



# THE VOICE

Vol 30 Issue 15 2022-04-15

## **Minds We Meet**

Interviewing Students Like You

## **Easter Eggs from a Helicopter**

The Passion of Pussy Willows

## **How to Balance School and Work**

Taking Control of the Busy-ness

*Plus:  
Officially Over It  
Get Them to Read Your Favourites  
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](http://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 Officially Over It

Karl Low



The AUFA has officially voted to accept the recent deal proposed, with 83% in favor, by the AU administration. This means that there will absolutely not be strike action affecting student studies at AU.

Also, if you read last week's editorial earlier in the week, you likely haven't seen that I have made a fairly significant correction to it since. Notably, it was pointed out to me that I had missed that the changes to research and study leave were being applied to the administrative and professional side of AUFA, that is, the IT, student services, and university relations departments. Not the academic faculty. This renders all of my supposition about what that wording change could mean—that the province or the board of AU was angling to make AU more of a teaching institution than a research institution—moot. There are no indications that anybody is looking at changing the direction of AU from a research-based institution to a teaching one. And that's a good thing.

However, it's an unfortunate sign of the times that the people pointing this out to me did not want their comments printed as a letter either because they were not

authorized to be speaking "on the record" or because their statement had not been composed for a general audience. And I kind of get it. These days, when every word a corporate or government organization makes is hyper-analyzed by media, public, and even lawyers, it means statements have to be vetted multiple times to make sure they're saying exactly what needs to be said and no more. But it's what leads to so much communication coming from businesses, organizations, and even politicians to feel so fake, scripted, and as if it were created by a committee rather than a single person—because it was.

And speaking of politicians, it is interesting to see the provincial government attempting to wade into operational decisions made by the university. If you weren't aware, AU has been leaning into the idea of a virtual campus. Where instead of our faculty and administration all having to relocate to the rural and quite northern town of Athabasca so that they can go to a physical campus, they can instead do their job from the comfort of their own homes, which may or may not be in Athabasca.

There has been a movement within the town to stop this from happening, with people in the town being afraid that the university doing this will mean significant possibilities for employment in the town will disappear. And now into this has stepped Advanced Education Minister Demetrios Nicolaides and Premier Jason Kenney, who have stated that they will amend the Athabasca University Act to ensure some representation from the community of Athabasca is always on the AU Board of Governors. No similar requirements are currently made at any other post-secondary institution in the province.

For the Alberta government, then, the purpose of a university is not to educate Albertans with the best people that can be found, but rather to provide a source of employment for a rural area that supports their own political party. This was always somewhat true, of course, but I never expected it to be so blatantly and obviously promoted.

Athabasca may be a wonderful community if you prefer the rural lifestyle. But the evidence of urbanization suggests that a majority of people do not, and it has always baffled me why Athabasca was willing to limit its talent pool to only those who were willing to move to the northern reaches of the province when, especially given their mode of operation, it simply wasn't necessary.

Of course a limited talent pool doesn't mean you can't get some of the best employees or that AU doesn't already have some of those, but, by definition, it limits how many of those are available, and judging from the reaction of new President Peter Scott, he may indeed be one of those who would fall outside the new limits, as he noted in a recent email "I would like to underline that our operations, mission, and mandate *remain unchanged*," and how AU has been coy with noting where the President's residence now is, aside from within Alberta. However, the residence at Athabasca owned by AU for the President remains empty.

For those of us who no longer remember, while the government of the day often sets benchmarks for public universities to achieve, the universities themselves are supposed to be largely independent in how they go about their goals. To be directed specifically in operational matters, especially when those directions may well increase how much of the limited budget the government provides will need to be spent on recruiting and relocating and housing better administration as opposed to supporting students, is, to me, simply wrong.

To argue, as Premier Kenney did, that you can't replicate a university community and culture online, is to argue despite the evidence that already exists, such as the unofficial Athabasca University Facebook page, the AUSU discord, and other communities and cultures that have sprung up because of AU and its online status.

What's more infuriating about this is that absolutely nothing in AU's idea of a virtual campus prevents people from moving to Athabasca, and it was noted by President Scott in that email that AU has and will continue to prefer to hire people who live in or indicate a willingness to live in the Athabasca region. If the town is worried about not enough people moving there, maybe instead of relying on government to force AU to hire in the town, they start making their town appealing enough that people will want to move there on their own—and if they can't, well, whose fault is that?

Overall, the result is that AU will have a more limited talent pool to draw from especially for its top administration and executives, may well have to pay more to attract the top end of that more limited talent pool to live in a rural and somewhat remote area, and will then have less funding available for all the other things that actually matter to students. In addition, the provincial government will have a significantly larger footprint on AU than it does on any other university in directing its operational actions, all because of a town that doesn't want to compete fairly with other areas to bring in top talent, and a government with an internal crisis that is forcing them to pander for any and all votes they can hope to bring in.

But tell us how you really feel, right?

At any rate, meanwhile, we've got a decent issue this week, interviewing a student and entrant to our last fiction writing contest, Bronwyn Appleby—who is also a historical fan right down to her current employment. Plus, a bit of an extreme take on how to get your friends to read those books that you know they need to read, some advice on balancing everything, tips for spring cleaning, events, scholarships, informative pieces and more by people from the Athabasca University community—which exists no matter what Premier Kenney might say.

Enjoy the read!



# MINDS WE MEET



Who are your fellow students? It can feel like you are all alone in your studies, but across the nation, around the globe, students like you are also pursuing their AU education, and *The Voice Magazine* wants to bring their stories to you. If you would like to be featured next, do not hesitate to get in touch!

*The Voice Magazine* recently had the chance to chat with Bronwyn Appleby (she/her) currently residing in rural Nova Scotia, which is in Mi'kma'ki, the ancestral territory of the Mi'kmaq People.

Bronwyn is “a final-year student at AU,” living “in a small rural town in Nova Scotia,” although she is “originally from British Columbia.” She has recently “completed [her] certificate in Heritage Resources Management at Athabasca [University], and [is] now working on getting [her] Bachelor of Arts in English.” She stated, “I love working with people, and my practicum project was a small temporary exhibit and I found that so fun. I hope to have a career in heritage, doing either exhibit building and design or interpretation. My goal is to work for someone like Parks Canada, but my dream is to work at the Victoria & Albert Museum in the U.K.”

When she is not studying, she like to do “lots of things,” however, “the main things are reading and writing historical romance/adventure stories with a nice cup of tea, historical costuming for the Georgian and Regency eras (about 1740-1820), knitting, listening to classical, swing, and classic rock music, and watching historical dramas with [her] family.” She continued, “Some of my favorites are the *Hornblower* and *Sharpe* series from the 1990s, and the 1995 version of *Pride and Prejudice*, which I think is the best one. I also love my work as a military interpreter at the Halifax Citadel National Historic Site during the summer. This will be my fourth summer there, and I love firing the cannons and rifles as well as showing tourists what an amazing and significant piece of Canadian heritage the Citadel is. They say if you love your job then you will never work a day in your life, and, so far, that has been true for me!”

Bronwyn also finds time to read and relax with some television. She stated, “The book I’m reading is *The Girl in the Gatehouse* by Julie Klassen. I’ve read most of her books already, and I love them. I’ve also taken to reading the 1760s play “The Clandestine Marriage” by George Colman. So far, it’s very funny! I find it interesting that a comedy written over two hundred years ago is still funny and relevant today. As for TV, nothing at the moment, but if I had my choice it’d be A&E’s *Horatio Hornblower* series. My favorite! Naval history, my favorite time period, handsome officers—what’s not to like?”

She credits her parents with having the greatest influence on her desire to learn. She explained, “They homeschooled me right through preschool to when I came to AU, and they always found ways to make learning fun and interesting, not to mention always being there for me when I needed help or was discouraged.”



As for her experience with online learning so far? “I love being able to work at my own pace, and how my tutors are almost always there to help me out if I need them. What I don’t like is the increasing use of eBooks. Ebooks are very hard for me to read, not to mention hard to search for what I want or need. Give me a nice print book any day!” In addition, she has “never considered not continuing [her] schooling,” explaining “I think I was talking about university when I was about seven or eight!”

Bronwyn’s most memorable AU course so far has been ENGL 395: “The Early 20<sup>th</sup>-Century English Novel.” She explained, “I loved the books, even though I would not have voluntarily read some of them on my own, and I also watched the classic film adaptations of the novels as well. The stories were great, some of the authors were must-reads (Dickens? Austen? Lead me on!), and the time period in which they were written was one of the most formative and rapidly-changing in history, and it was fascinating to see those influences reflected in the novels.”

As for communications with her course tutors? “For the most part very good; they have been easy to reach and are very helpful and friendly. However, there have been one or two I wasn’t really able to click with,” she stated.

If she were the new president of AU, her first project would be twofold: “Either decrease tuition rates as much as possible, work on ensuring that there is always an option when it comes to books vs. eBooks, or seeing what I could do to add some new courses to the roster.”

Bronwyn also has two minor pet peeves. She stated, “Either drivers who fail to use their turn signals (it happens surprisingly often here), or incorrect use of apostrophes—this last one drives me nuts!”

When asked which famous person, past or present, she would like to have lunch with, and why, Bronwyn felt that this was a “tough” question. She debated, “Either the actors Jamie Bamber or Ioan Gruffudd, or Queen Elizabeth. I’d ask the Queen because she is such an amazing person, very strong and brave and talented, and Jamie and Ioan because they seem like really, really nice men and fascinating conversationalists.” And the lunch? “Something simple, but flavorful. I have a really nice recipe for cooking fish in a Mediterranean style, with sumac and cilantro and garlic. We’d have rice and a vegetable with it, and a nice Riesling.”

*The Voice Magazine* also asked Bronwyn about her valuable lesson learned in life. She stated, “That God is always watching out for me, no matter what I do. If things are hard, then I know that eventually He will make it better, and if times are good and everything is fine, I have Him to thank for making them so.”

As for her proudest moment in life? “When I passed my practicum course for Heritage Resources Management last year. I worked really hard on the project, doing my best to get a professional final product, and I was so happy and proud when I got my final comments from my professor just before Christmas and I could share them with my family.”

The one thing that distinguishes her from most other people is that she “adore[s] sledding.” She continued, “My sister and I have a great slope in our backyard, and when the conditions are right we take our Krazy Karpets and rocket down the hill, screaming like banshees. What few people know? I love wearing historical dress, even if it’s not for a job. I would love to dress in a certain time period for a month or so, just to see what it would be like.”

As a final thought, Bronwyn mentioned, “I’m so glad that I chose Athabasca University to continue my post-secondary education at. It has been an amazing and character-building experience, and I will always remember it. If you’re new to AU, good choice—you’re in the right place.” Best of luck Bronwyn!

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

## Tips for Effective Spring Cleaning

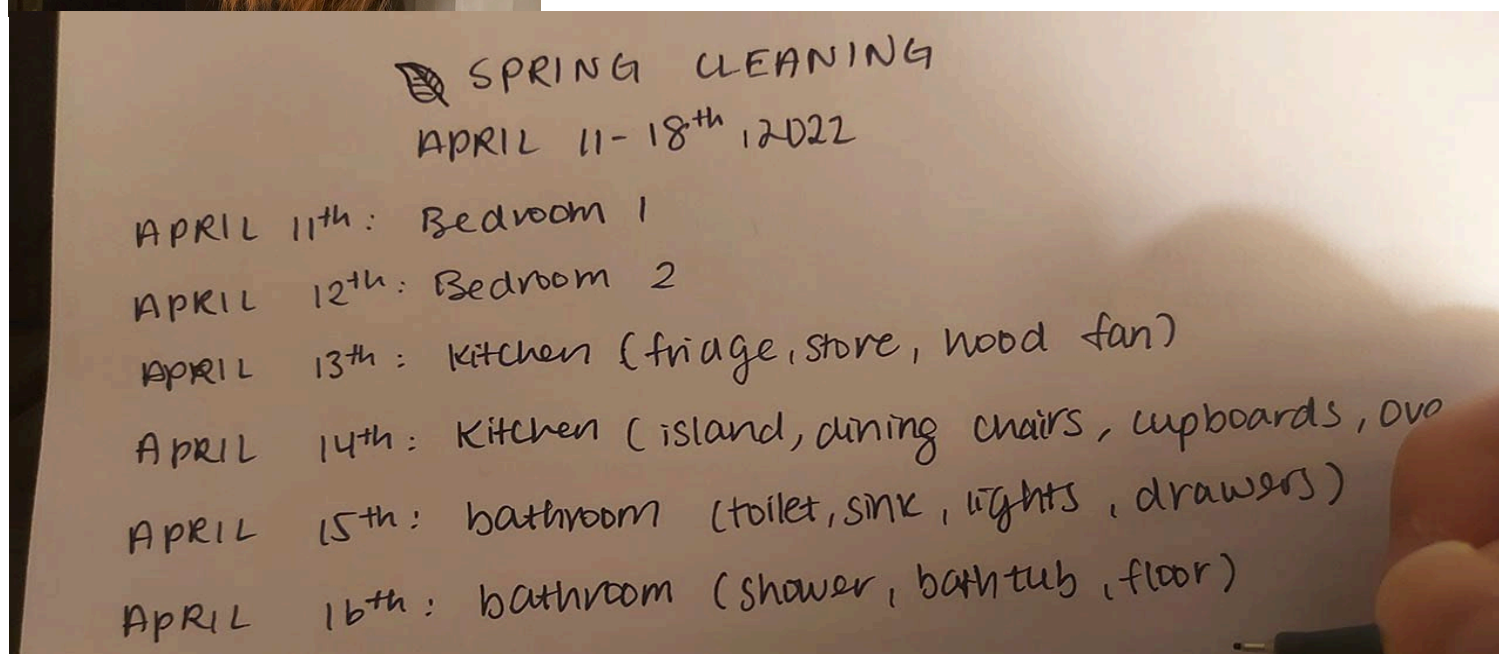
Xine Wang



Although it may not feel like it in certain parts of Canada, spring is upon us and there's plenty of warmer weather days ahead. Spring cleaning has always been an important part of many Canadian households; it's a time when families put away the winter jackets, dust the fans and get ready for the warmer days ahead. What are some tips to help this process be as painless as possible? I have four tips that might help.

### Make a Schedule

Typically, we don't associate cleaning with schedules. However, cleaning can be long and arduous, especially in a large family. You may already feel overwhelmed before starting such a grand task. Scheduling your spring cleaning may also help you make use of your time more effectively. For example, when I clean, I can get distracted. I get started with the kitchen counter before moving straight to the bathroom leaving my entire kitchen's mess unattended. Start with one room at a time then move onto the next. It will save you time and a headache



*This is my own checklist for Spring Cleaning 2022 organized based on rooms in my apartment.*

### Get the Household Involved

Sorry folks, if you're living by yourself or don't have any family or friends who may be of help, this might not be the best tip for you. When I conduct spring cleaning, I like to get my folks involved. This might mean assigning a particular area for cleaning or giving clear instructions on cleaning one part of the room. For example, I ask my significant other to clean all the time. Getting others involved also helps them assume responsibility over ensuring the cleanliness of their living space. When I was much younger, my parents would assign me a few tasks such as cleaning the hood fan or Swiffering the floors in the dining room.



## Purge Items you Don't Need

I have a bad habit of hoarding things. It started with my parents using the basement as storage space. With the extra space, our family hoarded items that would never be used (unless maybe if we were in the middle of a tornado!). We'd have mountains of napkin boxes and cooking oil piled up along the walls. I've since learned to forego some bad habits. If you live in a small space like I do, purging items you don't need daily is essential. For example, if you have expired sauces in your fridge that you're waiting to use, maybe it's a good time to eliminate them.



*Before starting my spring cleaning, I like to energize myself with some snacks and a tablet of anti-histamine medication to help alleviate those watery eyes from dust mites!*

## Take an Allergy Pill Beforehand (if you have allergies)

Living in Canada, many of us have allergies to dust mites, pollen, and a variety of other allergens. If you're allergic to dust, taking an antihistamine might be a good place to start. Don't let your immune system be the reason you can't complete your spring cleaning. I always like to start my cleaning routine with a cup of Earl Grey tea, snacks, a tablet of antihistamine, and some relaxing spa music to help me get started.

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



*I'm always surprised to find the number of expired sauces and items in my fridge. Removing these removes clutter from the fridge.*



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

Whether you celebrate Easter or just enjoy the longer weekend, we hope you enjoy these vintage nods to the day from a pair of former contributors.

**Not to be read when hungry.** Columnist Hazel Anaka describes some of the Orthodox Ukrainian customs she participated in. "The priest advised that anyone lucky enough to have a chocolate bunny in their basket should eat the ears first so he can't hear you coming for the rest of him!" From Where I Sit – Can't Let It

Happen, April 17, 2015.

**Before there were Karens.** Kimberley Sanders writes about the stunning rudeness of some café-shop customers. "I'm keeping statistics now, and although it is by no means scientific, I have noticed that the majority of 'mean people' are women around my own age (40-plus)." Drive-Through Decorum, April 24, 2009.

## Fly on the Wall

### Easter Eggs Dropped From a Helicopter

Jason Sullivan

### The Passion of Pussy Willows



The buzz and hubbub of inchoate spring, a season born in fits and starts, between hail and frost, parallels our academic potential. Besides rushing to and fro, tidying and maintaining yard and garden, the season of rebirth is a great time to lean on a metaphysical rake and take stock of that flourishing enterprise we call life. Education is never far from our minds at AU, maybe because we're born inquisitive or maybe just because we were born at all, and at Easter it's worth just taking a deep breath and letting the reality of our learned accomplishments rush in. After all, they don't call university an ivory tower for nothing. There's a great view to behold from up here!

It's worth just doing some whimsical reading about the life and times of this lunar holiday that has no set date on the calendar, just as our classes have no absolute schedule from week to week. Easter is a diverse holiday in meanings and myths, all related to the natural cycles of nature and life. And Easter, like our studies, can be

fun. My hometown used to have an annual Easter Egg drop, for instance. Countless sweet treats were literally dropped from a hovering helicopter and as kids we'd run hither thither grabbing what we could and bumping into one another like a full contact version of musical chairs. Injuries and tears were part of the day and that's probably why the Easter egg drop was scrapped even before the advent of our present snowflake epoch. It's tragic, really, as suffering and rebirth are linked at Easter more than any other holiday and were paralleled in the rough and tumble reality of children scrapping and struggling over candy. At such a young and tender age the passion of the Christ might have been a bit abstract to our sugar-seeking minds but the trials and tribulations over hard won (and lost) Easter eggs was, well, no yolk!

### Easter as a World Tour, Cultural and Botanical

Further afield, in Poland and its cultural progenitors in places like Toronto and Buffalo, the rebirth of the season with Palm Sunday trimmings the week before Easter found a natural substitute to palm fronds: pussy willows. "According to Polish legend, Jesus visited a forest on Palm Sunday, barren by winter conditions, and commanded His angels to gather up pussy willows -- with soft, cotton buds, the first blooms of spring" (WBFO/NPR, online). To this day these delicate and soft botanical beauties are utilized. "The pussy willow is the one that tells the rest of the world and all the other flora, trees and bushes it's time to wake up. It's the wake up call," said Father Czeslaw Krysa, rector of St. Casimir's Church in Buffalo and director of Worship for the Diocese of Buffalo. "The Pussy Willow is also our Easter symbol. One of the most prominent Easter symbols, because of the fact out of this dry, kind of twig all of a sudden bursts forth this beautiful flower of life, and it is the first bush that blooms," said Father Krysa" (online).

Meanwhile, the passionate glee of discovering Easter eggs gives way to the *adulthood* reality of hiding them for little ones and/or garnering them on sale for oneself when Easter Tuesday rolls around.

Yet passion is also literally a flower. Passion flowers garner not only a worthwhile herbal supplement to which this *Fly on the Wall* can attest, they also contain symbolism as ascribed to them by Christian cultures. *Passiflora caerulea* was originally named *Espina de Cristo* by Spanish missionaries and each of its botanic features bears taxonomic importance for the story of Jesus's crucifixion. Melissa Petruzello reports that "the corona represents the crown of thorns; the styles represent the nails used in the Crucifixion; the stamens represent the five wounds; and the five sepals and five petals represent 10 of the apostles, excluding Judas, who betrayed Jesus, and St. Peter. who denied Jesus three times on the night of the Messiah's trial" (Petruzello, online).

Really any flower or plant that germinates and begins its life cycle in Spring can be said to remind of us of the arc of the narrative of our lives, and our studies. Weeds too, those sometimes edible and always precocious arbiters of cultural normality *vis a vis* weeding, grazing, or leaving be (depending upon one's garden and/or pasture lifestyle) represent the unbound drive to thrive characterizing a life worth living. So as winter passes away and spring reminds us of natural cycles of rebirth, may our minds seize the day. At some future date our academic and corporeal growth will be over, by the finality of metamorphical frost and the natural cycle of the season. When busywork gets us distracted from enjoying the *just being there* of following life's course of learning and growing, let's remember that just as every plant means what we want it to mean, so too do we from our studies glean as much or as little inspiration as our nimble minds allow.

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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.*

## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** CST Foundation Bursaries

**Sponsored by:** Canadian Scholarship Trust Foundation

**Deadline:** May 6, 2022, 11:59:59 PM ET

**Potential payout:** \$6000

**Eligibility restriction:** Applicants must be Canadian citizens, permanent residents, or Protected Persons in Canada; have, or will have, completed high school level by Fall 2022; be accepted into a post-secondary program at an eligible institution in Canada, attending Fall 2022; be the first generation in their family to attend post-secondary education; and demonstrate financial need.

**What's required:** An online application form, including a short essay on your financial need, a short essay about your accomplishments, a statement about your future aspirations, along with a reference letter, high school transcript, and proof of admission (when available) for the 2022-23 academic year.

**Tips:** Read the [full requirements](#) page for info on the application process.

**Where to get info:** [www.cstfoundation.ca/student-awards/bursary-award](http://www.cstfoundation.ca/student-awards/bursary-award)





## Learn or Create: What Is the Sweet Spot?

Marie Well



Lifelong learning is a gift, isn't it? But what if we spend so much time learning that we don't create anything?

I read a shocking statistic. It said we should spend two-thirds our time creating and one-third our time learning how to create. Stated differently, we should spend two-thirds our time doing and one-third our time learning.

I cringed.

I've spent a decade reading hundreds of books. I learned highly personal details about many of the bookstore staff across multiple bookstore locations. One staff member reported that my recorded history showed I spent over \$16,000 on books in a relatively short time. My home had so many piles of books that I was labeled a hoarder, even though I gave boxes of books regularly to The Diabetes Association. And I was often attacked on Amazon by commenters accusing

me of being "a paid professional book reviewer."

But based on all that knowledge, I produced next to nothing.

So, if you're like me—a book hoarder—or if you're someone on the other end of the spectrum who creates endlessly without much learning, how can you find the right balance?

Here are ways to find the 1/3<sup>rd</sup> learning to 2/3<sup>rd</sup> doing sweet spot:

**Learn by doing.** Doing is a form of learning unto itself. Perhaps doing is a higher form of learning because it's active, not passive. Painting a picture is doing, but it also requires learning. So, perhaps break the task into chunks. You might start by learning how to draw on canvas. Spend 1/3<sup>rd</sup> your time learning how to draw and 2/3<sup>rd</sup>s actually drawing. Then learn how to paint with oils using the 1/3<sup>rd</sup> to 2/3<sup>rd</sup> rule. Once you master painting with oils, move onto acrylics. That'll send you further along the road of mastery.

But how do you time manage the 1/3<sup>rd</sup> to 2/3<sup>rd</sup> ratio? It's simple. If you have an hour a day dedicated to drawing, spend 20 minutes learning how to draw and 40 minutes drawing.

**Learn something that will enable you to create.** If you want to write fiction, read fiction and how-to-write-fiction books. If you want to become a marketer, read books or take courses on social media marketing. If you want to create fine art, read books or take courses on how to paint. Consider reading and taking courses on topics that will help you create something special. Of course, there is value in leisure reading, but why not focus that reading on something worth creating?

**Create a project that requires learning to complete.** You might want to climb the side of a building, not that I'd recommend this. One friend of mine wanted to climb a tower and have the media televise him. But had he been extra serious, and perhaps cautious, he might have taken courses or read books on climbing technique. Another friend wanted to become a chess master. He studied books on chess so well that he won tournaments. And then I started reading his books, too. Consider creating a project and start learning and doing the 1/3<sup>rd</sup> to 2/3<sup>rd</sup> ratio way.

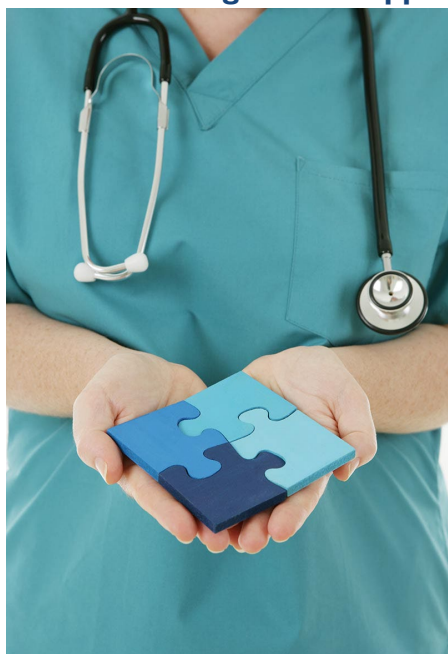
**Make time for doing.** This is what is called a hobby, but can also be a way to learn skills you may need for achieving a dream. Simply build in time for doing each day.

If you could learn  $\frac{1}{3}$ <sup>rd</sup> the time and produce  $\frac{2}{3}$ <sup>rd</sup> the time, what a glorious life you'd lead. However, academia requires you spend most of your time learning. As a caveat: an essay may take up to twice as long to research as it may take to write.

## Health in All Policies

**Alek Golijanin**

### An Overarching Health Approach to Public Policy



The COVID-19 crisis has highlighted societies inequities and inequalities, particularly with income and health. These are challenges that will require new legislation if everyone is going to have a chance at experiencing success in a post-COVID world. One way to do that might be with an overarching health approach to public policy known as Health in All Policies (HiAP).

#### What is HiAP?

Although the official term was first used in 2006 by the European Union (EU), the idea behind HiAP was inspired by an international agreement on health in Ottawa, Canada, in November 1986. It was called the Ottawa Charter for Health Promotion and it was designed to achieve the World Health Organization's (WHO) goal of "Health For All" by 2000. It was effective in promoting better health outcomes as international funding increased and many third-world countries began receiving life-saving medicine that we take for granted in the first-world. However, the EU took the WHO's primary health care strategy of promoting health, human dignity, and improving

quality of life one step further by introducing the concept across all sectors that have the potential to influence health outcomes.

#### What Does the Application of HiAP Look Like?

A HiAP approach would ensure that any government policy that had the potential to affect population health would be required to carry out health impact assessments. Historically, that has been a Ministry of Health's responsibility for health-focused policies in the past, but the HiAP approach would require various non-health ministries to develop health-conscious policies. This is important, because health is largely determined by factors outside of health care services and affected by various social determinants.

Although the EU was responsible for birthing HiAP, one of the more evident applications of this approach might be in US. The Center for Disease Control (CDC) was provided with the necessary support to dedicate a department that specifically focused on HiAP. Their site provides a treasure trove of resources that demonstrate how public health intersects with various geographic factors and across various sectors.

The State that appears to be taking these principles to the next level is California. The California Department of Public Health worked to bring about a HiAP Task Force that brought together 22 departments, agencies, and offices from across State Government. Other Non-Governmental

Organizations have also championed these ideals and it can be seen in the success that advocacy groups have had with building a network of organizations that support health foods and activity environments, but also with the state introducing legislation in 2016 that allows children under 18 to receive taxpayer-backed health care regardless of their immigration status. The benefactors of these policies are marginalized minors who are living in poverty or are burdened with an immigration status.

### **The Critics' Take**

A healthy society is a productive society, but that is not how critics of HiAP see it. Their argument tends to center around the idea that HiAP prioritizes health above all else. Additionally, anti-HiAP groups have tried creating counter movements with slogans of “economics in all policies” and “education in all policies”.

The critic's argument can be difficult to make sense of. There are real limitations with finite resources, but economics and education are advantages that have already been realized in top countries. The idea of emphasizing economics or education in all policies might make sense for countries that are playing catch up with the world's leading economies. For countries that are already at the top, the lifeblood of top economies are their people, who need to be taken care of.

### **What is the Status of HiAP Approach in Canada?**

Since the Canada Health Act was ratified in 1984 by the Federal government, Canadians have had guaranteed access to healthcare services under a universal Medicare for all plan. While the Federal government is responsible for a portion of the funding required to make these services accessible to all, it is the provinces that are responsible for setting up the scope of the delivery services. Almost four decades later, much of the original framework has remained unchanged despite changing health trends and that is where the challenge lays.

The Canadian Medical Association Journal published an article that gives an overview of HiAP and what that would look like for Canada. Although the authors describe this approach as one that aligns with Canadian values, they cite cooperation from all three levels of government (municipal, provincial, and federal) as a potential challenge, particularly when elected governments might have diametrically opposed approaches to governing. The most important takeaway is that a person's health and well-being is affected by factors long before they enter a hospital, factors that have nothing to do with the health care system.

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

### **CHAT with AU Library**

Tues, Apr 19, 10:30 am to 2:30 pm MDT  
Online  
Hosted by AU Library  
[library.athabasca.ca/page/ann](https://library.athabasca.ca/page/ann)  
No pre-registration necessary; access through CHAT link on home page

### **Faculty of Business Undergrad Program Orientation for New Students**

Tues, Apr 19, 12:00 to 1:00 pm MDT  
Online  
Hosted by AU Faculty of Business  
[news.athabasca.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20220419/](https://news.athabasca.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20220419/)  
RSVP through above link

### **CHAT with AU Library**

Thur, Apr 21, 10:30 am to 2:30 pm MDT  
Online  
Hosted by AU Library  
[library.athabasca.ca/page/ann](https://library.athabasca.ca/page/ann)  
No pre-registration necessary; access through CHAT link on home page

### **AUSU Student Council Meeting – Council Changeover**

Thur, Apr 21, 6:30 to 7:30 pm MDT  
Online via Zoom  
Hosted by AUSU  
[www.ausu.org/event/ausu-student-council-meeting-council-changeover/](https://www.ausu.org/event/ausu-student-council-meeting-council-changeover/)  
RSVP through above link

*All events are free unless otherwise noted.*



## Beyond Literary Landscapes

### Current Reads---Spring 2022

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

Typically, this column serves as an introduction to the works of novelists, educators, and scholars, certain countries, or certain literary themes. This week, I have decided to do something a bit different, and instead,

have focused on my own personal reads from the Spring of 2022, from Francesca Ekwuyasi, Sandra Cisneros, and Nicole Dennis-Benn.

A writer and multidisciplinary artist from Lagos, Nigeria, Francesca Ekwuyasi was longlisted for the 2020 Giller Prize and the 2022 Dublin Literary Award for her first novel, 2020's *Butter Honey Pig Bread*. The novel “ was also a finalist for CBC's 2021 Canada Reads competition, the 2021 Lambda Literary Award, the 2021 Governor General's Award, the 2021 Amazon Canada First Novel Award, and the 2021 ReLit Award.”

Sandra Cisneros was born in Chicago, Illinois, and is of Mexican-background. In 2016, the author was presented a National Medal of Arts for her work by then-President Barack Obama. The writer and poet's award-winning and best-selling novel has been translated into over 20 languages worldwide.

Born and raised in Kingston, Jamaica, before moving the United States where the author pursued post-secondary studies, Nicole Dennis-Benn's novel 2016 *Here Comes the Sun* was “a New York Times Notable Book of the Year and a 2017 Lambda Literary Award winner.”

#### What

Some latest current reads for the Spring of 2022 include *Butter Honey Pig Bread* by Francesca Ekwuyasi, *The House on Mango Street* by Sandra Cisneros, and *Here Comes the Sun: A Novel* by Nicole Dennis-Benn.

#### Where

Many of these works are set throughout the United States, Canada, Jamaica, Mexico, Nigeria, and The Netherlands.

#### When

These works often take place during the 21-century.

## Why

These works may be of interest to readers who would like to know more about family, immigration, migration, resilience, spirituality, colonialism, as well as the present day and historical issues in Nigeria, Jamaica, the United States, and Canada.

## How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to these current reads 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 consider ENGL 307: Women in Literature, a senior-level, three-credit course, which "critically examines the tradition in women's writing, deconstructs the pervasive images of women in literature, and analyzes the way in which women use language to define their experiences." (Note that this course requires ENGL 211: Prose Forms and ENGL 212: Poetry and Plays or equivalent as prerequisites.)

In addition, students may consider ENGL 211: Prose Forms, a junior-level, three-credit course, which "examine[s] a variety of fictional works in prose." (No prerequisites are required for this course, but ENGL 255: Introductory Composition 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.*

## Homemade is Better Spatchcock Chicken

**Chef Corey**



This week I made spatchcock chicken. Perhaps you've heard of it and wondered why someone would do that, or maybe you have no clue what it means. Either way, I will dispense with explanations with haste. First, consider the modern chicken. Thanks to some genetic modification and selective breeding, today's chickens are larger than they used to be, and since they cannot fly long distances, the light meat from a chicken is more tender and cooks faster.

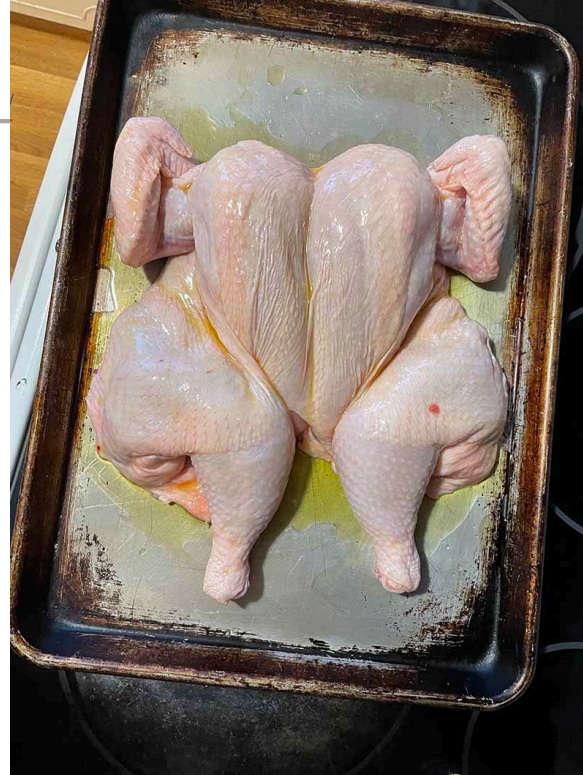
On the other hand, the legs and thighs tend to be fattier and are exercised more, so they need more time. Thus, when you roast a chicken, you likely end up with a drier breast and a moist thigh. So far, I hope this makes sense. The bottom line is that the muscles that get worked take longer to cook than those that do not. This is consistent in all muscle meats, be it beef, pork, lamb, chicken, or turkey, to name a few. Cooks try to overcome this occurrence by checking the temperature in both the breasts and the thigh. Once the breast gets to 170F or 175F, then the thigh should also be close, with the aim of 165F. Then we rest the

chicken and let the juices redistribute, and let carryover cooking finish its job, which is to equalize in the bird. So, when you see on TV or on YouTube when cooks wait before cutting open the chicken, it's so the juices don't run out, and you lose moisture in the bird.



Now that we have a basis for how a chicken cooks usually, let's discuss Spatchcocking. This method has the spine removed from the bird, and then it is laid flat on a cooking surface, be it a grill or cooking sheet for the oven. Removing the spine and laying the bird flat allows the dark and light meat to cook evenly because they are in direct heat, unlike when whole chicken is cooked in the oven, and the dark meat is usually facing down. I've also written articles on beer can chicken, which uses the moisture from beer to help with cooking. I am just now realizing that I've not written about rotisserie or whole roast chicken, but that aside, spatchcocking is one method that allows the chicken to cook more evenly.

### Spatchcock Chicken



#### Ingredients:

1 whole chicken, spine removed  
Salt  
Pepper  
1 TBSP Canola oil  
4 – 5 potatoes, quartered or diced  
1 onion, large diced  
2 big handfuls of mini carrots or 3 large carrots cut into ¼” slices

#### Directions:

- 1) Preheat your oven to 350F.
- 2) Cut up your potatoes, onions, and carrots (if you're not using mini carrots) and set them aside.
- 3) Remove the spine from the chicken if your butcher didn't do it or you bought it from the grocery store.
- 4) Season the inside with salt and pepper.
- 5) Drizzle the oil on the outside and massage it into the chicken.
- 6) Season the outside with salt and pepper.
- 7) Place everything on a baking sheet and season the vegetables with salt and pepper.
- 8) Cook until the chicken reaches 170F in the breast.
- 9) Remove the chicken from the oven and let it rest for 5 to 10 minutes.
- 10) Remove the veg to a bowl and pull the meat off the chicken.
- 11) Enjoy with family or friends!

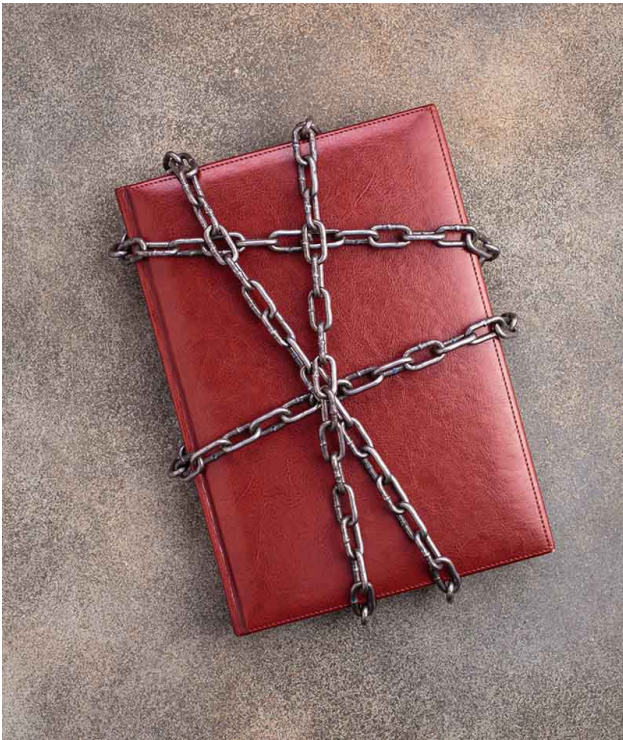
If you've been keeping track with me, this is article 98. What should I write about for article 100? Look up my page on Facebook and Instagram and let me know; Homemade is better YEG.

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



## Get Them to Read Your Favourites

Savannah Ugo



We've all read a book that changed our lives. Such a book is engaging; perhaps it only took a few chapters for us to become invested in the story. Such a book is inspiring; it makes us feel the need to strive for greater things ahead. And such a book is meaningful; we feel that it speaks to us in a special way, a way that we did not expect. After reading such a book, we have all felt the need to get up, and implore those that we care about to read it, to feel the book's message for themselves. And of course, we usually yearn for someone to be able to discuss the book with us as well.

But then none of our acquaintances, friends, or family members ever agree to actually *read* it.

What hope is there for such romantics as us? How can we incite others to begin their literary journey if they won't even open the book? The answer, as it turns out, is far simpler than some innovative crusade of encouragement. By means of psychological tactics, bribery, and outright trickery there is no book that we cannot force those we care about to read!

### Psychological Tactics

This technique can be seamlessly executed with lots of subtle influence. You must follow your intended victim around incessantly and then drop discreet hints relating to said book whenever the occasion may arise. Ideally, the hints should somehow relate to specific themes that are present in the book. For example, if you are attempting to induce your Uncle Dimitri to read *The Invisible Man*, you might make it a goal to sneak into his house on regular occasions (or as frequently as your schedule allows) and rearrange the furniture. You could then proceed to glare suspiciously at the offending household articles until Uncle Dimitri's interest is thoroughly peaked, or until he arranges to install a new set of locks, at which point, you can hand him the book.

Alternatively, a far simpler method might involve asking your victim a direct yet random question that is answered in the book itself. I have experienced vast success by leading various acquaintances, such as Aunt Doris, to a tranquil pond in the wintertime, only to holler unexpectedly at her, "BUT WHERE ARE THE DUCKS?" Even if your relative knows the answer to such a question, your peculiar behaviour may be enough to induce her to give Salinger a try.

### Bribery

This technique is highly effective on those of epicurean tendencies. You should begin by acquiring an irresponsible quantity of chocolate chip cookies. You can then invite your dessert-loving friend Jeremy over for a casual afternoon tea. When he arrives, you can then inform him that you are "very excited that he's agreed to form a book club with you". While he is busy being confused (you never mentioned anything about books) you can quickly present him with the book itself, along with a seemingly endless quantity of cookies. This tactic should succeed in coaxing him to read on, either until he finishes the book, or until you run out of cookies.

## Outright Trickery

This last technique requires careful understanding of the victim's needs and interests. For example, perhaps you have been telling your friend Alex to read Chesterton's *Tremendous Trifles* for years, only to have him refuse to read it. You should swap the dust jacket of *Tremendous Trifles* for the jacket of *Practical Lock Picking*. You could then lock Alex in a basement, with only the *Practical Lock Picking* fake as a companion. You might be surprised by how quickly Alex manages to give your amiable recommendation a try.

Or maybe your friend Marissa absolutely refuses to try your recommendation of *Don Quixote*, for fear that she will find it dull (a very real possibility in fact, and upon reflection, perhaps the reason that you want her to read this book is to have another person share in your suffering, but that is irrelevant). Try swapping the jacket of this book for the jacket of something that Marissa prefers, like an Agatha Christie book. Marissa will be halfway through "Dulcinea's enchantment" before she finally realizes that Poirot isn't showing up.

Attempting to induce one's friends and family to read important literature is a noble enterprise. By means of careful planning and execution, there is certainly no book that we cannot trick them into reading. And in the end, if these individuals are not exactly grateful for our benevolent assistance, then the best that we can do is try not to allow their lack of appreciation to hamper our enthusiasm.

*Savannah is an aspiring animator, baseball player, and pyromaniac (actually she just really loves s'mores).*

## How to Balance School and Work

Marie Well



If you work and study, you might have an edge. It's said that busy people can be relied on to get an extra task done. But you'll need to find a balance between work and school, one ideally where school should be prioritized. An education, after all, can mean the difference of tens of thousands of dollars in your pay grade. And then there are all the other benefits, too, like developing the ability to learn.

Nonetheless, here are tips on how to balance school and work—and excel at both:

**Discover your passion—in academia.** Find what makes you tick and pursue it as an academic major. It'll give you staying power. But don't stop there; get a career related to your passion, too. Your best bet is to discover your Myers-Briggs personality type and Google what careers best suit your personality type. But take it further still. Search on Indeed.com each of those careers to determine the best salaries and the required education. Choose a

winner and chase your passion—in both your academics and your career, perhaps at the same time.

**Schedule your days.** Spend two weeks documenting your day's activities. That way, you can replace low value activities with high valued ones—or combine them. For instance, if you spend

a half hour a day surfing the web, perhaps fit in some homework time. If you commute, consider doing homework on the bus. If you clean, try listening to work- or school-related audiobooks.

**Mix school with work.** In other words, try to choose work-related topics for your academic papers and projects. Or try to fit in time for homework at work, perhaps during lunch-hour or breaks.

**Delegate tasks.** If you've got family, perhaps they can tackle some of your chores. But they may have busy lives, too. So, why not offer a friend's teen a bit of cash to clean your home? And if you're an introvert with a smaller circle of friends, then perhaps schedule a bit of cleaning time on your own each day. It's amazing how refreshing cleaning can be when faced with the option of doing dishes versus studying multivariate calculus.

**Consider eating a no-cook raw diet.** A diet of raw veggies, fruits, nuts, seeds, mixed beans, and canned salmon or sushi can turn around one's state of health. And it all takes zero time to cook. And whether you choose this diet or not, consider reading textbooks while eating to maximize time.

**Log essay and exam dates, along with week-by-week goals.** Many people who log their goals week-by-week will tend to achieve a better (academic) performance. A calendar scheduled with week-by-week goals is highly beneficial, especially for students wanting to gain entry into grad school, from my experience.

**Do multiple tasks at the same time.** You might choose to listen to an audiobook while washing dishes or make a phone call while dusting. And carry your schoolwork wherever you go. Pull it out at every opportunity. If you are in line at Starbucks, consider reading your textbook as you wait. If you're waiting for a bus, why not study to pass the time? And if you're simply walking to the store, read your e-textbook as you walk.

**Exercise, but study at the same time.** Stationary bicycles often have a ledge that you can place your textbook onto. As well, in between weight sets, you can take minute-long rests to quickly study your homework.

**Stay busy.** As a bald friend of mine used to say, "Grass doesn't grow on a busy street." When busy people map out their day, they often are more productive. And a well-scheduled day means the busy soul can take on more tasks than their less busy counterparts.

**Prioritize your grades.** If your academic grades ever suffer, consider decreasing your job hours. If your grades aren't all A's or at least B+'s, then perhaps reduce your number of classes, too.

**Stick with an online education.** AU students have an advantage: greater school-work-life balance. Studying remotely means you'll likely erase an hour or more of commuting each day, which can add up to 5 or more hours a week, or 20 or more hours a month. That's a lot of time saved by being an AU student!

Working while going to school can be rewarding, especially if you schedule your months, weeks, and days. One friend often says, "If you need a task done urgently, give it to a busy person."





Dear  
Barb

Barbara Godin

## The Dating Debate

*Hi Barb:*

*I'm in my late 20s and grew up in a rather traditional family. Most of my life I followed my parent's wishes, focused on school, volunteer, and now work. I've never come across someone I really liked until about a year ago. We initially started dating to understand if we were a good couple and like all couples, we've had our fair share of good and bad. Recently, I decided I was ready to tell my parents. I still live with my parents as I help support them as we are an immigrant family.*

*However, after I told them and introduced them to who I was dating, I had a huge backlash. I had mentioned a few weeks earlier that I was seeing someone, and they said it's up to me, so I thought we were okay. But when I brought him home, they were suddenly against me dating someone of a different culture. It was super hurtful, and I didn't know what to do. I really like this man. I tried to reassure my parents that we're just dating to see if we are the one for each other, but they were very unhappy.*

*It's been a few days and we haven't spoken about this topic again. Ultimately, they would rather me remain single than date anyone, but I told them I want to try. It's also hard because I still live at home and see them all the time. I guess my question is, how would I approach this situation as I want to maintain a healthy relationship with my parents who mean so much to me, but I also really want to live my own life. I've done everything I could do for them and now I feel like I'm ready to find my own interests. This doesn't mean I*

*won't continue to be there for them and support them. I also understand their concerns about cross cultural differences and it's also something I've talked about with my partner. My parents think I'm too naive to understand and perhaps that might be the case given it's also my first dating experience. I've spoken with many friends and colleagues for advice, and they all encouraged me to try but to take it slowly as at the end of the day, it is someone I'm marrying, not my parents. But, I've also never had such huge arguments with my parents and it's stressing me out. I know my partner is also hurt because of my parents and I really would like as much advice as I can get.*

*Thanks, Stressed Daughter.*

Hi Stressed Daughter:

Thank you for your most important letter. There could be a few things going on here. It seems you are at a crossroads in your life and will have to make some decisions. You are entitled to live your own life with whoever you choose, and your parents, as all parents must, have to accept your choices.

Since this is your first dating experience, they obviously were not prepared. With time they most likely will come around. It is important to keep the lines of communication open with your parents. Reassure them that this man is not going to take you away from them. They most likely fear losing your support, as you have always been there for them. They may have some valid points for you to consider about cross cultural differences, but that does not mean the relationship cannot work. My advice is to continue to see this man and talk about him openly with your parents, so they will begin to see him through your eyes.

Also, tell them how upset you are about the confrontation, and that you want to maintain a close, caring relationship with them. If they are totally adamant about you having this relationship, you may have to move out of their home just for the sake of peace. This will be a difficult decision, that only you can make. I believe their concerns are based in fear, so reassurance is your best ally. I hope this information was helpful and let us know how you make out. Best of luck.

*Email your questions to [voice@voicemagazine.org](mailto: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.*

## Student Sizzle — AU's Hot Social Media Topics

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

#### **AthaU Facebook Group**

**The Write Site at the Right Time.** A student is frustrated in their attempts to get a paper reviewed by the busy Write Site; a responder suggests submitting during the workday for best chance at availability.

#### **Discord**

**Book and switch.** In the #general channel, students discuss potential strategies for getting around the 20-day rule for requesting exams from AU.

#### **reddit**

**Some deadlines don't budge.** A student wonders how/if a course enrolment can be processed beyond the 10th-of-the-month deadline.

Responders suggest this never happens.

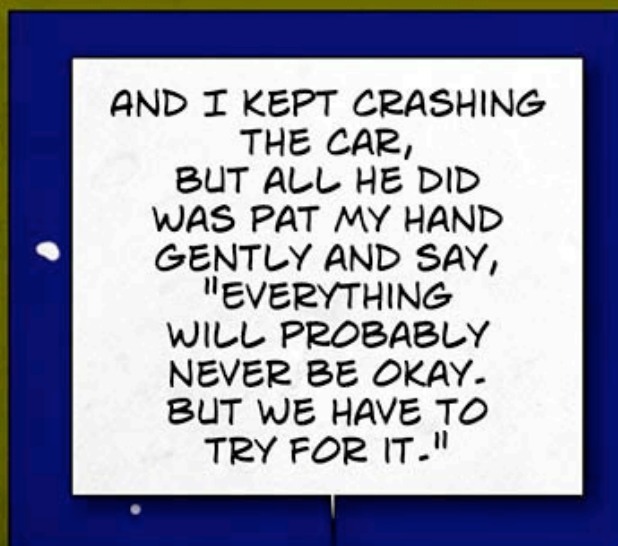
#### **Twitter**

@aulibarchives tweets: "Need help citing your sources? Have a look at new citation guide! <https://libguides.athabasca.ca/citationguide> #AULibrary."



Poet Maeve  
The Interpretation of Dreams

Wanda Waterman





## 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](mailto:lseaton1@athabasca.edu) or [asiswires1@athabasca.edu](mailto: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](mailto:Alexander Si-Swires) for questions related to clinical, and [Leah Seaton](mailto:Leah Seaton) for questions related to the curriculum.

See you there!



## Attention AU Students!

AUSU's Spring awards application period is now open – hurray!

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

We're also excited to announce that the Awards & Bursaries program is once again 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.



## AUSUnights April 14, 5:00 pm MDT

AUSUnights are virtual student socials held over Zoom on the second Thursday of every month. They are a great opportunity to connect with fellow AU students, have fun, play games, and maybe

even win some prizes and swag from your AU Students' Union! Get your FREE ticket for the next event on April 14 at 5 p.m. MT by [clicking here to RSVP on Eventbrite](#).

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# CLASSIFIEDS

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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Jason Sullivan, Wanda Waterman, Xin Xu and others!

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