



THE VOICE

Vol 30 Issue 12 2022-03-25

Minds We Meet

Interviewing Students Like You

Council Connection

St. Patrick's Day Meeting

Comedy Specials

Dave Chapelle and Co.

Plus:

*Local Shout-Out: Ottawa Edition!
Three Tips for a Side Hustle
and much more!*



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LETTERS TO THE EDITOR



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

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

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

Editorial

Political Theatre Class

Karl Low



We continue to approach the United Conservative Party's leadership review on April 9th here in Alberta, and as we approach, more information is coming out about Premier Kenney's close involvement with what's been called a kamikaze campaign. In the process bringing him closer to the campaign finances that have already been the cause of many fines levied.

He goes there propped by a war-driven price of oil that's provided a significant surplus in the budget and a plan to try to bring gas prices down by temporarily ending Alberta's \$0.13/litre gasoline taxes, while at the same time chastising the federal government for their approximately \$0.09/litre carbon tax.

With attendance at the review promising to significantly exceed earlier expectations, it has been decided to move the voting from being in person to via email and other means that are, coincidentally enough, the same means as those during the leadership campaign that the RCMP continues to investigate because of allegations of fraud and possible identity theft by none other than Jason Kenney's campaign team.

Meanwhile, in the United States, republican politicians are grilling the Supreme Court nominee of Joe Biden, with accusations of everything from her being soft on child molestation to being too far away from the normal public (as in, too educated and too qualified (and, the suspicion goes, too black and too female)) to be able to be a good choice for the general public on their supreme court. This despite how some of the very same republicans were, during the previous administration, praising her and suggesting she be made the nominee.

Vladimir Putin attempts to justify his invasion of the Ukraine as being to fight rising Nazi sentiments in the country, while simultaneously shelling the homes of those of those who devoted their lives to ensuring that the memory of Nazi crimes were never forgotten.

It's like they're not even trying to put up a pretense of governing to help citizens anymore. Less so with most politics here (aside from the UCP) than in the United States, but still starting to rear it's ugly head, where the point of politics—attempting to design good policy for the most people in a world where few people are the same—has been forgotten in the simple attempts to create political theatre.

And the sad thing is that the system itself has no means of thwarting this type of behavior. So long as a significant portion of the populace is satisfied with a goal to “make Liberals cry again!” as Donald Trump Jr. encouraged crowds at his father's rallies, so long as a significant portion of the population proudly holds “ABC—Anybody But Conservatives” as their rally cry, things aren't getting any better. The party system has caused a split, where the idea of which team you're on has become more important to many people than what the people in that team are actually doing.

And that's because finding out the scandal, the newsbite, the poorly thought out comment or fodder for the editorial cartoon is easy, but actually examining the issues is hard and takes time. And the 24 hour news cycle, oddly, has no time to get in depth on the issues that actually matter because they don't have a punch line and can't be explained in the time between commercials. And if they don't have the time, then we have to make it. Anything less and we get, well, what we see.

Meanwhile, bunch of good stuff this week, our Features, Fly on the Wall, recipes, scholarships, advice, and more. Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl".

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 Lesley Mutschke (she/her), currently residing in St. Alberta, Alberta, the traditional Treaty 6 territory of the Nehiyaw (Cree), Denesuliné (Dene), Nakota Sioux, Anishinabae (Saulteaux), Niitsitapi (Blackfoot), and Métis Peoples.

Lesley is currently in her final course of the Human Resources and Labour Relations (HRLR) Certificate, which has taken her “many years to complete.” She stated, “I had a goal of completing Education, as not having further education was impacting my career choices. I am very happy in my current job but know I will be able to use a lot of what I learned in my HRLR certificate even if it is not an HR related role.”

She continued, “I am a 42-year-old wife of almost 20 years to my husband Garth, and a dog mom to two half-brother schnoodles, Eddie (two-years old) and Buddy (three-years old). I was born and raised in St. Albert, Alberta where my family and I still live. I am currently a Business Development Manager for a Health and Safety sales company.”

When she is not studying, Lesley enjoys dancing, explaining, “I did adult hip hop for a while until injuries got in my way.” She continued, “I also enjoy being with family, going camping, and I love playing cards.” She also finds some time to read. “I am reading a few books by Emily Giffin, she writes with a sense of humour that allows me to escape.” She also finds time to relax with some television shows. “I was binging *Emily in Paris*, *Yellowstone*, and *Outer Banks*, but they’re all done, so, nothing right now, hahaha.”

And who had the greatest influence on her desire to learn? She stated, “No one person influenced my desire to learn, but rather my lack of career choices because I didn’t have further education. I was never a school person; in fact, it’s a miracle I graduated. Which is why I struggled with continuing my education. That said, I am glad I did as it feels like a huge accomplishment.”

Lesley believes that online learning “has been a very big challenge.” She explained, “I am a visual and auditory learner and have struggled with comprehension my entire life. Going back to school as an adult, and to an environment where I have to teach myself, has been hard.



I like that I can fit school within my life versus having to rush to get to a class and that I can learn at my own pace. That said, I miss the in-class learning. As an example, I find it very hard to do the practice questions that are always recommended in every course, because there are never any answer keys to ensure my answers are accurate. I also excel when I learn from other perspectives ... which you don't get in an online learning environment."

Like many students, Lesley did waver about continuing her schooling. She explained, "Throughout the entire journey I contemplated quitting. I struggle with school, but I desperately wanted to accomplish this and get that piece of paper. It may not be a diploma or degree, but I will be very proud when I get my certificate after this final course."

When asked about her most memorable course, she chose ENGL 255: Introductory Composition, explaining, "When first started this course, I almost quit. My first tutor was lovely, but not meeting my needs, as we are all individuals. I almost dropped out of school right at the start of my journey due to this course, but I called an advisor who switched my tutor and in one day it all turned around. All of a sudden I was receiving support that met my personal needs, a tutor I could tell cared about my journey and making sure I made it through, and it all changed."

As for communications with her course tutors? "Every single tutor is different. Most have been ok and open to chats. Some not as much. But we are all different and as such communicate different."



If she were the new president of AU, her first project would be to "find a way to enhance online learning with pre-recorded class lesson videos, answer keys to ensure students are on the right track with their practice questions, and other ways to meet the needs of all learners." She continued, "Some learners need instructional videos, others don't, some need class interaction, others don't. I would find a way to put a bit of everything in the courses, so all learners get what they need."

Lesley's pet peeve is "when grades take the full seven days or longer." She explained, "I tend to wait for my mark and feedback before starting a new assignment."

When asked which famous person, past or present, she would like to have lunch with, and why, Lesley chose Betty White. She stated, "She was an icon in so many ways. She remained at the top of her game in to her 90's, and I believe would be full of wisdom to share with me if she were still here." And that lunch would be at Lesley's "house where we aren't distracted by anything other than my cute dogs."

The most valuable lesson that she has learned in life is to "get your education early on," explaining that "it will do so much more for you than just assist with a career path." She "regret[s] not going earlier in life."

And her proudest moment in life? "It hasn't come yet—it will be the day I finish this certificate. For ones that already happened, the day I got married and the day we got our first house."

And the one thing that distinguishes her from most other people? "I would say my sense of humour. Few people know that I suffer from anxiety, and when people tease me because I stress too much, they don't realize that has a deeper impact on me."

As a final note, Lesley added, "I am very appreciative to the staff and students at AU. From the advisors, the tutors, all staff have been incredible. I am also so thankful to have the AU app where I can connect with other students and share feedback and support one another. It has been a life saver on many occasions." Best of luck Lesley!

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



Comedy Specials

Dave Chapelle and Co.

Alek Golijanin



When Dave Chapelle announced that he was back from pop culture isolation and was about to return to comedy, I knew he was going to ruffle some feathers. As someone who has followed Dave since the Chapelle Show on Comedy Central from around the time I started high school, I was familiar with the nature of Dave's jokes. Back then I found his skits hilarious, as did all my friends, but something changed over the past two decades that has changed what people find funny, including myself. To understand that shift, we need to go back in time and look at the overarching norms and society's social fabric.

Overarching Norms

When I reflect on what the "norm" was for my friends and I while on the road to adulthood, sometimes I struggle to understand how we were able to make so much progress in less than 20 years. We have transitioned from a time where comedians, cartoons, and award shows openly glorified the actions of people like Harvey Weinstein and Jeffery Epstein with jokes that poked fun of sexual assaults.

I am old enough to remember when believing that people who wanted to get ahead in Hollywood would need to accept the idea of getting sexually assaulted to have a successful career in entertainment was considered a conspiracy theory. Not only did that turn out to not be a conspiracy theory, but it is likely that the decision to accept being sexually assaulted to get ahead in your career is also widespread across industries like media and politics.

If we expand the scope of this article from comedy specials to include more pop culture elements like music, what we begin to see is a norm of disrespect and disregard for others. I grew up listening to hip hop, but when I think about what I was listening to, the message was clear: it was ignorance at the highest levels. That ignorance included devaluing women with derogatory slang, where individuals struggling with addiction were described as cash cows, and there was a lot more hate toward other groups. The late 90s to early 2000s was a time when hip hop truly became mainstream, and it was definitely influencing listeners. That was the "norm" and no, it was not okay.

In the fall of 2010, I began my post-secondary educational journey at the University of Ottawa where I was studying Nursing and Health Science. One of our frosh events included going to a comedy club where we watched some comedians perform—acts that I doubt would be acceptable in 2022. There was this one comedian, a male with brown hair and googly eyes, whose whole shtick was making sex-themed jokes, including those revolving around sexual assault. The student leaders for the nursing frosh gave a disclaimer to all of us that there would likely be some "inappropriate jokes". They were not kidding, especially considering how nursing was a predominantly female program, and many of the jokes had to do with sexual assault. Some of the girls in our program were uncomfortable with them, and the comedian even picked on girls in the nursing-only crowd.

My friend and I left that comedy show thinking what a wild night of events. Back then, being edgy and offensive was comedy to me, but if it happened today, I would react much differently. Instead of sitting through the show, I would go directly to the student organizers and management to stop the show.

What we've learned is that so many sexual assaults go unreported that occur at both the high school and college or university level. Looking back, it makes sense. All the signs were there, but nobody knew what to look for. What was a wild night of events for most would have been a triggering experience for the survivors of sexual assault. A fun night of events likely turned into a debilitating evening for them, and they would need to compose themselves for the next day. With university life just starting, taking personal days off would be seen as truancy and mental health supports on campus were not prevalent then, so a student would be out of luck if they were caught up in their feelings. How funny is that?

Society's Social Fabric

Two decades ago, words did not have significant meaning, or at least nobody considered the impact of how certain words might affect different people. Going out of your way to make fun of people that are down on their luck is no longer acceptable. While Canada has always been a welcoming country, it, too, had elements of its social fabric that accepted pop culture ignorance as justified entertainment—just like the rest of the world had done. I believe it was the arrival of social media networks and giving a voice to the voiceless that accelerated the betterment of society.

The traditional business model for television networks used to require little effort to generate revenue through commercials. Today, companies do not want to see their advertisements shown during controversial shows or hosts. While the BLM movement in 2020 helped everyone realize inequalities within the institution of policing, it was the decision to pull the show COPS by a major television network where I had my “aha” moment. Why have we tolerated the decision to televise people at their all-time lows for mass entertainment purposes? What was funny about low-income individuals that seemed to be struggling with addiction and other health problems and the imbalanced nature of their interactions with police? Nothing.

While we no longer tolerate ignorance and insensitivity of others, why is it still acceptable to exploit people who are at their all-time lows for mass entertainment purposes? Whether it be people battling obesity or struggling with hoarding, instead of making light of the lifestyle decisions made by these individuals, we should shift the focus on the journey of rehabilitation, while also educating viewers on what can drive an individual to accept the unhealthy lifestyle decisions that they are trying to overcome.

What is “Cancel Culture” Telling Dave?

The idea that what people are saying is just as important as what they are not saying was a thought process that I was introduced to by faculty at Harvard Kennedy School while participating in the Executive Education program. While that learning experience focused on negotiation, there are transferable aspects of that idea that can be applied to the fallout from the Netflix special.

When employees at Netflix protested because of the jokes made by Dave Chapelle in his comedy special, the airwaves were dominated with “take it off” and “leave it on” chants. But what if there was more to the protest than just people being offended about jokes? What if trans groups, who have historically fought for the right to exist, no longer felt obligated to tolerate people mocking the trans community?

The jokes that Dave Chapelle made about the “alphabet people” were far from the worst ‘joke’ that anyone has directed at them. Rather, I think marginalized groups, including members of the trans community, are of course tired of being the butt of the joke, but also of the abuse that they have historically had to endure. The important takeaway here is that a person who has been exposed to significant trauma does not require much to have a triggering experience or flashback. It is not up to us to make sense of it, but we should learn to recognize it and understand it.

While a comedic routine might be seen as a performance art, Katt William’s described it best, “Nobody likes the out of bounds in basketball but the out of bounds has to be there or you will run up in the stands. Nobody likes the speed limit, but it is necessary. My point is people were not that funny when they could say whatever they wanted to say.”

Reflecting on the Full Circle

My opinion of cancel culture is “meh”. I say this because social media is essentially being used to amplify displeasure, but the reality is that it does not have far-reaching implications, nor does it impact the bottom-line. There are so many burner accounts that are sensationalizing situations that it takes away from valid arguments. We have seen ‘cancel culture’ campaigns inspired across all lines of the political spectrum, but the end goal of these tends to be posturing or people attempting to better position themselves. Posting about problems online is not the same as getting out there and being part of a solution.

I love the idea of everyone having a voice, but it is even more important for people and groups to be heard. For too long, spaces that were intended to serve as open discussion spaces between members of the public and decision-makers have been censored under the guise of not being able to air personal grievances. But what if there are elements of a personal grievance that are of significant interest to the public? When that is the case, I do not want individuals with ulterior motives determining what should or should not be heard.

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



Unearthing classic articles from previous issues of The Voice Magazine

The spectre of war looms just over the horizon, while the world holds its breath. To distract ourselves, we hid out in *The Voice's* archives and found some relevant articles.

Plunged into the action. In one of the first articles *The Voice* published online (the earlier parts of this story are paper-only), Debbie Jabbour relates a terrifying experience during a family trip to Guatemala. "Two soldiers forced their way into

the passenger seat, pushing me aside, one aiming his gun at me, another at my husband. They ordered us to turn around." [From My Perspective – Traveling in a war zone: Part Three](#), January 2, 2002.

Fun and war games. Bethany Tynes examines former AU course CMNS 451, Journalism in Conflict Zones, which included a three-week on-site practicum at CFB Wainwright. "To help simulate conditions in Afghanistan as closely as possible for soldiers, civilians are hired to portray Afghan villagers and refugees during exercises, while other Canadian troops portray the Taliban and other Afghan insurgents." [AU Options – Journalism in Conflict Zones](#), July 24, 2009.

Council Connection

March 17, 2022 Meeting

Kent Provost



The meeting was called to order at 6:32 pm MST. AUSU Executive Director Jodi Campbell was announced as the accessibility officer.

The new President, Karen Fletcher read the land acknowledgement: “AUSU respectfully acknowledges we’re on and work on the traditional lands of the indigenous peoples, Inuit, First Nations, and Metis of Canada. We honour the ancestry, heritage, and gifts of the indigenous peoples and give thanks to them.”

She commented that this acknowledgment isn’t her favourite, and she wondered about what it means to honour the things mentioned. “One thing important to the team this year is trying to give space to the Indigenous Circle, which recently formed. We’re looking forward to them being able to have a voice this year in priority selections, work plans, and the

budget. It’s important that we’re not just an organization that gives space but shares power as well.

“The particular land I’m on is that of the Anishinaabe people, which most of you know as Ottawa. The land I’m on was set aside for loyalist refugees fleeing the U.S. They weren’t popular during the American Revolution. Indigenous People here set land aside from people fleeing home so they could have their own land, culture, and lives. Whenever we talk about land acknowledgments, it’s striking that indigenous peoples here weren’t given similar treatment to what they gave others, and we have to do so much better. I’ve been thinking recently about the incoming refugees from Ukraine, and this double standard has existed for so long in terms of Canadian indigenous peoples welcoming refugees but being given so little in return.” She pointed to <https://native-land.ca/> and <https://www.whose.land/> as resources to find out about the historical territory any particular physical space may be in.

Councillors Cassandra MacKay and Indigenous Circle Representative Jo-Mary Crowchild-Fletcher were missing with regrets. Councillor Meredith Charlton was not present. The meeting was joined by new Councillors who will officially become part of AUSU on April 21, 2022.

The agenda for this meeting and the minutes from the previous were unanimously approved.

President Out, President In

Then-President Ms. Stacey Hutchings had tendered her resignation on February 23, 2022. In her letter, she wrote: “I have accepted a new opportunity and am having to resign from my roles at AUSU. I want to thank the AUSU community for trusting me these past couple of years in representing your needs on both a local (at AU), provincial, and national level. I know that many of us when we ran for the General Election two years ago had no idea the pivot things would take due to COVID. I am proud of the work we have accomplished; I really feel like AUSU was able to press through and thrive during a time of uncertainty.

“There are many things that come to mind that I am proud our team was able to accomplish this council term, but I will limit my thoughts to my personal top two. First, AUSU was able to develop and launch the Food Assistance Program. Food insecurity can impact anyone at any time and

the AU community is not immune to this issue. It was a program that was able to roll out at a time when students needed it the most. Secondly, I am so happy, and thankful that the council decided to support the decision to join CAUS to take AUSU's provincial advocacy to the next level. Voices are stronger when together and I am so happy that AUSU can have a stronger voice now with the level of government that deeply impacts every AU student.

Thank you, I wish everyone the best on their journeys at AU and beyond!"

Executive Director Campbell spoke on this matter. "It's already been mentioned, but we're absolutely thrilled and simultaneously disappointed that Stacey is leaving us for a fantastic opportunity with Student Financial Aid Support. As per policy, the President's role cannot be left vacant. So, the VP External automatically moves into Presidency, with the former role this time being left vacant, though Ms. Fletcher is effectively covering both roles by virtue of her knowledge of the VPEx role. Tonight is an opportunity for Council to ratify this policy." The Council unanimously approved now-President Fletcher's appointment.

Election Results

Director Campbell continued on a new topic: the Student Council Election Results. "I find it interesting as I reflect on the recently concluded election. Election activities started in January. January 3, 2022 is when the Chief Returning Officer role was posted, and that's step one. The election lasted through the middle of March, the 15th being result day. It has been a busy time, it flew by really, especially for the staff going through this process. There were 10 nominations for the Council and 3 for the Indigenous Circle, many of whom are on this call. [Governance and Advocacy Coordinator] Mr. Wojtaszek and I held an information session for potential candidates on February 22, 2022. Later in February, we held two candidate orientations, attendance to which is mandatory for candidacy. A variety of communications were presented to the AU community throughout the election, with our intention being to promote, inform, and create awareness of the election itself. These included everything from social media to multiple newsletters distributed directly to the student body, and an amazing website developed with candidate info and bios, and a FAQ about the election. I'd like to give a big high five to Communications and Member Services Coordinator Ashley Janes for spearheading that. While it's an all hands-on deck approach, she really does a lot of the heaving lifting involved.

"Fast-forwarding to March, the voting period was from March 10 - 14. There were 389 votes cast to acclaim all the candidates. In other words, everyone was successful. I have no problem stating to Council that, even during my time in the organization, the voter turnout was low. There will be an election debriefing with the staff and executive team in which we'll be able to talk about what the election has been about, and what has contributed to the low turnout. There's no doubt schools across the province are experiencing the same thing. My colleagues at other schools report that, so it's not just an AU thing. So, this is an element we want to bring into the conversation, so we can figure out ways to improve on that down the road. In saying that, I do feel super confident that we've succeeded in the past, having a higher turnout. There are a lot of great things we did this year, and I think we'll be able to grow and learn from that moving forward.

"Now, there's an appeals period until March 22, 2022, but the probability of there being any appeals given that every candidate was successful is pretty low. So, we sort of see it as concluded. We'll be promoting job shadowing opportunities for all new Councillors, whether for attending Council or Executive meetings. The next step is the Executive Committee election, which is in a few weeks. There's a poll out to make sure everyone will be able to attend.

"Regarding the election, I just want to take a second to say that everything was professionally done, with any situations arising we were able to handle quickly. The CRO did a wonderful job,

and I'd like to give big thanks to Duncan for providing a great deal of leadership and keeping track of things.

It has also been a special opportunity, with the election of the very first Indigenous Circle. We have Trishtina with us tonight. She was selected to represent the Indigenous Circle to the Student Council. We'll get to know her more and more as the years go along."

Policy Updates

Vice-President Finance and Administration (VPFA) Leah Campbell updated the Council on policy changes. She explained this process for new Council members. "Policies are reviewed on an annual basis. As VPFA, I spearhead these initiatives, with the changes going to the Executive Council for review, and then finally the Council for approval."

Policy 2.14 Councillor Responsibilities and Honoraria and 8.02 Awards Committee terms of Reference were updated, the former seeing an increase to the honoraria from \$50 per meeting to \$60, the latter seeing a bump up to \$100 for the two big meetings in October and April where recipients of awards are chosen. "These meetings are lots of work, so we're upping the honoraria based on a Council survey from a month ago." These changes were unanimously approved.

Annual Report

Director Campbell spoke on the organization's annual report. "This is obviously an important document for the organization. Ashley does a lot of heavy lifting regarding communications for the organization throughout the year. One of our primary goals this year was to provide a lot of infographics while including enough data in them. You don't have to go back far in our history when it was all text, and a heavy, long read. We tried to bring in images as appropriate for the organization, which, at the moment, are mostly Zoom photos, which is ok for now but that will eventually change. We wanted to provide stats and our audited financials. At the end of the day, it will be on

AUSU's website and it becomes a historical document, which is maintained year over year. I want to give a big high five to Ashley and everyone contributing. It looks really, really sharp."

Ms. Fletcher said, "For new councillors, in November we sent out a huge survey to ask students questions. Ashley does a ton of work putting this together. It's something the University finds helpful, and we do too when we can say, 'Look at what the students are saying.' When what we ask for from the University lines up with the survey, it's helpful for getting students the things they need."

AU-thentic Events Upcoming AU Related Closures

Leading change in teaching and learning for a digital world MOOC

Mar 27 to Apr 24

Online

Hosted by AU and the Commonwealth of Learning

news.athabascau.ca/events/leading-change-in-teaching-and-learning-for-a-digital-world-mooc/

Register through above link

CHAT with AU Library

Tues, Mar 29, 10:30 am 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

Faculty of Business Undergrad Program Orientation for New Students

Tues, Mar 29, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20220329/

RSVP through above link

CHAT with AU Library

Thur, Mar 31, 10:30 am 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

All events are free unless otherwise noted.

AUSU Indigenous Student Award

She continued on a new topic, “One thing we’ve been tasked with is developing an Indigenous Students award. AU has a number of two-a-year awards. We try to get money back into student pockets. We consider financial need, academic excellence, and volunteering. So while we try to have something for everything, we didn’t have an award for indigenous students. This is something the Executive Council is tasked with. We talked to Awards at AU, and unlike many of our awards this one will be processed by the University. The reason is that if it was done by AUSU, we would want the Indigenous Circle to do it, but that would make those members ineligible because it would be a conflict of interests. AU already has a number of awards for indigenous learners. They go out every January. This new one will be bundled with those and it will be called the AUSU Indigenous Students award. Since AU is handling the award, it will benefit from ads and communications targeting indigenous students so they’re aware of the awards. Recipients will be selected by Nuksahtowin staff, so they will be selected by an indigenous team and Indigenous Circle members will be eligible to apply if they choose.”

Virtual Food Assistance Program

President Fletcher then addressed the group on this program. “Ashley made a lovely flyer about the program’s one-year anniversary. For those who may not know, this is a passion-project of Stacey’s. Lots of SUs have food banks, but it’s hard to do one with an online institution, there not being a corner of some building where we can put food for students to take. She spent a long time trying to figure out how to do this in a virtual space. What she came up with has been really well-received, and she deserves credit for persisting when people wondered how it would happen. The way it’s done is by lottery. Students apply and are selected by a random number generator. They can get it once a year.

“This year, 382 people applied. 58% had dependents (often children, but not always: it could be elderly relatives or other family you’re supporting), 77% belonged to multi-person homes, almost half were unemployed, 62% were full-time learners at AU, but only 20% got a gift card. This demonstrates there’s still unmet need. The program’s something we’re happy to have, and we look forward to its continuation and expansion.”

Director Campbell had this to say: “Even though it’s a pilot project, this year it’s seen a lot of growth with the donation eventually received from AU. The program hit a sweet spot with the AU community as well. With funds targeted at awards programs and this one, we were able to enhance this year’s offerings. Starting in February 2020, we would distribute \$50 gift cards for major grocers of the recipient’s choice. Starting this fiscal year, October 2021, we were able to double that. For the current year, we will be able to distribute about \$8000 - \$8500 for this. We get an average of 40 - 70 applicants in a month. The feedback we’ve received is that everyone loves it. The recipients show overwhelming gratitude, saying how much it impacts their lives. It’s only \$100, but everyone who’s been to a grocery store recently should recognize the significant food inflation there. I’m hoping when the next budget season rolls around we’ll be able to continue with \$100 gift cards rather than reverting back to \$50.”

President Fletcher added, “It’s interesting to see the comments in the applications. It dispels the misconception that because AU students tend to be older, that they’ll be working with their needs met. It shows that food insecurity is a problem, and more needs to be done. It highlights the financial advocacy we do for students is really, really important.”

Reports

President Fletcher reported that a major part of February was advocacy week. AUSU is part of CASA (The Canadian Alliance of Student Associations). Related to this, she wished to highlight her ability to participate in meetings with high-ranking politicians. She said, “I’ve been talking to

everyone who will listen this year about this issue: a married person applying for loans currently needs their spouse's permission, and the application process takes the latter's income into account, which lowers the former's eligibility. This is a huge gender equality issue, because it disproportionately affects women. It also disproportionately affects AU students since more of them are older, there's a higher probability they'll be married or common law. This is unjust and unfair. One of the meetings involved Canadian Minister of Employment, Workforce Development and Disability Inclusion Carla Qualtrough." President Fletcher commented that Minister Qualtrough said this state of affairs is ridiculous, and she will get to work on fixing that. President Fletcher noted it is possible the relevant laws will be changed within a year or so, and she was grateful to have the opportunity to participate in that meeting.

Vice-President Community and Wellness (VPCW) Natalia Iwanek said, "For my report, I want to bring attention to Black History Month, which was celebrated throughout February. We had themed AUSU nights, which had super fantastic turnouts. There was also social media content and the AUSU Thinkers Series, this time featuring Husoni Raymond, who is a former student, current law student, and a cofounder of Black Lives Matter Fredericton. I also spent the month liaising with other SUs, including Capilano University in North Vancouver, as well as Open University's (U.K.) executive team. We discussed Equality, Diversity, and Inclusion."

Director Campbell reported that the Awards Committee had been going through emergency bursaries in the previous month. He noted that the computer bursary applications were a bit lighter, and everything was going along without issue.

He also noted that The Indigenous Circle met and had a comprehensive discussion about what consultation should look like in the next year, generating a solid plan to make sure they have the opportunity to weigh in on priorities and projects that are going to happen.

Director Campbell said, "For those of you who were able to attend the AU Frontline Learners Services Transformation Project, I want to thank you for volunteering. When student volunteer opportunities come up, we love to share those with Councillors. The fact you're able to attend is great. I can speak on behalf of the organizers in saying they're thankful for the input you provided in that workshop."

Thanks and Acknowledgments

President Fletcher wished to thank Councillor Katy Lowe for being passionate about student research. She said, "Katy is the reason we had Student Research Week. Because of this, resources were developed for students that likely wouldn't have been otherwise. I met with the University's VP of Research and he was so impressed with AUSU's leadership in this matter that he said AU will do it again next year. I'm super thrilled about how you were really a voice for students and made sure your voice was heard, because everyone's voices and passions are important. That's true if you're on the Executive Committee or not. I want to give you props because what you've worked on will continue as a legacy."

VPFA Campbell thanked AUSU staff for their work on the election, making sure communications went out, and handling the strike at the University. She also wanted to thank President Fletcher for stepping into her role as President, saying, "you didn't skip a beat, and there were no hiccups, so I want to give you mad props for that."

VPCW Iwanek said, "It's sad to see Stacey go. I'm excited for her. Thank you, Karen, for stepping up and providing leadership and support in what has been a hectic month. It's probably the worst possible time for this to have happened and you've done a fantastic job. I also wanted to give a huge thank you to the Equality, Diversity, and Inclusion, and Membership Engagement Committees, and the Indigenous Circle for their labour and input throughout the year. What we

accomplished in terms of events and advocacy priorities has been fantastic and, honestly, we could not have done it without everyone.”

Questions

Newly elected member of the Indigenous Circle, Trishtina Godoy-Contois asked “How do the impressions in the Community and Member Services Report work with our student app? Is it relatively easy to be able to see how people are interacting with each post, or is it hard to capture that information?”

Communications and Member Services Coordinator Ashley Janes answered, “That’s all generated through insights in the back-end of the app management tool. From what I can tell, though I haven’t clicked too far past one or two clicks, I can’t see specific engagement. That would be a Samantha [Danielle, Social Media Coordinator] thing, monitoring conversations and how students engage with each other. What I provide you with is straight data given to me by the app.”

Trishtina responded, “It’s so interesting for me. It must be challenging for you guys to keep track of engagement with students, right? So I thought it was cool to see that behind the scenes.”

The meeting ended at 7:27 pm. The next meeting will be at 6:30 pm on April 21, 2022. Please email governance@ausu.org if you would like more information on the Council or how to attend the next meeting.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Kinda like eating the cookie before licking off the cream, though. A student wonders if it's permissible to write a final exam before completing all the assignments. Responses suggest it's possible, but not always advisable. Bottom line: check with the course tutor.

Discord

There's no life like it. A question in the #general channel about joining the Canadian Armed Forces is answered with a detailed behind-the-scenes assessment and cautions.

reddit

How late is late? A student wonders if they can move their exam write date to beyond the contract end date. Responses vary but a couple students offer concrete steps to take to make late not-too-late.

Twitter

@aulibarchives tweets: "Ever want to share the library sources you find with others? The hyperlink won't work, but learn how to create a persistent link: <http://libguides.athabascau.ca/persistentlinks>."



The Value of Joining a Board

Marie Well



I dare you to volunteer for the board of an organization. If you take me up on this dare, you'll encounter perks. You'll be viewed as a leader, for one, and such leadership skills are transferrable to senior corporate roles. After all, I'm gunning for a CMO role, and I want to see you in the C-Suite.

Here are several benefits to volunteering on a board:

Board roles benefit certain career paths. During my term at the University, I discovered that student political candidates always maintained a lengthy list of board and committee roles on their profiles. Not only does a resume of board roles make candidates more appealing to student voters, but such roles also highlight the ability to multitask and manage responsibility. The real question is, however, "Was the person's participation in the board superficial or active?" Active board members

surely gain the most.

As another example, to get accepted into medical school, you'll need a long list of health-related extracurricular, work, and voluntary activities. A friend of mine wanted to enter medical school and volunteered at a hospice center, worked part-time, and took on multiple extracurricular roles. She said it was all expected of medical student applicants.

Learn to manage multiple responsibilities. But what if you have no time for a board or committee? From my experience, the more responsibilities we have, the more competent we become at juggling tasks. And the more responsibilities we can manage, the more senior roles we can assume in our careers.

Networking. The more connections you make, the more opportunities you have at your disposal. This is true if you plan on selling products to your network or working for their firms. I know a lawyer who goes to great lengths to join clubs and organizations, as those places are where he acquires many of his clients.

Resume. A resume featuring a board role with a prestigious title can help you reach the top. Listing such a board role on your resume can signal that you are leadership material, that you have insights into how a large organization is managed from top down. Do try, however, to make your board position relevant to your chosen career path.

Skillset and Strategy. On a board, you learn how other individuals strategize. You learn tactics you may have never considered. You learn which decisions get support and which decisions generate results, which may not be the same. All this exposure can help you create meaningful strategy for large organizations.

Leadership. Board roles can help you gain experience managing people, which bodes well for job advancements. My brother, who earned over half a million a year in a director role, would watch job postings like a hawk, and apply for each advancement. He did this until he climbed from a temp role to nearly the top rung in his global organization.

Interpersonal Communications. People skills are a hallmark of someone meant for leadership. I've heard that top executives are often charismatic, or at the least, very formal. I believe the best people skill comes from having a deeply rooted desire for all others' happiness and good fortune—even for our enemies'.

With that said, once you receive your AU degree or certificate, why not apply to a board? And if you don't yet have an academic credential, why not apply anyway? Nothing can truly stop you from being all you desire to be, as your potential has no limits.



Local Shoutout—Ottawa and Area, Ontario

Jessica Young



Amidst the COVID-19 pandemic, the Canadian Federation of Independent Businesses (CFIB) estimates potential permanent closures of up to 222,000 small and medium-sized businesses, depending on how the situation evolves. That's 21 percent of *all* Canadian businesses. The corresponding job losses would range between 962,000 and 2,951,000 Canadian workers.

While most of us are struggling financially right now, it is extremely important to support local small businesses whenever we can. Not only is it stimulating our economy, helping each other is simply the Canadian thing to do. Over the last few months, I have been trying to be more conscious of where I am spending my money. Although it's not always possible for me to support local because—lets face it—shopping at Walmart or Dollarama is often less expensive and more convenient.

So, to support local business, I have compiled a list of small and medium-sized businesses that I have personally patronized and feel that the price, quality, and customer service deserve a shoutout.

Stella Luna Gelato Café

"Our mission at Stella Luna Gelato Café is to create a space where everyone belongs; where children can enjoy a freshly handcrafted gelato with their grandparents, alongside friends who are mingling over a glass of wine. Where couples can stare dreamily into each other's eyes in the company of folks who've been married for decades. Stella Luna is the "village square", where folks gather to enjoy the simple pleasures of life! Ours is love story infused with passion - for both our family, our roots and our business."

Stella Luna Gelato Café has two Ottawa locations on Bank Street and Wellington Street West, as well as one Merrickville location on Main Street. Stella Luna is known for their award-winning gelato, which is handcrafted from scratch every day, using local ingredients. The café also offers premium European coffee, handcrafted deserts, a breakfast and lunch menu, grab-and-go meals, and an Italian grocery line.

Re-Read Used Books

"We have a large selection of used books, DVD's & Blu-Ray's, board games & puzzles. Our seating area is clean and comfy so you can enjoy a nice hot or cold beverage while perusing a few books. Your children have their own special area as well so they can enjoy reading too!"

Re-Read Used Books is an adorable family-owned used bookstore, located in Stittsville on Stittsville Main. Re-Read offers an option for online shopping, with in-store or curbside pick up, or free delivery for those located in the Stittsville, Kanata, or Barrhaven area. If you visit in person, you can hang out with Garfield—the resident cat and long-standing employee of the month. Beginning in November, Re-Read also offers unique advent calendars consisting of twenty-four books, DVDs, CDs, or comics, assembled according to age and interest.

Good Neighbour Soap and Supply Co.

“The name Good Neighbour Soap means more than just looking after our physical neighbourhood, but it’s a social responsibility to make smart decisions about the health of the environment. It means I don’t package products in plastic bottles that end up in land fill, or bubble mailers to ship your products. It means I use fair trade ingredients that help the communities they are harvested in, use recyclable paper for our labels, and glass bottles or aluminum tins for our products. The bike on our soaps is a symbol of our responsibility to make decisions that don’t negatively affect our environment.”

Good Neighbour Soap and Supply Co. is sold at 3 Trees Boutique on Main Street; Makerhouse Co. on Wellington Street West; and NU Grocery on Main Street. They sell a variety of soaps, skin care, bath and body products, hair care products, and gift sets. Good Neighbour offers free local delivery on local orders or porch pick-up.

I recognize that these are all based in Ottawa, so if these aren’t local to you, I hope this article can encourage you to research the small businesses and services available in your hometown. Let’s work together to stimulate the economy, practice environmental responsibility, and support our communities.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Sabrina Shannon Memorial Award

Sponsored by: Food Allergy Canada

Deadline: April 4, 2022

Potential payout: \$1000

Eligibility restriction: Applicants must Canadian residents, under the age of 25, and be entering their first year or continuing their studies at a post-secondary institution. (Applicants do not need to have food allergies to be eligible.)

What's required: An online application, including contact and academic info, reference names and their contact info, and a 500-1500 word essay on raising awareness about food allergies.

Tips: Check out [last year's winners](#) for inspiration.

Where to get info: foodallergycanada.ca/our-impact-advocacy-and-services/advocacy-and-impact/community-awards/



Three Tips to Having a Successful Side Hustle

Xine Wang



I've always been passionate about public speaking and business pitch competitions. This was previously one of the side hustles before the COVID-19 pandemic.

What are side hustles? According to the Cambridge Dictionary it is “a piece of work or job that you have in addition to your main job”. Truth be told, since I was in high school, I’ve always had a side hustle that I’m passionate about. Whether it was tutoring, writing, or currently, growing my own business, side hustles are something that have kept my brain refreshed and excited all week long.

Don’t get me wrong thinking that it’s an easy cash flow positive addition to your bank account. Sometimes, people find that it can be stressful, demanding, and even reduce your interest in your actual 9 to 5 work. Depending on the number of hours you have in your regular day-to-day work, side hustles can come in the form of 1-2 hours of building a website for a new business or can be much longer (like mine) that take anywhere from 5-10 hours a week. Regardless of what it is, here are some things to help you optimize your time and balance when juggling multiple commitments.

Find something you’re passionate about.

I found that, for myself, when I have a side hustle I am genuinely passionate about, I work more efficiently. I feel that I am energized and look forward to the task. After an exhausting day at work, you have to have a hustle that

refreshes you rather than drains you.

Cash flow positive

One side hustle I had the (dis)pleasure of doing in the past was podcasting. Although I truly enjoyed the journey of learning different industries and the process of marketing my own brand, growing my audience and navigating different audio-editing programs, it was not cash flow positive in the beginning. The investment of creating a brand including the hours I invested into this activity was not lucrative enough for the time I had available. While this may be an effective side hustle for you, I found podcasting to be a difficult one with many hurdles in between. The perfect combination is finding something you enjoy and also generates some revenue.

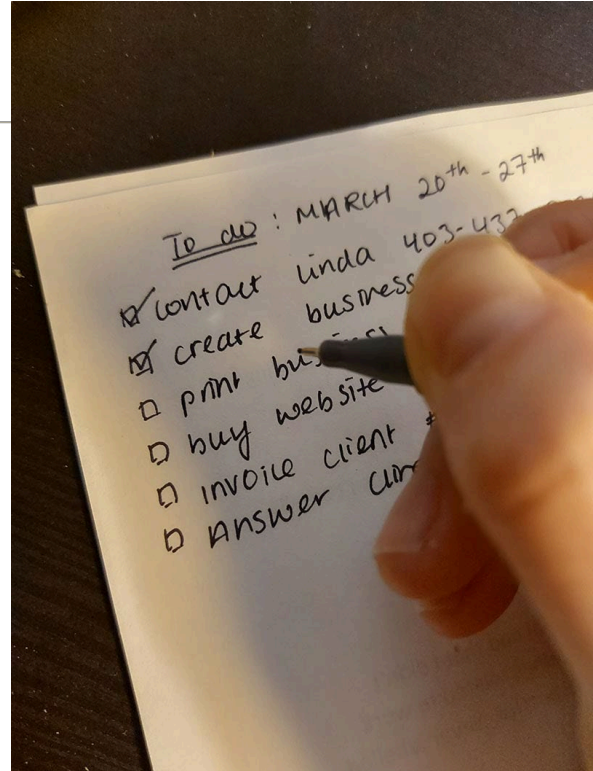


The first podcast that I helped to co-found but unfortunately faced a lot of challenges for it to be financially sustainable.

Make a to-do list

While we all have great ideas, some of these get lost throughout the day. We have other commitments that distract us and after a whole week, we've progressed very little with our side projects. Make sure you jot down your ideas as they come and set reminders for yourself to add bit by bit to your side hustles, whether it is contacting a certain individual or paying for a website domain for your business, take notes often when ideas come to you during your full time job. Then you can address these later. Remember it's not always about doing everything in one day, but small steps will go a long way with time.

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



Example of my weekly to-do list comprised of a few items dedicated to my side hustle

Fly on the Wall Fear and Trembling and Giving our Perspectives A Shake



Ever spin a globe with eyes closed, your trembling index finger hovering expectantly before landing randomly on the sphere? At this moment of halt, the whole world seems available as a *next place to travel*. Yet, to discover a single location is to in a sense temporarily exclude all others. Distance education is like that too; our studies perambulate through dense weaves of course material as our private journey becomes more and more our own.

Another form of random purposiveness that I'd suggest to all and sundry is the old *pick a random book from a shelf*. It could be a library shelf or a stack at home but the key is to just up and snatch a book and open it to a random page. Or failing that, maybe type in a random philosopher and see how personal her or his writing can appear?

A recent online foray into the pell-mell jungle of philosophers at a bite led me to Soren Kierkegaard (1813-1855) and his book on my shelf titled *Fear and Trembling* (an apt title for we at AU pondering the existential dread of deadlines and due dates!) His name literally translates into *Cherry Garden* and some plum beauties emerge from his ominously-titled book. Here's one choice plum from the quote highlight cornucopia: "Faith is namely this paradox that the single individual is higher than the universal" (online).

Faith: Excellence Begins with Prioritizing Ourselves

Faith in our abilities underpins all that we do at AU; we start by believing we can accomplish something special in our studies and that means believing our own press releases, *per se*.



Our academic journey at AU is nothing if not a personal experience—as private and unique as that serendipitous moment when we decide to travel to a certain locale or make some key life decisions. We're free to make our own mistakes and to learn our own lessons with nary a safety net consisting of a gagging cohort of fellow in-class students. With temerity, we embark on perhaps the greatest voyage of all: self-discovery through education. Kierkegaard provides a rejoinder, "If anyone on the verge of action should judge himself according to the outcome, he would never begin. Even though the result may gladden the whole world, that cannot help the hero; for he knows the result only when the whole thing is over, and that is not how he became a hero, but by virtue of the fact that he began." (online).

The Other Side of the Personal Coin

Okay, so having ourselves at the centre of our private universe can be an awful lot of pressure. Perspective and humility are a good idea too, and a form of self preservation when the going gets a bit touchy. After all, no mark or course is going to make or break our future selves. A long accumulation of choices and decisions and passions will bring us to our destiny. Life itself, after all, is a mere flicker in the abyss of space and time. Nature shows us the way that all that grows shall shortly pass away. Chief Crowfoot (1830-1890), of whom I recently was tragically reminded at the Memorial of a young man whose life ended far too quickly, reminds us to have a healthy sense of place in nature and the cosmos:

*"What is life?
It is the flash of a firefly in the night.
It is the breath of a buffalo in the wintertime.
It is the little shadow which runs across
the grass and loses itself in the sunset." (online).*

Finally, as contract dates and the perpetual pressures of time management in distance education weigh down upon us, it helps to recall that deep time (for physicists) and eternity (for philosophers) amount to an abyss so wide as to be uncountable, so deep as to be unfathomable. Lest our procrastination gets us down, we're wise to recall that whatever we do or don't do in life is personally important—but not vital; or at least not life and death in the broadest of pictures. The all-time best selling book, *The Bible*, arguable the baseline text for philosophy in the Western world, provides this quote as a comment on the universe and or God (Spinoza aptly termed this synthesis of cosmos of deity *God-or-Nature*):

*"You turn people back to dust,
saying, "Return to dust, you mortals."
A thousand years in your sight
are like a day that has just gone by,
or like a watch in the night.
Yet you sweep people away in the sleep of death—
they are like the new grass of the morning:
In the morning it springs up new,
but by evening it is dry and withered." (online).*

In the end, the ashes of our ambition alight on the breeze of eternity as surely as does the wasted moments of our indolence. Just as our studies provide both a pretext and a postscript to our development along our personal river of life, Kierkegaard reminds us to reflect on our past such that we never fail to recall our successes and failures as a means to growth:

“Only the lower natures forget themselves and become something new. Thus the butterfly has entirely forgotten that it was a caterpillar, perhaps it may in turn so entirely forget it was a butterfly that it becomes a fish.” (online).

There’s no bad spot to land our finger on the globe of potential, the only real failure is to not embark fearlessly and vigorously on a course (no pun intended) of our choosing. We can all recall that without rain there are no rainbows, and without challenges there can be no authentic development, least of all in our intellects as 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.



What Will Make You Succeed as an Executive

Marie Well



To succeed in the top rung of an organization, you need at least two things going for you. According to Forbes Magazine, you need people skills and measurable results. If, like me, you feel you may not quite yet measure up fully to these standards, don’t worry. You can learn anything you desire; you have the power to overcome any obstacle; and you have no true limitations.

But first, for people who insist they or their loved ones have limitations, know that high performance psychology books stress that a mindset that sees infinite possibilities and no limitations is essential for success. I saw a guy with no legs and no arms doing incredible feats. I helped a child medically diagnosed as a “vegetable” get a full-fledged education. The only true limitations we have are the ones we place on ourselves.

But here’s the skills that Forbes says you’ll need.

Leadership skills. Leadership involves listening skills, empowering your people, and setting clear expectations. To get these skills, try volunteering on a committee or board. Alternatively, apply for an AU student council role. Or take low-cost courses on leadership from Udemy.

Decision-making. Decision-making is a tricky process because, typically, every decision comes at a cost. It’s a matter of weighing and researching the best course of action within the limited time available. Take courses on decision-making to master this skill. Read biographies to learn how the greats made decisions.

Persuasiveness. Learn how to persuade people with communications that make your idea exciting, even downright thrilling, for others. One fellow I know is so persuasive, he can make living in a cardboard box on the streets during the Fall sound appealing. Persuasion is not manipulation, however. It's showing people the joy they can realize in taking action that lines up with your vision. Ideally, persuasion makes the world better for both parties. Take courses on persuasion to master this trait.

Soft skills. Learn how to take criticism, how to be supportive and encouraging toward others, and how to set others up for success. When members of your team grind you the wrong way, it's important to grow from the conflict, not take slights personally, and focus on the best in others. I once saw an admirable retail store leader take playful barbs from his staff with such charm that I wished to emulate him.

Product, customer, and company knowledge. Know exactly what, to whom, and with whom you are selling. Become so knowledgeable that answers to most any question are immediately available. People love dealing with an expert, especially when there is a problem they need solved.

According to the Forbes Magazine article, there is a high attrition rate with Chief Executive Marketers. If they don't show success in their people skills and their measurable outcomes, their lifespan with a company will be cut short. Hone these skills as soon as possible to climb the ranks to the c-suite.



Music Review

Bend the Iron

Jessica Young



Artist: Handheld

Album: *A Canadian Tragedy*

Single: Bend The Iron

Ontario punk band, Handheld, is releasing their newest album, *A Canadian Tragedy*, on June 14th, 2022. The first single, "Bend The Iron" is available to stream today, with the music video dropping on March 31st.

Of the upcoming album, the band says, "Yes, sorry, we know we are friendly folk full of maple syrup and cheese curds. But Canada is not without its fair share of issues. *A Canadian Tragedy* is full of songs about love, irony, coverup, scandal, folklore and tradition all with a Canadian twist. Eleven fast melodic punk songs written with sing-along melodies and lyrics that make you go hmmm."

When it comes to "Bend the Iron," the band explains, "You've heard the story, bare minimum safety protocols, inadequate staffing, and corporate oversight leads to tragedy. Bend the iron tells the true tale of how the lack of attention caused one of the worst rail disasters in Canadian history, claiming the lives of over 45 residents and destroying a picturesque lake-side town in Quebec."

For those who don't know, on July 6th, 2013, an unattended runaway train carrying 7.7m litres of petroleum crude oil barrelled into the small town of Lac-Mégantic, Quebec. The train reached speeds of 104 km/h before jumping the tracks and bursting into flames. 47 people died, over 2000 people were evacuated, and dozens of homes and most of the downtown core were destroyed—this is not to mention the lasting mental health and environmental impacts that the town is still coping with.

“Bend the Iron” is your typical, fast-paced, melodic punk song, reminiscent of Billy Talent. The track features Emilie Plamondon (Canadian Instagram influencer) doing some back-up vocals. There's nothing wrong with the song's sound, but I do have an issue with some of the lyrics, as well as the way that the band has handled this sensitive topic in general.

First, the beginning of the song incorrectly describes the series of events leading up to the crash. Handheld sings, “Up high on the mountain was a motorman/alone he worked away/a few handbrakes and he finished for the day,” and later claim that “the brakes failed.” In actuality, the engineer engaged the airbrakes on the train when he parked on a downhill slope and left for the night, but forgot to also engage the handbrakes. When a small fire broke out on the unmanned train due to improper mechanical work, firefighters attended the scene and extinguished the fire. Unfortunately, the firefighters also unknowingly disengaged the airbrakes when they turned off the engine of the train, which led to the train rolling down the hill.

Second, the lyrics describing the crash and the aftermath are crude and completely uncouth. Handheld sings, “The local hospital waited for the wounded/should've called the morgue instead” and “the wounded were all dead.” I can't imagine a more insensitive way to talk about an event that devastated so many people. “Bend The Iron” feels like a band capitalizing on a tragedy for their own gain. The victims of the Lac-Mégantic rail disaster deserve more respect than this.

Check out Handheld on [Facebook](#) and [Instagram](#).

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



Beyond Literary Landscapes Fyodor Dostoevsky

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 Fyodor Dostoevsky, a reminder of some of the author's classics, and as an inspiration for further reading.

What

Although, this column recently covered 18th and 19th century Russian Literature in general, it is also possible to narrow this large topic down into one of the cannon's most well-known authors.

Significant works include *Crime and Punishment*, *The Brothers Karamazov*, *The Idiot*, *The Devils* (or *The Demons*), and *Notes from Underground*.

Other notable works include *The House of the Dead*, *The Gambler*, *Humiliated and Insulted*, *The Eternal Husband*, *Poor Folk*, and *The Double*.

Fans of Dostoevsky can also look into the works of Ivan Turgenev, including *Fathers and Sons*, as well as Aleksandr Solzhenitsyn, author of *One Day in the Life of Ivan Denisovich* and *Gulag Archipelago*.

Where

Many of these works take place in the Russian Empire (Imperial Russia), including St. Petersburg.

When

These works mainly take place in the 19th century.

Why

These texts introduce readers to a variety of themes, including nihilism, faith, poverty, morality, psychology, and philosophy.

In addition, many of Dostoevsky's novels can be seen as an example of polyphonic novel, "a feature of narrative, which includes a diversity of simultaneous points of view and voices," a term developed by literary critic Mikhail Bakhtin.

How

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

AU students interested in learning more about this topic may consider choosing to analyze the works of Dostoevsky as their major project in ENGL 492: Research and Writing Projects in Literature, a senior-level, three-credit course where learners will "complete an extended research and writing project under the direction of a professor. The topic for the project will be determined by consultation between the student and the professor." (Note that ENGL 211 and ENGL 212 or equivalents are required prerequisites, plus two senior-level English courses, and permission of the professor.) ENGL 316: Approaches to Literary Theory and Criticism, a senior-level, three-credit course, "designed to familiarize you with a variety of critical perspectives and help you understand literary works more profoundly by integrating literary theory in your response to these works," may also be of interest. Happy reading!

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



Homemade is Better Ultimate Breakfast Sandwich

Chef Corey



I saw this breakfast sandwich in a dream, and when I woke up, I knew I had to make it. We had some left-over pork loin from the night before, and it was perfectly sized for sandwiches. I should have added some cheese and lettuce to bump it up a little, but hindsight is 50/50. I don't often have recipe dreams; let alone recipes I remember and then recreate. But this one was different somehow.

As I said in a previous article, I've been hitting a wall for content. This dream was just what I needed to get ahead in my planning. I used to keep a list of recipes I'd make, it helped for a while, but it was also a little restrictive. Now, I have a few ideas that I sit on for a while and then make, or I'll find inspiration in something and come up with a recipe. This month has been very productive, as I have four weeks

of content, including this one and more to come, as I near my 100th article. If my counting is correct, this is article 94, and I am celebrating two years as a writer with Voice Magazine this month. Six weeks to go, and the countdown to 100 is on!

So, let's get to recipe number 94. It's simple and delicious.

Ultimate Breakfast Sandwich

Ingredients:

4-6 pieces of French toast
Pork loin or back bacon
Tomato
Three slices of cheese

Directions:

- 1) Make a recipe of French toast and get yourself four to six slices.
- 2) Heat the pork or back bacon on a grill after the French toast is made.
- 3) Butter one slice of toast, add the two slices of ham, cheese, and a few slices of tomato
- 4) Add lettuce if you have any.
- 5) Make it a sandwich with another slice of the French toast and enjoy!



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





Dear
Barb

Barbara Godin

Where There's Not a Will

Dear Barb:

My father just passed away and he didn't have a will. My mom passed away 10 years ago, and dad has been living with a woman for the past 4 years. She is great, and we all like her.

I have two younger brothers. My parents had a home that was paid off and my dad and his girlfriend have lived in the home for the last few years. What happens to everything because dad did not have a will? Will my dad's girlfriend inherit the house, because that does not seem right to us. We are considering getting a lawyer to help sort things out, but we have not spoken to my dad's girlfriend about this. When we are all together it seems like this is the elephant in the room that no one wants to talk about, but I know we must confront this at some point. Since I am the oldest, I keep thinking I should be the one to bring this up. I need some advice. Hope you can help, Melissa.

Hi Melissa:

So sorry for your loss. I can give you some information, but you are correct in obtaining a lawyer, preferably an estate lawyer. You did not mention where you were writing from, therefore I will assume you are somewhere in Canada. Canadian estate laws are different from province to province. For example, if you are married and die without a will in Canada, everything you have goes to your spouse. The situation is a bit more complicated if you have children and you pass without leaving a will.

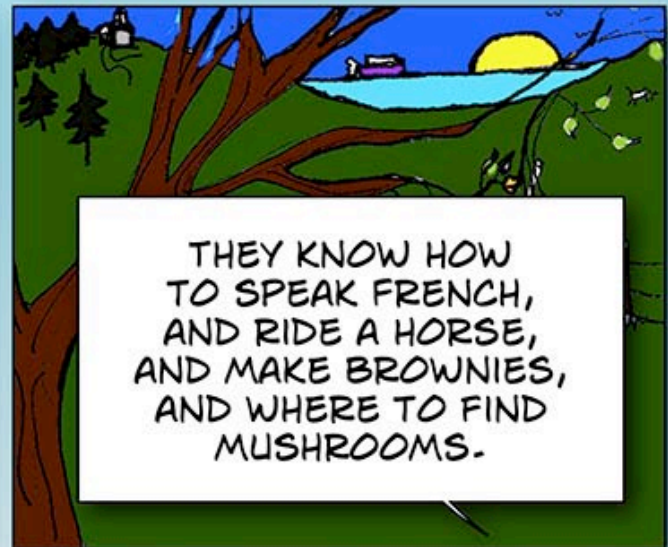
The distribution of assets are different depending on if you have one child or more than one child and which province you reside in. If you do not have a spouse or child the inheritance will be distributed to parents first, then siblings, then nieces and nephews. If the deceased does not have relatives the estate is appropriated by the government. In your situation things are different again. Since your father was not married, but living in a common-law relationship, what happens to the estate is dependent again on which province your father lives in. If your father lives in BC, Saskatchewan, NWT, Nunavut or Manitoba and he has lived common-law longer than two years, the common-law spouse has the same rights as if they were a married couple. If your father lives in any other province his common-law spouse will receive nothing. However, his common law spouse has the option of going through a lengthy court process and still may end up with nothing. As you can see there are many variables here and a lawyer will definitely help you to unravel your particular situation. Try to keep the lines of communication open with your late dad's girlfriend, which will make resolution much easier. Thanks for your email, Melissa.

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
Malignant Triangulation

Wanda Waterman





Attention AU Students!

AUSU's Spring awards application period will be open from **April 1-31**.

[Visit our website now](#) and check out the awards and bursaries open to AU undergrads this spring cycle.

AUSU is also excited to announce that our Spring Awards & Bursaries program will once again be doubled!

Spring Awards & Bursaries

Academic Achievement Scholarships (6 available) reward excellence in scholarship to AU students.

AUSU Bursaries (10 available) aid students with exceptional life circumstances in financial need.

Balanced Student Awards (8 available) recognize the effort of students balancing multiple commitments.

#Igo2AU Awards (4 available) celebrate student diversity and allow students to express their joy for knowledge.

New Student Bursaries (8 available) aid students just beginning their studies at AU and have < 6 credits.

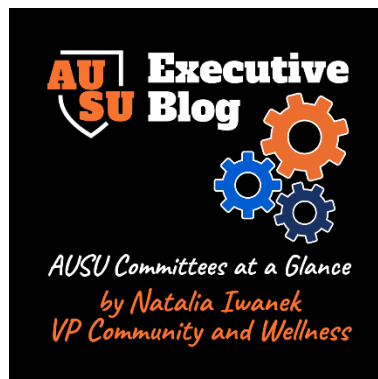
Returning Student Awards (8 available) recognize students returning to university after 2+ years away.

Student Volunteer Awards (6 available) recognize students volunteering in their community.

Ep. 55: E-Safety First

Our VP Finance and Administration Leah Campbell talks to IT professional Josh Dedul about the online world and protecting yourself against scams. These tips will be especially useful for AU students given the nature of distance education and how we are all connected via the Internet.

Starring: AUSU VP Finance and Administration Leah Campbell and Josh Dedul



Here's the latest monthly blog from your AUSU Executive Team!

Natalia Iwanek, VP Community and Wellness, gives an overview of AUSU committees and updates on the hard work they have done this term.

"AUSU committees help shape the services, supports, and advocacy efforts your Students' Union provides to all AU undergraduate students."

[Read the full post](#) to find out about AUSU committees and how you can get involved.

Hey Nursing Students!

Allow us to introduce the **Nursing Student Curriculum Committee**, whose role is to help amplify your voices.

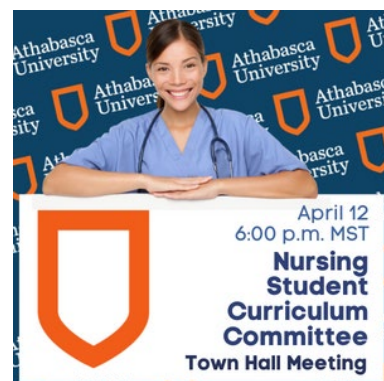
The current committee is made up of your fellow nursing students, Alexander Si-Swires, May Bunn, Gagan Brar, and Leah Seaton, and we're excited to be hosting a Townhall meeting where students can share their feedback, questions, or concerns regarding AU nursing programs. The townhall meeting is available for students only, no members of faculty will be present.

The townhall meeting will be hosted via the Teams online meeting platform on **April 12 from 6-7 p.m. MST**.

Please email lseaton1@athabasca.edu or asiswires1@athabasca.edu for the Teams meeting link.

Join us and share your thoughts on how you would like to see improvements implemented within these programs. Please feel free to email Alexander Si-Swires for questions related to clinical, and Leah Seaton for questions related to the curriculum.

See you there!



CLASSIFIEDS

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

THE VOICE

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