



THE VOICE

Vol 30 Issue 17 2022-04-29

Minds We Meet

Interviewing Students Like You

The Puppy Blues

The Perils of a New Puppy

How to Deal with Lawyers

Make the Most of Your Money

Plus:

*Local Shout-Out
A Beginner's Guide
and much more!*



CONTENTS

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

Features

Minds We Meet: *Simeon* 4

Articles

Editorial: *A Break in Routine*..... 3

Puppy Blues 6

Dealing With Lawyers: *Making the Most of your Money*..... 8

Easy Instant Pot Curry Chicken 12

Why Give Your Studies Their All 15

Columns

Fly on the Wall: *If You're New to AU*..... 9

Beyond Literary Landscapes: *Canada Reads, Part 2*..... 13

Homemade is Better: *The BLT*..... 16

Local Shout-Out: *Calgary & Area, Part V*..... 17

Dear Barb: *Dog Difficulties* 18

News and Events

Scholarship of the Week..... 5

Student Sizzle 11

Authentic Events..... 14

AUSU Update 20

Comics

Poet Maeve: *What a Man Doesn't Know he Wants* 19

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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

A Break in Routine

Karl Low



Quick note, the second week of May will not have a new edition of *The Voice Magazine*, as I'll be taking my first vacation in over a year. It seems like a good time, what with AU labour disputes currently settled, and AUSU moving into their annual planning and retreat meetings, and most students settled into the routine of their courses. After all, even though AU has open enrollment, we still see that the bulk of it follows the traditional school year, with large numbers of students starting in September and January, and with six-month courses, many students finding themselves too busy in May for much leisure reading as the reality of their course end date and exam request times becomes all too clear.

This issue, however, has us with some great material. Such as an interview with a student originally from Nigeria, whose life has moved him through a number of different industries and is now concentrating on health administration, with some help from AU.

We also have a look at the “puppy blues” as Karen Lam describes her first months with her new puppy. The idyllic notions she had gave way to some harsh realities, and she's good enough to share some of those struggles

with us.

And, sooner or later, pretty much everybody finds themselves having to deal with a lawyer, but that can be an expensive proposition. Alek Golijanin has some advice this issue on how to prepare yourself should you need one, what to do to help keep costs down, and, if worse goes to worst, some pointers for if you find yourself in a dispute with your own attorney.

Plus, we have some recipes, events, scholarships, advice, and even a bit of encouragement and congratulations for those new students showing up mid year.

Meanwhile, the war in Ukraine rages on, with increasing reports about various atrocities that are happening, while we stand idle. This frustrates me, as the incursion of one nation into another, especially to force regime or territorial changes, should not be permitted in the first place, whether it's Russia, the US, or even us doing it.

At what point do we actually live up to the notion of being “good guys”? In Canada, we failed at that task in a tremendous fashion already with our legacy of residential schools. Now it seems we're lining up to do so again when it comes to the people of Ukraine.

Personally, I fully support us sending military support, not just weapons, but trained soldiers, into Ukraine at this juncture to serve as peacekeepers and help stop the invasion. This is not to say that the Ukraine did not have some serious issues of its own to deal with when it comes to having rebels and disaffected people within, but regardless, that was not Russia's business to intervene militarily and unilaterally. Internal conflixtions within a nation should be resolved internally, with the larger global community only serving to apply pressure to resolve those conflicts in as peaceful a manner as possible.

Imagine if pressure had been put on us by the global community to get matters with our indigenous peoples sorted earlier. How many kids might that have saved? Let's do better with the Ukraine. Enjoy the read.

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

MINDS WE MEET



Who are your fellow students? 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 Simeon, who is currently residing in Dieppe, Nova Scotia, which is in Mi'kma'ki, the ancestral territory of the Mi'kmaq People.

Simeon is currently in the Bachelor of Health Administration program at AU, stating “I planned to apply for a senior-level role. I currently work in the hospital’s health records department and plan to continue to work there.”

The student continued, “I am blessed with a beautiful wife, a gorgeous girl, and a good-looking boy. I have a rich work experience of over 15 years in various roles in aviation but now changing lanes to become a health administrator and data scientist. I moved to British Columbia in 2016 from

Nigeria, my first job was with Nordia Inc. (Bell customer server centre in Nanaimo). I have also worked with WestJet, CanadaPost and Accor Management Service. I also run a small delivery business, MyWay Express Inc. ([www. mywayexpress.ca](http://www.mywayexpress.ca)).”

When not studying, Simeon “like[s] watching soccer, business news channels like Bloomberg, and listening to music.” The student continued, “I am reading about clinical research, an online resource by Vanderbilt University, and Bloomberg.”

When asked who has had in greatest influence on the busy learner’s desire to learn, Simeon stated, “My wife. She has always wanted me to be the best.”

As for the experience with online learning so far? “I am technology savvy, so I am conversant with web navigation. I like the simplicity of the process, from admission to registration, and the website is user-friendly.” And the dislikes? “That will be studying alone with no constant chat with fellow students.”

Like many students, Simeon has wavered about continuing the educational process before becoming determined once again, stating, “At the point when I realized I needed to work more hours to meet my living expenses, but then I reminded myself of my future goal. So I am determined to keep on until I achieve my health administration degree in the shortest time possible.” In particular, motivation came from the “quest to get a better-paid job.”

Simeon has found an AU Management course most memorable, explaining, “Because it is setting the foundation on the right path for me to become a manager.”

If Simeon were to be the new president of AU, a first project would be “to create a platform for students to discuss, chat, and relate. We will also have an alumni section where current students can seek learning and career advice.”

The most valuable lesson in the learner’s life has been “to be kind to be people and helpful as life situations can change in a second.” And the proudest moment? “My wedding day.”

The one thing that distinguishes Simeon from others is being “very versatile, innovative, and resourceful.” The student continued, “I love to try new things and discuss business, careers, and the future with serious-minded people.” As a final thought Simeon stated, “I am a serial entrepreneur who likes to share business ideas with like minds.” Best of luck Simeon!



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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Irene Adler Prize

Sponsored by: Lucas Aykroyd

Deadline: May 30, 2022

Potential payout: \$1000 USD

Eligibility restriction: Applicants must be Canadian or U.S. citizens and be women commencing or continuing an undergrad or grad degree in journalism, creative writing, or literature at a recognized post-secondary institution in Canada or the U.S. in 2022-23.

What's required: An email with a completed entry form, along with a 500-word essay on one of three given topics.

Tips: Read the [Submission Guidelines](#) carefully for info on essay style and formatting.

Where to get info: www.lucasaykroyd.com/scholarships



Puppy Blues

Karen Lam



For anyone who follows my monthly Reading Lists, you may have noticed some inconsistency recently. The reason is because I got a puppy a few months ago! For all dog owners, if you've had a puppy before, it is likely you've experienced puppy blues at one point in time, but if you somehow haven't, you're absolutely amazing! For me, I recently experienced some serious puppy blues and new-owner remorse.

Don't get me wrong, I've wanted a dog all my life, but wanted to wait until I finished school, had a job, and maybe some free time. So, it seemed as though the perfect time to get a puppy was now, even though I still had a lot going on.

I wanted a puppy as a companion and as someone who would go with me for hikes, walks, and to motivate me to exercise regularly—even when I feel like I could sit all day long. Finally, after many years, my dream came true, as just before Christmas, we got a puppy.

What we got was a three-month-old Samoyed puppy, a breed that I had wanted for over two years. I knew this breed required lots of brushing and exercise and was not an easy breed to raise, especially as a first-time dog owner. I researched and asked friends with dogs for all the information about having a puppy. When the time came, I felt ready for our new friend, however, it wasn't long before I felt "puppy blues".

I felt very stressed out as my life became very chaotic. Some might say it's because I haven't experienced having kids yet. This might be true, but the first week was the toughest, as our cute little puppy had to re-adapt to crate training alone during the night (before he came home, he slept with his brothers), which meant he barked a lot during the night for a few weeks. During the day, we had a number of potty accidents as we tried to figure out when he wanted to go out and when he didn't, and figures out that when he got excited or stressed or simply waited too long, he was prone to having an accident. And although he napped, whenever he woke up, he had to go potty right away otherwise there would be accidents.

As a puppy, he also ate absolutely everything, which meant we had to watch him all day long. So running errands and leaving the house was no longer a simple task—our little guy was nervous in the car and couldn't be home alone. And, of course, our puppy was also teething. This meant he would bite everything—including us! It turns out puppy teeth are really sharp and, for those who don't know, hurt a lot. He would bite us really hard, and it would be tough to control him sometimes.

Day crate training was another challenge, as he barked non-stop, cried, and whined. The first month, I asked myself many times how I would survive the coming weeks. And it didn't improve much during that time. Sure, there were good days and bad days. But sometimes it felt as though the bad days were outweighing the good days. The second month there were gradual improvements, but very minimal.

With all the constant pressures, it made me constantly wonder if I was ready for a puppy. I had thought I'd thought it through a lot, but, experiencing it felt completely different. For weeks, it

was a lot of up and down emotions. The puppy came with lots of responsibilities, and my usual routine, the stuff I used to do easily, became a challenge each day.

Going to get food or simply visiting the store was a challenge as we had to make sure the puppy was in a crate (which wasn't feasible as he was still working on daytime crate training) or someone was with him because we couldn't take him to the store. Hanging out with friends was absolutely not possible as malls and many stores did not allow pets. I still recall feeling horrible and stressed out that I couldn't handle him.

On top of this, our little puppy was growing very quick, and his energy exponentially increased as he did. Short walks or short plays that wore him down before no longer worked. Many of my friends recommended dog parks, dog daycare, and many places that could wear down his energy. However, many of these options required him to be a bit older. With all these challenges, I kept circling around the thought if I could really handle a puppy right now. Each time we went for short walks, I'd see very obedient and calm dogs and I realized the amount of effort owners put into their dog to achieve such results.

For the next two months, I realized I was constantly regretting my decision. It made me feel absolutely horrible that I was stressed, and worse that I brought a puppy home not knowing how unprepared I was. I spoke with friends and family, and everyone reassured me it would improve and become easier with time and lots of training, but it felt like I would never see the light at the end of the tunnel.

A really good friend told me that she genuinely didn't think that I should give up so easily. She said it was too early to jump to the conclusion that my puppy wasn't a good fit. When she said those words, I realized I expected my puppy to be able to learn everything so quickly, despite simply being a baby. I really needed to be patient and take things slowly.

We ended up enrolling in puppy classes, had a few friends help us walk, and play with our puppy. We started looking at dog daycares, asking for help on a Samoyed Facebook page, and now, with it being a more than three months, things have started to come together.

Although our little guy still requires lots of training, I have finally started finding some structure and am able to focus on my daily tasks again. As we pushed through daytime crate training, our little guy has started to nap according to structure and behaves better. Also, puppy class helped me burn his energy and work on commands. We met many Samoyed friends at a local group who shared similar experiences with us.

As I now write this, it's been almost four months since we got our puppy. I'm happy that now that most, if not all, of my negative thoughts are almost gone. Each morning, I look forward to seeing my puppy's smiling face and I think about him whenever I leave the house without him. I can't imagine any more what my life would have been like without him!

For anyone with a young puppy and feeling puppy blues, I just wanted to share my experience and let you know that it is okay to feel this way. You're not alone and things will improve.

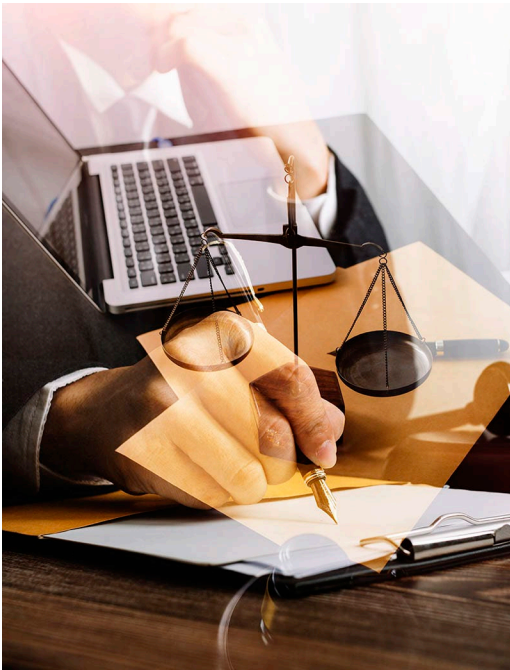
I can't say things are perfect now; as things improve new challenges also come. However, remember that there are so many resources including puppy class, professional dog trainers (although we have not yet used this), and dog daycare that can help you with your puppy. Don't give up because it will be so worth it! For those who are considering a puppy, I would recommend doing your research about the financial commitment (although I did not touch on it much, it is quite expensive—especially the beginning), time commitment, and responsibility of having a dog.

Although dogs improve as they grow up and require less effort than they do as a puppy, they still require lots of time and attention. Remember that having a puppy and dog isn't simply about making you and your family happy, we should do everything we can to ensure the puppy/dog is also happy, healthy, properly socialized, and getting the adequate exercise they need.

Karen's taking her Computing Science degree at AU, learning French, and enjoys going on adventures with her dog!

Dealing with Lawyers Making Sure Your Money Does Not Go To Waste

Alek Golijanin



Everyone is likely to interact with lawyers at some point in their life, and those interactions guarantee to be some of the costliest if they are not handled correctly. It is also one of the professions that is commonly referenced as being full of dishonest interactions. Lawyers have a reputation for being indirect and for not always being forthright, whether it be deserved or undeserved. While it can be difficult choosing the right lawyer, there are ways to maximize the money paid for a lawyer's services.

Shop around for a lawyer

The best thing you can do when it comes to finding the right lawyer is to reach out to multiple lawyers and ask them to provide you with a quote for their services. This is one of the best starting points because it provides you with an idea of the potential costs. This information has the ability to identify lawyers who might overvalue their services and it provides you with valuable information should cost-related disputes arise at any point. It is important to have a reason as

to why you reached out to a specific lawyer which can be referrals, online reviews, or news stories. The quotes a lawyer provides you with can be negotiable, but it is up to you to provide counteroffers. This is the stage where you have all the leverage so make it count.

Communicating with your lawyer

Lawyers are notorious for running up billable hours, so you want to make sure that all your communication with them is about your situation and not small talk. The small talk that occurs at the start of your interaction with your lawyer should go no longer than a couple minutes. If you want to have long conversations with your lawyer beyond your immediate situation, then it is your responsibility to track the length of those conversations. Although most lawyers are ethically obligated to remind you that you are being billed when conversations deviate, divorce lawyers are required to show compassion to their client despite wanting to bring them back on track. If the client notices that meetings have been going off track or have been redundant then it is important to send out an email addressing that issue to correct it for future interactions. If this takes place early on, lawyers have the ability to extend courtesy corrections since matters that require lawyers can be quite complicating.

The best way to stay on topic is to ask your lawyer to provide you with an agenda for any meeting they want to have with you and so that you can prepare questions in advance of that meeting. It is not uncommon for lawyers to schedule filler meetings to repeat and confirm the details of past

conversations, but these sessions are avoidable, and they can be identified by asking for the agenda of a planned meeting. If it turns out that the meeting will be centered around repeating and confirming the details of past conversations, you can supplement 30-minutes of your lawyer's in-person time with a 5-minute email that covers everything. It might seem silly, but when you consider that quality lawyers charge hundreds of dollars per hour, you need to aim for maximum efficiency when interacting with them.

Handling disputes with your lawyer

The back-and-forth nature of interactions with your lawyer can be overbearing if you lack the legal know-how. Most of the challenges arise if you have not taken the prior two steps to ensure that you communicated agreed upon expectations relating to the legal fees you paid. That is why it is important for you to have tangible expectations set out from the get-go and to have a paper trail of communication. The paper trail can be as simple as summarizing the conversations that you have with your lawyer over email. It is important to keep track of scheduled meetings and delayed responses from your lawyer if you are to have any success in recouping any portion of your legal fees. Under no circumstance should you ever be rude or disrespectful to the lawyer representing you because they are representing your best interests.

If you have issues with your lawyer, your first step should be reaching out to them directly to try to come to an amicable outcome. When you do, make sure to list all the reasons you believe your lawyer has not delivered on their services and the outcome you were hoping for, but be realistic and reasonable. If you are unable to come to a compromise that is when you reach out to their professional association.

Personally, I see some of the "dishonest" label that seems to be placed upon lawyers being the result of their professional ethics which require them to go to great lengths to defend some of the most reprehensible members of society. Additionally, the nature in which you approach someone dictates how they will respond you, and I have rarely seen someone that extends respect be countered with disrespect.

Fly on the Wall

If You're New to AU, You Discover a New You!

Jason Sullivan



Imagine if you could win at life by just showing up? Well, just by enrolling at AU you have! Sure, there's work to be done but that first step towards scholastic success is a crucial one. Cards on the table, it's time to put up or shut up, academically. You're enrolled, so let's roll. It's all up to us to sink or swim with the help of our tutors, and to be our own motivational motor. You're free to make and break your own timetables and therein lies the existential challenge of distance education: learning what stuff we're made of in the process.

We just might learn about our authentic selves too. Soren Kierkegaard summarized life's wonderful potential for personal flourishing: "we must move, he exclaimed, from mechanized/externalized

/anonymous life to one that is centred in the subject and, what is more, struggles for the truth of that subject” (in Mendelowitz and Schneider, 300, and check out PSYCH 630). The subject in this instance is you! Our sense of self speaks through all that we do and grows as we learn. The subjects of our studies, meanwhile, are important, but add up to little if our subjectivity doesn’t grow along the way. Sometimes, the struggle is real.

The going isn’t always easy at AU; I’ve vacantly stared at my share of walls while waiting for the study inspiration to strike. Unlike brick-and-mortar classrooms there’s no professor to prod and goad us, or to entertain with chatty wit and woolly anecdotes of past hi-jinks. We must be our own taskmasters, with music of our choice perhaps. Whatever our beat, if it gets our study wheels a-churning that’s a good thing. A country music song I recently heard on the radio (if you hate country, please read it with your favourite genre of tune playing in the background!) goes:

“If you got a chance, take it, take it while you got a chance
 If you got a dream, chase it, ’cause a dream won’t chase you back
 If you’re gonna love somebody
 Hold ’em as long and as strong and as close as you can
 ‘Til you can’t” (Johnson, online).

The dream of a degree is a step closer once we’ve enrolled, and now we just have to live up to our expectations of ourselves. Our future selves will love us for giving our all.

We’ve Paid Some Lettuce, So Let Us Give it Our Best(us)!

We may have won the intellectual lottery of potential by becoming AU students; for some of us it’s the best choice we could have made for our studies. It’s up to us to seize the space we’ve carved out in our life, and to remember that not everyone in our realm will understand our new vocation as an isolated hermit-scholar. They may, for instance, suspect we’re using studying as an excuse to avoid social outings (by the way, nothing wrong with that excuse!) Or they might envision our studies as merely a hobby or pet project no different than volunteering at an animal shelter or learning to tie flies. Those are great things to do but AU is different in that we have to literally sit like toads on a toadstool and really get the inner realm of our brain activated. Academia isn’t hands-on, it’s brains-in. The passage from student to scholar is silent and invisible to the external senses, like a plant growing in a garden that will one day meet its destiny as a delicious salad.

An early existentialist philosopher, Soren Kierkegaard (1813-1855), has much to say for the value of solitude as a means to growth:

“One can very well eat lettuce before its heart has been formed; still, the delicate crispness of the heart and its lovely frizz are something altogether different from the leaves. It is the same in the world of the spirit. Being too busy has this result: that an individual very, very rarely is permitted to form a heart; on the other hand, the thinker, the poet, or the religious personality who actually has formed his heart, will never be popular, not because he is difficult, but because it demands quiet and prolonged working with oneself and intimate knowledge of oneself as well as a certain isolation.” (Kierkegaard in Popova, online).

This is not to say that we can expect final answers out of our individualized studies. As textbooks change with the times and with successive editorial changes, so too do our minds whirl and evolve throughout our lives. To be at a final resting place might even be akin to moving backwards on the journey of self-discovery. Kierkegaard claims that: “in regard to Truth, this troublesome monster, the majority, the public, etc., fares in the same way as we say of someone who is

travelling to regain his health: he is always one station behind.” (in Popova, online). The truth of ourselves may be something we grow into and only really know in our minds. That’s okay.

Academic isolation, uncomfortable at times, is almost like a ghost course in itself. Learning to cope with and overcome the challenges of individualized study pays big dividends in what I’d call *motivational courage*. Kierkegaard provides a final rejoinder which, far from a boot in our backsides, can charm us into submission to the joy of solitude in our scholastic exercises: “The yardstick for a human being is: how long and to what degree he can bear to be alone, devoid of understanding with others” (in Popova, online).

So, to everyone new to AU, enjoy the fruits of your victory! By signing up, you’ve taken the first step into a unique and private realm as rewarding as it is enlightening. May each of us grow in leaps and bounds on our journey.

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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.

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Keep going, you're getting there. A recent AU grad shares her experience and provides encouragement to students still working on their degrees; great to see these success stories!

Discord

Suddenly everyone wants to study. Conversation in the #general channel is dominated by the myAU outage; students swap updates and work-arounds until myAU access was restored.

Twitter

[@austudentsunion](#) tweets: "Applications for several [@austudentsunion](#) awards and bursaries, including the Academic Achievement Award, New Student Bursary, and the Student Volunteer

Award, are NOW OPEN. [#AthabascaU](#) undergraduate students, don't miss this opportunity to apply <https://bit.ly/1GIWJhi> [#Igo2AU](#)." (Hurry! Deadline April 30.)

Youtube

AU posts the 12-minute [Why write: Athabasca University professors and authors discuss ethics and boundaries in writing](#), featuring profs Dr Angie Abdou and Dr Reinekke Lengelle.



Easy Instant Pot Curry Chicken

Xine Wang



My favorite Instant Pot or fast-cook pressure cooker curry is simple and delicious. There's no hassle in the cooking process or the cleaning process.

I've been using my Instant Pot for the last five years and it has been incredible the number of different recipes that are available for Instant Pot cooking. Lately, when life has been busy, Instant Pot has been helping me prepare food in a short period of time. It is relatively hassle-free and easy to clean. There are many different brands of quick pressure cookers on the market and in no ways am I endorsing the Instant brand. If you own a pressure cooker, this recipe will also be effective at saving you time and headaches in the kitchen. Here's my own recipe for pressure cooker curry chicken, complete in 40 minutes in the pot and with less than 5 minutes of preparation time.

Curry is hearty, but one of the concerns I had in my previous recipes is that they are time-consuming and messy to cleanup. However, if you can cook everything faster without having to check back to see if the chicken is tender and ready, you can walk away, finish other chores and activities then come back to food that is ready to serve. Hence why many home chefs are obsessed with Instant Pot and other fast-cook pressure cookers that make cooking easy and food taste sophisticated.

Ingredients:

- 8 chicken drumsticks (or any protein of your choice). I prefer chicken, lamb, or beef as they absorb flavor well and work great in traditional Indian curries.
- 1 whole white or yellow onion chopped
- 1 tablespoon of whole cumin seeds
- 2 tsp paprika
- 1 tablespoon garam masala powdered
- 1 tablespoon curry powder
- 1 tsp cumin
- 1 tsp turmeric
- 1 tsp black pepper
- 1 can tomato sauce
- 1 tsp salt
- 1 tsp olive oil
- Chopped cilantro to taste
- ½ cup of water

Directions:

1. Start by thawing frozen chicken drumsticks or protein of choice. Ensure it is at room temperature before cooking



The assortment of spices for curry is what gives the dish its unique flavor profile. Make sure you rub the spices into the protein to help it integrate better.



When you sauté the onions, make sure you don't burn or caramelize the onions. Instead, sauté only until the onions become aromatic and mildly translucent.

2. Chop whole onion and saute in pan with olive oil for 3 minute or until lightly browned
3. Once chicken has been thawed, add all spices into chicken and rub until spices have been spread evenly
4. Add chicken to instant pot on top of sauteed onions
5. Add 1 can of tomato sauce to cover all proteins evenly
6. Add $\frac{1}{2}$ cup of water to instant pot, cover lid and set timer for 45 minutes
7. Cook under high pressure for 45 minutes
8. Remove from instant pot, add garnish and serve immediately



When adding tomato sauce, I like to pick tomato sauce that are lower in salt content for a healthier version of the traditional curry.

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

Beyond Literary Landscapes Canada Reads 2022, Part 2



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 continue with Part 2 of a previous week’s

Natalia Iwanek

personal reads from Canada Reads 2002, and cover some reads (and re-reads) of several selections, including Esi Edugyan, Catherine Hernandez, and Omar El Akkad.

Award-winning author Esi Edugyan is a “graduate of Johns Hopkins University and the University of Victoria.” Edugyan was the 2015-16 Writer-in-Residence at Athabasca University. The author has published several novels and literary essays, and is best-known for her 2011 award-winning novel, *Half-Blood Blues*.

Catherine Hernandez “is an award-winning author and critically acclaimed screenwriter.” Her novel *Scarborough* was made into a feature film, which was seen at the Toronto International Film Festival. Some of the author’s notable works also include *Crosshairs*.

Award-winning author and journalist Omar El Akkad “was born in Egypt, grew up in Qatar, moved to Canada as a teenager and now lives in the United States.” His fiction and non-fiction work has appeared in a variety of publications; and his debut novel *American War* won various awards and was nominated for numerous ones as well.

What

Some reads from Canada Read 2022 include *Washington Black* by Esi Edugyan, *Scarborough* by Catherine Hernandez, and *What Strange Paradise* by Omar El Akkad.

Where

Many of these works are set throughout Canada, Barbados, Syria, and Greece.

When

These works often take place during the 20 and 21-centuries.

Why

These works may be of interest to readers who would like to know more about family, resilience, immigration, lives of refugees, and migration.

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 302: Introduction to Canadian Literature, a senior-level, six-credit course, which “presents an overview of Canadian literature from its beginnings to the present.” (Note that this course requires ENGL 211: Prose Forms and ENGL 212: Poetry and Plays as prerequisites.)

Students may also consider ENGL 351: Comparative Canadian Literature I, a senior-level, three-credit course, which “is an introduction to the study of ethnic minority writing in Canada in the context of the country’s two majority traditions—the English and the French.” (Note that this course also requires ENGL 211: Prose Forms and ENGL 212: Poetry and Plays as prerequisites.) Happy reading!

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

AU-thentic Events Upcoming AU Related Events

CHAT with AU Library

Tues, May 3, 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

CHAT with AU Library

Thur, May 5, 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.

Why Give Your Studies Your All?

Marie Well



Did you know that giving something your all makes life easier—not harder? The more you study, the easier studying becomes. The more you exercise, the easier exercise becomes. And the more you run marathons, the easier marathon running becomes.

It's not a matter of willpower. All that willpower hype is a lie. You don't need the scary "willpower" word. You just need to commit to stretching yourself until you comfortably do the extreme on a daily basis. It becomes a rush. Fun. An addiction. A skill.

Here is a quote by Jimmy Johnson that sums up giving your all: "The difference between ordinary and extraordinary is that little extra."

Here's what happens when you give your studies your all:

You heighten your self-esteem. When you give your studies all you've got, your self-esteem rises, and you feel better. The reverse is true, too. One time, I taught fitness to a group, and three members gave up and stood against the wall. "Don't Quit!" I cried out. "Quitting will make your life ten times harder!" But giving your all every chance brings you a rush of self-esteem.

You give back. Your efforts in your studies show appreciation for all of your instructors. Not only that, but your effort also prepares you to give back to society the knowledge you have received. After all, knowledge is a gift to be shared.

You make big accomplishments. The more you dedicate yourself to your studies, the greater your accomplishments. We all would love to say, "I won scholarships," or, "I had an A+ in that course." But no-one loves to say, "I barely squeaked by, as I didn't apply myself." Giving your all leads to big wins.

You develop great habits. When you give you studies your all, well, giving your all becomes your habit. Giving hard effort is like a muscle you build. If you regularly lift weights while gradually increasing your weights' poundage, the stronger you get. It becomes a game of constantly pushing yourself to find out how you can become marginally more and more efficient in your studies. Thus, studying harder and harder becomes a habit.

You go gung-ho with your time. Learn the power and the joy of tackling the hardest tasks first. And by first, it's meant first thing early in the morning. It's like the Navy Seal philosophy, I believe, that says if you make your bed first thing in the morning, it's a quick win. But if you condition yourself to then run one mile outdoors, you've now become high performance.

To be invincible at your studies, make your bed first thing, have a cold shower, and go on a three hour study binge with five-minute breaks every thirty minutes. Exercise and eat healthy and study some more until long after the moon comes out to congratulate you. You'll learn how to optimize your time, especially your mornings, when you go gung-ho.

You structure your days. You'll learn how to start and end each day with a to-do list. Also, you will often glean your calendar for a heads up on deadlines and commitments. Also, you may make it practice to regularly study your class syllabus's. These structural skills will inevitably reap higher grades and lead to successes in the workforce.

You make your life easier. It's easier to give 100% than it is to give 99%, says author Jack Canfield. With 99% we waffle, battle indecision, and don't make the big wins that come from full-throttle commitment. Exercising was easier for me when I did it six days a week, without fail. Quitting caffeine was easiest when I abstained without fail. (Recently I had two cups of green tea, and now, unlike before, I struggle to abstain whenever I smell tea, although I'm abstaining.) Quitting sugar is easiest with 100% abstinence. Similarly, studying eight or more hours each day is easiest when it's 100% consistent.

So, give whatever you value 100%, whether it's your studies, your marriage, your fitness, or all of the above and more. After all, you deserve the life of least resistance.

Homemade is Better The BLT

Chef Corey



Here we are, article 100! I'd like to start by thanking everyone who reads my articles. You are the reason I keep going. Even if only a small number of people get something out of these editorials, then it is still worthwhile to me!

I recently made this easy sandwich, and I thought I'd write I down. Thousands of recipes exist about how to make these, and I'm sure even more are out there somewhere. The BLT is an easy sandwich to make, and the flavours blend so well together. I would be honestly shocked if I ever met someone that has never had one of these though. Even with religions that do not consume pork, it is still possible to have a BLT. But, in the strange event someone doesn't know what this is, BLT stands for Bacon, Lettuce, and Tomato sandwich. Vegans, and those that don't eat pork still have "bacon" options. While I'm biased, I have yet to find a bacon better than pork belly.

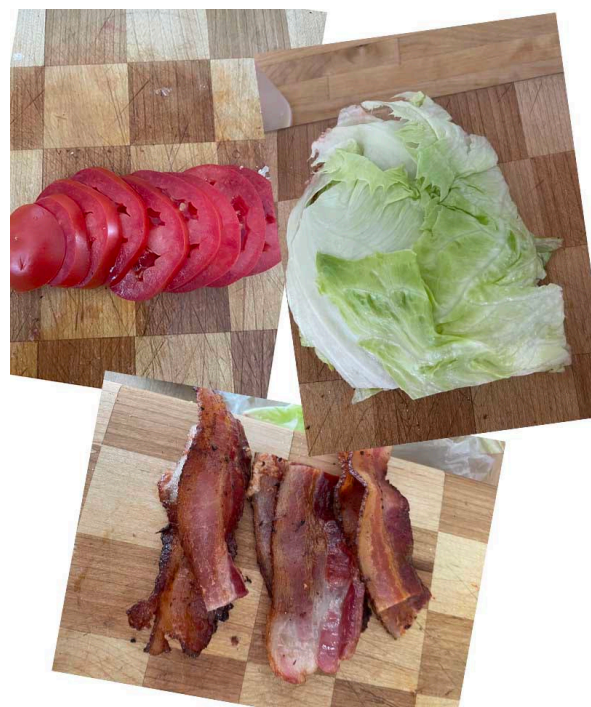
Let's break down this sandwich and look at its history. The BLT gained popularity in the United States after WWII. With women entering the workforce in greater numbers it became popular as a quick sandwich to make. Some websites refer to a magazine from Britain as mentioning a bacon, lettuce, and tomato sandwich in the early 1900s. It is also noted that no one person is credited with the creation, though many magazines mention the sandwich in its full name, with modern restaurants of the day receiving possible credit for the shorthand.

The first ingredient of almost any sandwich is the bread. Many of the website resources I looked for to get some insight on this sandwich indicated that the bread was almost always toasted. The type of bread varied upon personal tastes, you don't even need bread, you can use a wrap. I used whole wheat, but if you have a bread, you like then use it.

The next ingredient is the bacon. As I mentioned, I prefer pork bacon, but turkey, beef, or tofu bacon are also options. Cook you bacon just before you make this sandwich, it should be hot and crispy, not burned, just crispy.

Lettuce is next, and whatever you do, do not use iceberg lettuce for this sandwich. The BLT demands a higher level of lettuce, treat yourself and get some romaine or green leaf. Most restaurants will use green leaf, but I like romaine, because we always have it. Other lettuces are ok too, but don't use iceberg as it lacks the flavor strength to hold up to bacon and tomato. It is a good sandwich lettuce, don't get me wrong, I use it in lots of places like tacos, or tuna salad, but the BLT needs a flavor bump.

Tomato is your next ingredient. You have choices with tomato these days, but I think a beefsteak tomato is best for this application, although you can use hot house, or roma. Regardless, the



tomato must be firm and slices $\frac{1}{4}$ " thick. Thicker slices will only make the sandwich difficult to consume.



Lastly, a BLT needs mayonnaise. If you have a brand you like then use it. I think we use a generic national brand, I don't pay that much attention to it since most mayonnaises taste similar and it's a little harder to really make mayo stand out. I think it is one of those ingredients that you want to keep a neutral taste to because it goes in a large variety of recipes and is the base for more sauces and dressings that almost any other ingredient. So, spread the mayo on your top slice of bread, and butter the bottom.

Now you have your sandwich built, I like to slice it on an angle into two triangles, but you cut it your way it won't distract from the taste. Let's also discuss taking this sandwich further. If you want a Breakfast BLT add a fried egg on top, now you have a BELT (bacon, egg, lettuce, tomato). If you want to fill up a bit more add another layer and put sliced ham, turkey, and cheddar cheese on it. Then you have a triple decker sandwich, also called the clubhouse.

As I said, it is an incredibly easy recipe, but I'll write it down in point form as well.

The BLT

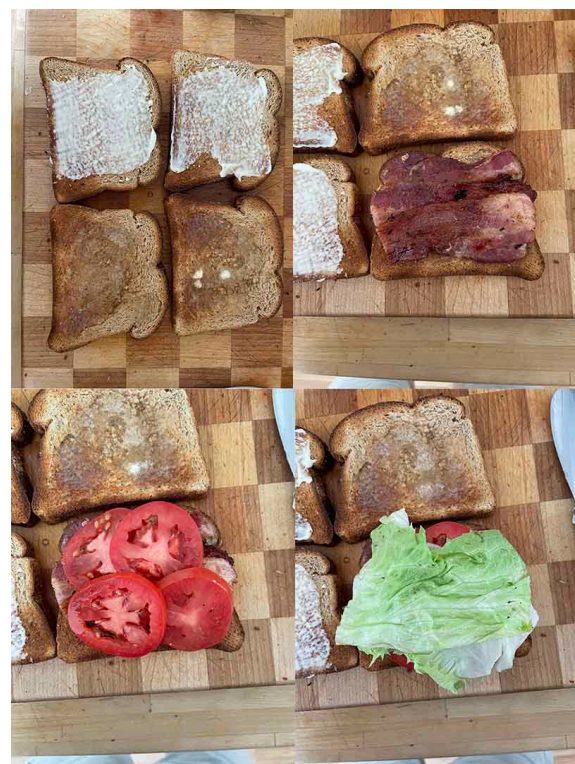
Ingredients:

2 slices of bacon – cooked to your desired crispiness
2 slices of Beefsteak tomato – sliced thin
Romaine lettuce
2 slices of bread – toasted
Mayonnaise
butter

Directions:

- 1) Start cooking your bacon, as it will take the longest.
- 2) While the bacon is cooking, toast your bread.
- 3) Slice your tomato.
- 4) Break your lettuce into servable leaves.
- 5) Butter one slice of toast for your bottom and spread mayo on the top slice.
- 6) Once cooked, allow your bacon to cook for a minute or two then slice them in half.
- 7) Put the bacon on the bottom, then add your tomato, then your lettuce.
- 8) Place your top slice of bread on, mayo side down.
- 9) Slice your sandwich in half 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

Dog Difficulties

Dear Barb:

My boyfriend and I moved in together a few months ago and bought a puppy. The dog is a year old now, it's a husky/border collie mix. We love him, but he barks a lot! We have a small yard, and he likes to be outside, but the entire time he is outside he barks. I know my neighbors are getting tired of it. When we yell at him to stop, he just looks at us until we are gone, then he starts again. We both work, so Joey is left alone most of the day and from what I hear he barks at home as well. We have a friend that comes in and lets him out at lunch time and she said when she goes to the door she can hear him barking. We bought a bark collar so that when he barks he get a spray in the face with citronella. It doesn't work, he loves the citronella. We don't want to have to get rid of him. A lot of friends have made suggestions, but none of them seem to work. My sister is taking courses at AU and she suggested I write in to see if you would be able to suggest anything to help our dog to stop barking. Thanks so much, Rebecca.

Hi Rebecca:

Thanks for taking the time to email Dear Barb. A dog that barks all the time can be very stressful not only for you, but for your neighbors. No one wants to have problems with their neighbors, so it's admirable that you want to get this resolved as soon as possible. Traditionally Huskies are not barkers, but Border Collies are known for barking excessively. Your guy seems to have a lot of the Border

Collie genes. First, you need to determine why your dog is barking. A barking dog is usually trying to communicate something. For example, he wants to play, he's hungry, he doesn't want to be left alone, someone is knocking at your door etc.

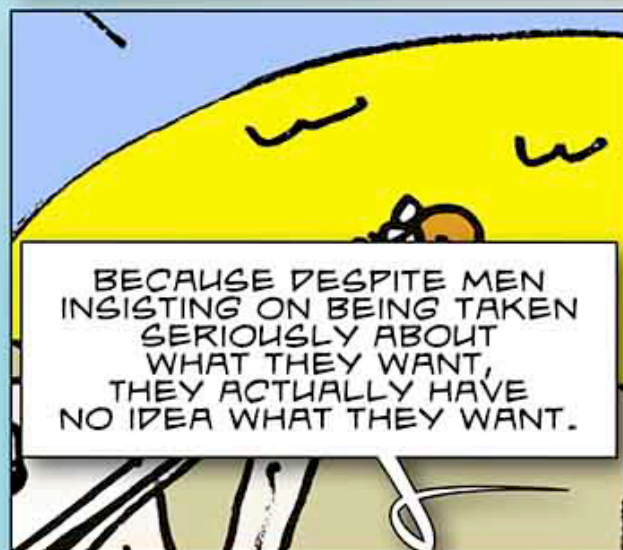
Once you find out what your dog is barking about, do what he's asking, but only after he stops barking. This will teach him that barking will not get him what he wants. Have him sit calmly, give him a rub, then take him for a walk, or feed him. You cannot just ignore his barking, because it will only get worse. Another option which may help to curb the barking when Joey is home alone, is to leave on music or the tv, that way he will not feel he is alone. Most dogs simply do not get enough exercise which results in frustration and unwanted behaviour. Make sure you have your dog on a schedule. Walk him at certain times of the day and play with him as well. These are activities which will stimulate your dog and result in him being generally calmer. Another suggestion would be to enroll him in a dog training course, which also results in a more well-behaved dog. Owning a dog requires commitment and it appears you and your boyfriend are willing to put in the time and patience. Best of luck Rebecca.

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 Maeve
What a Man Doesn't Know He Wants

Wanda Waterman





Changes to AU Course Materials

In the fall of 2013 AU began the process of replacing hard-copy textbooks for all undergraduate courses with e-text versions. Implementation has been staged in

The results will be shared with members in an upcoming newsletter.

A New Era at AU - A New AU president

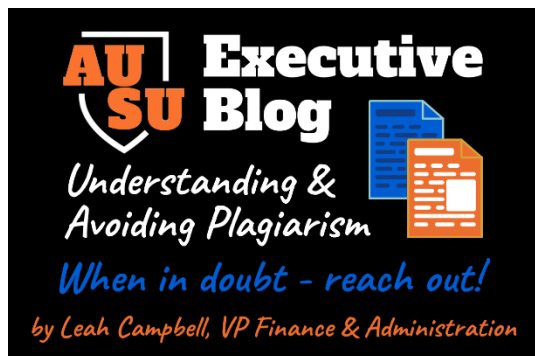
After two terms in the Office of President, Dr. Frits Pannekoek is retiring. Last week, in recognition of his contributions to distance education, the University of South Africa (Unisa) granted him an honorary Doctor of Literature and Philosophy award. AUSU congratulates Dr. Pannekoek on this great honour, and the recognition it brings to AU as a world leader in distance and open learning. We wish him all the best over his final weeks in the role of president, and in all his future endeavours!



We had hoped by now to be able to announce the selection of the presidential search committee for a new, full-term president; however, as a suitable candidate has not yet been found, AU has instead appointed an interim president: Dr. Peter MacKinnon, formerly of the University of Saskatchewan. Dr. MacKinnon has also served as chair of the Association of Universities and Colleges of Canada (AUCC) and on the Science, Technology and Innovation Council of Canada. We look forward to working with him over the coming year! [Convocation travel information](#)

AUSU wants to make sure this year's graduating class has a fantastic convocation. To make this happen, we're providing free transportation via bus or limo service to take people from Edmonton to the Athabasca Multiplex each day of convocation 2014. This applies to those graduating from AU undergraduate programs, and their guests (some limits may apply).

We've also arranged hotel discounts in Edmonton.



In the latest Executive Blog, VP Finance & Administration Leah Campbell talks about the importance of in-text citations, what plagiarism is, and how to avoid it. Writing assignments are part of the academic experience, so knowing where to go for guidance is a big help. Leah writes: "Although the potential consequences of improper citations are scary, there is a lot of support out there to learn how you can avoid plagiarism altogether." Read the full blog [here](#).

ENJOY FREE ACCESS



of challenges and responsibilities, including establishing a strategic vision, taking mindful steps towards it, and inspiring the awesome power of your colleagues and network to achieve it as a team. Check it out!

[In this Learner Pathway](#) curated by AUSU, you will learn about the valuable craft of leadership and how you can enhance your leadership skills to empower yourself and others. By developing yourself as a leader, you can take on a wider scope



Our Spring awards application period ends April 30, so [visit our website today](#) and check out the awards and bursaries open to AU undergrads.

Remember that the number of awards and bursaries is doubled!

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.



Following the General Election on March 14, the 11 successful councillors-elect held an internal election to determine who steps into the four executive positions on Council. Meet your new Executive Team!

We look forward to seeing what this new team will accomplish together. Congratulations to Trishtina and Dur-E-Najaf on their new roles, and to Karen and Natalia on their re-election!

CLASSIFIEDS

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

THE VOICE

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