



THE VOICE

Vol 30 Issue 23 2022-06-24

Minds We Meet

Interviewing Students Like You

An Inclusive Future

An Interdependant World

An At Home Garden

Ready, Set, Grow

Plus:

*The GOAT Grilled Cheese
How to Handle Criticism
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: *Judith Gutter* 4

Articles

Editorial: *No Interest in Shoulds*..... 3

Advice for an At Home Garden 6

An Inclusive Future, an Interdependant World..... 7

Daily Learning Helps You Achieve it All 13

How to Handle Criticism 21

Columns

Local Shout-Out: *Calgary & Area, Part V*..... 12

Fly on the Wall: *It Is What it Is.. Or Is It?*..... 14

Homemade is Better: *The GOAT Grilled Cheese*..... 16

Beyond Literary Landscapes: *Argentine & Chilean Literature*..... 18

Music Review: *Grudge*..... 19

Dear Barb: *Being Young Again* 22

News and Events

Authentic Events..... 9

Vintage Voice..... 11

Scholarship of the Week..... 20

Student Sizzle 22

AUSU Update 24

Comics

Poet Maeve: *Did You Know*..... 23

The Voice Magazine

www.voicemagazine.org
301 Energy Square
10109 – 106 ST NW
Edmonton AB
T5J 3L7

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Jodi Campbell

Managing Editor

Karl Low

Regular Contributors

Barb Godin, Barbara
Lehtiniemi, Alek Golijanin,
Jason Sullivan, Wanda
Waterman, Corey Wren,
Jessica Young, and others

Views and articles
presented here are those
of the contributors and do
not represent the views of
AUSU Student Council.

The Voice is published
almost every Friday in
HTML and PDF format.

For weekly email reminders
as each issue is posted, fill
out the subscription form
[here](#).

The Voice does not share its
subscriber list with anyone.
Even I don't look at it, it's
all on auto.

Volume 30, Issue 24

© 2022 by The Voice
Magazine

ISSN 2561-3634

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

No Interest in Shoulds

Karl Low



No getting around it, this is definitely a late issue this week. For that, I apologize. This week has been a mess for various reasons. But I wasn't too worried early on because I knew I could pull it together and get everything sorted out on Friday. Except on Friday our little dog, the one we had to put down, came home in her very appropriate, very tasteful and sympathetic new packaging.

And it broke me.

I'm a "grown-ass man" as they say, and this kind of thing shouldn't happen right? It was only a pet, after all. Sure, maybe a manly tear or two and a maudlin evening, drink in hand, but that's about the extent of the effects, right? That's all it should be?

Instead, I've been wildly unfocussed and unproductive. Have you had that experience where you're reading your textbook, you finish a couple of paragraphs, or pages, or chapters, and then suddenly realize you have absolutely no idea what you just read? Not just confused about the meaning, but simply no concept of what those words that you just spent the last several minutes of your life concentrating on even said. That's been my life with practically everything for the last 32 hours or so.

So, reality, as it turns out, has no interest in what "should" be.

Case in point, the Alberta government recently announced some additional funding for low-income students. A total of fifteen million dollars will be made available over the next three years, with bursaries of \$5,000 available for 1,000 students each year. Supposed student advocacy groups in Alberta, such as the Council of Alberta University Students and the Alberta Students' Executive Council have been quick to line up and kiss the proffered ring at being given less than 15% of the funds taken away from post-secondary education in 2021 alone, to be doled out over the next three years.

Alberta currently has over 200,000 post-secondary students. Less than half a percent of them will receive any of this "New Beginnings" funding. And that half percent will be drawn from only those that are in programs that the government has determined are "high-demand" areas, or in other words, areas that are likely not to be in high demand in three years time as companies will have already moved to fill their gaps, one way or another.

This is the problem with the government attempting to pick winners and losers, especially in education where there's almost always a multi-year delay before funding turns out a graduate.

Of course, I suppose we should certainly be grateful that, given the almost nine billion additional dollars Alberta is receiving in oil royalties this year, a price set largely in the blood of people in the Ukraine, that the AB government has seen fit to provide less than three percent of that in total additional funding to the post-secondary system after having cut it by over 30% over the first years of their term.

I just wish the student groups weren't so quick to praise getting funding that "should" have been there in the first place. But as I said, reality has no interest in "should"s.

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 Judith Gutter (she/her) from Mount Stewart, Prince Edward Island, currently enrolled in the University Certificate in Advanced Accounting.

Like many AU students, Judith has followed a non-linear path to her studies. She explained, “I am a Red Seal Chef but was burnt out and got addicted to drugs to try to work more and more hours. I was in a downward spiral and slowly losing touch with reality. I found myself pregnant and realized I needed to change. I got sober and wanted a career change, so I began my journey with AU—enrolling in the Bachelor of Arts—English with the ultimate goal of Law School when I was 6 months pregnant. However, I realized that my learning ability was not the same as back in high school and trying to learn with a newborn was also difficult. I changed to the

accounting certificate as I did very well in the basic accounting course I took in college during my culinary management diploma. I finished my accounting certificate and now I am doing my advanced accounting certificate. I plan on completing my Bachelor of Commerce in Accounting next. Then I am hoping to work towards my CPA designation.”

On a more personal note, Judith “was born in the Netherlands and moved to Canada when [she] was 10.” She lived in Kincardine, before going to Georgian College in Barrie and buying a house in Angus.” I lived in Ontario until just recently, as I am in the process of moving to Prince Edward Island,” she stated. When she is not studying, Judith spends time with her 3-year-old daughter Annette, and enjoys figure skating, inline figure skating, and cycling.

Her family, including her parents and daughter, have had the greatest influence on her desire to learn. She mentioned that her “parents have supported [her] every step of the way.” “Whether just easing my anxiety about exams and study load to watching my daughter so I can go to the library to do school.”

Judith has had a positive experience with online learning so far. “I really like the online learning because of the flexibility I have in completing courses and assignments. I like working on my own pace.” However, there have also been some downsides. “I do dislike the weight of the exams and the exam process. Living rural made this extremely difficult, especially during COVID when libraries for proctoring were closed. My internet could not support the ProctorU so it caused a great deal of anxiety. Some professors were very accommodating and others not at all,” she explained.

However, like many AU students, there was a point that she wavered about continuing her educational journey. “I wavered when courses became very difficult, and exams were made up

of obscure questions and materials not covered in the course. I feel like the way exams are measuring our grasp of the material is super outdated. When they raised tuition once again, I really had to evaluate my choice of continuing with AU especially when we are teaching ourselves. Compared to other schools it seemed that, besides flexibility, there were no other benefits. Trying to balance school, work, and being a single mom is really hard for me,” she stated.

Judith enjoyed TAXX 301: Taxation I, although admitting that “most people would consider this boring.” She also enjoyed Nutrition, since she “did nutrition before [she] switched to accounting and being a former chef [she] was always interested in nutrition, and it was a part of [her] job.”

As for communication with her course tutors? “I have no issues with communications with my course tutors. I do not communicate very often but when I do, majority of the time they are quick to respond. My tutor for my advanced accounting sometimes responded within an hour.”

If she were the new president of AU, her “first project would be to overhaul the courses.” She would also “[i]nclude more lectures and videos created by AU professors.” She continued that she would also “include way more interactive material and real-life based assessments. Less relying on exams to measure student’s grasp of the material.” In addition, she would decrease tuition, or “at the very least [give] students more value for their money and more ways to succeed.”

When asked which famous person, past or present, she would like to have lunch with, and why, Judith chose “Anthony Bourdain; because he has travelled all over the world and has tried so many cuisines and met so many people.” And the lunch? “Anything at the Three Ravens Restaurant & Wine Bar in Banff, Alberta. Best restaurant I have ever eaten [at].”

Her most valuable lesson learned in life is something that she is also “still learning,” namely “that you must believe in yourself and not worry too much about what others think.” She continued, “I struggle with self-esteem, so I underestimate myself a lot or care too much about what others are thinking or doing that I block my own success. I burnt myself out trying to prove myself because I thought I wasn’t good enough. Looking back, I was definitely good enough, but I was in a toxic environment. Now I allow myself to acknowledge my accomplishments and worry less about what others think.”

As for her proudest moment? “One of the proudest moments in my life would be when I bought my house on my own when I was just 21. Many people around me my age weren’t even thinking of buying a house. I was very proud of being financially responsible (thanks to my parents). Of course, another proud moment is becoming a mom to my beautiful daughter Annette.”

Judith also has one interesting thing that distinguishes her from other people. She “can stay perfectly calm and professional when customers are yelling, cursing, or belittling [her] over the phone.” She explained that she “work[s] at a call center for a major telecommunications company and customers aren’t always pleasant, but [she is] amazing at de-escalating calls.”

As a final note, Judith mentioned, “I have been doing my studies for a few years now and sometimes I really get frustrated about how long it’s taking me to complete my studies compared to others who work full time and do school full time. But I keep reminding myself that it doesn’t matter what others are doing as long as I keep going!” Best of luck Judith!

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



Advice for an At Home Garden

Xine Wang



My new favorite obsession has been growing my indoor plants collection. So far, there's been some excellent growth in a few plants that are finickier to grow. I've been experimenting with indoor herbs as well. Whether you're a beginner or an experienced gardener, indoor plants add an excellent touch to your home. It is calming and it's beneficial for oxygen exchange in the home. However, there are some issues you might want to be aware of before you start.



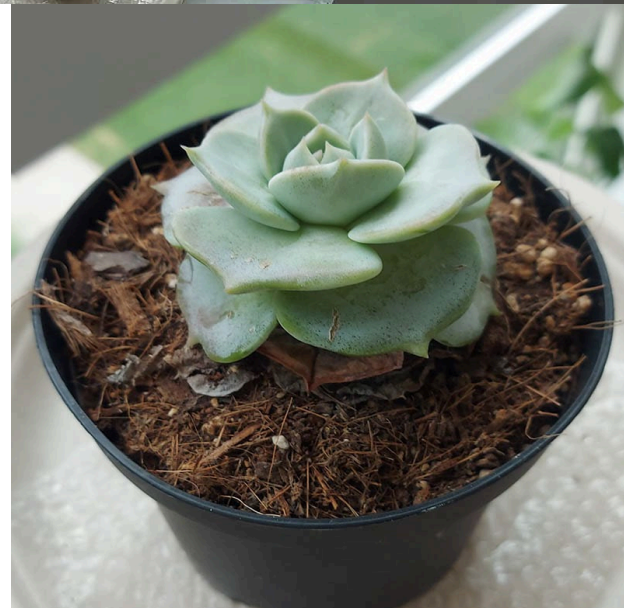
I put this monstera plant in the line of sunlight for about 5 hours today and the leaves started to wilt.

Don't Over-water Your Plants

Sometimes it may feel like we're helping the growth of our plants, however over-watering is a real issue and can deplete the roots of oxygen. Pores inside potting soil help aerate the plants. If you're unsure of how often to water your plants, use a general rule to water plants every 10 days. I water my plants every week in the evenings. If you own succulents and other desert species, it's highly recommended that you water them less than more.

Place Plants Near the Window but Not in Direct Sunlight

In my early, inexperienced days I would place plants right in the sunlight thinking that this would help plants grow better. However, many of my plants wilted and on some plants, the leaves fell off! This was demoralizing to me, but realizing that plants do better in indirect sunlight has been effective in protecting them from scorching. Some plants may require a few hours in direct sunlight but certainly don't leave them in the sun for the entire day.



Having overwatered these succulents after purchasing them, their leaves turned crispy and brown, then fell off. Now I only water these once a week and with minimal water.

Don't Bring Outdoor Plants Inside your Home

One of my brilliant ideas a few years ago was to bring some garden flowers into the home. I purchased some seedlings from an outdoor farmer's market and potted them indoors. I didn't change the soil and after a few weeks my home was swarming with baby fruit flies. There's nothing worse than getting a bug infestation in the home and, needless to say, I will not be bringing outdoor plants in again. Vice versa, many indoor plants do not thrive well outdoors with the fluctuations in temperature.

Buy Planters with Holes at the Bottom

Plants need proper drainage of water and without proper drainage, water accumulates at the bottom. The top of the soil becomes dry and that may trick you into thinking the plant needs more, however the plant may already be soaking in water. While it may be tempting to buy pots without drainage holes (for aesthetic reasons), it certainly does more harm to the plants than good.

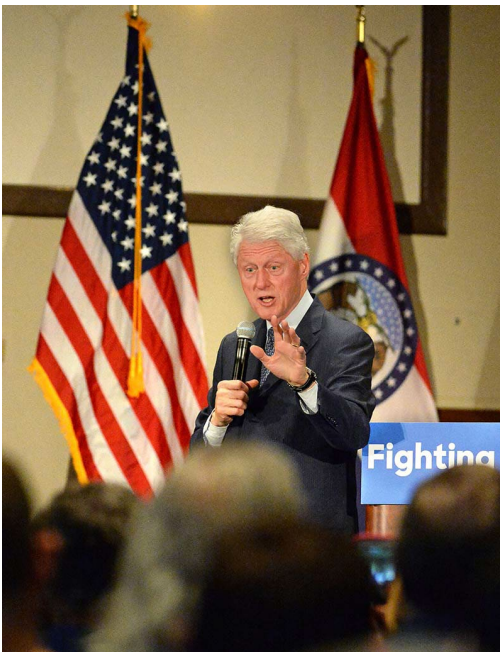


Some of my planters have no aeration at the bottom and it makes it challenging to predict how much water is in the bottom of the pot.

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

An Inclusive Future. An Interdependent World President Clinton's Speeches

Alek Golijanin



A “eureka moment” is defined as a moment of sudden, triumphant discovery, inspiration, or insight. Not that long ago while I was in a drowsy stupor and preparing to go to sleep, I experienced a eureka moment courtesy of the sidebar on YouTube. The recommend video I clicked on was a talk by former US President Bill Clinton.

When I came across President Clinton on YouTube, it was the talk he gave at North Carolina State's speaker series on innovation, leadership, and higher education. I followed that up with his four-part series at Georgetown University where he discussed four distinct themes: people, purpose, policy, and politics.

There was something profound about President Clinton's message, and it led me to binge-watch many more of his talks. It was time well spent. His message resonated with me, and it left me wanting to share key takeaways which I felt other people might benefit from too.

North Carolina State University Speaker Series on Innovation, Leadership and Higher Education

What kind of world are we living in? What are you supposed to do about it? What, if anything, is your education supposed to contribute? What does it mean to innovate in this environment? These are the questions that President Clinton put forward to the audience at the start of his talk.

The talk then shifted to communitarianism and how people are becoming more communitarian. The idea behind communitarianism is that there is a direct connection between an individual and their community, that people are molded by their communities, and that healthy communities and positive life outcomes are interdependent. The talk then shifted focus to a world view, and how interdependent today's world really was.

"In an interdependent world, where interdependence can be good or bad, it's pretty clear where we should be going. We should be trying to build up the positive forces of national, community, and global interdependence, and diminish the negative ones. We should be trying to create a world where we share the future. We share the benefits and the opportunities. We share the burdens and the responsibilities. We don't hide our differences under the rug, we take them out and talk about them, but we do it knowing in the end we've got to find some way to come together, or we can't go forward because unilateral progress in an interdependent world is, in the end, unsustainable."

To illustrate unstable interdependence, President Clinton talked about Mexico and how it was fighting an all-out war against big narco-trafficking syndicates who have so much money and so much firepower they can suborn the ordinary instruments of order and law like local police to set up a virtual independent empire, something previously seen in Colombia.

Instability there is brought about by economic instability, security instability, and organized crime and narco-trafficking derived instability; these were just some of the issues of great importance that stretched beyond borders. In addition to these instabilities, the challenge of persistent inequalities like inequality in income, opportunity, health care, and education were also discussed, and how interdependence and sustained persistent inequality were a troublesome mix. The promises of a better life rung hollow to many people around the world because of all these issues and challenges.

"The modern world is unsustainable, and it largely has to do with climate change. Most people have recognized that we are putting out an unsustainable amount of greenhouse gasses into the atmosphere and we have to find a way to do it differently. The more greenhouse gasses go into the atmosphere the more the oceans try to take up the slack, that we are putting up too much carbon dioxide and too much methane in the air and tearing down too many trees to suck it up, so the oceans are trying to take up the difference. We are changing the biological composition, the chemical composition of the oceans and their ability to sustain sea life. Fish are the most affordable source of protein for billions of people, and their stocks are shrinking."

I enjoyed the way in which President Clinton spoke about the challenge of climate change and habitat destruction. It was direct and far more effective than the approach of sensationalizing climate change by saying we only have 12 years to save the planet. That "12-year" punchline was first used over 20 years ago, but worst of all is that it gave life to the fringe belief that climate change is a hoax. From here, the talk shifted to active citizenship, and President Clinton stressed the need for more doers.

There were three significant remarks related to the importance of being a "doer" that really stuck out.

"There is a crisis of doing in the world today. We have all these problems out there that people know are problems that they can talk about till the cows come home but nobody knows the 'how'."

"People have more information than ever before and more opinions but there is still a shortage of people who can answer the question 'how'. How do you turn your good intentions into positive changes?"

"What is much more important today is the 'how'. How do you go about taking the best of intentions and turning them into positive changes in other people's lives? The 'how'. One of the best things that's happened

in the interdependent world in the last decade is that more and more people are saying I think I got a better how than anybody else. I think I can solve a social problem better than anybody else."

If we reflect on President Clinton's remarks about being a doer, there is a pressing need for active citizens to shift from action plans focused on raising awareness to solution-based strategies. Raising awareness is always going to be important, and the internet has made it possible for people to be more informed than ever before. However, we have finite resources, specifically financial resources, and those resources need to go where they are best put to use, with action plans focused on solution-based strategies.

Despite all the issues and challenges that are discussed, President Clinton provides a blueprint for an inclusive future in his closing remarks.

"Divorce is not an option in an interdependent world, so we better make the best of each other and understand that as important as our differences are our common humanity matters more. If we do that it's going to be just fine."

Georgetown University Lecture on People

The first lecture focused on people, and it was filled with life stories, but the emphasis was on the interdependence between four P's. The main idea was that society was heading down a path where we prioritized our differences over our common humanity, and how that holds a society back from broad prosperity. There were references made to unstable areas of the world and how once we stop hearing what people who are different from us are saying, where ears are closed and minds are more closed, there is trouble.

The first lecture in this four-part series had me hooked. In a world where emphasis is placed on fame and influence, the following remarks made by President Clinton were spot on, *"You have a much better chance of living both a successful and a rewarding life of service if you begin by finding something to learn from everybody you run into. If you begin by believing there is a certain inherent dignity to people who will never be on television, never be in a newspaper article or just a statistic."*

Georgetown University Lecture on Policy

The second lecture was filled with great advice that extended beyond policy and stretched into personal life.

AU-thentic Events **Upcoming AU Related Events**

AUSU Annual General Meeting

Mon, Jun 27, 5:00 to 6:00 pm MDT

Online

Hosted by AUSU

www.ausu.org/event/annual-general-meeting-4/

RVSP through above link

IDEA Lab Open Day

Tues, Jun 28, 9:00 am to 1:15 pm MDT

Online

Hosted by AU's IDEA Lab

news.athabascau.ca/events/idea-lab-open-day/

Register through above link

CHAT with AU Library

Tues, Jun 28, 10:30 am to 2:30 pm MDT

Online

Hosted by AU Library

library.athabascau.ca/page/ann

No pre-registration necessary; access through CHAT link on home page

Faculty of Business Undergrad Program Orientation for New Students

Wed, Jun 29, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20220629/

RVSP through above link

CHAT with AU Library

Thur, Jun 30, 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.

“Take care of people who, without fault of themselves, can’t take care of themselves. It’s not about you. It’s about them. Get caught trying so fewer people die. Trying to solve disputes between people, it’s about them not you. You can’t succeed if you ever forget that it’s about them not you.”

That quote summed up President Clinton’s lecture on policy, but it was the response to a question from the crowd that I thought was the highlight of the lecture.

President Clinton was asked about the BRAIN Initiative, a public-private partnership focused on brain-specific research. His response started with an explanation about how the brain starts to shrink as we age and how it was once believed that we would naturally atrophy intellectually and mentally as we do physically. He also mentioned how new research has concluded that new neural networks in our brain can still form well into our sixties and that this brain growth was available to all people and not just geniuses. There was also an emphasis on the “word gap”, how kids in poor families grow up hearing 30 million fewer words by the time they are three years old, and how the architecture of the brain is largely fixed by the time we are four years old.

In addition to speaking on the scientific advancements in research, President Clinton used a real-world situation with far-reaching implications and said the following, *“What if this brain research revealed that we can start building again. That we can take a 16-year-old who was in prison for stealing a car and give them the tools to create the person that god meant him to be in the first place.”*

Now think about that and the far-reaching societal implications of being able to help individuals get back on track instead of returning to a life of crime. The research is clear that it is possible. However, some individuals will require greater supports to get back on track and reach their full potential, and that is okay.

Georgetown University Lecture on Purpose

The third lecture focused on the importance of understanding people. Without an understanding of people, it was hard to develop the best policies and to build and maintain support for them. There was a fantastic metaphor used by President Clinton about not giving up on people; one where he explained that everyone had a story and that it was up to all of us to focus on helping other people have better stories. He stressed that it was important to always look for the story and to stay away from storylines. That stories are still being written and that nobody’s plot was set in stone.

As the lecture proceeded, the talk shifted to the importance of making a home for everyone and how inclusion was important. The idea of accountability even came up, but more so, there was an emphasis on moving beyond. The term “radical inclusion” was used multiple times and the idea of radical inclusion was explained with references to statesman Nelson Mandela and business magnate Ken Iverson.

President Clinton also shared his personal philosophy on life. He stated that his purpose in life was pretty simple. He described it as being able to answer with a resounding “yes” three questions: Are people better off when you quit than when you started? Do children have a brighter future? Are things coming together instead of being torn apart? Apart from that, everything else was simply background noise.

Towards the end of the talk, President Clinton quoted his former professor and what she would always tell her students and how that message resonated with him. That message focused on a defining belief that the future could be better than the past and that every person had a personal moral responsibility to contribute to making it better. Additionally, life would be a lot more fun if you had purpose and if it was bigger than you.

President Clinton ended the talk by saying the following, *"We all find our purpose in our own way, but if you work at it, it'll come."*

Harvard Commencement 2007

At Harvard University's Commencement Ceremony in 2007, President Clinton addressed the graduating students and delivered a speech that was full of gems.

Early into President Clinton's speech, he mentioned how there were poor people with good minds who never got a chance to follow their dreams. This is something that I have seen first-hand, at Heron Gate, a low-income community in Ottawa. That environment got the best of so many youth and derailed futures full of promise. To build on this, he mentioned how, for all the opportunity in the world, there was still a lot of inequality. There was also a lot of insecurity, instability, and unsustainability. But all of it was all fixable and manageable.

Half-way into President Clinton's talk, he discussed how he believed that the biggest challenge today had to do with psychological conflicts which required us to divide up and demonize people who were not "us". It was an ideological and emotional divide. The premise behind this was the very simple idea that our differences are more important than our common humanity.

The end of the speech was quite captivating too. President Clinton mentioned how ordinary people have more power to do public good than ever before, and that our common humanity was more important than what divided us. He warned against falling to the trap of these psychological conflicts, to not allow our differences to ignore the elemental standards of learning, knowledge, and reason. It was also important not to take good fate for granted and to believe that it was deserved, and that others deserved their bad fate.

"Spend as much of your time and your heart and your spirit as you possibly can thinking about the other 99.9%. See everyone and realize that everyone needs new beginnings. Enjoy your good fortune. Enjoy your differences. But realize that our common humanity matters much much more."

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



Unearthing classic articles from previous issues of The Voice Magazine

Escalating gas prices have a trickle-down effect, and the consumer pays in many ways. A glance back at our *Voices* past shows this isn't the first jump at the pump.

It's good for you. Really. Angela Pappas makes a case for the economics and health benefits of cycling. "Now that it's nice out and we're all venturing outside like sun-starved zombies, for the few months we are afforded the luxury of above zero temperatures, I urge everyone to check out the local garage sales and

pick up a nice set of wheels, helmet, and knee pads." [The Struggling Student Rants—Manpower or Gaspower](#), June 21, 2019.

When everything costs more. Carla Knipe canvases the student community for tips on dealing with escalating food prices. "Students definitely notice that their grocery costs have increased, which has led to making some tough decisions at the supermarket." [A Student Has to Eat](#), March 25, 2016.

Local Shout-Out Calgary and Area, Part V

Jessica Young



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

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

So, to support local business, I have compiled a list of small and medium-sized businesses that I have personally

patronized and feel that the price, quality, and customer service deserve a shoutout.

Meat & Bread

"It's simple. We make sandwiches."

Meat & Bread is located on 1st Street SW. They also have several locations in Vancouver. Their menu is small—featuring only six sandwiches, a feature soup, and a feature salad—but they are so good at what they do. Sometimes keeping it simple is the way to go. The sandwiches from Meat & Bread are hearty, full of flavour, and you walk away feeling like you got your money's worth.

Escape 60

"Escape60 YYC Calgary's highest rated escape room experience. We offer a professional atmosphere & licensed lounge with wet bar our specialty is hosting corporate team building activities & fun occasions for any guests. We believe that we are a true 'disruptor company' having changed the escape room/experience industry by bringing innovative approaches, enabled by technology, movie set designs/quality, enhanced social atmosphere that has made us the leader in delivering the best line of products & experiences."

Escape 60 is an escape room owned by two brothers, located on 10th Ave SW. As someone who does visits escape rooms frequently, Escape 60 was one of the best experiences I have had in Calgary. They have an array of themed escape rooms, including The Office, Mean Girls, Jurassic World, Breaking Bad, and Harry Potter. The rooms are clean and well maintained, the puzzles are challenging, and the owners are extremely personable. There is also a lounge area with delicious cocktails that match the themes of the rooms. So fun!

Poached YYC

"The classic breakfast is going through a revolution!!! Cliché it may be but breakfast is the most important meal of the day which is why we bring you Poachedyyyc. Established for the Urban Dweller. Established for the Lazy Dad. Established to Start Your Day off Right."

Poachedyyyc is an amazing little breakfast spot. The baby blue walls and quiet atmosphere are welcoming and calming. The service is quick, and although the food menu is on the smaller side, everything is delicious. They also partner with a local coffee roaster, Paradise Mountain, to provide quality coffee, lattes, cappuccinos, and other speciality drinks.

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

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



Daily Learning Helps You Achieve It All

Marie Well



No matter how good you are at your craft, never stop learning it. That was advice I heard today from Wayne Gretzky's Masterclass about hockey.

It's vital to learn something new every day. So read, take a course, study, listen to a podcast, and explore a hobby—but do it daily if you want to flourish. And if your goal is to develop expertise, squeeze in learning time at every opportunity.

You, as a student, are likely learning daily. But when your education ends, you must continue your daily learning for the rest of your life. That's because the goal is to get better every day—and not worse. It's like getting fitter versus getting fatter. It's also like brushing your teeth daily versus not brushing at all—except daily learning brings more upside. With the following tips, you can keep it going.

Love what you learn. If you love what you study, life takes on an exciting twist. But perhaps your education is a little dry with all its theory? If so, add some practical training, through books or online training, to infuse that theory with helpful fun.

If you love what you learn, chances are you've found something you can readily master.

Idle time? Switch to learning time. Don't nap, sift through social media, search Google mindlessly, watch Netflix, or visit pubs. If you do these things, tell yourself straight away, "Stop!" and use that time for productive learning. Of course, Netflix in the background makes for a fun learning companion.

Carve out routines that incorporate learning time. If you make a routine out of learning, you will benefit greatly. For example, I often watch Udemy courses while I do my nightly walk before exercising. I watch courses while I eat my lunch. I also allow time for lessons after work each

day. In the past, I read the entire Bible cover to cover by making a routine of reading two pages every night before bed, without fail. Carving out time to learn is critical.

Some of your best mentors are a click away. A book on Amazon is an instant mentor. A coach on Fiverr, a course from Udemy or LinkedIn, or even your professors and tutors are instant mentors. However, you may need financial resources to access the highest quality mentors. Daily learning can set you up for a high-paying career, and that money can help you access top-notch coaches.

Find a career that brims with learning opportunities. For instance, a small business allows you to wear many hats, as do your entrepreneurial ambitions. A job with many varied duties may also offer learning opportunities. Of course, careers with lots of options for promotions do as well. But the best job of all, in my view, is one that allows you to learn skills for a task you always wanted to master.

Apply what you learn. Once you know something, it's best to put that knowledge to use. You can either share that knowledge with someone else or apply it within your career or personal life. Knowledge is meant to be shared and acted on.

You're meant to thrive, realize your dreams, develop skills, be a role model, and flourish. Daily learning is key to accomplishing it all. So, ditch that leisurely coffee. Instead, start your day with new knowledge.



Fly on the Wall It is What It Is.. Or is It?

Jason Sullivan



Lake driftwood sometimes floats vertically, all submerged but the tip. Such a protuberance can also be the head of a turtle who, upon hearing footfalls, leaps gracelessly off its basking log and into the safety of lake water. Fleeting from rest to action in a moment, belying their sloth-like reputation, these creatures then camouflage themselves by looking as lifeless as possible. Just so, life for humans can also seem devoid of action when we just assume that we know what we know and that an apparently objective reality *is what it is*. A good AU education teaches us to question the validity of commonplace assertions and to distrust what things seem to be.

Common sense projects onto what our senses seem to perceive. Like seeing a person and at first glance being sure we know the essence of their identity, so much of reality appears camouflaged behind dominant ideologies. Whether external reality has a determinable truth to it or not, the *essence* of reality remains wholly susceptible to how we interpret it. For instance, driftwood can be wood waiting to sink or a place for a turtle to warm its blood or a risk for our fishing line to be tangled. Or the whole question of what it is can be capital B *boring* and summed up by the term *it is what it is*. The ancient Greeks had a term for the way reality reveals itself: *aletheia*. “as the 20th Century philosopher Martin Heidegger observed, Aletheia’s original meaning implies discovery or disclosure, a concept that is more aligned with the traditions of education and enlightenment” (Weber State, online). Rather than taking our senses and our interpretations at face value, we must learn to think twice so that new realities and potential can emerge in life and thought. The tiniest epiphany can lead to the greatest leaps forward in our development.

To the naked eye or mind the world is all too easily knowable, and not particularly enchanting. It's when we're aware that beliefs are inscribed on us all the way to our core that we start to think critically and creatively. Animal life, too, is determined heuristically: in the mind's eye of the beholder, dogs to some are mere jumping-up machines while turtles can seem synonymous with dullsville. Yet even the most stolid of turtles has a social interest and can be a living matter of sociological intrigue. The naturalist Gerald Durrell, in memoir of a childhood in Corfu, describes his pet turtle:

"Achilles would be convinced that you were lying on the ground simply to provide him with amusement. He would surge down the path and onto the rug with an expression of amused good humor on his face. He would pause, survey you thoughtfully, and then choose a portion of your anatomy on which to pursue mountaineering" (Durrell, 54).

To consider a turtle the paragon of play had never occurred to me; likewise, I'd not have thought a floating bit of wood could appear like a turtle or vice versa. The unconcealment of reality, *aletheia*, is implied by living and experiencing and gaining an education that opens minds to flexibility rather than restricts thought to a series of facts. Creativity leaps to life whenever when we imagine than any fact, social or scientific, can also be otherwise. A noble hulk of a piece of driftwood could be the living mystery of a turtle recently awake from its long winter slumber in a torpor so deep it need not breathe. Sometimes we have to train our brains to think in new ways and to set our stultified expectations akimbo.

AU learning is a great study in the compromise of stern rigour and open flow; all of life becomes an extension of our classroom so that hopefully our minds will be more labile, more easy bent to believe and create new realities long enough to test them against evidence. Like choosing a pet to domesticate, the goal isn't to acquire a mere automaton but to develop a learned interaction with a living companion that mutually inspires. Whether wild animals prefer the comforts of a human home is another question but to be sure even the slowest of beast has a mind of its own. The easiest pet to train would appear to be a turtle when comes to performing tricks like sit, stay, and obey. Lumps of flesh in a shell, a turtle would seem a likely study companion, Yet the naturalist Gerald Durrell as a boy discovered of his pet turtle:

"He spent the morning wandering about the room and scratching at the skirting-boards and door. Then he kept getting wedged under bits of furniture and scrabbling frantically until we lifted the object to rescue him" (Durrell, 65).

I once turtle-sat for a friend who'd left our small town to attend a brick-and-mortar university; one morning I was mortified that one of the pancake-sized creatures had flown, so to speak, the coop and landed on the floor unscathed after departing its tank. Clearly, active motion differentiates life from driftwood, and even the slowest of creatures is characterized by its capacity for determined action. Critical thinking also divests us of our stagnant and moribund beliefs, not to mention cultural conformity, so that we may not only imbibe new ideas and concepts but that we might even add something to the mix. AU aptly situates us for success because our immediate surroundings enter our mental vision as we work from home. Familiar climes and circumstances take on a new hue as education simultaneously emancipates our minds and our senses. AU helps us avoid being shell-brained in our lives.

References

'Aletheia: Pursue Truth, Share Wisdom'. (2022). Weber State University. Ogden, Utah. Retrieved from:

<https://weber.edu/aletheia/default.html>

Durrell, G. (1956). *My Family and Other Animals*. London: Penguin Books.

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.



Homemade is Better The GOAT Grilled Cheese

Chef Corey

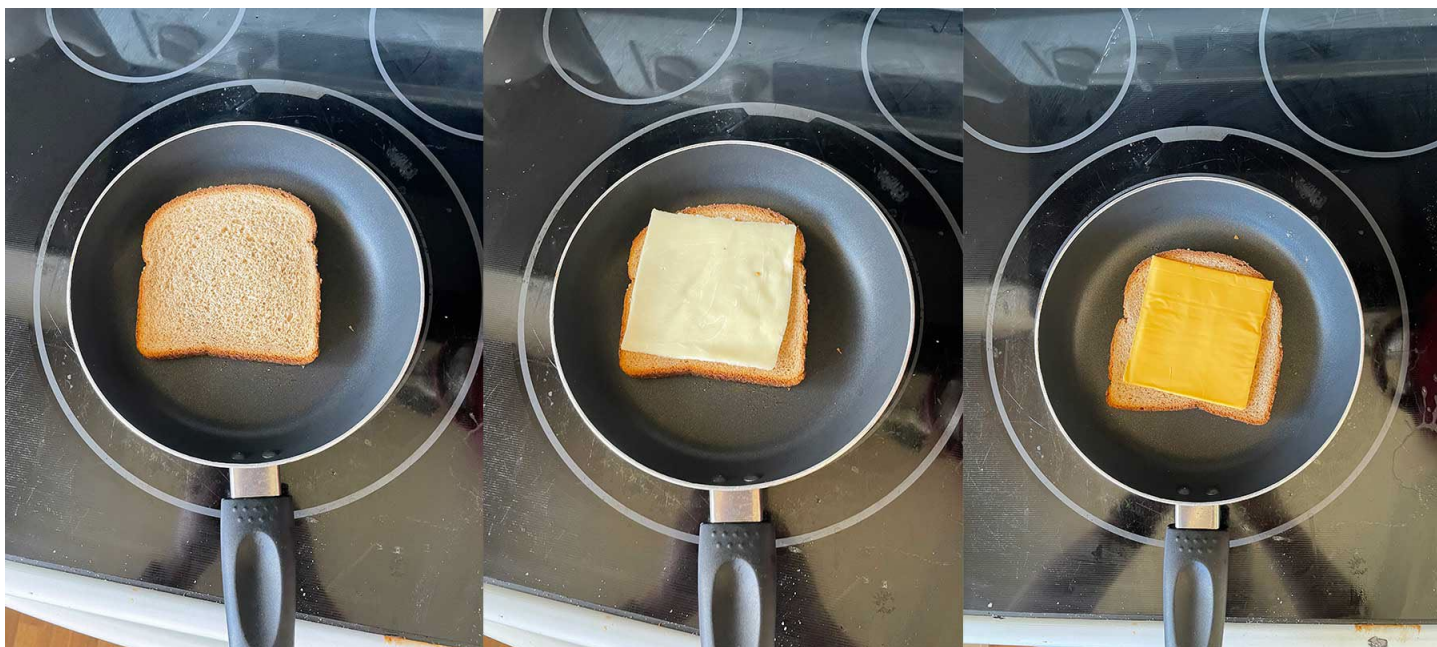


I don't throw GOAT around carelessly; I equally do not use the term lightly. Greatest Of All Time should mean something. This sandwich is a step up from others, so make sure you warn your tastebuds, because you're in for a ride! An ordinary grilled cheese is a staple in our house, but this week I had some extra ham in the fridge from a previous meal. I was looking for some lunch and decided to make myself a Croque Monsieur, which is a grilled cheese with the addition of ham and sometimes has a bechamel sauce or shredded cheese melted on top. I don't add the cheese or sauce, I think it's just as good without.

Croque Monsieur comes from France. It was meant as a quick snack for busy patrons and was typically served in French cafes or bars. Roughly translated it means bite mister, why? I couldn't tell you. I find the French name things strangely, not that English is any better. Take pineapple for example. Most of the world uses some variation of ananas, but no the English, we say pineapple. It neither looks nor tastes like an apple, and it only roughly resembles a pinecone. But I digress.

If we equally look at the history of the grilled cheese, we can see how it was perhaps stolen from the French. Stolen? Repatriated might be a better term. If you remove the ham then you are left with toast and cheese, hence a grilled cheese. But the good old USA took it a step further and started using American processed cheese.

In my opinion (and I'm being a hypocrite here) American cheese or processed cheese is so close to plastic that I cannot figure out why it is so popular. As I said, though, I'm a hypocrite, because we always have processed cheese in our house, and there is good reason. As much as I love using real cheese slices, there is too much fat in them and it leaks out of the sandwich, equally for



burgers and the other sandwiches I use it in. There is also the cost, where I can buy processed cheese for much cheaper than real cheese and my kids are just as happy, if not happier with the processed cheese. That's on me, I introduced them to it, but if we're being honest, they would have come across it somewhere. So, I would be fighting a losing battle.

For my greatest of all time grilled cheese I took a recipe for grilled cheese I used to see at a restaurant I worked at. I can't recall which one, but I know they had an adult grilled cheese which had mozzarella and cheddar. To step it up I added a slice of ham with Dijon mustard. If you're not a fan then any hot mustard would work, and you'd rather use plain mustard then I guess you could. It won't be the same, and I'll cry, but go ahead. This is a simple sandwich to make, so let's see how to do it.

The GOAT Grilled Cheese

Ingredients:

2 slices of bread
1 slice of ham
1 slice of processed cheese
1 slice of mozzarella cheese
Dijon mustard
Butter



Directions:

- 1) Heat a non-stick pan over medium heat.
- 2) Butter one side of the bread and place it butter side down on the pan.
- 3) Add the cheese.
- 4) Spread the mustard on one side of the ham and put the mustard side down on top of the cheese in the pan.
- 5) Spread more mustard on the side facing up.
- 6) Butter another slice of bread and put on top of the ham butter side up.
- 7) Check the bottom of the sandwich to see if its browned. If it has then flip the sandwich over and cook for another 2-3 minutes until both sides are golden brown and the cheese is melted.
- 8) Watch your heat, you're better off having the heat on the lower side than the hotter side. If the heat is too hot, you will burn the bread and butter before the cheese can melt. Equally the cheese will not melt if the heat is too low, hence I used medium heat. If you use a grilled with a dial, set it to 300 – 325F.
- 9) Enjoy!



Corey Wren is a student at AU's school of business management and a stay-at-home-parent of three who graduated from NAIT's culinary arts program in 2007.

Beyond Literary Landscapes Argentine & Chilean Literature

Natalia Iwanek



From my early beginnings as a young introvert, the public library has always been a bit of a refuge. Years later, not much has changed, albeit with an additional affinity for endless hours spent scouring second-hand bookstores to add to my ever-growing “to-read” pile.

From one bookworm to another, this column will be underscoring and outlining various literary genres, authors, and recent reads and can serve as an introduction for those unfamiliar with these works, as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. Do you have a topic that you would like covered in this column? Feel free to [contact me](#) for an interview and a feature in an upcoming column.

Who

This column serves as an introduction to Argentine and Chilean Literature and Poetry, a reminder of some of the region’s classics, and as an inspiration for further reading.

Some well-known authors include Argentine Julio Cortázar, Jorge Luis Borges, César Aira, and Manuel Puig, while well-known Chilean authors and poets include Pablo Neruda and Isabel Allende.

What

Some popular Argentine works include Cortázar’s *Hopscotch* (*Rayuela*), Borges’s *Labyrinths*, Aira’s *How I Became a Nun* (*Cómo Me Hice Monja*), and Puig’s *Kiss of the Spider Woman* (*El Beso De La Mujer Araña*).

Chilean notable works include Neruda’s *Extravagaria* and Allende’s *House of the Spirits* (*La Casa de Los Espiritus*).

Readers may also be interested in Allende’s *Of Love and Shadows* (*De Amor y de Sombra*).

Where

These works are primarily set throughout Argentina and Chile.

When

These books take place during the 21st century.

Why

The novels may be of interest to learners who would like read a bit more about Argentine and Chilean history, the Latin American Boom years, magic realism, Metaphysics, as well as themes and topics, such as love, family, and revolution.

How

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

AU students interested in learning more about this topic may consider ENGL 458: The Latin American Novel, a senior-level, three-credit course, which focuses “on fiction and memoir written in the context of history, politics, culture, identity, and genre,” and includes novels, such as Aira’s *How I Became a Nun*. (Note that ENGL 211: Prose Forms and ENGL 212: Poetry and Plays are prerequisites for this course, while ENGL 345: American Literature II and ENGL 361: Literature of the Harlem Renaissance are recommended.)

In addition, students may be interested in PHIL 255: Introduction to Philosophy: Ethics and Society, a junior-level, three-credit course, which introduces learners to “philosophy by exploring and analyzing leading ethical theories and the application of those theories to matters of social concern.” (There are no prerequisites for this course.)

Finally, students may also be interested in GLST 210: A History of the World in the Twentieth Century: II, a senior-level, three-credit course, which covers “the major economic, political, social, scientific, and technological developments in post–Second World War history.” (No prerequisites are required for this course.) Happy reading!

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



Music Review—Grudge

Jessica Young



Album: *DISMISSED*

Artist: TWENTY2

Single: “Grudge”

Montreal’s TWENTY2 will be releasing their third album on July 22nd, 2022, titled *Dismissed*. The album will be available for streaming anywhere you get your music. Currently, the single “Grudge” has already been released, with a lyric video available on [YouTube](#).

TWENTY2 describe themselves as melodic punk bordering on hardcore. *Dismissed* began in 2021, while lead singer Jon H. was isolating due to COVID. He reached out across the continent to a member of one of his favourite bands and major influence, Luke Pabich, of the band Good Riddance. Together, they co-wrote the album over Zoom and Facetime. When

it was time to record, Jon, Luke, and the other artists featured on the album recorded separately in various cities.

Lyrically, Jon says he “wrote a lot on social and political issues that have been obsessing him. Fighting against political and social hypocrisies and censorship, while standing up for free speech. As well and as usual, personal matters were explored, such as losing people you love, getting betrayed by people you trust(ed), trying to make sense of your own brain, and breaking up with social media.”

Dismissed consists of thirteen tracks: PRE-CONDITIONED; CONDITIONED; UNDERNEATH; SETUP FROM THE START; GRUDGE; ERASE YOUR FEAR; FUCK YOUR RULES; BEFORE

YOU SAVE US; I'M (NOT) DONE; ADULTEEN; I KNOW IT'S YOU; WHAT SHE DID; and OUT OF MY HEAD.

"Grudge" certainly has a fast-paced, melodic punk sound. The lead singer has an incredibly interesting voice—raspy and growling but still pleasant to listen to. TWENTY2 reminds me of bands like A Day To Remember, Bullet For My Valentine, and Seether.

The song title is quite fitting, with the opening lyrics: "I'm still thinking about it/I still carry it in my head/I'm still pissed off about it/And I think that I want you dead." "Grudge" is an extremely relatable song for anyone who has ever been betrayed. The song is vague enough on specific details that it could apply to a variety of experiences, while highlighting the intense feelings that come with being stabbed in the back by someone you trusted.

My only complaint with the single and the album thus far is the cover art. As per the YouTube video, it seems to feature a Battlefield Cross memorial—the iconic symbol of honour, sacrifice, and respect for our fallen soldiers. The memorial usually consists of the soldier's boots, rifle, helmet, and dog tags, however, in this rendition, the rifle is replaced with a hanging microphone on a stand. Furthermore, purple poppies surround the "memorial," instead of the classic red poppies—a powerful symbol of remembrance. Purple poppies may also represent animals who were victims of war, however it is unclear if that is what TWENTY2 was trying to convey. I'm not sure how I feel about using such a symbol for an album cover; I wonder if soldiers, veterans, or their families may find it to be disrespectful. Perhaps the rest of the album may give the art more context.

Overall, I really liked "Grudge". I'm excited to hear the rest of *Dismissed* on July 22nd!

Check out TWENTY2 on [Facebook](#) and [Instagram](#).

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Johnson Scholarship Program

Sponsored by: Johnson Insurance

Deadline: July 28, 2022

Potential payout: \$1000

Eligibility restriction: Applicants must be a resident of Canada, completing high school in 2022, enrolled in a full-time undergrad program for the 2022-23 academic year at a recognized publicly-funded Canadian post-secondary institution, and have an eligible policy through Johnson or be the child or grandchild of a Johnson policy holder or employee. (Refer to full eligibility requirements for details.)

What's required: An online application form outlining academic achievement and volunteer/community involvement, and a transcript for the period of September 2020 to December 2021.

Tips: Read the Scholarship Program Guidelines and the application form for full requirements.

Where to get info: www.johnson.ca/scholarship



How to Handle Criticism

Marie Well



No one loves criticism. But criticism has its place—at least, self-criticism does when done right. But criticizing others is often a futile effort. Often, complaints lead to hard feelings and struggling relationships. But how do you correct someone who's gone off course?

Doling out criticism. How do you best criticize someone? By saying nothing and refusing to dwell on the complaint. That's the best solution. You can't change others, but you can change yourself. In other words, the person criticized may neither be "ready" to change nor know how to operationalize the change according to how you may envision it.

So, leave others to work on themselves. But be sure to work on your own self. Self-criticism, when done right, has benefits.

Managing criticisms. If a friend, by chance, says to you, "You're not a good role model for your teenage kids,"

instead of feeling defensive, you can take one of three actions.

The first is to say to yourself, "Maybe I could be a better role model. Heck, I could go to the gym five days a week. And I can take the kids with me." That kind of self-talk turns criticism into a growth opportunity.

The second option is to let the criticism fade before you, acknowledging it as "Not yours." In other words, you let the criticism go. There is freedom in not internalizing criticisms. After all, no one's perfect.

As a third option, you could let the criticism go but also say to yourself, "Jim has a bone to pick with me. So, I'll win him over by getting him his favorite Starbucks coffee first thing at lunch and by helping him clean out his garage this Sunday." This goodwill strategy embraces the criticizer as a valued friend.

Managing self-criticisms. The best self-criticisms don't make you feel bad. Instead, they fire you up to take positive action. For example, if you've gained ten pounds like I did during COVID, then engage in self-talk such as, "I'll cut out my large Tim's steamed almond milk at lunch and avoid buying mixed nuts for an evening snack." And reap the rewards!

Handling criticism at work. Work-related criticism is tricky, but the above rules apply. I know of one employee that a boss and team criticized endlessly. But something interesting happened. The loudest criticizer ended up receiving the brunt of criticisms. And then, the team all left the company, except the boss and the person first criticized. In the end, the first criticized employee was the only loyal one.

It's best to avoid criticism and instead embrace others' strengths. And it's best to receive complaints with a growth mindset. Taking both these actions leads to greater happiness, from my point of view.



Being Young Again

Dear Barb:

Hi, I am in my early thirties and unfortunately I have had to move back home with my parents. My wife and I separated after seven years of marriage, and we have one daughter. Our separation was amicable, and I see my daughter regularly. The problem I am writing about is my parents. They treat me like I'm still a kid. For them it is like time has stood still. Mom wants to know where I am going and when I will be home and she expects me to be home for dinner every night. Also, Dad wants to hang out with me and watch movies and go fishing and whatever. It seems they want me to fill a gap in their lives. Since I've been away for so many years, I would have figured they had developed hobbies and stuff to do with their friends, but I guess not. I need some help explaining to them that I am Not a kid anymore.

Help, Jamie.

Hi Jamie:

Thanks for taking the time to email. Your situation is all too common at the present time, as many adults find themselves having to move back in with their parents for a variety of reasons. You do not explain why you had to move back in with your parents, however I will assume it is for financial reasons. To have a mutually respectful relationship with your parents you need to discuss things like boundaries and house rules. You are correct that you are not the same person you were when you left. You are an adult and have been on your own and running your own household. Therefore, your parents need to see you in that role. The parent/child relationship is over, you are now adults and should share a mutual understanding and respect for each other. Do not expect your parents to pick up after you as they did when you were younger. Actively participate in the household chores, such as doing your own laundry, helping with cooking and home maintenance. Boundaries need to be followed. For example, if a door is closed, neither party can just walk in. Privacy must be respected. You also need to contribute to the household. If you are unable to financially contribute, offer to help wherever needed. Remember this is your parents' home and you need to respect their house rules. Most of all you need to be grateful that your parents opened their home to you, not all parents are willing or able to accommodate their adult children, for a variety of reasons. Good luck Jamie.

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.

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Tutors walk among us. A student shares her chance meeting of an AU tutor, who turns out to be almost one of the family.

Discord

Oh, we so needed this. The new [#bragatorium](#) channel lights up with the fist-pump successes students are just aching to share.

Twitter

[@AthabascaU](#) tweets: "More intuitive. Easier to find what you're looking for. [@aulibarchives](#) has an updated website which has vastly improved the user experience t.co/EFv4SChgiX."

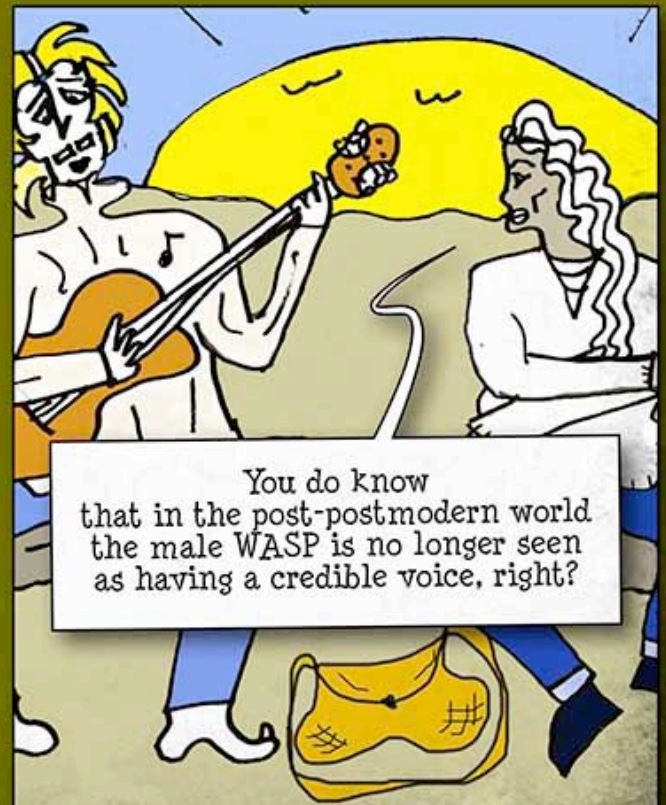
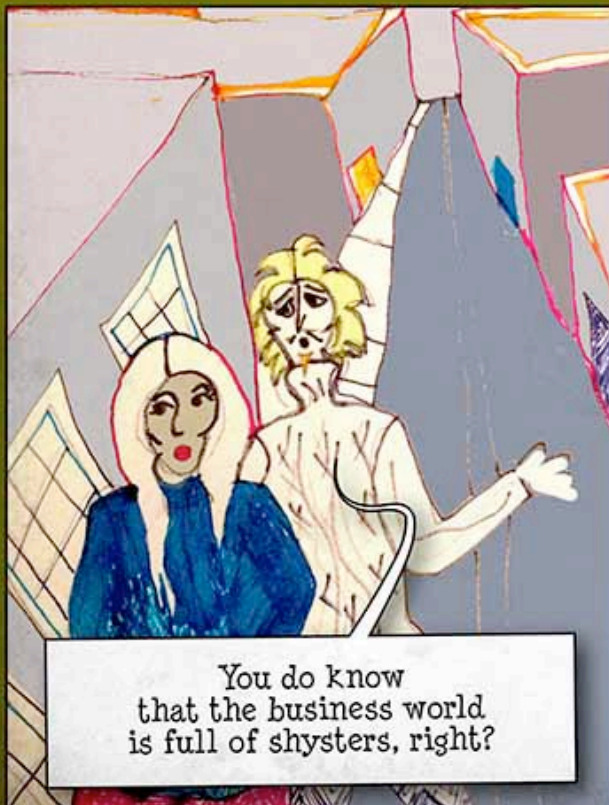
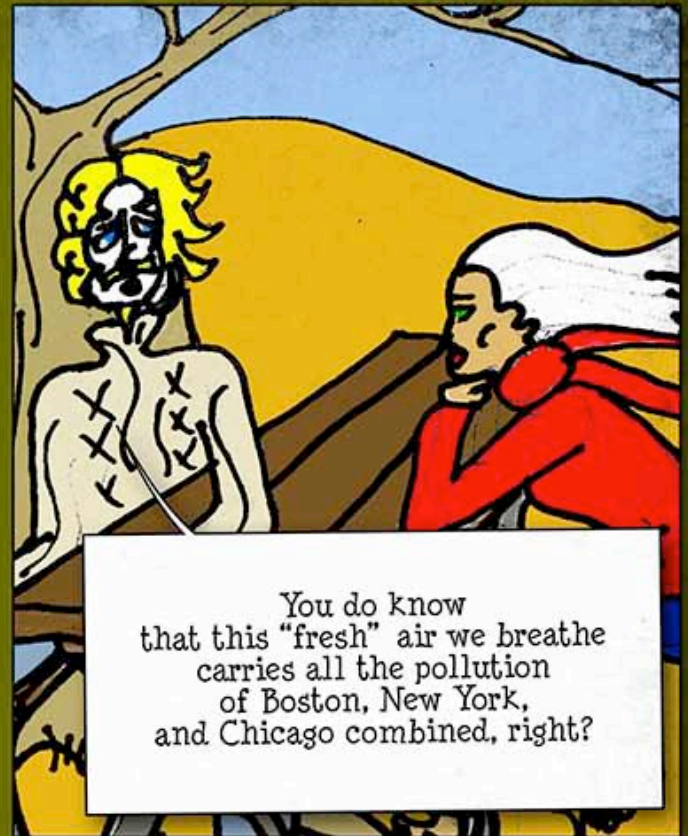
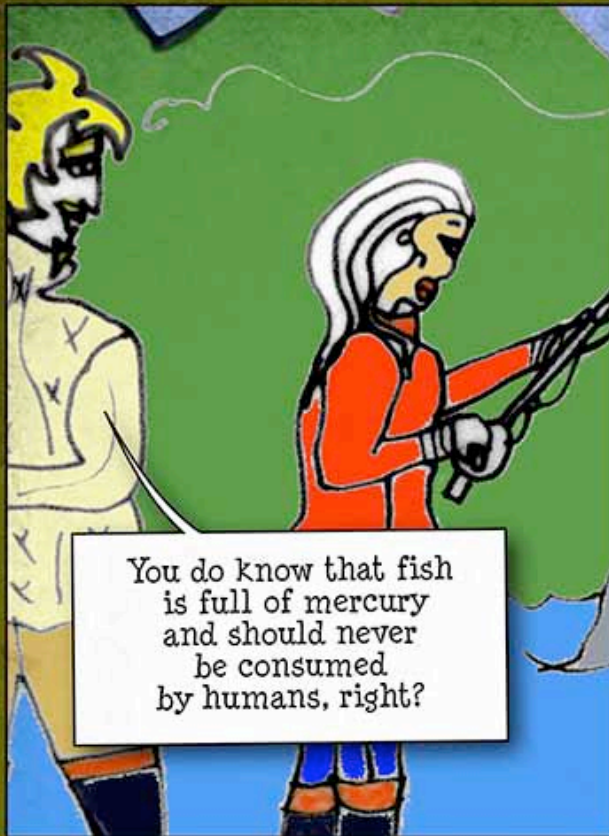
Youtube

Re-experience the glory! [#AthaU22 Convocation Ceremony One](#) and [Ceremony Two](#).



Poet Maeve
Did You Know?

Wanda Waterman



AU SU

UPDATE

COMMUNITY. RESOURCES . SERVICES

Guess
who's
turning

AU SU

30 !?

Invitations coming this July...

Celebrate with us July 11-15th as we turn 30! We have a fun-filled week planned, including giveaways, a special AUSUnights virtual student social, and an in-person party with Student Council in Edmonton, AB! Details will be announced in our newsletter and on social media, so watch for your invitation! Until then, mark it in your calendars—you don't want to miss out!

Did AU Know?

AU Library Site Launches Major Improvements

The university has been upgrading many of their websites lately thanks to the [Digital Experience Project](#), and the [AU Library site](#) is the latest to roll out improvements that make it more intuitive and easier to navigate.

AU librarians Jorden Habib and Joanna Nemeth put together an [orientation](#) to walk students through the changes.

Visit athabascau.ca to learn more!



[Listen in](#) as recent graduate Leah Campbell and Tara Friesen, Manager, Alumni and Community Engagement, talk about what it means to be an AU alumni, what happens after you graduate, services AU offers alumni, and what convocation is all about.

**#59 YOU'RE AN AU ALUMNI.
SO, WHAT'S NEXT?**

Provided by

ausu@ausu.org

**AU
SU** Athabasca University
Students' Union

Please send us your valuable opinions, feedback, and suggestions. We are committed providing quality content and look forward to hearing from you!

CLASSIFIEDS

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

THE VOICE

301 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7
Ph: 855.497.7003

Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Barb Godin, Barbara Lehtiniemi, Corey Wren
Jason Sullivan, Wanda Waterman, Xin Xu and others!

www.voicemagazine.org

The Voice is published almost every Friday in HTML and PDF format.

Contact *The Voice* at voice@voicemagazine.org.

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2022 by *The Voice Magazine*

ISSN 2561-3634