

THE VOICE

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Minds We Meet

Interviewing Students Like You

Traditional versus Self-Publishing

An Insider's Comparison

The Power of Maybe

Fighting the Internalized No



Plus:

FotW: Creativity for Real

*When Fashion Becomes an Addiction
and much more!*

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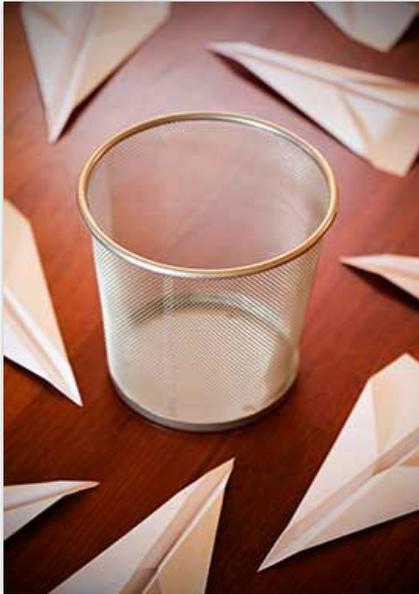
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LETTERS TO THE EDITOR

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**Giving Him What He Wants****Karl Low**

I try to avoid news about the goings on in the United States, especially when they don't concern post-secondary education, but the ongoing fiasco has just reached new heights. For those unaware (all two of you, who've likely been deliberately trying to avoid any of this, apologies in advance) the FBI recently executed a search warrant on former President Trump's resort home, recovering many boxes of documents, including some with classified, secret and even top secret material that he had in his possession, despite it not being allowed by law, and despite his and his legal representations that he had already returned all documents taken from his time in office.

Defense raised so far include assertions that, as president, he'd declassified all those documents as he removed them from the Whitehouse (though there's nobody who seems willing to attest that he actually did that), that the documents were planted by the FBI and a Deep State mechanism obsessed with bringing him down. And that it's not really that big a deal anyway, as everybody takes home work now and again.

But all that is essentially window dressing to the important news that came out today as a judge ruled that the inventory of what was found should be unsealed due to an overwhelming public interest. What's concerning about what was released isn't what was found so much as what was evidently missing. To start, the inventory notes that in many of the boxes, beyond classified and other government documents were items of clothing and books. That these national secrets of the US were being treated as if they were in your standard packing boxes. Don't get me wrong, I've got a lot of boxes of paper around here too, some of them probably even have some clothes in them. But none of them have any sort of classified information, and that makes a difference. Even more concerning, however, is that over 50 folders were found labelled either classified or "Return to Staff Secretary/Military Aide" that were empty. I think it's a fair assumption that they didn't start off that way, so where the documents that were in them have gone is concerning.

Bad news for the United States, but what does it have to do with us? Well, we don't know exactly what kind of information was in those classified documents. Some of it could have been names of Canadian agents that the US intelligence service deals with, or detail reports of joint activities that American special forces may have taken on in conjunction with special forces of other nations (like Canada) or maybe it was just the flight plans of important diplomats to meetings with US representatives. The point is that this has clearly become an international affair, if only because there's no information as to what types of information have been compromised. And that makes it our problem as well. Which means that Trump has succeeded in his fondest wish once more, he's now become something the entire world has to pay attention to again—at least for a little while.

Meanwhile, this week, we've got a student interview who came up with an interesting answer to our question of "What would you do as AU's new president," and also hopes to enhance her AU experience by making some new contacts. Check it out and drop Amy a line in our latest "Minds We Meet". We're also featuring Barb Godin giving us her experience with becoming a self-published author of multiple books, and comparing that route with traditional publishing. Plus, we have a new reflection from Elisa about what "maybe" means, scholarships, events, advice, a muse on the nature of creativity that's worth the read, as is Marie Well's look on fashion becoming addition, and more. So, enjoy the read!

MINDS WE MEET



The Voice Magazine recently had a chance to chat with Amy Wall (she/her), a 26-year-old student currently living in Halifax, Nova Scotia, with upcoming relocations plans to St. Thomas, Ontario. Amy stated, “I would like to begin by acknowledging that we are in Mi’kma’ki, the ancestral and unceded territory of the Mi’kmaq People. This territory is covered by the ‘Treaties of Peace and Friendship’ which Mi’kmaq and Wolastoqiyik (Maliseet) people first signed with the British Crown in 1725.”

Amy is enrolled in her first year of the Bachelor of Arts in Psychology program. She mentioned, “Once I finish my BA, I plan on completing my Master’s in Counselling, with the end goal of becoming a certified therapist!” Originally from southern Ontario, she has “been living on the east coast for the past 6 years (3 in PEI and 3 in Nova Scotia!). She will be moving back to southern Ontario in September.

Speaking of Ontario, when Amy shared her most memorable vacation memories with *The Voice Magazine*, she mentioned “a very recent trip back to Ontario” when her entire “family was able to get back together up at a cottage for the first time in about 3 years!” She explained that the trip “was much needed” since her family lives in Ontario and in Florida.

The Voice Magazine asked Amy for some of her study tips, and Amy had some great ones for AU learners. “I have always been a good solo learner – online learning has always worked for me! With myself being the only one accountable to finish the courses on time is what motivates me for the most part. I am also big on getting the people around me to hold me accountable, even if all it means is me communicating what I am currently working on and need to complete. And of course, Quizlet is my saving grace for studying,” she explained.

She also had some advice for new students and prospective students, which was time management. She stated, “As soon as you have your courses, take a detailed look at everything! Number of units, quizzes, assignments, papers, etc., and write them all down. I did this and have a printed copy sitting at my desk, so I can always see how much I have left and how much I have accomplished – and you get to have that satisfying moment of crossing something off.”

When Amy is not busy studying, she has recently rediscovered her love of reading “after a year or two of a lull.” She explained, “I have way too many on my to read list, yet I keep buying more.” She mentioned that *The Circle Series* by Ted Dekker has had an impact on her life, explaining, “I read them when I was a teenager, and they had such a hold on me. I reread them every two years or so. I’m not sure why, I think it’s a good mix of a lot of different aspects in writing. Plus, at this point it’s just nostalgic.”

She also does “a bit of portrait photography, although I’ve recently taken a little break from it to focus more on school.” Amy also enjoys the outdoors, “whether it’s some form of outdoor activity/sport, or just sitting in the nice weather with a book.”

As for the person who has had the greatest impact on her desire to learn? “My incredible mother. A few years back she actually went back to school to get her Master’s degree, which was so inspiring, especially to be able to cheer her on. She has always encouraged learning but has also never pushed me or my siblings to go any one specific route, it was always made clear we were not expected to go to school (especially right after highschool) and that it was more than okay to change your mind on your educational path (which I already did – I was previously attending UPEI for nutrition).”

Overall, Amy’s experience with online learning so far has been positive. “I don’t have many complaints with the online learning system! I enjoy being able to thrive on my own and make my own schedule. It allows me to continue working more flexible hours, as well as for making time for friends. I do however miss the environment of an in-person university, being surrounded by your peers and being able to speak in person with professors,” she admitted.

Her most memorable AU course so far has been her Introduction to Psychology course, “because I was so excited to start school on a path that I was very passionate about, and this course obviously gave a good overlook of a little bit of everything I would be diving into later.”

As for communications with her course tutors? “I have never had an issue communicating with any of my tutors this far! They have all been relatively nice and helpful, and quick to reply!”

When asked what her first project would be if she were the new president of AU, Amy was contemplative. She stated, “That’s a great question that I’m not sure I have an answer for.

“I have yet to take a deep dive into the student community at AU and everything they have to offer. I would maybe make the school merch a bit more interesting, although that’s not really the president’s doing.”

Amy also shared a famous person, past or present, she would you like to have lunch with, choosing Michael Bublé. She explained, “I have been listening to him since I was a kid, and he introduced me to the beautiful world of older jazz and swing music. So besides loving his music, I feel like I have a lot to thank him for!” And the lunch? “Lunch would probably the most expensive dish of spaghetti (because he would be paying obviously, and it’s my favourite).”

Amy shared her most valuable lesson: “It’s up to you.” She explained, “I think it’s important to have the mindset of you are the only one responsible for making things happen in life, whether you have the biggest support system or not.” And her proudest moment? “I would have to pick my top two, both being my siblings’ weddings! Not so much the idea of them being married that made me proud, but watching them participate in such a public act of declaration of their love for their spouses made me feel like a proud sister.”

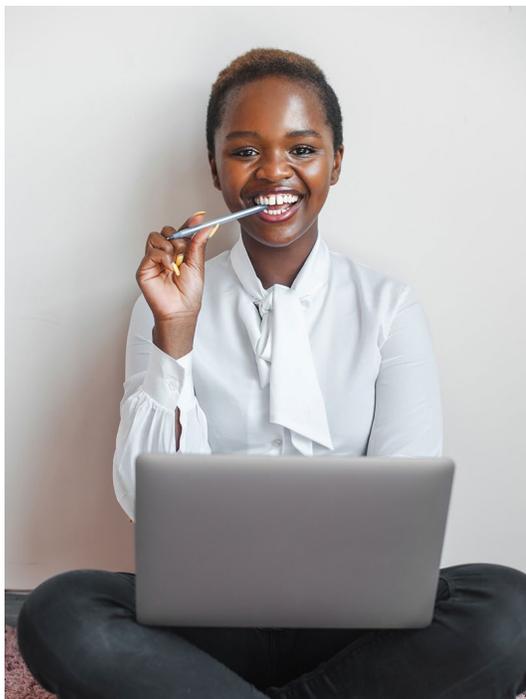
As a final thought Amy stated, “I would love to make more friends/study partners within my program, even if we aren’t at the same stage! You can either message me on the AU student app, I am part of the Psychology major BA group, or shoot me an email awall1@athabasca.edu.” Best of luck Amy!

At times, in an online learning environment, it can feel like you are all alone, but across the nation and around the globe, students just like you are also pursuing their Athabasca University (AU) studies! Each week, *The Voice Magazine* will be bringing you some of these stories. If you would like to be featured next, do not hesitate to [get in touch!](#)

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

Traditional versus Self-Publishing

Barb Godin



Many years ago, I sent my book out to several publishers and all I got was rejection letters. So I put my book away in the drawer and gave up on a dream. Years later I was happy to be writing again when I was chosen to write an advice column. It evolved into my long running “*Dear Barb*” column in AUSU’s *Voice Magazine*. Writing this column, plus some short stories, awakened my desire to try to publish my book again, but I was reluctantly faced with having to approach publishers and going through the rejection process again.

However, through writing my column, I became connected with other writers and gained confidence, especially since readers seemed to enjoy my column and stories. The spark was revived, and I began an investigative journey into the world of publishing. I decided to begin my publishing journey with the birth of *Dear Barb: Answers to Your Everyday Questions*, which is a compilation of 90 questions and answers which were previously published in *The Voice*.

Initially I struggled with whether to self-publish or pursue traditional publishing and for a variety of reasons I chose self-publishing. I am now the author of three self-published books and working on my fourth. It will also be self-published, as I believe this is the future of publishing. But there are advantages and disadvantages to each.

An obvious advantage to traditional publishing is that there is no cost to create the book and the publisher pays for all marketing and promotion. Authors may also receive an advance, which would later be taken out of royalties. A big plus going with a traditional publisher is that they are knowledgeable and experienced in creating a book cover and title that will sell. Traditional publishers also have extensive contacts with bookstore owners, who will not hesitate to accept their recommended books.

But a disadvantage to traditional publishing is that once you sign the contract with a publishing house, you are giving away all your rights to what you have written, which means you cannot sell, use, or republish your book anywhere else. Also, the road to publication is slow, often taking more than a year to get your book on the store shelves.

Alternatively, self-publishing can be an expensive venture depending on whether you format the book yourself or hire an editor, cover designer, or proofreader, which, totaled, can be in the thousands of dollars. If you have the time you can learn to do on your own, as I did. Initially I paid \$450 for someone to format my book into the required formatting to upload to Amazon. I also paid miscellaneous expenses for adjustments and changes to the cover design. While going through this process I decided I was going to take the time learn to do it myself, as I had more books I wanted to get published. I then successfully published two more books, completely on my own, and, as mentioned, I am working on my fourth.

Also, the road to self-publishing can be lonely, as you do not have the support you would when venturing with a traditional publisher. But the tradeoff is you have complete control on when and where your book will be published. As well, you will be able to keep more of the money made per book than you would with a traditional publisher, however you also must consider the

costs of marketing and promoting your book. Unless you are an experienced promoter, this can be one of the most difficult and expensive aspects of self-publishing.

You can also find more information in Rick Lauber's "[17 Pros and Cons of Traditional Publishing vs. Self-Publishing](#)" in *Writer's Digest*.

The biggest roadblock I found to self-publishing as opposed to traditional publishing is the negative reactions I received when telling someone my book was self-published. It seems credibility is immediately lost. The thinking is that if you had to self-publish, then obviously a traditional publishing house was not interested in your book. But this is not always the case.

The introduction of kindle has changed the publishing industry. Indie authors are generating billions in eBook sales every year, and account for 30-34% of all eBook sales. However, it is difficult to get a proper accounting for all self-published book sales, as many are sold at craft shows, through author websites, or on consignment. [Facts and Figures about Self-Publishing: The Impact and Influence of Indie Authors \(selfpublishingadvice.org\)](#)

Loads of support is available for indie authors, as there is a plethora of indie writing groups accessible on the internet where you can promote your books, design your cover, ask questions, or share information. I belong to a few of these, and when thinking about this article, I posted the question of why authors chose self-publishing for their books. Only a handful answered, although most are looking forward to reading this article when published.

One person I had spoken to mentioned that they went with a traditional publisher, because she felt self-publishing would be too much to learn at her age.

Another person said if she had not self-published, her books would not be published. She has authored several books and I believe she is moderately successful.

An author of seven books said flatly she would not go with self-publishing. Here is her reason:

"In my opinion, if none of the publishers I sent it to think it's as incredible as I do, then maybe it's not as good as I think."

Two other self-published authors of several books said they are completely happy with their choice and will make the same choice with future books.

There are also several famous authors who've self-published. Dale, of [SelfpublishingDale.com](#), has [a list of ten of the best](#):

1. Margaret Atwood self-published a book of poetry many years before she became a best-selling author.
2. EL James of *50 Shades of Grey* fame, self-published and within one year it was picked up by a traditional publisher and went on to sell over 100,000,000 copies.
3. Robert Siyosako decided to self-publish *Rich Dad, Poor Dad* after being rejected by numerous publishers. It went on to sell 40,000,000 copies and remain on the NYT bestseller list for over 6 years.
4. Lisa Genova self-published her novel *Still Alice* in 2007, which was turned into an Oscar-winning film.
5. Wayne Dyer self-printed 4,500 of this first book *Your Erroneous Zones* and spent the next year travelling and promoting it. *Your Erroneous Zones* would go on to become a top selling book, selling over 100,000,000 copies.

6. Irma S. Rombauer initially did a print run of 3,000 of her famous book *The Joy of Cooking* which got picked up by a traditional publisher in 1936 and sold over 18,000,000 copies.
7. Andy Weir self-published *The Martian* and it became an Amazon Bestseller and a movie starring Matt Damon. Weir signed a publishing and film deal and has sold over 3 million copies and the film grossed \$630,000,000.
8. Beatrix Potter self-published 250 copies of *The Tale of Peter Rabbit*. Within a year the publishing company that had rejected her, signed her to a deal and *The Tale of Peter Rabbit* has sold approximately 45,000,000 to date.
9. Mark Twain was signed by a traditional publisher in 1884 but was tired of the bureaucracy so he started his own company and published two of his highly successful books *Personal Memories of Ulysses S. Grant* and *The Adventures of Huckleberry Finn*.
10. And finally, Stephen King self-published *People, Places and Things* in 1960 at 15 years old by his own publishing company. Only one copy out of the ten that were published remain, and King owns it.

As for myself, I have never regretted self-publishing, although in the back of my mind I keep hoping that a big publisher will come along and make me a bestseller. But in the meantime, I love what I'm doing. I am sharing my stories with others. My autobiography will be coming out within the next few months, and I believe it will be helpful to people who share a similar story to my own.

Information about my books is on my website barbgodin.com or my [Facebook Author Page](#).

Barbara Godin is a graduate of AU and writes the "Dear Barb" column. She lives in London, Ontario with her husband, and two dogs. She can be reached on twitter @BarbGod

The Power of Maybe

Eliza Neven-Pugh



This week I would like to first give my appreciation to *The Voice Magazine*. Not only for giving me a platform for speaking about disability advocacy, but also for allowing me to be creative in topic selection.

You don't know how many times I've felt that I have no choice in this regard. Plainly, I often feel that I have to talk about disability and more to the point, how it means adversity if I want people to pay attention to me.

Don't get me wrong, I feel it is a significant part of my life path to bring the issues of invisibility, isolation, and discrimination to public focus when it comes to my demographic. Still, this being confined in topic choice is part of the problem. That is, I let my chair define my life choices.

Admittedly, sometimes I have to; I can't very well go backpacking across Europe, and of course there is more freedom in using adaptive equipment. Regardless of the lack of it being the reason I can't go somewhere or do something, the problem starts when this acknowledgement of limitation becomes internalized as a foregone conclusion.

For example, I almost missed my opportunity to speak at my church because I thought I could not ask my mom to drive me, given that my dad was working the night before. Something we did not realize until a couple weeks ago, following a month of preparation. I was the one that made the offer to send my voice in a recording, completely missing the fact that mom offered to drive me. This internalized no is my biggest handicap.

Not spasms. After all aspirin and mindfulness do help.

Not the fact that there are many places I cannot go to. Diplomatic advocacy does help this situation immensely.

These issues still break my heart sometimes and drive me insane. Yet even more so is the mindset that causes them to remain. That is the idea that the answer is no before asking the question.

This is why talking about Jesus in *The True Love In My Soul* was so empowering personally. I actually said "yes." Yes to branching out. Yes to what I've always been telling people.

Those with disabilities have many different interests, not just ability. We have dynamic lives if we are given the chance. Especially in our own minds. Put simply, if I want people to give me more opportunities, I have to start with me. Thanks to my faith, my family, and this magazine, I was finally able to update my options. It can't always be yes but that doesn't mean it is always going to be no either. There is always maybe, there's always hope.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: SGI Corporate Scholarship

Sponsored by: SGI

Deadline: September 30, 2022

Potential payout: \$2500

Eligibility restriction: Applicants must be residents of BC, Alberta, Saskatchewan, Manitoba, or Ontario; and be enrolled full-time in an undergraduate program, relating to the business needs of SGI, in a post-secondary institution in one of those same provinces. See [full eligibility criteria](#).

What's required: A completed application form, along with proof of enrolment, an academic transcript, and a written submission explaining how your field of study relates to the business needs of SGI, and also describing your community involvement.

Tips: All applications meeting the eligibility criteria will be entered in a draw for 7 available scholarships.

Where to get info: www.sgi.sk.ca/scholarships



When Fashion Becomes an Addiction

Marie Well



O I was one of those teens who dressed way out of line for what was required in high school. I wore ballroom gowns to school. Nearly daily. My dress code didn't improve much throughout my life, although it toned down. But when I became a graduate student, I found a stylist at a consignment store who gave me considerable advice and made me quite fashionable. It helped that I'd won a significant scholarship that year, which I mainly invested in clothing. The Dean with purple hair labeled my wardrobe the best on the faculty.

But since then, I have gained a lot of weight and lost a lot of weight, and my wardrobe was replaced with everyday items that look unflattering. To date, I wear the same two outfits over and over: pink crop pants and a black shirt, or shorts and a polka dot shirt. I am at a loss figuring out what I will wear once summer ends.

Recently, however, I stumbled on something incredible: a course on Udemy on dressing like a fashion icon. The \$14 course taught me that I'm an inverted triangle body type

which requires more clothing weight on my legs and hips and less on my arms and shoulders. So, I need flare pants, not skinny jeans, to balance the body. It taught me that my color palette is soft Autumn, which I can Google to quickly see which colors I should buy and which ones I should avoid. Finally, it taught me that my preferred style is classic (conservative) with a romantic (feminine) flare.

With all this insight, I can quickly Google what sleeves, collars, pants, shirts, skirts, jewelry, and scarves are most suited for my body type and skin tone.

As a result of this styling education, I find myself shopping endlessly online, knowing almost immediately which clothing will suit me and which won't. But what is troubling me is that I'm developing an addiction. Fashion is becoming my idol.

I'm not young anymore, and I believe this stage of the life journey needs to focus on developing the beauty of the soul, not the body. So, I'm torn. The time I usually spend on skills- or self-development, I'm now spending shopping. I'm undergoing a life-stage crisis.

The Christian bible says to dress modestly. The Muslim tradition is even more conservative. To me, traditional religious dress de-prioritizes the body in favor of beautifying the soul. Despite this, my fashion choices are now modest, but I'm fixated on them. It frightens me that I'm growing obsessed.

So, how do I take heed of such wisdom and balance fashionable conservative dress with beautifying the soul? In other words, how do I curtail this newly formed addiction to online shopping? The fashion course stated, "If you think clothes will bring you more success or power, think again. Register for a seminar or skills-development training instead."

I desperately need new business clothes, but I no longer want to spend an entire Saturday evening well past bedtime shopping online. So, I'm going to buy a few classic items and replace shopping

time with skills development. I plan on unsubscribing from all the online retailer apps I've downloaded. And I'll set out a maximum budget each month for online shopping.

My advice? Never let an addictive habit drag you down. Instead, research and turn it around fast. But if you're young, I'd highly recommend taking a fashion course. And no matter your age, embrace your inner beauty, as that's the only one that lasts.



Fly on the Wall Creative Thought

Jason Sullivan



Swiss Army Knife of Life Augmented by Skills from AU

The meaning of life is a topic salubrious to spicy conversations at a shady beach, the sort of anyone-may-apply-for genius-status topic that renders we would-be AU academics illiterate or pedantic or both. Why ask about life's meaning, a stern scientist might answer, when such a question is naturally relative to one's personal opinion and worldview? Why *not* ask about the meaning of life, an artistic hipster type might reply, when the world is replete with joyful potential for meaning and creation and all manner of joy, if only we seek what we most desire? The question remains, though, if a person can express their personal meaning of life

to another, would it be understood?

Language is adept at communicating much but it often stops short of conveying the feeling of a moment or idea. Think of the difference between a shriek of excitement, the pathos of fear or jubilation—or both—that that primate sound conveys and the rote dullness of a sentence claiming to explain the same event: I jumped off the pier, and it was fun. Likewise, to express our learning process at AU is not as easy as stating the fact that we are distance education students. Much is lost by communicating mere facts and feelings with words, yet educational prowess is based on being able to write and speak about what we learn. Maybe the key is to find common ground about something as universal as life, and meaning requires us to be artful with language, recalling that, at its best, “art with its power of illusion, its capacity for negating reality, for setting up an ‘other scene’ in opposition to reality, where things obey a higher set of rules...is an urgent process of seduction” (Baudrillard, 15). Words can be intuitively powerful when used properly, just as can any work of creativity.

A full thirty years ago Jean Baudrillard testified academically that we live in depauperate times where communication is concerned. This is because there are so many facts floating around in the cultural ether that seem to carry meaning and, taken together, induce a lump sum of self-satisfaction among their consumers. If you've researched a topic, you ought to be able to say some things with certainty. Yet the facts of any matter are the facts that those with power have said matter. Baudrillard stood this notion on its head by noting that circulating ideas in their epistemological soup only gave a simulation of true meaning. Facts are relevant, after all based

on who you ask. The concept, for instance, of a return on investment (ROI) means one thing for the monetary-minded speculator and quite another for someone who sets an alarm for 3AM to see some shooting stars.

Baudrillard concluded that even as we seem to be awash in knowledge and the ability to communicate it, we are increasingly divorced from meaning in a substantial way. Pondering, rather than reacting, is key to thought and, despite what communication therapists might imply, conversation itself may often amount to little more than banter within the rigid confines of preconceptions. "Communication 'occurs' by means of a sole instantaneous circuit, and for it to be 'good' communication it must take place fast – there is no time for silence. Silence is banished from our screens, it has no place in communication" (14). Recall the heightened anticipation in an internet conversation when you can see the three little dots indicating they're typing.

It's as though we crave being responded to as much as we desire to express ourselves; thus communication fetishes itself and repeats the game of back and forth without the emergence of anything particularly new. Yet, to truly say something authentic is to first engage in a process of reflection. "Silence is exactly that—a blip in the circuitry, that minor catastrophe, that slip which, on television for instance, becomes highly meaningful." (14).

Sometimes when we say what we think we mean, we internally feel something different from the words as we speak them. Those are the moments of which epiphanies are made. In social science classrooms, for instance, we may realize how out of step with our peers we are regarding a particular topic only by engaging in discourse. At AU, happily, the same experience may apply but we have the additional pleasure of pausing to consider what we really think and feel about a topic without the added pressure of having to perpetually discuss our thoughts with others. Dialogue and reflection are both crucial to learning and to authenticity. Mere debate is closer to propaganda than true discussion, suggests Baudrillard: "The point in advertising and propaganda is not to believe but to make people believe" (51).

Brave New Meanings

For Baudrillard, meaning is most important when it illustrates new possible worlds where life is more abundant and the experience of creating happiness comes more naturally. A true utopia, recalling its etymological root that shows that the word utopia literally means *nowhere* would be virtually unspeakable using the normal terms and rules of daily communication. "To conceive of a utopian society based on communication is an impossibility, because communication results, precisely, from a society's inability to transcend itself as a function of new aims." (14) This may explain how AU allows us to think new thoughts based on our course material and interaction with tutors while, alas, we may at times find ourselves more distanced from understanding our peers and their worldviews. To translate our newfound scholastic reality into communicable terms requires engaging with new meanings rather than old methods.

To this end, and following in 1918 on the heels of the catastrophic Great War that badly damaged the economies, self-image, and ascendancy of the richest nations on Earth, a group called the Dadaists sought to shake up meaning and language in a way that would allow new ideas and feelings to be expressed. The manifesto was a cacophony of words seemingly designed to approximate a meaning without providing concrete posts to which that meaning could be affixed: "To put out a manifesto you must want: ABC, to fulminate against 1, 2, 3 to fly into a rage and sharpen your wings to conquer and disseminate little abcs and big abcs, to sign, shout, swear, to organize prose into a form of absolute and irrefutable evidence, ... Everybody does it in the form of crystalbluffmadonna, monetary system, pharmaceutical product, or a bare leg advertising the

ardent sterile spring. The love of novelty is the cross of sympathy, demonstrates a naive je m'enfoutisme, it is a transitory, positive sign without a cause.”

This love of novelty, of meaningful difference from normality, may be a common denominator to many AU students. Education is about finding new meanings and modes of expression that touch us deeply and better our beings and our life paths. So next time you ponder the meaning of life maybe consider that your studies are leading you there, wherever that may be. Language, far from a mere barrier to meaning as some who decry the value of university schooling say, may be the crucible by which exciting new realities emerge.

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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.



Music Review

rain rain go away

Jessica Young



Artist: Havanna Winter

Album: rain rain go away

A Vancouver pop punkers, Chief State, have released their debut full-length album, *Waiting For Your Colours*. The album is available for streaming anywhere you get your music.

Chief State was formed after frontman Fraser Simpson headed to Craigslist to find bandmates. There he connected with members Nik Pang, Chloe Kavanagh, Justin Pham and Joseph Soderholm to create Chief State. According to the band, *Waiting For Your Colours* is the culmination of 5 years of relentless hustle, blood, sweat, and tears.

Of the album, Simpson says, "There's definitely a coming-of-age theme on the new album. We're asking ourselves: What am I looking to get out of life, out of being in a band? What joys do I want to

pursue and where do I want to place my energy moving forward? We've come to the realization that we all need to stress less on the things we can't control and enjoy more of what we have, what we can control and the journey itself."

Waiting For Your Colours consists of ten tracks: Continental Drift; Team Wiped; Out For Me; Wasting Away; Drown; Burning Out; Losing Sleep; 22 Reasons; Kills The Loved, Haunts The Free; and Sakura.

Several of the songs have music videos on [YouTube](#), including "Team Wiped", "Out For Me", and "Burning Out."

Waiting For Your Colours is classic 90's pop punk—reminiscent of bands like Blink-182, Good Charlotte, and Simple Plan. The songs are full of bittersweet emotion, angst, and urgency. The super-relatable lyrics are an ode to the uncertainty and anxiety of young adulthood, and the struggle of finding your place in the world.

My favourite song on the album is probably “Out For Me,” a song that expresses the frustration of being stuck in a state of life that you're unhappy with, with lyrics like, “Too much time spent chasing dreams/All my friends got what they need/But I'm barely scraping/Maybe one day I'll break free/Escape the grip of poverty/But what I've come to learn is/Never bet on it.” Anyone who has ever experienced poverty, depression, or a combination of the two, knows the cycle of discouragement and negative thought patterns that come with it. I love that “Out For Me” doesn't try to tell listeners that everything will be all right—they simply sit with us in that feeling of hopelessness.

While the album doesn't have any acoustic tracks, the song “Kills the Love, Haunts the Free” is a slow, painful ballad that describes the heartache and grief of losing a loved one to cancer. It reminds me of “Untitled” by Simple Plan. I love the vulnerability of this song and I'm sure this will touch the hearts of everyone who hears it.

Overall, I seriously enjoyed *Waiting For Your Colours*.

Check out Chief State on [Facebook](#).

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

Beyond Literary Landscapes Satire

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 week's column serves as an introduction to the genre of satire, a reminder of some of the genre's classics, and as an inspiration for further reading.

Satire can be defined a literary or dramatic genre, “in which human or individual vices, follies, abuses, or shortcomings are held up to censure by means of ridicule, derision, burlesque, irony, parody, caricature, or other methods, sometimes with an intent to inspire social reform.” In

addition to literature and drama, Satire can be found in motion pictures, television, and visual arts.

Satire can be divided into three main categories, namely the sympathetic Horatian Satire, the harsher Juvenalian Satire, and the chaotic Menippean Satire. The main characteristics of satire include irony, wit, and exaggeration.

Examples of well-known authors who write in the Satire genre include Jonathan Swift, Miguel de Cervantes, Mikhail Bulgakov, and Joseph Heller.

Other examples include Joseph Conrad, Kurt Vonnegut, William Shakespeare, and Oscar Wilde.

What

Some well-known works include *Gulliver's Travels* by Jonathan Swift, *Don Quixote* by Miguel de Cervantes, *Catch 22* by Joseph Heller, and *The Master and Margarita* and *Heart of a Dog* by Mikhail Bulgakov.

Where

These works are set throughout the former Soviet Union, the United Kingdom, Spain, as well as fictional locales.

When

Many of these novels take place during the 15, 16, 20, and 21-centuries.

Why

These novels may be of interest for readers who would like to laugh, as well as learn about ways authors have sought to inspire ethical reform in society.

How

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

AU students interested in learning more about this topic may enroll in ENGL 307: A History of Drama - Part II: Modernist Theatre, a senior-level, three-credit course, "which examines the beginnings of Western modernism in plays of the nineteenth and twentieth century from Europe, Britain, the United States, and Canada." (Note that this course requires ENGL 211: Prose Forms and ENGL 212: Poetry and Plays as prerequisites.)

In addition, students may consider ENGL 324: Shakespeare I, a senior-level, three-credit course, which serves as "an introduction to the age of Shakespeare and his plays," as well as ENGL 325: Shakespeare II, a senior-level, three-credit course, which serves as "an introduction to the study of the plays and sonnets of William Shakespeare, focusing on his later works (tragedies, tragicomedies, and romances)." (Note that ENGL 324 requires ENGL 211, ENGL 212, or ENGL 325 as prerequisites, while ENGL 325 requires ENGL 211, ENGL 212, or ENGL 324.) 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

Rural Resiliency: Housing Development in Rural Communities

Wed, Sep 7, 10:00 to 11:30 am MDT
Online

Hosted by AU and the Rural Development Network
www.eventbrite.com/cc/rural-resiliency-speakers-series-888149
Register through above link

MBA for Executives Webinar

Thur, Sept 8, 10:00 to 11:00 am MDT
Online

Hosted by AU Faculty of Business
news.athabasca.ca/events/mba-for-executives-webinar-20220908/
RSVP through above link

All events are free unless otherwise noted.

Homemade is Better Bread Bowls

Chef Corey



If you are of a certain age, you might remember the Tim's commercials when they released their chilli. The actor was so excited about the dish and the fact that the bowl and chilli were both edible. This was my inspiration for this recipe. When I made chilli, it dawned on me that my kids have never had it out of a bread bowl. I told them about the commercial, and they were into trying it. I grabbed a few recipes for some guidance, then wrote this one with some basic direction from my baking classes many years ago. I was happy enough with the results that I wanted to share it.

The hardest part of making fresh bread is waiting. There is quite a bit of waiting involved when making bread products, and it's hard because what do you do with the extra time? One great way I know of to pass the time is reading more articles from *The Voice Magazine* and learning something new!

Another more complicated part is timing. When do you add flour? How do you know if you added too much or too little? Can you just add any ingredients to the bread?

How do you know if you've let it rise long enough? What to do if you're not sure if your bread is done?

Well, first, take a deep breath and breathe out slowly. I'm here to help, and so is YouTube! I've got answers for all those questions.

Flour – If the dough is still sticky and is not coming away from the sides of the bowl, you do not have enough. But don't add heaping amounts at a time; this is the temperamental part. Humidity comes into play when you are making bread products. If your home is humid, you might need more flour than your recipe calls for. The added moisture in the air will affect your dough, but you might likely only need one to two more tablespoons. If you live in a dry climate, like Alberta, you may add less flour than the recipe calls for. But here is the tricky part: how do you know how much less flour?

The answer is more straightforward than you might think. If your dough is tacky, meaning it feels sticky, but it doesn't coat your finger and you can work with it, then you've added enough. Equally, if the dough leaves some residue on the side of your mixing bowl that's a great indicator. Once you have added $\frac{1}{4}$ of the flour, let the dough absorb. Go slow and allow all the flour to be mixed in. If the dough is still very sticky, add a little bit (one to two tablespoons) at a time on low speed until the dough keeps its shape and is no longer sticking to the sides of the bowl. If you're doing this by hand because you don't have or want a stand mixer, you will look for similar signs. The dough no longer sticks to your hands, keeps its shape, and doesn't stick to the table as much. You want a little tack, but not so much that it leaves behind its dough residue.

The next question of how to know what you can add to bread is a relatively easy one. You can add lots of different ingredients to bread. I added a few herbs to these bowls to give it a slightly floral and herbal scent that would complement the chilli. You can add lemon zest, orange zest,

raisins, dried fruits, nuts, herbs, spices, chocolate, olives, pickles, cheese, etc. I think you get my point, and there is an extensive list of ingredients you can add to improve the flavour.

Question three, rising. Dough generally needs one to one and a half hours of rising in a standard kitchen during ideal temperatures—which are warm, but the dough will rise in any above freezing temperatures. I use my fridge for our pizza dough if I make it early enough, and I always get a great rise from my dough. You are looking for a doubling in the total volume of your dough. If you forget and it triples or quadruples, don't worry, it's okay. With bread you want to "punch it down," which isn't so much punching the dough as it is kneading it more to get some of the air bubbles out. In this resting phase, wheat flour develops its glutenous strands and gets that chewier texture. Once you've raised your dough, you punch it down, then split it into the portions you want. Then you let it rise a second time before baking.

And last, how do you know it is done? There are a few ways to learn.

One way I like is using a thermometer. I look for a temperature range of 200F to 210F (93C to 98C). I prefer this method only because it's the most accurate. But you can also use a toothpick. If the toothpick comes out dry, the bread is done. I highly recommend the thermometer, though.

Once your bread is done cooking, it is imperative to let it rest for 30 minutes at a minimum. Longer is better, but 30 minutes will suffice. For this recipe, though, you want to be able to handle the bread with your hands for a longer duration. So, give it 45 minutes to be safe. When it's cooled down, you can cut off the top, do not cut it in half. You want to remove about a two to three-inch diameter, circle then pull out the bread from inside. Now you have extra bread to dip in your chilli.

Recipe time, let's get to baking:

Bread Bowls

Ingredients:

12g yeast
1 tbsp kosher salt
1.5 tsp sugar
18oz warm water
4tbsp olive oil
5.25-6 cups of flour
1 tsp thyme
1 tsp oregano
2 tsp rosemary
2 tsp garlic powder

Directions:

- 1) Add your yeast, salt, sugar, and water to a mixing bowl. Allow the yeast to bloom for 10 minutes.
- 2) Add the olive oil and start adding the flour.
- 3) Mix the dough on low speed until it starts to look homogeneous.





- 4) Add more flour if needed, turn the mixer to second or third speed and knead the dough for ten minutes.
- 5) Add the herbs close to the end and allow them to mix in for two to three minutes.
- 6) Remove the dough and dough hook, then spray the mixing bowl with non-stick spray.
- 7) Form the dough into a ball and add it to the bowl so it can rise until doubled.
- 8) Punch down the dough and form it into six balls of approximately equal portions.
- 9) Place the balls onto greased baking pans and set the oven temperature to 400F.
- 10) Allow the balls to rise for another 30 – 45 minutes.
- 11) Place the trays into the oven and cook them for approximately 15 – 20 minutes.
- 12) Using a thermometer, check the temperature; you are looking for 200F.

13) Allow the buns to cool for 30-45 minutes, then cut off the first $\frac{1}{4}$ of the bun.

14) Empty the contents, and then spoon in your chilli.

15) Eat it all and 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.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Identifying as a student. A query about student ID is answered with instructions and links to request AU student ID.

reddit

They are AU exams, after all. A student realizes at the last minute that booking a time with an online proctor (ProctorU in this case) is only one element of the exam-booking process—the critical other step is booking the actual exam from AU. Responders help form a plan for next steps to get the exam booking back on track.

Twitter

@AthabascaU tweets: "You book your ProctorU exam. You prep all month. Then you sit down, ready to go but you didn't correctly book your exam. Not ideal. Here are four things you need to keep in mind when booking an online exam <https://athau.ca/3dW6tvw>."

Youtube

New AU student and digital marketing consultant **Tim Campbell-Smith** summarizes his experience applying for and getting started at AU, and adds tips for others considering doing the same, in the 18-minute [What to Expect When You Start at Athabasca University](#).

How to Control the Mind

Marie Well



We are meant for lives infused with joy, no matter what happens in our external worlds. And our thoughts are guiding lights toward that bliss. You are not your thoughts; your thoughts are drivers of your actions, so they must be controlled. The question is, how? I've found some answers that work for me, maybe they'll work for you too.

Meditate. Simply inhale through the nose, hold, and exhale through the mouth. (The nose acts as a filter to remove unwanted elements from entering the body.) This will relax you and stock up your body with oxygen reserves. You would quickly perish without oxygen, so the more oxygen supply you have, the more energy reserves you have. Deep breathing also enriches the composition of your blood. So, deep breathing has multiple benefits, including the ability to assist with relaxation and letting go of negativity.

Distract with something positive. Listen to the birds chirping. Sing a song. Dance. Think of your grandma's apple pies, do whatever it takes to feel happy and "in the moment." Just because a negative thought occurs doesn't mean it's meant to be part of your reality. In fact, the only truth you should experience is one of joy,

happiness, and love. Think only uplifting thoughts. It's the reality you deserve.

Talk to God or a higher power. You can talk to God anytime. But speak to him with joy and happiness. I'm sure he appreciates it. And by talking to that ultimate being of love, your spirit uplifts and worries fall away.

Do the opposite. If you're fixated on a negative thought about school, focus on an optimistic view. The balancing act is not meant to "balance" the negative with the positive. Instead, it's intended to replace the negative entirely with positivity.

Weed out anything unloving or unbeneficial. If a thought is infused with love from the soul and is beneficial to you, your loved ones, and even the world, then it's a thought worth having. If the idea is not loving and fruitful, get rid of it immediately.

Don't let thoughts snowball. Change or bypass them right away. But know unwanted thoughts happen to everyone. The trick is not acting on them or getting carried away, particularly if they don't evoke kindness or love. As soon as you catch a terrible thought, change the metaphorical channel.

Create a happy ending to those thoughts. Make that happy ending more compelling than the unwanted thought. Declare a statement that makes the negative avalanche lead to an upbeat, happy ending. For example, if your beloved mom passes, and many unwanted emotions overwhelm you, then think of a happy ending. Perhaps your happy ending is the thought of her watching over you as your angel.

Smile. Let out a power smile everywhere you go. Infuse it with love for everyone. I like to smile at people while thinking about how much their guardian angels must love them, assuming there is such a thing as guardian angels. If you don't believe in guardian angels, just think of how beautiful the person truly is, as everyone is an eternal expression of beauty, even when in the rough, in my opinion.

Be guided by big goals. If you have passion-infused plans, it's guaranteed they will keep you from tripping into unwanted thoughts. Big, glorious dreams will keep your motivation high and ensure you stay on the right path. Negative thoughts seem to fall away when the light shines on the desired goal.

Send love to all. Go within your beautiful soul and draw forth all the love you can imagine. Send it out to the world—shine it on everyone and everything which comes to mind. If you train yourself to give unconditional love, there is no shortage of love within you. And you can release that love right now to its uttermost heights with minimal effort. Try it! It's fun!

Everyone has things to work on, and stopping negative thoughts is one of them. Replace negativity with positivity, and feel your joy rise to its intended limitless heights. After all, unlimited love and joy are your birthrights.



Unearthing classic articles from previous issues of The Voice Magazine

The approach of Labour Day weekend marks a milestone in the year: the end of summer and the beginning of the traditional school year. Our writers past share opposing perspectives.

Bring it on! Janice Behrens anticipates the energy boost from crisp autumn air. "Autumn is a time when it actually feels good to bite off more than you can chew, to launch yourself into ambitious undertakings." [The Good Life – Looking Forward to Fall](#), September 2, 2005.

Make it stop! Barbara Lehtiniemi wants to backtrack to early summer, when there seemed to be more time for leisure pursuits. "I want to go back to those sultry July days when summer still stretched out before me—before that dramatic flip of the calendar page to August...I want more time." [Late Summer Lament](#), August 28, 2015.



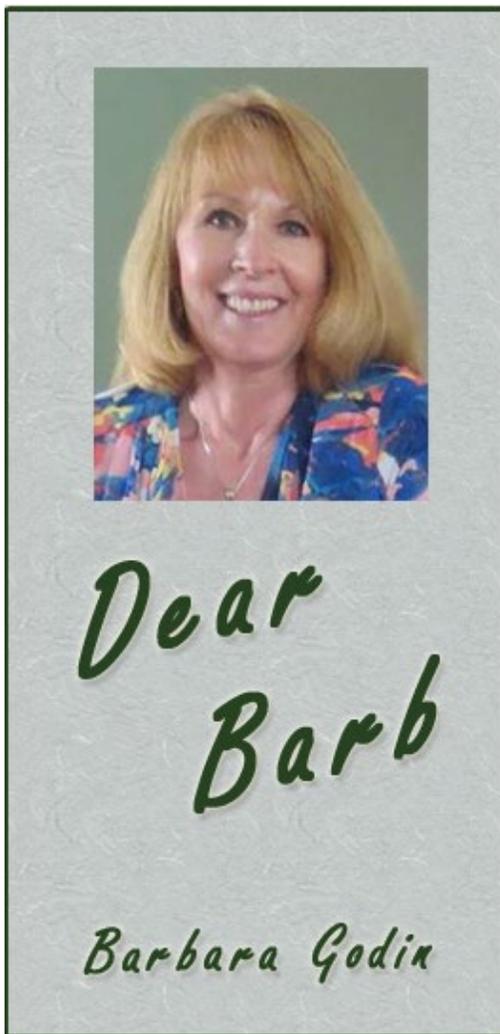
Parent Split

Dear Barb:

My husband and I separated after 10 years of marriage. Our son was seven years old at the time and I had been given sole custody. My ex had visitation with our daughter and that seemed to be going well for a while. But things changed when I began seeing someone.

My ex became angry and vindictive; sometimes he wouldn't show up for visitation, or he would take my son and not bring him back on time. I tried to talk to him about how this was affecting our son, but he would fly into a rage and say things like "this is what you wanted, you were the one that decided to end our marriage." I tried to ignore his words, but often I would get into it with him. Even though our relationship was strained, I tried my best to put our son's best interest at the forefront. When he became a teenager and I began having the normal teenage problems with him, I called his dad to help out. Unfortunately, he took that opportunity to entice my son to move in with him. My son completely cut me off and would not speak to me. I was heartbroken. His Dad allowed him to do as he pleased, provided a car for him and all the freedoms a teenager wants. My relationship with my son never really healed after.

Why do some parents use their children to hurt the other parent? Can you provide some insight into why this happens and perhaps something that can be done about it?



Thanks, Laurie.

Hi Laurie:

You are in a difficult situation. Often when family separation occurs everyone picks a side and at times parents expect their children to choose sides as well. A parent may try to accomplish this by destroying the relationship with the other parent. This may be done through manipulation, brainwashing, or lying about the other parent. Undoubtedly this will harm the child's relationship with the other parent and may even result in psychological damage to the child. Your relationship with your ex must now change from parenting as a couple to co-parenting separately. Co-parenting focuses on strictly what is best for the child.

It is necessary to keep all emotion out of your relationship with your ex. When you need to meet, choose a neutral place, like a coffee shop. Do not discuss any details of your personal life. Keep the discussion about parenting. This transition will take some time to accomplish. If you find you cannot achieve this level of parenting, then you may want to contact a parenting coach. Your family doctor or legal advisor can refer you to someone in your area. Best of luck Laurie.

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.

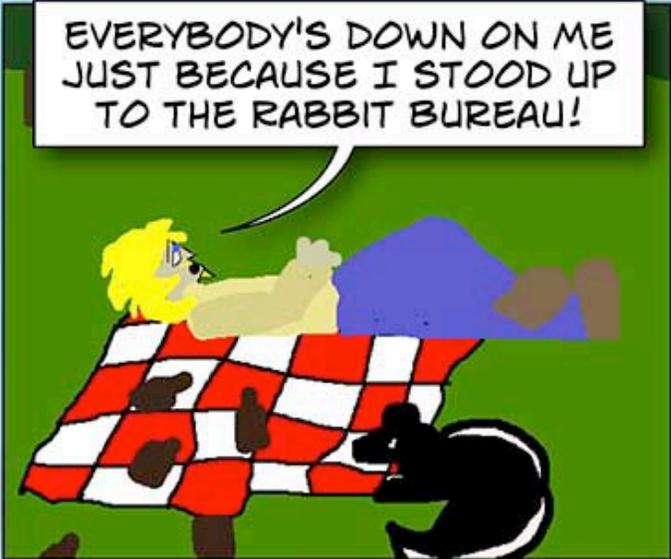


Poet Maeve
Standing Up to the Rabbits

Wanda Waterman



I'VE BECOME A SOCIAL LEPER!



EVERYBODY'S DOWN ON ME JUST BECAUSE I STOOD UP TO THE RABBIT BUREAU!



POOR YOU.



I KNOW, RIGHT?
I MEAN,
WHAT ARE THINGS
COMING TO?!



IT'S LIKE
A WHITE GUY CAN'T EVEN
FOMENT VIOLENCE
ANYMORE.



EXACTLY!
WAIT— WHAT?



UPDATE

COMMUNITY. RESOURCES . SERVICES

Let us know how tuition & fee increases have impacted your university experience at AU.

- How:** AUSU Town Hall meetings
- What:** Tuition & Fees discussion
- Why:** preventing future increases
- When:** September 12, 2022 @ 5 pm MT
November 7, 2022 @ 5 pm MT
- Where:** virtually on Zoom

Did you know that AU students have experienced 3 years of tuition and fee increases? AUSU will be attending future Tuition and Fees Consultations with AU and we want valuable feedback from the undergraduate student body.

[RSVP for Town Halls](#) on Eventbrite.

Tuition & Fees

AUSU TOWN HALL

FREE & OPEN TO ALL AU UNDERGRADUATE STUDENTS

- **Sep. 12**
5:00 pm MT
on Zoom
- **Nov. 07**
5:00 pm MT
on Zoom

Did AU Know?

You have access to AU's Education and Career Planning Services!

Define your career goals and plan the educational path to reach them. Are you on the right career path? Are you thinking about changing directions? As experienced advisors for education and career planning, we are able to offer you helpful insights, tools, and resources to clearly define your goals. A career plan, much like a roadmap, will help guide you on a journey to self-discovery.

Check these services out at athabascau.ca.



We are closed.

Labour Day September 5th

Have a safe weekend!

Provided by

ausu@ausu.org



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.

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