loan debt just trying to do this. We can tell them these things all we want but it may be more impactful and harder to ignore

if the board of governors are presented with a pile of letters or copies of the social media posts from students themselves. Declining enrollment numbers are not a reason to increase tuition, a considerable amount of learners are now looking to other schools because of this and they are only hurting themselves yet again with their ignorance.

Rebecca Weubbolt

Allie Wojtaszek

I would like to advocate for AU to reduce their fees for out of province learners. Maintaining fairness between students outside and inside of Alberta will be key to enrolment growth, and I want AUSU to show AU's administration that eliminating out-of-province fees will be a financial win for the institution, not a detriment.

Eva Embree

Hopefully gather data regarding the cost vs value of the courses and programs through AU in comparison to other institutions, and advocate for AU to come more in line with those expectations and prices.

Aside from tuition, what do you think is the most important issue AUSU needs to address for students?

Blake Collett

I feel the most important issue AUSU needs to address for students is the vast grading variance between Tutors.

Natalia Iwanek

Aside from tuition, I would focus on ensuring timely course revision schedules, quicker tutor marking times, and prompt feedback. I would also focus on ensuring that students have a choice in materials for their courses, either physical textbooks or e-texts, depending on their learning styles. I would also increase accessibility for disabled, chronically ill, and/or neurodiverse students, including easier access to alternate assessments and registrations with Accessibility Services. I would advocate for increased supports for equity-seeking students. Finally, I would advocate to simplify the financial aid process.

Karen Fletcher

Course quality, including the material, lack of videos, and the level of feedback and response times from tutors. Students deserve a great education and many of the courses don't cut it.

Cilhane Ahmed

As I explained in my biography, I want to be the voice of newcomer students. I am from France, and like many AU students, I did a study in my home country. My first struggle was to understand all subtleties of Canadian education. I would have liked to have resources to guide me (in the same vein as the "Undergraduate Student Orientation").

Amber McDuffe

Outdated courses and materials. At one time, AU's anatomy and physiology courses were actually a pre-requisite for paramedic programs in Alberta because they were so in-depth and relevant. It hasn't been that way for some time because a large majority of AU's courses are outdated with stale materials. The excuse that it takes a long time to update courses is just that, an excuse and a poor one. If Portage College can continuously update their courses to use texts that are no more

than 4 years old (because that is the standard in science communities) and have their courses be university transfer credits that meet or exceed those of other Alberta universities then there is no reason why AU can't do it as well. I switched programs because the science courses I was in were using materials TWELVE years old and had been pulled from the publishers for numerous errors. There needs to be accountability and oversight ensuring these courses are updated regularly and especially when issues like that come to light. Our piece of paper at the end (diploma, certificate, etc) is only as good as the information we were given.

Rebecca Weubbolt

Students have academic goals they want to achieve but it can be difficult when we don't see our tutor or course coordinator face to face. Not everyone is available during their tutor's office hours and sometimes scheduling a meeting with them can be difficult. I believe online tutoring sessions would be a great way to help students reach their academic goals, whether this be one on one or group sessions

Allie Wojtaszek

I believe that students should have a choice between e-texts or physical textbooks for each course they enroll in. I know that my own personal learning style is not compatible with e-texts and this creates barriers to my own learning that force me to either struggle with the materials provided electronically or to purchase a print textbook so I can successfully complete my course, even though I have already paid fees that include a text.

Eva Embree

Outdated course materials and increased communication between staff and students.

What's the best part of an average day for you?

Blake Collett

The best part of an average day for me is talking to my sons.

Natalia Iwanek

It has been a difficult year, for most—in my opinion—so the best part of an average day for me is striving for—and knowing—that maybe some small part of what I have done, in my personal or professional life,

AU-thentic Events Upcoming AU Related Closures

CHAT with AU Library

Tues, Mar 15, 12:30 to 2:30 pm MDT
Online

Hosted by AU Library

library.athabascau.ca/page/ann

No pre-registration necessary; access through CHAT link on [home page](#)

We want to hear from graduate students!

Tues, Mar 15, 5:00 to 6:30 pm MDT
Online

Hosted by AU

news.athabascau.ca/events/we-want-to-hear-from-grad-students/

RSVP through above link; current AU grad students (course or program) only

CHAT with AU Library

Thur, Mar 17, 12:30 to 2:30 pm MDT
Online

Hosted by AU Library

library.athabascau.ca/page/ann

No pre-registration necessary; access through CHAT link on [home page](#)

The Literature Search and Review series: Academic reference management

Thur, Mar 17, 1:00 to 1:45 pm MDT
Online

Hosted by AU Faculty of Graduate Studies

news.athabascau.ca/events/the-literature-search-review-series-academic-reference-management/

RSVP through above link

AUSU Student Council Meeting

Thur, Mar 17, 6:30 to 7:30 pm MDT
Online

Hosted by AUSU

www.ausu.org/event/ausu-student-council-meeting-2/

RSVP through above link

Looking ahead...

AU's Three Minute Thesis (3MT ®) competition

Wed, Mar 23, 12:00 to 3:00 pm MDT
Online

Hosted by AU

news.athabascau.ca/events/aus-2022-three-minute-thesis-3mt-competition/

Register to participate through above link by March 16

All events are free unless otherwise noted.

has made someone's day just a little easier or a little happier.

Karen Fletcher

I like getting to sit down after the kids are in bed with my courses and work on my courses. (I want to eventually get my PhD, I'd be happy to never leave university).

Cilhane Ahmed

The best part is when I have done everything that I put on my duty list day, and my daughter comes back from the day home. I know that is the signal of the fun part of the day, the moment when I will play as I am two years old and laugh a lot.

Amber McDuffe

My morning coffee, short and simple as it is the only consistent thing to my ever changing days.

Rebecca Weubbolt

Cooking dinner. I look forward to winding down by playing music in my kitchen and creating a delicious meal.

Allie Wojtaszek

I love how, when I come home from work, my cat Matthew comes to greet me at the door, loudly protesting that he is un-fed and alas has never actually been fed in his 18 years of life, and that he needs me to rectify this immediately. It makes me feel like I am a really important human.

Eva Embree

Cuddling with my new son! Or trying to stop the puppy from licking him...

If there was a new service, program, activity, or degree you could convince AU (not AUSU) to offer to students, what would it be?

Blake Collett

A service I would convince AU to offer is Zoom sessions held by Tutors allowing students to ask questions in an informal classroom environment.

Natalia Iwanek

I would advocate for AU to offer more professional development, networking opportunities, and increased microcredentials. As many students know, a degree is often not enough to find a job upon graduation. I would also advocate for the creation of centres for equity-seeking communities, who are found in traditional brick and mortar institutions, as well as to include Indigenous content in all courses and focus on the Scarborough Charter. Finally, I would advocate for increased mental health supports, which have shown to be lacking, especially with the continuing pandemic, as well as ongoing compassionate grading options.

Karen Fletcher

I'd love to see a mentorship program where students could connect with faculty and get involved in research, it would give students a better idea of whether they'd like to pursue grad school and what that would be like, and make it easier to get letters of recommendation since the faculty would actually know the students.

Cilhane Ahmed

I would like to see more recommendations on what diplomas students need to pursue their dream. Again this week, I saw a post on Facebook asking why students should take a major, double

major, or minor. I admit even for me; it is unclear. Then, I would like to have more dedicated workers in AU to help current and future students in their choice.

Amber McDuffe

The use of the Pearson learning platform. It is something we used at my old school and it provides 24/7 access to tutoring services across a wide variety of subjects as well as writing review and feedback. Tutor response times can be long and if you have a knowledge question that isn't assignment specific this service can help with that. The write site is also incredibly busy and restrictive to how many times you can submit while this platform has very fast turn around times with no limit to how many times you can submit assignments for feedback and review. It would alleviate the tutors work load and allow for re-deployment of resources within the library to other areas. It also helps students substantially as they can request help whenever they need.

Rebecca Weubbolt

I want the university to offer tutoring sessions, whether that be in groups or one on one. I have struggled with my studies at AU and had to seek tutoring outside of what the school could offer me. I believe students would benefit from having tutoring sessions that are accessible online.

Allie Wojtaszek

I am aware that AU does not offer many financial assistance programs to students in need and I believe that this should change. AUSU currently bears the brunt of this type of support and is limited by student fees received. It's time to remind AU that supporting students and enhancing success in learning creates a stronger university experience for everyone.

Eva Embree

For myself: More options for graduate programs relating to psychology
For everyone: The option to choose between e-text or hardcopy textbooks

What's going to be the biggest challenge for you should you get elected?

Blake Collett

The biggest challenge for me should I get elected is hearing the word "no" when trying to make change.

Natalia Iwanek

I would definitely say ensuring that *all* student concerns are acknowledged. Social media and surveys have made it a bit easier to connect from students from many geographical areas, but there are those who do not participate in these platforms. I would try to continue to reach all students to ensure their representation.

Karen Fletcher

We are living in absolutely crazy times, and ensuring that groups of students don't get forgotten or left behind is something I think is going to be something the council should be thoughtful about.

Cilhane Ahmed

I am worried that my AU students fellow think I only want to represent the newcomer students. That is not my aim. I want to represent all the students in AU with the view of a newcomer.

Amber McDuffe

Work life balance. Last term I signed up to be on every committee, while working full time and doing school full time it was a large load to take on. While I enjoy being on every committee I may re-assess whether I should be on all of them so I don't stretch myself too thin.

Rebecca Weubbolt

Allie Wojtaszek

I hope the biggest challenge will be finding new ways to engage students and build community in this pandemic era, but I imagine that finding the right balance of time between family, work, and representing students will actually be the biggest challenge.

Eva Embree

Learning how to aggressively advocate for what is important to and best for the student body

Is there a program or activity AUSU does now that you think it should expand?

Blake Collett

AUSU does a good job of networking with students, and this could be expanded with more networking opportunities.

Natalia Iwanek

I would definitely advocate to continue to expand the Awards and Bursaries Program, the Virtual Food Assistance Program, and professional development opportunities, in addition to LinkedIn Learning. I would also expand AUSU Committees, to ensure that they have more seats open to the general student population and expand events. A sense of community, as well as networking opportunities, are extremely important in a digital learning environment.

Karen Fletcher

We had a great turnout for the Research Week talk I organized with Dr. Andy Perrin about how to make a plan to do research and how students could be involved, I'd love for us to do more workshop type activities where students could connect with members of the AU community and each other while being able to ask informally ask questions, like how students at a brick and mortar institution can,

Cilhane Ahmed

The first thing that comes to my mind when I think about studying from home as a full-time student is staying behind a desk for hours. We all know that it is not good for our health. AUSU already offers programs for health care, such as eyes care, but I truly would like to see two more options for physical health. The first is to have a percentage off on a fitness gym subscription (we need to get active). Secondly, getting options for massage therapy (I am sure many people suffer from back pain or neck ache). I know it can be expensive for AUSU, but as they do for the actual program, perhaps we should find company partners for these options.

Amber McDuffe

I think AUSU needs to re-evaluate some of its programs and activities which is something I've voiced previously. Jumping into contracts with vendors just because "if we lock in now for the next 2 years it'll only be this much" when there hasn't been a good uptake of it or a proper request for proposals sent out isn't effective use of student money. I'd like to see a thorough review and cost analysis done as well as student feedback. To me a health and dental plan would be nice with

a health spending account as I've heard several students asking for it but I know the logistics of such with students around the world would be difficult.

Rebecca Weubbolt

I know AUSU offers eye-wear discounts (fellow glasses wearer here!). It would be fantastic to see the benefits coverage extend to other healthcare needs such as dental coverage.

Allie Wojtaszek

When I was a student at the University of Calgary I worked as the Students' Union Food Bank Coordinator, so I am very interested in seeing if the AUSU Food Assistance Program can be made more accessible to students with a clear demonstration of need rather than a lottery type system. I understand that it is currently a pilot program but I am hoping there is some way I can bring my previous experience working with student food banks to help make this program more robust.

Eva Embree

There is immense potential and benefit to students in the undergraduate research opportunities the AUSU has advocated for and seen come to fruition. Expansion could provide this opportunity to more students.

Is there a program or activity AUSU does now that you think it could cut back?**Blake Collett**

I don't feel there is anything AUSU does that I think could be cut back. They have a good blend of services.

Natalia Iwanek

I think that all AUSU program and activities are valuable, including Awards and Bursaries, LinkedIn Learning, Course Reviews, AUSUnights, and Food Assistance. If, hypothetically, any service or program were to be cut back in the future, it would only be with a great deal of student input and monitoring usage trends, not my personal opinion.

Karen Fletcher

Nope!

Cilhane Ahmed

Actually, nothing comes to my mind. I would use everything that offers AUSU.

Amber McDuffe

Vmock is not used enough for what it costs and LinkedIn learning is enormously expensive for what students get. Let's be honest, those "credentials" are just a form of continuing education, they don't make your resume stand out and you don't learn anything more than you would by going to free learning sites such as Khan academy, youtube or others. When I am reviewing resumes I'm not going to choose someone who has a long list of LinkedIn learning education over someone else and a few professional acquaintances of mine have said the same. It seems out of touch as these are services that would be better suited to alumni than current students as no one has time to be doing these things while balancing their actual courses and life. Let them use it when they are done school instead.

Rebecca Weubbolt

Allie Wojtaszek

I'd get rid of the VMock Resume Review platform. My own impression is that the service is mediocre at best.

Eva Embree

None that I can think of!

Outside of AU, what's your passion?

Blake Collett

My passion is my career as a manager in healthcare.

Natalia Iwanek

I have so many passions! Advocacy, politics, literature, cooking, and—pre-pandemic—travel.

Karen Fletcher

I love both sewing and knitting, both because I love making things and working with my hands, and also because being part of a huge community where the default answer to something not looking right is “how do we change the garment to fit this body” and not the other way around is amazingly refreshing.

Cilhane Ahmed

In general, I like crafting. I do crochet, knitting, painting and drawing. However, I find less and less time to do so; then, I am just waiting for my little one grows up to do these activities with her. Besides that, I am a video gamer who targets the worldwide leaderboard on my games; yes, I am a true video gamer.

Amber McDuffe

I enjoy hiking, trying new foods, spending time with friends and self-care.

Rebecca Weubbolt

As an aspiring psychologist, I'm passionate about mental health. I currently volunteer with Crisis Text Line as a crisis responder and text youth and adults across the country. This volunteer position has given me insight and experience in a field I hope to be a larger part of one day.

Allie Wojtaszek

I really enjoy my work as a Gambling Information Specialist where I provide direct education to casino patrons with a strong harm reduction focus. I offer advice and resources so that they can enjoy gaming responsibly and get support for any behaviours they might find personally problematic. It is rewarding to help someone to take the steps they need towards their own wellness. Aside from my professional life, I am also passionate about creating community and happily dedicate my time and energy to Valour Place and the United Way of the Alberta Capital Region.

Eva Embree

My passion is helping people and seeing their lives visibly improve as they gain new knowledge and tools to help themselves.

Council Connection

February 20, 2022 Meeting

Kent Provost

The meeting was called to order at 6:30 pm MST. Executive Director (ED) Jodi Campbell was announced as the accessibility officer and Vice President Community and Wellness (VPCW) Natalia Iwanek gave the land acknowledgement. All expected participants were present with the exception of Councillor Meredith Charlton who was missing with regrets. The agenda for the meeting and the previous meeting's minutes were approved unanimously.



Taking the Oath

After a few unsuccessful attempts in previous meetings, the time finally came for Indigenous Circle Representative Jo-Mary Crowchild-Fletcher to take the councillors' Oath of Office. President Stacey Hutchings got all the extant Councillors, Ms. Crowchild-Fletcher, and the vice-presidents to chant along with her:

"I do solemnly swear that I will support, uphold, and defend the mission of the Athabasca University Students' Union at Athabasca University. I take this obligation freely and will adhere to and respect the bylaws, policies, and all other facets of the Union while doing the work to decolonize Athabasca University. I will always strive to enhance the quality of the learning experience of AU students and all distance learners; while advocating for the unique needs of the AUSU membership and fulfilling my council duties with honesty and integrity."

After the cacophonous recitation subsided, the Council proceeded to discuss revisions to AUSU policy.

Flexibility Under Strange Circumstances

Vice President Finance and Administration, Leah Campbell, addressed the group on changes to Policy 3.03 on By-Elections. Specifically, policy 3.03.03 was augmented to read: "Where one or more executive offices are vacant and cannot be filled by the existing councillors, the Executive Committee will develop a work plan and a division of roles and responsibilities as defined by AUSU Bylaws, Policy 2.03 Responsibilities of Executive Councillors, and Policy 4.06 Annual Timeline and Executive Work Plans for approval at the following regularly scheduled Council meeting. This plan may include holding a by-election for council vacancies and hosting an executive by-election following the Council by-election or hosting an additional executive by-election at a later date." VPFA Campbell summed this up by saying that the change allows for some options if an Executive resigns part-way through their term.

Director Campbell added some detail to her summary, saying, "The policy was redesigned in case we find ourselves in a similar situation in the future." He was referring to the recent resignation of Mr. Eldoma from his role of VPFA. He continued, "Of course, Leah was the one who stepped into the role. There was definitely a moment in time where if she hadn't stepped up, we were sitting there going, 'We're in a situation where council has to go to an election.' Obviously, with Leah coming on that did not happen. Moving forward, I think one of the reasons that was motivating us to make this edit is because we identified something that could potentially put the

association at risk. In many ways, this offers us a plan to follow if we find ourselves in that situation again. To clarify, what this policy is speaking to is a scenario in which there is a vacancy on the executive committee, no one on council can fill it, and suddenly the previous policy would say that we would have to move to a council election that would potentially put the current member's positions at risk. I think this is a unique aspect of policy that we were able to address, and I like the current form a lot more."

Councillor Amber McDuffe wished to know if the Council wanted to clarify the clause "at a later date." She wanted to know if the council could make the clause more specific, so that a future council wouldn't use the new policy to delay appointment of a new person to the vacant seat until the next planned election.

Vice President External (VPEx) Karen Fletcher responded, saying, "We wanted to leave it ambiguous because, depending on the year and what the profiles of potential new candidates might be, the council might not want to be forced into a premature election. Let's say it's five months until the next election and all the projects for that portfolio piece are already complete. If no one on council wants to be an exec, or can't, it allows us to have another way to divide up roles so there's no by-election. But we also wanted to leave it open for cases where, say, someone is interested to fill the role in a month, it will give the council the flexibility to wait for that candidate and not have an unnecessary by-election later.

Governance and Advocacy Coordinator Duncan Wojtaszek chimed in: "To supplement the Vice President, remember this policy only kicks in after an election has been held and no one on the council has put their hand up to take on the responsibilities of another role. What we've added is only an 'emergency only, break glass' option in the case where no sitting Councillor is able to step into the role." The changes to this policy were then passed unanimously.

Financial Oversight

VPFA Campbell broached the next topic of discussion by describing changes to Policy 6.06 dealing with the oversight mechanisms in place for managing the organization's financial assets. Aside from non-semantic changes, she indicated the main change was the addition of 6.06.05c, a statement requiring that the most recent AUSU credit card statement will be included in the monthly finance package that is prepared for and given to the Councillors. She said, "This policy went through rigorous review earlier in the year. We're simply adding inclusion of Visa statements to the package, and this came out of the finance committee."

Councillor McDuffe also had a question on this topic. She was concerned about potential ambiguity regarding the phrasing "most recent AUSU credit card statement." Her worry was that with the then-proposed phrasing, the Finance Committee, which meets quarterly, would only receive 4 out of 12 credit card statements. She emphasized the importance of transparency, which would involve giving all relevant documentation to the Committee.

The Executive Director and Ms. Campbell insisted that the Committee would indeed get all relevant credit card statements quarterly. It seemed that she found her worries unaddressed by these comments, saying, "It's just strange wording with what's going to the Council and with the Finance Committee stuff. It doesn't seem as inclusive as what I was expecting. I was expecting it to say that it would include all of the statements. I get what you're saying. I know we're sending out these packages to Council every month. There's no check and balance saying Council is looking at them. For our monthly Council meeting, should we add something in saying that Councillors have to look at it so we have what the accountant was trying to get us to do, so everyone on council is reviewing the packages. Yes, they're sent out, but whether or not anyone

opens them and looks at them is unknown, because there's no follow-up or paper trail saying we've reviewed them."

President Hutchings responded, "I would comment that VP Finance and Admin is tasked with that oversight overall. They've been hired by the Council to do that job. Council is a backup to hold them accountable."

Mr. Wojtaszek added, "I would be concerned if Council approved monthly financial packages every month. Because then what happens if the Council approves something but the Finance Committee doesn't. I would rather there be a clear chain of procedures such that the Finance Committee doesn't replicate the work of Council. There might be a case where they're making inconsistent decisions, and I would then be forced to make the decision about whose decision was authoritative. Regarding the idea that we have to compel Councillors to read everything that they receive, that's just as true of reports and supporting documents. We could make a check and balance, something like replying to the Executive Director saying you definitely received them and reviewed them. I would also be concerned about what's the point of the Finance Committee, which is almost entirely made up of council members, if Council is also going to look at it on a monthly basis; it will make our meetings much longer if we're going through the finances every single month."

The Executive Director pointed out that the Council overrides anything that the Finance Committee does, so it would render the latter redundant to do it that way. "I would ask Council, 'Do you want to have that check and balance?' I mean, if we're going to start there, we just approved a bunch of policy changes...do you want to review all of those changes? I want to encourage us to think about it, but at the same time I want to ensure that Council knows that the levels of checks and balances we have for finance is very strong. Even internally, we have four people who are overseeing those financial documents when they're being created. We've also got an elected official in VP Finance who is also reviewing them. It's their job to do that, and it's my job to ensure they're correct. So, when we send the package out, it has the oversight we're talking about, which is the ability of Council to monitor and oversee those transactions that take place. I would love to make sure that our Finance Committee retains their authority and ability to ask questions; that's a big part of their role. I understand it's on a quarterly basis, that's where we built those checks and balances in. At one point Council didn't get the full package that Finance did, and now they do to make it more robust. They used to get about half as much as the Finance Committee did, where now they pretty much get the full month of documentation. I lean on Council to make sure everything's happening as it should, but I don't know if it's something we need to build into the policy."

The proposed changes were then called to a vote, with only Ms. McDuffe voting against the motion, saying that she still thought because of the phrasing the policy needed to go back to the drawing board.

Miscellaneous

The Council also unanimously voted to add chairing the Awards Committee meetings to the VP Finance and Administration role.

And there was also a unanimous vote that dissolved the Student Advisory Committee. Ms. Iwanek said, "We have really been working on what to do with SAC this term. Recently, there has been low attendance to events and low participation rates in email threads. In a way, SAC seems to have served its purpose. Now we have many ways of getting information and data: more Council members, more Committees, which include members at large. One of these Committees is Equality, Diversity, and Inclusion, which has 3 members at large, and there's also the Member

Engagement and Communications Committee. We also have virtual student lounges that we do monthly or bimonthly, and AUSU student nights. Hiring a Social Media Coordinator really helps, having that staff member we have many more ways of collecting data: surveys, an annual survey, and an extra one based on EDI. Those are the reasons we came to the conclusion it should be dissolved."

In addition, \$181 remaining in a Health and Dental Fund was reallocated to Student Awards.

Ms. Hutchings reported that, in part due to the advocacy of the Council of Alberta University Students, which AUSU contributes to, the provincial government is putting funding toward a provincial-wide survey to gather information on sexual violence and harassment in university communities. She said the government is also contributing \$2.5 million to support education and training on these matters.

Finally, Mr. Campbell wished to bring attention to the incorporation of Eventbrite into AUSU's events. Participants will be able to register or RSVP through the service. It will also allow them easier integration with their calendars and reminders for upcoming events. He commented that using the service will look a lot more professional, and it has statistical elements inherent in it that will benefit the organization. He also wanted to note that in the coming meeting will contain reports on the Food Assistance Program, which is reaching its first year milestone, and AUSU's annual report.

The next meeting will be at 6:30 PM MST on March 17, 2022. Please email governance@ausu.org for information on the Council or attending its next meeting.

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Sometimes AU's ears are listening. A student laments that AU courses don't make use of Teams for current students and an AU insider passes that idea up the line for consideration. Maybe a better study-hall option than social media?

Discord

Rules refresher and hike hints. The admins post updated [#rules](#) for the student server, while over in the [#coffee-shop-lounge](#) channel students swap hiking trail tips.

Twitter

@austudentsunion tweets: "President Stacey Hutchings has resigned from Executive Council at AUSU to accept a position at Athabasca University. She served AUSU for 2 years as a member of the Executive Committee. We are so excited for your new journey Stacey, but you will be missed! <https://bit.ly/3HSP688>."

Youtube

AU is age-less. Laverne Wells shares the intimidation of returning to school in her 50s, in [My Virtual Boss is a Jerk](#), episode one of AU's Go the Distance series.



2022 CLC Poetry Contest

There's still time to enter!

Monica O'Neill



Canadian Literature Centre
Centre de littérature canadienne

Poetry contest

THEME: LISTENING

Open to all students of the University of Alberta,
MacEwan University, and Athabasca University

WIN \$500 + a few surprises

The winning poem will be announced
in April 2022, and will be published
on the CLC and Edmonton Poetry
Festival websites.



TERMS OF PARTICIPATION

- One poem per student, maximum one page, in .doc, .docx, or .pdf format; **NO identifying information in the document**
- Include name, email, phone number, mailing address, departmental and University affiliation in the body of the email
- Email to clcomm@ualberta.ca with the subject line: Last Name: CLC Poetry Contest

Deadline for submissions: 14 March 2022



The 2022 CLC Poetry Contest is accepting entries until March 14, so there is still time to participate! This year's theme is "Listening/écoute." It is offered in collaboration with the Canadian Literature Centre (CLC), Athabasca University, the University of Alberta, and MacEwan University. Students from participating schools are encouraged to submit one entry in English or French. The winning poem will be announced in April, published on the CLC and Edmonton Poetry Festival websites, and be awarded a \$500 prize in addition to "a few surprises."

The contest has been bilingual since its inauguration in 2014. It opened to Athabasca and MacEwan University students in 2019, and, that year, the prize more than tripled.

It is an excellent opportunity to showcase Athabasca University's student talent and unique perspectives. You can let the judges know what listening means to you as an AU student.

More information on submitting your poem, and some past entries, can be found [here](#).

Why am I Participating?

I am not a poet. I've read a handful of poems, when convenient, and written even less than that—if the mood struck. After reading last year's winning entry, titled "When Honey Drips," and written by Céline Caruso Dixon, a third-year student at the University of Alberta, I closed the web page. It is excellent, on a completely different level than anything I can write. For a few hours, I decided that there was no reason to participate since I couldn't win. Eventually I went back to the CLC website, re-read the poems, and clicked around their other content. I'm glad I did.

If, like me, this is your first time hearing about them, the Canadian Literature Centre's mission is "to foster knowledge, reading, and appreciation of Canadian literature, in English and in French, with a special focus on Indigenous, minoritized, and marginalized writing." They provide events, podcasts, seminars, and more relating to their mission, including this contest. I encourage you to explore their website and discover their unique content.

This contest is about their mission. It is an opportunity for those in their element to showcase their art, shift our perspectives, and make us think about things. Poems like Céline's deserve to be read and rewarded, and contests like this one provide that opportunity. I am excited to read this year's winning poem and hear the writer's take on "Listening/écoute," and I think you should be too!



Canadian Literature Centre
Centre de littérature canadienne

Concours de poésie

THÈME : ÉCOUTER

Ouvert à tou.te.s les étudiant.e.s de l'Université de l'Alberta,
l'Université MacEwan et l'Université Athabasca

500 \$ À GAGNER + quelques surprises

Le poème gagnant sera annoncé en avril
2022. Il sera ensuite publié sur les sites web
du CLC et du Festival de poésie d'Edmonton.



CONDITIONS DE PARTICIPATION

- Un seul poème par étudiant.e, maximum d'une page, sous format .doc, .docx, ou pdf. Il ne doit y avoir **AUCUNE** information d'identification sur le document soumis.
- Inclure votre nom, adresse courriel, numéro de téléphone, adresse postale ainsi que votre affiliation départementale et universitaire dans le corps du message.
- Envoyé à clcomm@ualberta.ca avec le sujet suivant : Nom de famille : Concours de poésie du CLC

Date limite pour soumettre : 14 mars 2022



But I think this contest is also about encouraging people to move outside their comfort zone and push their boundaries. As students, it is a chance provided to us to do something we wouldn't usually do: grow as writers and think about our world differently. Even if it becomes the only poem you write in your life, you will learn something.

Since seeing this contest, I've read more poetry than I had in several months and started writing again for fun. I will put forward my best effort to create a sincere and honest submission that I can be proud to send in. I don't expect it to be good, just like I wouldn't expect the first few notes on a neglected musical instrument to be, but I've realized that doesn't mean I have to enjoy trying any less.

Monica is just starting her part-time journey at AU. This winter she divided her spare time equally between her cats, Pawley and Puffin, and digging her way through an absurd amount of snow.

Global Conflict Ideological Wars and The Individuals That Join Them

Alek Golijanin



If you have followed the news over the past 10 years you may have realized a rise in the prevalence of individuals becoming “foreign fighters” and leaving peaceful countries for warzones. While every individual will have their own personal reasons for ‘volunteering’ to fight in wars, it always starts with an ideology—regardless of which side they decide to fight for. While there are many commonalities between these individuals, one of the most prevalent ones has to do with feeling disenfranchised.

How Does Being Disenfranchised Impact One's Psyche?

It is important to understand the context of the word disenfranchised. One definition explains it as feeling powerless or being deprived of a right. It is also important to keep this in mind once we transition to the idea of lived experiences and begin to discuss the challenges of emotionally charged feelings. The Government of Canada has

published findings that concluded that feelings of disenfranchisement greatly contributed to individuals leaving the comforts of the first-world for warzones, and that European countries had more youth joining ideological wars as a result of systemic disparities.

The challenge with feeling disenfranchised is that it can be rooted in misperception and that feeling is often associated with mental health struggles. The best way to think about someone that feels disenfranchised is to think of them as being an outcast and in need of a purpose in life. The root cause of someone feeling disenfranchised can be the result of challenges experienced during their transition into adulthood, troubled home-life circumstances, or unhealthy social-emotional interactions with peers. These causes also fall under categories for social determinants of health identified by the United Nations.

The Cognitive Appraisal Theory was a theory first proposed by American Psychologist, Richard Lazarus, relating to human behavior and emotion. The theory explains the idea of emotions as occurring only after the experience of a stimulus, then the thinking that takes place after that, and it ends with a physiological response and emotion. With the human brain continuing to develop beyond the age of 20 and with the hormonal changes that take place during this period, it provides an explanation in addition to understanding the other struggles an individual might be facing.

Individuals who feel disenfranchised tend to find themselves in a vicious cycle and a whirl of emotions which can push them to the edge. An emotional interpretation and response to the world around them can lead to unhinged behaviors and reactions. With emotions being the result of immediate stimuli, stress and chaos can give way to serious mental health challenges that can be overbearing when combined other struggles.

Why Do Youth Leave First-World Comforts for Third-World Warzones?

In many third-world countries youth will often struggle to access basic education, and regional instability can make it impossible for them to seek out a better life. As a result, these youth can gravitate towards radical ideas, perhaps joining local militias to fill the need for a greater life purpose. But, in the Western hemisphere, opportunity is in comparative abundance, yet some still end up joining foreign wars that most feel they have no business being in. When this happens, the question on everyone's mind is why.

United States Institute of Peace issued a special report that interviewed and examined the personal histories of over 2000 "foreign fighters". What they found was that terrorist organizations were not generally seeking out these youths, but rather that they actively sought out various terrorist organizations. The common thread among these "foreign fighters" was that there was a commitment to an ideology and a sense of heroism that accompanied with entering a warzone.

Those interviewed about their reasons for leaving the Western hemisphere in favor of warzones often fit into one of four types of seekers: revenge seekers seeking out an outlet for frustration, status seekers seeking out recognition, identity seekers seeking out a group to join, and thrill seekers seeking out adventure. The preventatives for these seekers included programs to vent frustrations, opportunities to show off self-perceived talents, having groups to join, and tarnishing the image of the radical organizations that these seekers were seeking out.

Living and Surviving the War Experience

In 2018, I had the opportunity to chat with two retired members of Canada's Armed Forces who were involved in the peacekeeping mission in Sarajevo during the 1990s. I had a chance to learn about their experience and the greater impacts of surviving the war experience. According to them, Post Traumatic Stress Disorder (PTSD) becomes more apparent as one ages, and the first signs tend to be minor shifts in behavior. Without healthy coping strategies, the flashbacks of the war experience are enough to immobilize individuals and will deteriorate their mental and physical health.

I was born in Sarajevo right before war began and I was lucky enough to have been brought to Canada at the age of three. This is significant, because war experiences are detrimental to one's psyche, and it is the long periods of constant life-or-death uncertainty that results in PTSD more than the traumatic imagery individuals come across.

When we arrived in Canada, my family settled in Ottawa, and we lived in the Heron Gate community. This was a low-income area, and most of my friends also had war experience

backgrounds, with their origins ranging from the Middle East to Africa. I had a blast growing up in Heron Gate, but I also realized that my childhood friends and I played rougher than most of our school friends.

When I look at some of the crime statistics in major cities across Canada, there seems to be a trend, a significant number of individuals that are arrested and charged by the police seem to have emigrated to Canada to escape the war experience as first-generation Canadians or are second-generation Canadians whose parents lived the war experience. Could that trend have something to do with the impacts of the war experience? Maybe.

Bias in Media Coverage

Personally, I do not fully buy into the idea of white privilege. I see it more as a majority privilege but the fallout from the conflict in Eastern Europe put “white privilege” on full display.

As an example, African workers and students in Ukraine who were trying to flee the country at the start of the Russian aggression were physically taken off of trains and busses in favor of ethnic Ukrainians. There is footage of black families being forced back, with a black mother and her baby being seen lesser than a white mother and her baby. Black people being forcibly removed from trains and busses in favor of white people is reminiscent of Rosa Park’s era. However, some mainstream reporting denied that black people in Ukraine were being discriminated against despite the video recordings that confirm it.

There has also been an increase in western media reports that have highlighted regular citizens deciding to take up arms in their desire to support the Ukrainian cause, including Canada. But our elected representatives have taken passive stances on Canadians deciding to go down the path of becoming a foreign fighter in these cases.

Responsible leadership would promote the idea of joining the Canadian Armed Forces instead of the silent approval for foreign fighters for any cause. Even though this cause might be one that most people in the West are sympathetic to, the average reality can be much more disturbing.

Double Standards on Display

Take a look at the current headlines and coverage of individuals going to volunteer to fight in Ukraine. Almost all of it is positive. These individuals are being described as heroes and their pictures are being featured across various social media platforms. I watched a journalist in Ukraine interview two young adults that travelled from America to take up arms. The journalist asked a few quick questions as to why they were there and what their plans were now that they had arrived. But not about how their lives were like back in America, or who and/or what were they leaving behind, or if they had any military training? And if not, what did they do to prepare before arriving to Ukraine, what was their end goal?

These are the type of questions we would need to have answered to know more about these individuals and are like the ones asked of individuals who travelled to the Middle East and Africa to take up arms. The responses those people gave were almost always the same. These individuals were disillusioned with the realities of war, and I suspect this is the case with many of the foreign fighters in Ukraine. People do not wake up one day thinking “I want to fight in a war”. It is a culmination of events.

A Thought to Ponder

All this unfolding really makes me wonder whether the realness factor of modern-day video games contributes to the disillusion of what being a “foreign fighter” is all about. When you join the military, they train you and prepare you for the gruesome realities of war in ways a game

never can. Even then, well-trained soldiers have returned from war and struggled with the aftermath of the war experience. These young adults likely have no idea what they are getting themselves into by going down the foreign fighter path.

I feel people in positions of consequence need to dissuade the idea of being a foreign fighter and advertise the Canadian Armed Forces for anyone that believes they have what it takes to take up arms. They need to criminalize the act of becoming a freedom fighter, because too often those that do don't know what they're getting themselves into.

Alek Golijanin is an AU alum who considers himself a gentleman first, a scholar second, and a combat sports fanatic third. In that order.

Homemade is Better Breakfast Sausage

Chef Corey



I've run into a wall lately and have been looking for something interesting to write about. I was making breakfast for the kids, and I and I looked in the fridge to see about a pound of ground pork that I needed to use soon. At that moment, it dawned on me to make breakfast sausage patties. I was making a substantial breakfast anyways, so I thought this was a perfect way to use up the pork and also get a recipe out of it. I quickly looked up a couple of recipes for some basic ideas of where to start. With a base to use, I added and subtracted to balance out the flavours. I even thought about using my very special bacon salt. Yes, you read that correctly, I have bacon salt, and yes, it smells like bacon but tastes like salt. Alas, I chose not to use it for fear of overdoing the flavours.

In the past, when I made sausage, I would use my sausage stuffer to make links, but I wanted something quick for this recipe. It can be whipped up the night before or even that morning. It took me about 5 minutes to put everything together, then I formed my patties into 50-gram portions and fried them up. I could have used my burger press, but I thought rustic was just as good.

A few words of caution when working with ground pork, it is vital to keep the protein cold—not completely frozen, although somewhat frozen would be ok if you were going to use a grinder and make them into links. The meat needs to be kept cold for various reasons, the most important of which is to ensure food safety. Bacteria love warm places, and temperatures from 4C to 60C (40F - 140F) (Alberta Health Services, 2009) are the sweet spot for many types of bacteria in food. When cooking your sausage, you're going to cook them hot enough, and you'll know it's hot enough because you'll use a thermometer as I do.

After making and cooking the sausages, my kids couldn't get enough of them. I will have to make this recipe more often, and I hope you do as well! So let's see what makes up my breakfast sausages.



Breakfast Sausage Patties

Ingredients:

500g ground pork
 1/2 tsp kosher salt
 1 tsp sage
 1/2 tsp ground black pepper
 1/4 tsp marjoram
 2 tsp brown sugar
 1/8 tsp red chilli flakes (optional)
 1 pinch clove (optional)

Directions:

- 1) Gather all your ingredients and use a metal bowl. A metal bowl will hold the cold longer.
- 2) Preheat a griddle to 350F or a frying pan over high heat.
- 3) Mix all the ingredients until the spices are well incorporated.
- 4) Measure out 50gr portions and flatten them to your preferred size.
- 5) If you're using a metal frying pan, add 1 TBSP of canola oil OR bacon fat (I keep a jar on my counter).
- 6) Sear the patties, careful not to crowd the pan, though.
- 7) Once seared, turn down the heat on your stovetop to medium and continue to cook the sausages until they reach 165F.
- 8) Bon appetite!



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



Unearthing classic articles from previous issues of The Voice Magazine

A busy week coming up with the switch to Daylight Saving Time (for some), March Break (for some), and St Patrick's Day (for all who choose to play at being Irish for a few hours.)

Even the day's namesake wasn't Irish. A *Voice* "Click of the Wrist" feature looks at several facets of Irishness. "[T]he patron saint of Ireland wasn't even Irish. He was kidnapped from Britain and spent several years in Ireland as a slave, only to escape and eventually return to Ireland as a priest." [Click of the Wrist – Eire](#), March 12, 2010.

Good thing he wasn't born in November. Barbara Lehtiniemi looks at the pan-cultural appeal of St Patrick's Day. "March 17 arrives just when we've developed a longing to see green, growing things again. Conveniently, St. Patrick's gives us a reason to haul out forty shades of green to jolly us along until the real thing fights its way out of the frozen ground." [The Return of Green](#), March 17, 2017.

Why Failure is Golden

Marie Well



In life, unlike school, the sample size to measure performance isn't fixed to a two-hour exam. In school, we are taught that 32% means failure. So, what if I told you that you could fail 70% of the time yet be considered a top performer? Baseball players who fail 70% of the time are considered quite good.

My view is that failure can be golden if managed correctly. By tweaking a few variables, we can create the conditions for success. Failure lets us know what variables need tweaking.

In life, we have many chances to overcome our weaknesses. The sooner we can overcome our weaknesses, the better. It's often the cataclysmic failures that force us to seek solutions, placing our footing on "the right track" earlier than otherwise.

As long as we don't end up jaded, resentful, or negative from failure, we have the chance to grow more positively resilient. By "positive resilience" I mean being able to come out of failure with a positive and determined mindset: either we're happier, more at peace, kinder, or more of another noble quality. And we don't quit.

Failure leads to growth when accompanied with self-reflection. When we aim to eradicate any negative

thought or deed associated with a failure, we grow. I believe if we are happy and content with every thought and deed, then we have "arrived."

Failure lets us know that we could've contributed more. It lets us know what value we could have created, had we known better. And when failure is being signaled, we can take precautions and change our course of action. Simply do more of what works and less of what doesn't, while researching and experimenting with new ideas.

When you fail, reflect on what a perfect performance might've looked like. A perfect performance is one where you optimized your talents, skills, thoughts, feelings, presentation, and actions. Don't put any limitations on your perfection (because you truly have no limitations): let your imagination go wild.

If we think about it, if a person gives up, it's their ego suggesting they can't do something. The ego's "voice" isn't reality. We always have the potential to overcome any limitation. The ego only gets in the way if we let it.

If you fail, yet still desire the end goal, chances are you've got huge potential. In fact, you've got unlimited potential. Where there is a will, there is always a way.

So, what makes failure so special? If we treat failure as a neutral event while reflecting on ways to improve, we may just beat the 30% success mark and bat a grand slam.

DIY Chinese Soup Dumplings

Xine Wang



One of my favorite activities is inviting friends and family over to make Chinese soup dumplings. These are hearty, flavorful, and boast a traditional recipe that has been passed down in the family for generations. Preparing dumplings is not simply a chore but a family activity. My entire family would pitch in, chat about school, work, and relationships while wrapping dumplings. Especially during Chinese New Year, making these is a valued family activity.

While my family insists that they make the exterior shell from scratch, in recent years, with the lack of spare time and business from school and work, I've adapted this recipe with a twist. Many grocery stores (including Wal-mart) and Chinese supermarkets now sell dumpling wrappings.

I've found store-bought wonton, dumpling wrappings, and spring roll shells save me so much time and energy when preparing these delicious meals. In terms of prep time, I can now focus on mixing the right ingredients for the filling and folding the dumplings rather than worrying about how my

batter will turn out. Moreover, preparing the wrappers generally takes another solid hour including the kneading, the cutting and flattening of the wrappers.

The fillings I enjoy the most are very traditional chive and pork fillings. The chives are fragrant and add a unique flavor to dumplings. The pairing is a favorite in many Chinese regional cuisines. I add a third ingredient commonly known as shredded tofu. They are easily found in many Asian supermarkets. You may have seen them used in stir-frys and even in your hot-and-sour soup.

Dumpling Wraps

Prep time: 30-45 minutes

Cook time: 10 minutes

Ingredients:

- Store-bought dumpling exterior shell
- 1.5 lbs ground pork (lean)
- 1 egg
- 7 cups Chinese Chives
- 3 tablespoon sesame oil
- ¼ cup soy sauce
- Salt and pepper to taste
- Optional: 200 grams Shredded tofu strips

Dumpling folding requirements:

- Baking sheet for holding the uncooked dumplings
- Flour
- Small glass of water (dip your finger in and run it along the side of the dumpling while folding to help seal them)





Instructions:

1. In a large bowl add egg, chives, sesame oil, soy sauce, ground pork and shredded tofu strips (optional)
2. Prepare the dumplings by folding them into half moon shapes and seal off with the sides. Wet the border of the dumpling to help the dumplings seal better
3. Sprinkle thin layer of flour onto baking sheet
4. Place the dumplings onto baking sheet and ensuring they do not stick to one another
5. Boil water in a large pot
6. When water boils, drop the dumplings carefully into the water and stir with chopsticks to prevent sticking to the bottom
7. Cover and simmer for 5-10 minutes on medium-high heat.
8. Cook for 5-10 minutes until the dumplings

float to the top

9. Serve with dumpling sauce (see below)

Dumpling Sauce

Ingredients

- 2 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tsp chili oil (optional)
- ½ cup of chopped cilantro (optional)

Instructions

Mix all ingredients in a larger bowl. Serve. Easy.

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



Fly on the Wall Progress Not Perfection



Jason Sullivan

Course Readings Weren't Roamed Through in a Day

Working from home has probably gained *cachet* by being a preferable alternative to COVID scares and toxic workplace cultures. As distance students, we might then fly into a heavy course load and figure it'd all be free sailing. Just catch the breeze of your inner motivation, right? And no commutes to class in January, booyah!

Unfortunately, our best laid plans for placid academic futures may fall by the wayside. Be careful what you wish for, a fortune cookie somewhere probably prophesies. AU will show weaknesses in attention span and productivity that would put to shame even a yawn-

worthy Zoom conference call. Success is always more than a click away; that might be why clickbait tends to suck time down the drain. Happily, making our future our own is about learning to know and grow within our real selves. Learning how to learn is not only about facts and theories; it's about learning how to make the best of ourselves in as many moments as possible. So let us to embark on a brief survey of the future as a cause of present discontents.

Many Moments, Many Motivations

Being a distance student, like being a spy in foreign land, teaches us that we are as many selves as we can pack into our scholastic (or pseudo-monastic) distance education minds. Heraclitus, who noted we can't step twice in the same river, opined that "Men do not know how what is at variance agrees with itself. It is an attunement of opposite tensions, like that of the bow and the lyre" (in Chaliakopoulos, online). To know ourselves, and our study potentials, is to know that each moment is only a facet of the school-cool enigma that is our personal whole.

In the same vein, and maybe as a reminder that our brains and bodies are run through with rivers of cardiovascular movement and perpetual cellular renewal, Heraclitus claimed that "honey tastes sweet to the healthy and bitter to the sick. In this case, honey is one thing with two opposite qualities, just like seawater is both death for humans and life for fish: 'The sea is the purest and the impurest water. Fish can drink it, and it is good for them; to men it is undrinkable and destructive'" (in Chaliakopoulos, online). Moments are what we make of them and each of us is situated differently. Think of how some students love a crowded coffee shop to write in while others need a stony silence worthy of Okotoks' Big Rock during a winter freeze.

Carried Away, Or Riding the Wind?

Does constant flow help us, though, when we feel ourselves carried away by perceptual predestination of coursework deadlines? Walter Benjamin, the messianic Marxist who took poison rather than fall into the hands of fascists, claimed that "a storm is blowing from Paradise; it has got caught in his wings with such violence that the angel can no longer close them. This storm irresistibly propels him into the future to which his back is turned, while the pile of debris before him grows skyward. This storm is what we call progress (Benjamin, online). Even if we get blown away with momentary pessimism, we can still consider ourselves to abide in good company. AU has thousands of students much like us in their challenges and temerity. Finding perspective within ourselves might be the greatest learning that our adult education can provide.

Be Here Now...Or Now? Or Now?

Perhaps our greatest hope when feeling sucked into a vortex of deadlines and anxiety about the future is in the concept of presentism. This view, ironic in contrast to our suspicions that just living in the now will lead to an unwanted depopulation of our future opportunities, suggests that only the present is really real and it is the future which exists only as presence. Nurana Rajabova summarizes the presentist view: "the future also can come into existence only when time meets space and the future becomes the present. In other words, the future becomes real when it becomes the present. Therefore the future, in its commonly understood sense, is never actually in existence" (Rajabova, online).

Maybe the saying that those who fail to plan are planning to fail is all backwards; if we really lived in the moment, we might discover a plethora of present possibilities beyond anything we could imagine for our future. Maybe. In any case, it helps to remember that a moment of worry shall pass through our minds like a trickle in the cosmic sands of time. And hey, wherever we go there we are so we might as well learn to love, or at least accept, our mixed emotional fate as distance students.

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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.

Dear Amy Schumer Autism is a Disability

Jessica Young



Recently, I read an article from People Magazine detailing actress Amy Schumer's comments about how she would feel if her 2½-year-old son was diagnosed with autism. Apparently, Schumer's husband and father to her child is on the autism spectrum, which she believes makes her son statistically more likely to be diagnosed as well.

"I can say honestly I don't have a preference either way" Amy says on an episode of the Dear Chelsea podcast. "I don't see being on the spectrum as a negative thing. My husband is my favorite person I've ever met. He's kind, hilarious, interesting, and talented and I admire him. Am I supposed to hope my son isn't like that?"

"I'd be disappointed if he liked the Big Bang theory and Nascar, not if he has ASD," she joked in conclusion.

Listen—I'm sure that Amy had the best of intentions with these comments. I'm sure that she was trying to communicate that, like most mothers, she loves her son unconditionally. I'm sure that she also loves her husband dearly, and that she doesn't view his autism as something that negatively impacts their life. While that's all wonderful, Amy's comments are actually quite dangerous for the autism community, people with disabilities in

general, and disability rights.

Autism spectrum disorder (ASD) refers to a broad range of challenges with social skills, repetitive behaviors, speech, and communication. Of course, ASD is a spectrum, meaning that every single person will be affected differently. While some people experience symptoms in way that only marginally impacts their life, there are many people with autism who are profoundly impacted. It's estimated that 40% of people with autism are nonverbal and some studies indicate as many as 58% of adults with autism need help with daily living activities such as bathing, feeding, and toileting.

Furthermore, ASD generally occurs with other conditions that cause physical, mental, or emotional symptoms—in fact, one study found that up to 95% of autistic children had a co-

occurring condition. These conditions may include mental health problems such as anxiety, depression, eating disorders, or obsessive-compulsive disorder; medical conditions such as sleep disorders, gastrointestinal issues, or seizures; and genetic conditions such as Fragile X syndrome or tuberculosis. ASD also frequently occurs with other neurological disorders or developmental delays, such as ADHD or intellectual disabilities.

The CDC defines a disability as “A disability is any condition of the body or mind (impairment) that makes it more difficult for the person with the condition to do certain activities (activity limitation) and interact with the world around them (participation restrictions).”

Well, that certainly sounds like ASD to me. So why are so many people trying to convince the world autism is a non-issue; certainly not a disability? The simple answer is ableism. The more complicated answer takes two forms. The first is usually people who are trying to be progressive, like Amy Schumer. People who are either ignorant to the realities of ASD or really want you to know how accepting they are of people with disabilities—so accepting that they wouldn’t care if their child had a potentially debilitating condition.

The second form is people who have such deeply internalized ableism that they believe “disabled” is a dirty word. Perhaps these people don’t even consciously realize they feel this way, but on some level, they equate being “disabled” with being less-than. Disability is not a bad word. There is nothing wrong with acknowledging that having autism makes it more difficult to do certain activities and interact with the world.

This toxic-positivity and perpetuation of the fairy-tale that autism simply means someone who is “socially awkward” or “quirky” actively harms the autism community. It makes the public less understanding of autistic people who present more severe behaviours. Suddenly, meltdowns and violent outbursts (which are common for people with autism) are seen as a consequence of bad parenting, rather than a symptom of a neurological condition. Parents who are grieving their child’s diagnosis (which is a perfectly valid emotion) feel shamed.

If we refuse to acknowledge ASD for what it is—a disability—the minimal resources available to people with disabilities could be cut even further. In Canada, many people with disabilities and their families are in crisis. Families are burnt-out dealing with a fragmented system, facing years-long wait lists for care facilities or other essential services and lack of financial support due to the growing demand for these resources. Other autistic adults are often cut off from services in Alberta at 18 due to IQ score requirements, which means there are not enough opportunities available to live a good quality of life, whether it is finding affordable housing that meets their desired standard of living or acquiring employment.

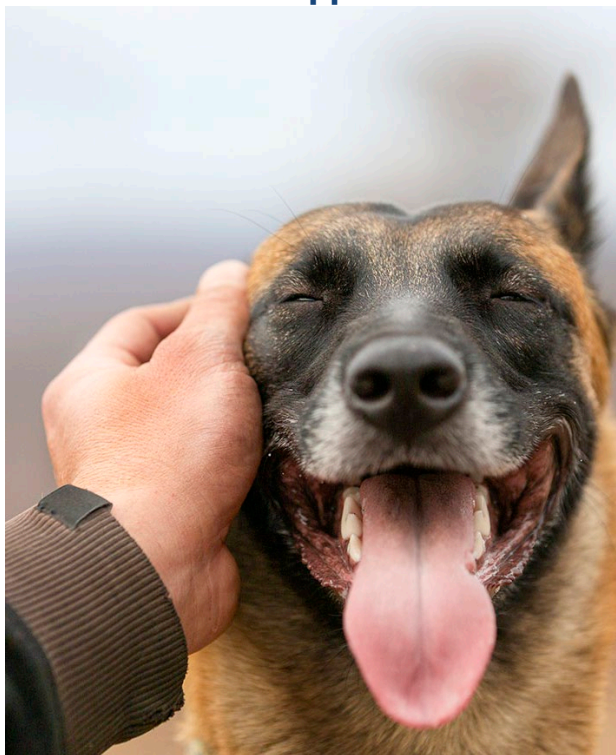
As the mother of a little boy with autism, Amy should absolutely have a preference about whether her son is diagnosed. Why would any parent ever want their child’s life to be harder than necessary? I watch my son face challenges every day that my neurotypical daughter does not, because he is living in a world that is simply not designed for him, as all people with disabilities are. My heart shatters every time I have to restrain my son during a meltdown so he doesn’t harm himself. I cry every time I think about my son potentially needing care for the rest of his life. I don’t cry for myself—I will gladly take care of my son until the day I die—I cry for him. I cry for the things he will never get to experience. I cry because I worry about what will happen to him when I’m gone. I love my son infinitely, regardless of, and because of, his abilities. But my son has a disability, and there is nothing wrong or shameful in saying that I wish I could take it away for him.

Amy Schumer—please educate yourself. Autism is a disability.

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

The Secret to Happiness

Marie Well



When we think of people consuming toxins, we don't often associate their lifestyle with happiness. But when we see a studious young woman who runs marathons and who has received a \$40,000 scholarship to Harvard, happiness seems inevitable.

But to truly be happy, no matter what our life conditions yield, no matter if we're world travelers or on death row, we need to learn to control our mind—such that we're *always* happy.

But what defines a happy person?

The Positive Trait Thesaurus outlines some key traits of happy people, which I've placed in bold font below. I've added what I believe to be pathways to such happiness, at least according to my own achievement of greater happiness.

With that said, here are some secret routes to happiness:

Being optimistic about the future; focusing on the positive. No matter what twists and turns may lead us astray, we must always keep an eye on the best outcomes. If it rains, think of the rainbow. If it blizzards, think of ice hockey or snowboarding. If it rains bullets and bloodshed, focus on every possibility for a peaceful ending.

Feeling satisfied at doing good and helping others. It feels great not just to help the ones we love, but also to help the people we may disdain. Better still, turn that disdain into love, and seek to serve even our foes wholeheartedly.

Pursuing mental and physical health. Alcoholism and drug abuse do not bring us to a place of long-term happiness. But we can choose to be happy even in the most direst situations. The best happiness arises from healthy choices, such as fitness, healthy eating, meditation, loving-kindness, and a non-toxic lifestyle.

Looking at the bright side when something bad happens. If we get fired from our job or get kicked out of university, try not to take a victim mentality. Instead, try to focus on the infinite opportunities that still await us. For every one loss, there are countless potential wins. In one of Napoleon Hill's book, he asks a businessman and scientist something like, "What would you do if your business or your lab burnt down?" If I recall correctly, the businessman would've felt distraught. The scientist would've immediately started rebuilding. Be the scientist!

Minimal stressing and worrying. Instead of worrying, consider how your soul is eternal: it can't be killed, maimed, defeated, or made ugly. Your soul is infinite love and always will be. It's just your mind and body's drive for survival that suggests otherwise, according to The Marriage Foundation. So, in times of worry, feel joy instead, as your essence is infinite love.

Enjoying other people and the unique talents and ideas they offer. Just like our true essence is infinite love, so is everyone else's. So, celebrate other people, even if they threaten or worry us. Just like a heavenly garden of flowers, every soul is innately beautiful.

Working well with others. When someone slights or mistreats us, respond with compassion. And try not to look at others' flaws, just our own. We can't change others, only ourselves. They may be striking out at us because they see us as threatening. Try to selflessly work well with others.

Friendliness and politeness. It's great when we go out of our way to give a gift or do an act of kindness. And always use manners, no matter who we speak to: subordinate, family, or higher up.

Enjoying learning new things. Learning can bring us new knowledge, new philosophies, and great wisdom. The more we learn, say, spiritual tenets, the more we can discern which actions bring the best karma. And the more knowledge we accumulate around a topic, the more we can position ourselves as experts in the field.

Loving others unconditionally. Love everyone, no matter if they hate us or seek to harm us, but do protect ourselves from harm. The Bible says to love our enemies. The more people we love, the less time available for hard feelings. And the more time there is for love, the happier we ultimately feel.

Pursuing the things one loves to do. Do all the things that bring you true joy. Ski, swim, sing, dance, write, build, invent, travel—whatever you love, pursue it!

Not taking life or people for granted. In the media, I hear all this stuff about toxic people. I think this idea of getting rid of toxic people is wrong. We can keep a distance, but it's always best to love everyone, especially family, friends, colleagues. They are in our life for a reason: to love. Giving love to other beings, especially prickly ones, is a blessing.

And last but not least: challenging oneself. Push ourselves every day. Try to reach higher, dream bigger, achieve greater, try harder. Nothing can stop us from becoming all we are intended to be, as our potential is limitless.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: BeArt-Presets Academic Scholarship Program

Sponsored by: BeArt-Presets

Deadline: April 1, 2022, 11:59 pm EST

Potential payout: \$2000 USD

Eligibility restriction: Applicants must be undergraduate, graduate, or high-school senior students.

What's required: A completed online application form, including a minimum 2000-word essay explaining how winning the scholarship will help you achieve your education and career goals.

Tips: Read the "Selection of a Winner" section for info on how essays will be judged.

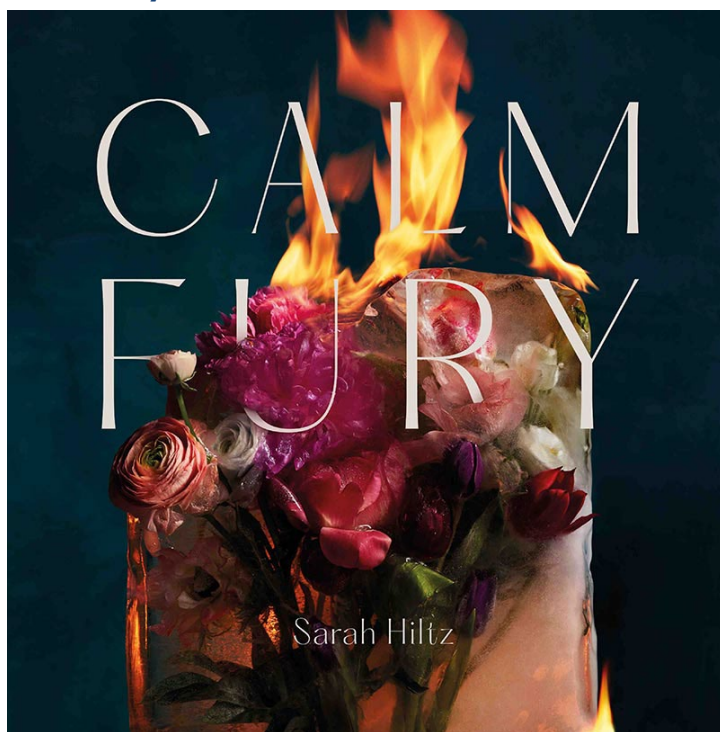
Where to get info: www.beart-presets.com/beart-scholarship-program



Music Review

Calm Fury

Jessica Young



Artist: Sarah Hiltz

Album: *Calm Fury*

Toronto-based contemporary folk artist, Sarah Hiltz, has released her new album, *Calm Fury*. The album is available for streaming anywhere you get your music.

Calm Fury is a collection of songs inspired by Sarah's research into the ways that Canadians—particularly Canadian women—experience, express and repress anger, along with how others relate to female anger. According to Sarah, she was less fixated on capturing a particular sound or arrangement for each song, and instead focused on working with people who she felt would honestly engage with the subject and reflect it in their own performance. If you're interested in hearing more about Sarah's research or taking a more in-depth look at the themes of *Calm Fury*, you can check out

Sarah's podcast *The Fury Pod*.

Of the album, Sarah says, "I had been thinking about the idea of controlled burns—setting fire to unhealthy parts of a forest to prevent wildfires that could do much worse damage. And of course, there are safety measures whenever this happens—the blackline or the firebreak—places where the fire can't easily reach. In the songs, I'm recommending the listener to stay in those zones. I'm not coming for individuals with my anger, I'm not interested in tearing anybody down. But I am ferociously angry about systems that cause us harm and allow individuals to cause others harm, and I'm very interested in setting fire to those systems, for the sake of a healthier metaphorical forest for us all to live in."

Calm Fury consists of eleven tracks: Retching In The Wings; Calm Fury; Love and Retreat; Swim; May I Rage, May I Love; Radio Silence; Move On; Bad Cycle; Darling, I Suffer; Daylight Savings; and As Long As You're There. The songs "May I Rage, May I Love," "Swim," "Retching In The Wings," and the title track, "Calm Fury" have lyric videos (or "visualizers," as Sarah calls them) on YouTube.

Calm Fury has a sound that's somewhere between jazz, folk, and classical. Unfortunately, I found many of the songs to be very middle-of-the-road—not quite slow enough to be considered a slow song, not quite fast enough to be considered an upbeat song—but rather, stuck somewhere in the middle. Sarah has a gorgeous, controlled voice, but the lyrics felt forced. Her purpose of the album is clear, and she remains on the "wildfire" theme, however some of the lyrics were trying so hard to be artsy that they didn't make much sense. The songs also sound very similar, from the instrumentals to the tonality to the themes. Distinguishing between songs would be difficult. I really wish Sarah spoke more from her heart throughout the album, because it sounds like she's a passionate woman with a lot to say.

I did enjoy the track "Move On". This was one of the few songs that I felt picked a side of the road, per say. It's a sad or bittersweet song (depending on which way you look at it) against an upbeat

backdrop, deliberating the nuances of moving on from a relationship. The song opens with the lyrics, “goodbye is the beginning, of someone else’s song,” which I thought was incredibly beautiful. I also enjoyed the track “May I Rage, May I Love,” because it reminded me of the song “Exploration” from the *Coraline* soundtrack.

Overall, while I liked some aspects of the album, I wasn’t a fan of *Calm Fury*.

Check out Sarah Hiltz on [her website](#) and [YouTube](#).

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

Beyond Literary Landscapes

Gloria Anzaldúa

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

This column serves as an introduction to the works of Gloria Anzaldúa, a reminder of some of the author’s classics, and as an inspiration for further reading.

Gloria Evangelina Anzaldúa “was a queer Chicana poet, feminist theorist, and writer.”

Similar authors and scholars include Cherrie Moraga, author of *Native Country of My Heart* and *Loving in the War Years*.

What

The scholar’s most well-known works include *Borderlands/La Frontera: The New Mestiza*, as well as the co-edited *This Bridge Called My Back: Writings by Radical Women of Color* with Cherrie Moraga.

Other popular works include the co-edited *Making Face, Making Soul/Haciendo Caras: Creative and Critical Perspectives by Feminists of Color* and *Light in the Dark/Luz en lo Oscuro: Rewriting Identity, Spirituality, Reality*.

Many of these works often [switch between](#) Spanish, Náhuatl, and English.

Anzaldúa focuses on several topics and themes, including:

Borderlands Identity – “[A]ccording to Anzaldúa, [the term Borderlands] refers to the geographical area that is most susceptible to la mezcla [hybridity], neither fully of Mexico nor fully of the United States.”

Anzaldúa’s “borderlands emerge ‘whenever two or more cultures edge each other, where people of different races occupy the same territory, where under, lower, middle and upper classes touch, where the space between two individuals shrinks with intimacy.’” In particular, the borderlands “definition arises from the dialectic between those ‘invisible’ societal borders and the historical materiality of the U.S.-Mexican border.”

Although the borderlands “physically [refers] to the U.S.–Mexico border . . . [it] also [incorporates] psychological aspects to describe the spiritual, sexual, or other boundaries that, although arbitrary and painful, guide one’s identity.”

Nepantla Theme – The theme of Nepantla “meaning “in the middle” [is used] to describe her experience as a Chicana woman.” In particular, this Náhuatl term “conjures ideas of blending, mixing, and being of two cultures.”

Where

Many of Anzaldúa focus on border areas of the United States, such as California and Texas, as well as Mexico.

When

Anzaldúa works often take place in the late 20-century.

Why

Readers interested in learning more about the theory of borderlands identity, the theme of Nepantla, as well as feminism, sexual orientation, gender, race, Chicana identity, colonialism, intersectionality, racism, sexism, homophobia, as well as spirituality may be interested in the works of Anzaldúa.

How

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

AU students interested in learning more about this topic may enroll in WGST 460: Famous Feminists and Their Times: Global History of Feminism, a senior-level, three-credit course, which focuses on “the history of feminism from the perspective of the women and men who . . . sought to challenge the prevailing socio-political, economic, and religious order that sanctioned female inequality in their lifetimes.”

In addition, learners may also be interested in WGST 401: Contemporary Feminist Theory, a senior-level, three-credit course, which offers learners an “overview of feminist theories and women’s movements in Canada and elsewhere in the world and a critical discussion of varieties of feminism as they pertain to issues such as gender violence, reproduction, work, families, and sexuality.” (Although there are no prerequisites for this course, enrollment in WGST 266: Thinking from Women’s Lives: An Introduction to Women’s Studies is recommended.) Happy reading!

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





Dear
Barb

Barbara Godin

Acting Like a Child

Dear Barb:

I don't know if you can help me with my problem, but I thought I would write in anyway. I am a single parent of two daughters, six and four years old. It has been hard being a single parent but, so far, I am doing okay. The kids' father is an addict, so he is in and out of their lives. Personally, I would prefer he stay out of their lives until he can straighten out. Fortunately, my parents have helped me a lot.

My children have been pretty good until recently when the youngest became defiant. Everything I ask her to do she says "no," and usually has a major temper tantrum. My oldest is still well behaved for the most part. I do not know how to handle this behaviour. I don't know if the situation with her father is affecting her. She has always been a handful and I have tried to accept that this is just who she is, but this open disobedience is overwhelming me. Most of my friends are saying this is just a phase and it will pass, but I wonder if it is something more. Do you think I am overreacting? Should I just let this play out and see what happens? Thanks, Frazzled Mom!

Hi Frazzled Mom:

Your four-year old's behaviour is pretty typical. I do not think it is anything serious at this point, but you should probably keep an eye on it and if it escalates you may want to discuss this with a counsellor, who may be able to give you some tips to help manage it. Below are some guidelines that I have found.

Each of these points can be expanded by going to the link above.

- Make eye contact
- Never ask something more than twice
- Pick your battles
- Know your child's triggers
- Practice prevention
- Be consistent
- Don't get emotional
- Listen and repeat
- Keep it brief and simple
- Make sure they understand what you said
- Offer choices
- Use a time-out

These are just a few of the points that are mentioned in this article. Children at this age are attempting to exercise their independence, so it is important that you don't stifle them. However, they should not be allowed to exhibit rude behaviour. They must be taught what is acceptable behaviour and what is not. It is most important that you maintain your composure and remain calm during these episodes, as your child learns from you, so be a good role model. I hope this information is helpful, and thank you for your email.

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
The Purpose of Therapy

Wanda Waterman



AU GENERAL ELECTION TIME TO VOTE

March 10-14

Voting only takes a moment so find the digital ballot in your email today and elect your next student reps!

Sacred Circle of Squares for Indigenous Students ✨

To honour the seasonal change & continued community care, the Faculty of Humanities and Social Sciences is hosting another Sacred Circle of Squares for **Indigenous Students**. This offering will be led by Indigenous faculty members, Dr. Josie Auger & Dr. Melissa Jay along with special guest, Dr. Fyre Jean Graveline.

What to expect:

Current living conditions can leave us feeling cut off from our Bodies, our Hearts, our Ceremonies, our Lands, and our Relatives. We can reStory our Connections to our own Beingness, our Relatives and All Our Relations through Natural Materials Bricolage. Together we will



embrace Earth Mother as Teacher and Healer and deepen our Capacities to be more SustainAble and to reConnect to our Blood Memory of Ancestral Resiliency.

Day & Time:
March 21st, 2022 from
1:00pm-3:00pm MST

We welcome Indigenous students to **RSVP to Dr. Melissa Jay** at mjay@athabascau.ca by **March 17th, 2022**.

Voting is open March 10-14 to elect the next AUSU Students' Council and, for voters who self-identify as Indigenous, the [Indigenous Circle at AUSU](#). Election questions? Email Duncan at governance@ausu.org.



March is Women's History Month and AUSU is highlighting amazing women everyone should know about. Each has left a mark on Canadian history, clearing the path for future influential women. [Follow us](#) (social links in Linktree) to learn why Jean Goodwill became a nurse, what Maayan Ziv founded to enhance inclusion, and how Dr. Roberta Bondar earned a Space Medal!



Check out AUSU's custom learner pathway, [Learning to Excel](#). In video tutorials and demonstrations, Excel expert Dennis Taylor walks you through the program's essentials, including productivity tips and keyboard shortcuts that will help you get the most out of this powerful tool.



AUSU President Accepts New Position at AU!

March 4, 2022 was President Stacey Hutchings's last day on AUSU Student's Council and the Executive

Committee after submitting her resignation in late February to accept a position at Athabasca University within the Student Financial Aid Office. She served AUSU for two years as a member of the Executive Committee, with her first year as the Vice President External and Student Affairs and the current year as President.

CLASSIFIEDS

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

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