



THE VOICE

Vol 30 Issue 36 2022-09-16

Any Questions?

Confronting the Impairment of What If

The Best Society Has to Offer

The Problem of Bill 21

Learning a New Language

The Trips and Tips

Plus:

*FotW: Eyes Up Here, Royalty And Attention
The Crazy World to Come: Web 3.0
and muchmore!*



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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 Breaking News

Karl Low



This week, we're changing things up a bit, as you'll notice we don't have our student interview Minds We Meet, and that's because of students like you. Or more specifically, because of a lack of students like you. If you don't know, we like to present an interview of a new student each week, it helps give us a sense of community both for Voice Magazine readers and AU students in general. And it gives me a reason to have some fun Voice swag sent out to students. But this week, we've simply run out of student who want to be interviewed. This means it's a great time to jump in, as you can expect your interview to show up very shortly after you give it, and you can proudly tell people that you've been published!

So if you're willing to share your story, get in touch with mwm@voicemagazine.org. Who knows, you could be featured in a future issue, help form the AU community, and get some nifty goodies at the same time.

And while we're asking about you, this week our feature article is one from Elisa, where she asks you the burning question, what should we do? Is there some aspect of the experience of disabled people you've wondered about but never really had anybody to ask? Well now you do. Or maybe you've got some suggestions about other topics she might be willing to take on. If so, check out her article and drop us a line through the email link there.

We're also featuring an article that gives us a bit of insight into our Minds We Meet interviewer and her experience with learning new languages. She also has some tips that might be able to help you learn a new language as well. Having a second language is almost always a bonus on your resume, as it means there are that many more customers you can speak to, so it's worth a read.

Plus, Alek returns this week with a quick look at Bill 21 in Quebec, and how it affects "The Best Our Society Has to Offer".

But beyond the features, our regular writers have put together some good stuff as well. In particular, don't miss out as Marie Well makes some predictions about the upcoming metaverse, and what we can do to get prepared. I don't know how accurate her predictions will be, but it's got some interesting ideas of ways you might gain some new skills that won't hurt even if Web 3.0 never fully comes to fruition.

Also, the Fly on the Wall uses the recent news of the death of Queen Elizabeth II and the instantaneous transformation of Charles from Prince to King as inspiration for his latest foray into how all things relate to AU in one way or another.

Of course, we also have music reviews, a recipe from Chef Corey that, frankly, I think looks delicious, advice from Dear Barb, scholarships, events, social media reports and more. Plus, Xine Wang has an article about why we shouldn't shirk on vacations, which makes for a great segue for me to let you know that there won't be a Voice Magazine at the end of September, as I'll be taking a brief break to celebrate my latest trip around the sun. September 30th would have been the last Voice Magazine of September, but now, instead of layout and editing, it's going to be about birthday cake and, well, birthday cake. Do you really need anything else?

At any rate, enjoy the read!

A handwritten signature in black ink, appearing to read "Karl".

Any Questions? Confronting The Impairment Of What If.

Eliza Neven-Pugh

Opening The Floor For Discussion



What if ...? In my opinion, this question is the biggest impairment that people in society find themselves with. Especially when it comes to following our dreams or interacting with people who are different than us.

What if I'm wrong? What if there's no resources? What if I'm missing out?

We all do this several times a day. It's no wonder countless philosophical and sacred texts talk about overthinking as a detriment. How many times have you wanted to do something and then thought of everything that could go wrong? Not to say that we are not supposed to consider options; this is also a problem, but we can't let overthinking paralyze our experience to the point where we have none.

Here's an example: you may have trouble knowing what to say to someone in grief or a disabled person. In my experience we do one of two things—we either avoid the person or situation like the plague or perhaps, if you have a helping spirit like me, you may say something that was meant well but unsolicited. For example, “they are in a better place,” for the first instance of grief, and assuming mental deficiency in the second (and while I appreciate being called sweetie and inquiry into how I am, frustration arises when the presentation is more suitable for a two-year-old than a university student). Yet, I have also done this in novel situations.

The trouble is that if we screw-up, or think that we might, we tend to overthink every helpful action following--at least it is that way for me. In this way, we inhibit real assistance because the person feels overwhelmed by preamble rather than open to receiving help. Or maybe we don't help at all.

So what do we do? This powerful question may be the answer.

“What do you want me to do?” This puts the power in the persons own hands. When it comes to simple conversational situations. As in the case of conversing with someone like me, keep the question, just use a normal tone.

Above all, do not make assumptions in either case. That is because if we get it wrong it will feel embarrassing, but all we can do is learn and move forward whether that be in personal endeavour or interpersonal relationships.

However, I cannot ask you to do something if I do not do it myself. Therefore, I am wondering if you, yes, you reading this right now, have any questions for me on disability experience or concerning personal preference to formulate my next few articles. I do this because I believe advocacy does not begin with monologue but dialogue. This allows for similarities to shine through rather than focussing on differences caused by appearance.

So, with this in mind, any questions?

The Best Society Has to Offer

Alek Golijanin



Sometimes all it takes is driving a family member to the hospital to be reminded that our healthcare system is reflective of the best our society has to offer. What a person experiences during their time at the hospital reflects people, across all lines of difference, working toward a common goal: caring for people until they get better.

When I was at the Ottawa Hospital a few weeks ago, I was sitting bedside to a family member who was in critical condition. Some of the nurses and doctors looked like me; others did not. There was one young female doctor I was speaking to who also happened to wear a hijab. That interaction was nothing new to me, I grew up around and interacting with boys and girls from all walks of life, but it reminded me of something: Quebec's Bill 21.

For those that are unfamiliar with Quebec's Bill 21, it is a religious symbols law that attempts to promote a secularist society. Since much of Quebec's 400-year

existence is intertwined with Roman Catholicism, elements of that religion were not limited or prohibited by the new law in ways that religious practices of Muslim, Jewish, Sikh, and other minorities were. The law prohibits public sector employees, including elementary and high school teachers from wearing religious symbols.

When it comes to public services like healthcare, the law mandates that they must be delivered with the face uncovered. Although headwear might be banned for educators it appears to be allowed for healthcare workers as long as they do not cover their face. The distinction between educators and healthcare workers that was created by the policy makers who tabled this legislation makes little sense.

Returning to the hospital scenario, if we reflect on the workings of the hospital's delivery of care model, you quickly realize that nobody pays attention to the superficial differences that policy makers want us to believe are a major point of contention. That young female doctor that I was speaking to, who also happened to wear a hijab, was evidence that our society is better off when it empowers individuals like her to believe that they can become a doctor and for the subsequent contributions individuals like her will make to the common good. This should be a no-brainer, but unfortunately it is not.

The problem with Quebec's Bill C21 is that it gives rise to the wrong ideas, and we know just how dangerous wrong ideas can be. The specific idea upon which Bill C21 tries convincing Canadians, specifically Quebecois, is that individuals with visible differences could never possess the cognitive abilities or shared values to serve in public sector roles. These types of 'laws' are rampant in 'countries' around the world, which repress ideas that threaten their power, religion, ideologies, and re-election chances. However, the only thing that the act of repressing other peoples' expression of self will ever be is a sign of human weakness and an intolerance of ideas.

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



Learning a New Language

Natalia Iwanek



Learning a new language—at home or abroad—is a privilege that often requires ample time set aside for study, not to mention financial stability. This is something many newcomers and immigrants, my own family included, are not often afforded. However, during my years as a young settler, my learning curve was not as steep. Children possess a sense of ease and spontaneity when learning languages, as opposed to being overwhelmed by complex grammar rules or feeling any sort of shame for making errors.

I was fluent in three languages simultaneously before the age of seven, and this multi-lingual upbringing left me with a lifelong fascination with languages, idioms, regionalisms, and quirks that make each language so unique. As a result, I approach languages with a deep respect, understanding how difficult they are to

learn, and how inextricably they are tied to history, culture, and often, struggle.

Despite this fluency, I am not a talented polyglot. In fact, I am quite the opposite; in my later years, I have found learning additional languages confusing, challenging, and labour-intensive. They also require two crucial aspects that escape me to this day—the ability to speak without inhibition and, most importantly, to laugh at the inevitable, and often mortifying, errors.

Like most of those living in Canada, I studied French throughout my early school years and well into my university studies, however, I never achieved fluency. Instead, I was drawn to Spanish, slowly teaching myself through language textbooks and dictionaries.

Fifteen years ago, armed with what I believed to be a sufficient vocabulary of common nouns, adjectives, and a few popular phrases and questions, I found myself crossing the border from Costa Rica and continuing onto the mountains of northern Nicaragua, where I became woefully aware that my language skills were lacking, to say the least.

Several months later, I began formal studies with private lessons in San Salvador, El Salvador. However, my turning point was relocating to Buenos Aires, Argentina for several months, and enrolling in formal Spanish classes, where I truly began to form coherent sentences. I began private lessons once again in the western highland town of Quetzaltenango, Guatemala, or as it is known locally, Xela.

Tips During Travel

During travel, the one thing that has helped me most is attempting to navigate unfamiliar spaces—taking local transit, including buses, camionetas, picops, micros, tuk tuks, boats, and ferries, and all the transit variations you will find throughout Central and South America.

During my months in Xela, private instruction, as well as a local homestay, helped me progress a great deal. In addition were *intercambios*, which are language exchanges that take place in parks, in cafes, and in restaurants. In this reciprocal agreement, participants chat in Spanish before switching to a conversation in another language, whether it be English, French, or even Ukrainian.

I found stepping out of one's comfort zone helpful, which could include joining a sports team or a dance class. For myself, stepping out of my comfort zone meant hospitalizations abroad, something that, hopefully, can be avoided by most travellers. However, the wonderful care provided, and the time spent immersed in a Spanish-language environment, allowed me to come away whole and with an impressive medical vocabulary.

Tips While at Home

Although my journey to fluency was admittedly aided by travelling and moving abroad, this option is not feasible for many individuals, whether due to economic issues, as result of their passport power, or because of ongoing pandemic restrictions. For those who cannot travel often, those who can only travel for finite amounts of times, and for those not able to travel, it is still very possible to learn a language in your home country.

My top recommendation is to find the above-mentioned *intercambios*, or language exchanges, in your local city or online. Private and group lessons are also likely available in your own home country. Many Central and South America schools now offer lessons through Zoom and other online platforms. Language apps can also be used, although I do not personally find them too helpful at more advanced levels. However, they are great for beginners.

University classes are incredibly helpful. Here at AU, six SPAN courses are offered, ranging from SPAN 200: Introductory Spanish I all the way to SPAN 400: Advanced Spanish Grammar I. On a personal note, I have taken many SPAN courses at AU and would highly recommend them.

For especially confident learners and those who complete advanced courses, consider taking a Spanish language proficiency test, such as DELE or SIELE. Various proficiency levels are available. These tests are available in major Canadian cities at set times during the year, as well as globally.

Other forms of immersion include cultural activities, music, literature, and television shows. Telenovelas, comedies, and dramas are easy to follow, including those who would like to hear the various accents throughout the mountains and coasts of Colombia, or southern, central, and northern Mexico. In addition, I would recommend Guatemalan author Miguel Ángel Asturias for more advanced readers, Colombian author and journalist Gabriel García Márquez for medium to advanced readers, and Spanish translations of Brazilian writer Paulo Coelho for beginners. (Some of these novels are read in their English translations in ENGL 458: The Latin American Novel.)

My final tip is not to get discouraged. With each new course and with each new conversation, you will find yourself gaining increasing fluency. With each trip to a new country, a new region, or a new city, your comprehension will improve. Your skills will ebb and flow; you will stagnate, you will regress, and then, when you least expect it, you will speak with confidence and clarity.

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



Five Tricks to Calm Stress and Anxiety Fast

Jessica Young



We live in a stressful world. Many of us are university students while also juggling work, family, children, and whatever else life throws at us. Everyone experiences bouts of circumstantial stress and anxiety, while others deal with chronic stress or generalized anxiety disorder. Whichever category you fall into, everyone sometimes finds themselves in situations where they need to calm themselves down quickly.

Here are some tips to deal with stress and anxiety fast, whether you're trying to keep your cool with a screaming child or calm your nerves before an exam.

Box Breathing

Box breathing is my favourite calming tool, and a technique used by the Navy SEALs!

Begin by taking a deep breath in for 4 counts. Hold that breath for 4 counts. Breath out for 4 counts. Hold for 4 counts again before taking another deep breath in. Repeat this as many times as you like. Personally, I usually find by the fifth cycle of box breathing I'm already feeling much better.

Remember—when doing box breathing, or any breathing technique, it's important to make sure to breathe into your belly, not your chest. You can place a hand on your stomach and feel it expanding and contracting while breathing to help you.

4-7-8 Breathing

This breathing technique is similar to box breathing, but slightly more advanced (and perhaps more difficult to remember in a time of panic).

You begin by breathing in for 4 counts, holding it for 7 counts, and breathing out for 8 counts. Repeat as many times as you would like. Again, ensuring you are breathing into your belly.

5-4-3-2-1 Grounding

This technique involves using all of your senses to bring you back to the present—otherwise known as grounding.

Close your eyes and take a few deep belly breaths. When you open your eyes, look around and name five things you can see, four things you can hear, three things you can smell, two things you can taste, and one thing you can feel. It's preferable to name the things out loud, but saying it in your head works too if you're in public!

Hold Something and Focus On It

Pick up a small object. Hold it in your hands. Turn it over, feel the rough edges, the smooth surface. Focus all your attention on this object. Describe the object in extensive detail (either aloud or in your head). Try to find a name for the exact colour (is it sky blue or ocean blue?), notice every pattern or imperfection, or try to estimate how many centimeters long it is.

Some people like to choose “comfort objects” to have in their home for this purpose, such as gems, a fidget toy, or a stuffed animal. Others like to attach the object to a keychain or keep

something in their pocket so they can utilize this technique on the go. If you don't have a specific item at the ready, any object that's nearby will work. I've personally done this technique with my cell phone, a water bottle, my keys, or even my debit card.

Again, the point to this exercise is to bring your mind away from the intense emotions and back to the present moment.

Move Your Body

When dealing with stress or anxiety, some people may have a hard time doing any of the above exercises because they feel that they are bursting with nervous energy. If this is you, try taking a brisk walk, stretching, or doing some jumping jacks first. Sometimes, simply getting up and moving to a different location, stepping outside, or doing a small task (pouring a glass of water, grabbing a snack, opening the curtains) can be helpful.

It's important to note that these are not long-term solutions. If you're feeling as though your levels of stress and anxiety are interfering with your life, it might be time to speak to your doctor or a mental health professional.

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



Why Vacations are Good for You

Xine Wang



The Oregon coastline is an incredibly understated destination.

Taking vacations and time off is often frowned upon in the working world. It's associated with laziness, lack of work ethic, and lack of willpower. But there are so many reasons why it's important to take time off and so ask for time off in a strategic and acceptable way.

Of course, sometimes, when employees are off for multiple weeks it can put others in the same team in a difficult situation. It can increase the stress and workload for others, especially if the team is small. However, I recently took a five day trip to Portland, Oregon, for a change of scenery. Pre-vacation, I was having trouble sleeping, not able to focus and even had a lack of appetite. Burn-out is not something that happens overnight, but is the product of accumulation of smaller stressors, irritations that become bottled up for too long. While everyone's bs-capacity is different (I call it the bs-capacity for the amount of irritations one is able to handle), there is a limit for everyone, and it's good to identify that early on to prevent the burnout after-effects we're familiar with.

Vacations are a change to our routine

Even if you're a control-freak and try to plan every aspect of your vacation, there's still a degree of surprise. We don't know exactly how the road trip will turn out or how the "planned destination" will look. In fact, what you see on google images when you search for a destination can be entirely different in person. When I stood on the beach on the Oregon coast, I tasted the salty sea air, I smelled the fishy seafoam and I felt the breeze of a chilly coastal morning. For me, personally, because work and school can be highly structured, I do a rough plan of the day on my vacation but don't plan for where to eat or when to wake up. That's the best part of unplugging from routine.

Vacations help improve creativity

As a very creative and artistic person, I love working on side projects—whether it be writing an article or improving my home garden. When work or school stress becomes overwhelming, I feel defeated before I even start on anything creative. When I get to the project, I get a sense of mental block that makes me unproductive for hours. My most recent vacation sparked new ideas and gave me more breathing space to think outside of the box.



After a long day of feeding alpacas, exploring the coastline and visiting a cheese factory, I slept the best I had in 2 weeks.

Vacations improve sleep

One of the common complaints I hear working in a healthcare field is the complexity and bustle of everyday life causing unprecedented levels of insomnia in this generation. Of course, when we think about it, we're surrounded by technology that enhances our productivity but is also available 24/7. Ironically, this means that instead of freeing up more time for us, technology sometimes creates more work for us. Work that is never-ending. It starts when we see the first notification on the phone and ends, well, it only ends if we put our phone on "do not disturb". Hence why vacations are important. During the day on vacations, we go on excursions and see new places. At the end of the day you're exhausted from the excursions but in a good way! I still remember the feeling of barely remembering what it's like to work during a vacation.



Walking through this mini bonsai garden relaxed me so much, as soon as I got back to the hotel I had new ideas for new projects I wanted to pursue.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Pretty Photoshop Actions Scholarship

Sponsored by: Pretty Presets & Actions

Deadline: October 15, 2022

Potential payout: \$500 USD

Eligibility restriction: Applicants must be high school seniors, or enrolled in or planning to enrol in university or college in Canada or the U.S.

What's required: An email with contact and academic info, a headshot photo of yourself, and an essay-style Adobe Photoshop tutorial of 800 to 1000 words on one of five given topics.

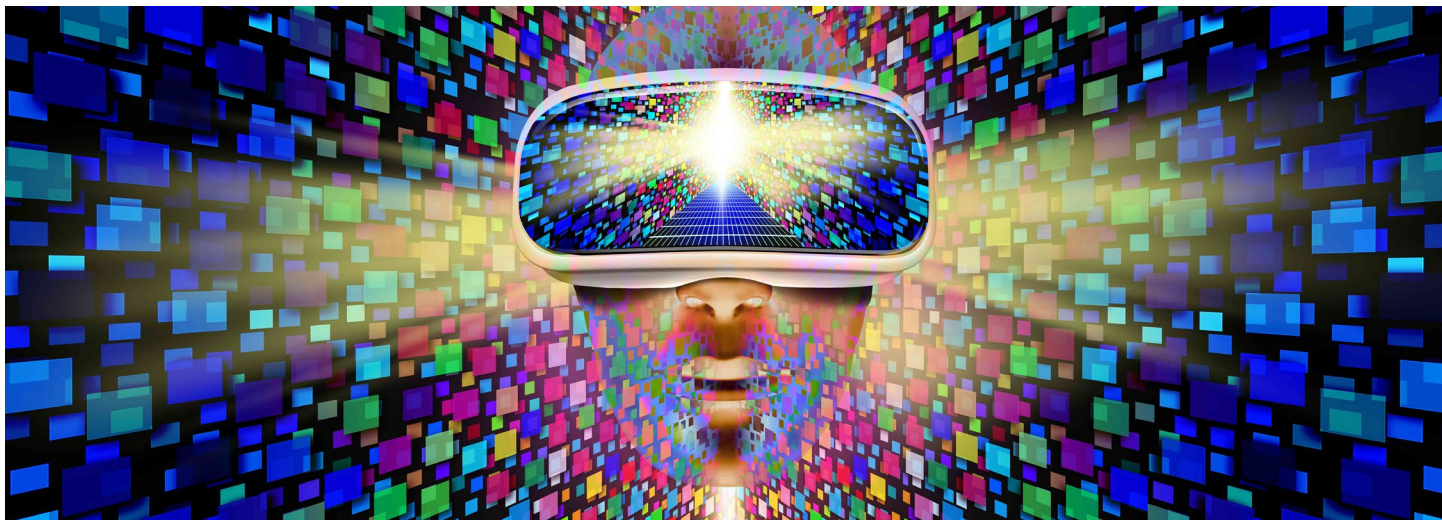
Tips: Read the Entry Requirements section carefully for info on essay structure and content.

Where to get info: www.lightroompresets.com/pages/pretty-photoshop-actions-scholarship-program



The Crazy World to Come Web 3.0

Marie Well



I thought I was an early mover to Web 3.0 with my endeavor to create NFTs, which stand for non-fungible tokens. But now I realize I've fallen behind, and I urge you to get familiar with Web 3.0 and the Metaverse fast if you want to be a player in this revolution. But first, know that the metaverse is not yet fully defined or clear. Instead, it's evolving like a morphing beast.

Businesses are moving onto Web 3.0 and the Metaverse. These terms are often used interchangeably. It turns out that people are just as vain in the digital world as they are in the real world. For instance, gamers and Metaverse participants will pay thousands of dollars to own a digital image of a designer purse, shoe, or piece of furniture. Showing off their items, even if they are digital representations, highlights status in the metaverse or gaming worlds.

I peered at job postings for people with skills related to the metaverse just yesterday. I didn't do this because I plan on leaving my company. No, I plan on staying with my company forever or until the owner fully retires. So instead, I did this to see what skills I need and what trends are hot in the metaverse.

What I discovered is that hyper-reality TV is under development. Yet, I don't know what hyper-reality TV is. I believe that it involves augmented reality and virtual-reality.

So, what are augmented reality (AR) and virtual reality (VR)? Augmented reality is taking the natural world and adding virtual digital objects. Or it's taking the natural world and replacing it with digital entities, such as taking a streetlamp and turning it into a giant scathing lizard.

To explain augmented reality further, you might wear a visor that reflects virtual objects into your range of vision. Then, you can move those virtual objects with your hands. Sensors will detect your hand movement, and the digital 3d image will move accordingly.

Virtual reality is a universe separate from the real world. It comes alive with the aid of goggles, gloves, visors, suits, or other implements.

Some virtual worlds sell land ownership, too. People are spending upward of \$100,000 for plots of land in the metaverse. Businesses are buying land and creating storefronts, too. Another big business moneymaker is advertising on digital billboards. Buy digital billboards now if you can. They'll be worth something tomorrow.

Concerts are being held in the virtual universe. Snoop Dog is a big player in this, and Justin Bieber and other celebrities are up-and-coming.

One virtual world is based on Google Maps. It's a virtual replica of this world, and your house is likely in it. To clarify, I'm not 100% certain whether it's a virtual or augmented reality version of Google Maps. But it makes the most sense to replicate the real world via Google Maps to have digital virtual animations, people, and objects co-existing in our daily lives. When we walk out of our homes with AR goggles or a similar device, we could be greeted by a fantasy land tied to a specific augmented reality world. Widespread adoption of augmented reality may be almost a decade away. Widespread adoption of virtual reality should be here sooner—possibly by 2024.

So, what will I do to jump on the metaverse Web 3.0 bullet train so I can be a player in this realm? To start, I'm going to register for the crypto conference Michael Stelzner of Social Media Examiner is selling. I will also listen to their crypto podcast daily as I work. I'm also enrolled in a Udemy course to learn software called Unity for gaming, 3d, virtual reality, and augmented reality creation. Finally, I'll also be hiring one coach twice a week to teach me Unity and another to teach me the basics of cryptocurrency (digital money).

Colleges are offering diploma-based two-year virtual and augmented reality programs. Furthermore, the job market pays upward of \$40,000 for business developers or programmers of multiverses. I saw one job that offered close to \$200,000, but you needed to know your stuff to apply. I believe demand for these roles will increase the salary over time and then taper off as the talent pool becomes saturated.

I'm revealing these options so that you consider adopting one—especially if you're enrolled in marketing at AU. It's time to jump on the bandwagon because the dawn of a wild, new reality is swiftly arriving.



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

The GPA variations. Answers to a query about GPA clarify that Program GPA includes only courses applicable to the student's program while Transcript GPA includes every course taken, whether applicable to the program or not.

Discord

Who let the zucchini in here? Conversations about funding, submitting course work on the final day, and MuchLearning are overtaken by an extensive thread on zucchini recipes.

reddit

The library comes to you. AU Library joins the student-run subreddit feed and schedules an Ask-Me-Anything event for Wed Sep 21. Any registered users of the [AU subreddit](#) will be able to ask questions of the AU Library starting from noon MDT.

Twitter

[@AthabascaU](#) tweets: "ICYMI: [#AthabascaU](#) is very proud to announce that the 2022/23 Writer-in-Residence is Myrna Kostash. Kostash will devote most of her time to writing while also serving as a resource to [#AthabascaU](#) learners, faculty, and the writing community at large t.co/z5ycKTgz2l."

Fly on the Wall

Jason Sullivan

Eyes Up Here: Authority, Royalty, and Attention Span



In a timeless instant, simultaneous and thereby immeasurable, a Queen passed away and a King occupies the throne. This instant transfer in power serves as a reminder that, lest we forget the centuries of history that have culminated in our *clickbait* culture, aversion to even a moment's pause weighs heavily on many institutions. Ambiguity breeds discontent in politics as well as in schooling and maybe, just maybe, in life itself.

Royal succession's clockwork procession may serve as a reminder that our brief and newt-like attention spans are the product of a human tendency to avoid limbo—lest chaos ensue. A case can be made that protocol, in our case taking the form of a relatively rigid study schedule, is all that prevents us from regressing into illiteracy and

an intellectual form of what kids today call *goblin mode*. We're better than mental sloths but the fact's in our acts, right? While attention spans and deferral to authority often go hand in hand, think of how much effort elementary school teachers give to keeping the class in order. Being there and paying attention do not go hand in hand, see? Maybe that's why there's that meme noting that the past is past and the future to come while the gift is in the present and that's where it gets its name. Or something like that; it's not like I was taking notes for an exam.

Where power is concerned, the grace of a period of pause is often seen as less than noble. In our studies we are wise to likewise avoid gaps between, lest our lesser impulses seize the day. Priorities are key too. In 1987, my Grandpa gave my siblings and I a shiny new coin: the *loonie*! Newly minted, it led me to ask what would happen with those drab old dollar bills. They would slowly be phased out of circulation as no more were made, was the answer. After all, smooth transitions in money mean nothing can stop the flow of things as they are. Like housing costs lashed to a white whale of profit and invisible hands in the marketplace, literal money is seen as impervious to quick, dare one say revolutionary, changes. Appearances are everything, and where a Royal family must seem stable in one way, the magical mystery tour of capitalist currency must maintain confidence in quite another. There will always be death and taxes, goes the proverb.

Just as having a singular ruler on a throne is core to monarchist ideals, so too do we have to, in many moments, put our studies ahead of other masses of time-passing options clamouring for succession in our hierarchy of interests. At AU, our individualized studies mean we are at once taskmaster and pupil, sovereign and subject.

Eyes up here, a phrase used by primary school teachers to encourage kids to play the part of a rapt student body, regardless of their inner states of mind, serves to remind us that attention and deference to protocol are part and parcel with performance as well as results. It's like if you sit at your desk with nary an internet browser open then sooner or later you might get some actual AU coursework accomplished. Discipline is for our own good if we are to become sovereign over *our* domain. To comply with our best desires and become academically successful we have to think like bosses over our more vulgar tendencies.

Attention span is not easy in these times, yet, ironically, it's never been easy to allow ambiguity to carry the day—as the instant ascent of King Charles shows us. A study notes that, contrary to the whopping nine second attention span of a garden variety goldfish (the kind easily replaced in

a jiffy if it dies and upset children are to be placated), humans today tend toward only an eight second attention span (Ebstein, online). Try writing a good essay answer in that time, let alone a good exam response. What's disturbing and bucks the trend of limited attention being kith and kin with life itself, be one a royal ascendant or a royal stable-shoveller, is that as recently as the year 2000 we ostensibly possessed a swarthy twelve second attention span. But wait, there's more: "males (33 percent) had a better attention span than females (31 percent). On a positive note, the researchers found the ability to multitask has significantly improved" (Borrelli, online). Make of that what you will but perhaps bear in mind that to really dig into a unit in our coursework we have to give it all of our reading eyes and interpreting mind. Short of a podcast, not many household tasks can easily cohabitate with the act of reading and thinking.

From the instantaneous moment of transfer from Queen to King we may conclude that our personal realm can shift focus just as quickly. There is never, and I do mean never, a wrong time to conduct our studies. Except, perhaps, if we are in the minds of another beloved commitment. Candles lit, wine poured, and dinner about to be served with the love of your life? Not the time to bring a textbook to the table or scrawl a few epiphanies onto a sheet of paper stashed under the tablecloth. Protocol can make life smoother, and transitions can as well; having our weeks and hours outlined with some sort of agenda can help ourselves and our families understand what our goals are.

Likewise, to avoid any conflict over who is next to wear the royal garb, monarchies like to have a swift shift so as to get on with their work, but, equally important, to avoid averting conflict that could become an existential threat to their institution itself. Like falling behind in our coursework and clawing our way back over week after stressful week, the best defence against difficulty is a good offence and a good plan. And hey, if the news cycle can teach us one thing, it's that the moment an event happens it is already almost old news; remember the day before the Queen died and almost a dozen innocent civilians in Saskatchewan were stabbed to death by deranged maniacs?

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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.

AU-thentic Events

Upcoming AU Related Events

Environmental, Social and Governance: Reclamation in Canada's Oilsands

Tue, Sep 20, 11:00 am to 12:00 pm MDT
Online

Hosted by AU/ARBRI and Canadian Natural Resources
news.athabascau.ca/events/environmental-social-and-governance-reclamation-in-canadas-oilsands/
Register through above link

Medicine Wheel Teachings by Elder Cheryle Chagnon-Greyeyes

Tue, Sep 20, 5:00 to 6:00 pm MDT
Online via Zoom

Hosted by AUSU
www.ausu.org/event/medicine-wheel-teachings-by-elder-cheryle-chagnon-greyeyes/
RSVP through above link

MBA Application Webinar

Wed, Sep 21, 10:00 to 11:00 am MDT
Online

Hosted by AU Faculty of Business
news.athabascau.ca/events/online-mba-application-webinar-20220921/
RSVP through above link

Rural Resiliency: Encouraging Rural Immigration & Welcoming Communities

Wed, Sep 21, 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



Homemade is Better

Stuffed Chicken Breasts with Rosé Fettuccine

Chef Corey

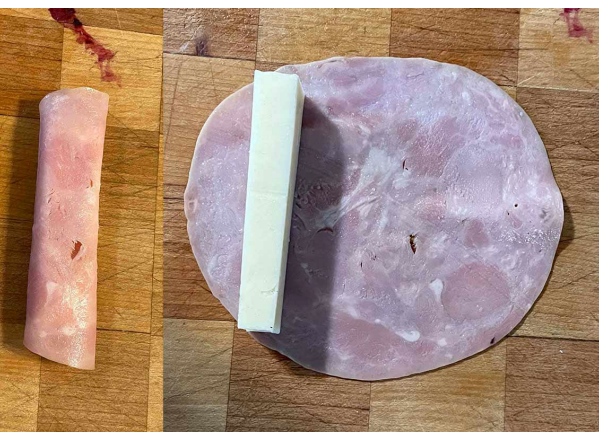


If you've ever had cordon bleu—chicken stuffed with ham and cheese, breaded, and pan-fried—you'll recognize part of this. I wanted to make a variation on a deconstructed cordon bleu and decided that instead of having a breading I would use prosciutto. I paired it with fettuccine and a rosé sauce because I liked the idea of having a stuffed chicken breast with pasta, and I've not made a rosé sauce that I can recall; I mean, after more than 100 recipes, some of them blur.

The trick with stuffing a chicken breast is ensuring that you make enough space inside without cutting through. You want to make a pocket, but it doesn't have to be that wide, just long enough that you can get the stuffing in. I use my boning knife, but understandably not everyone has one of these, so a paring knife will suffice. You want to cut a pocket from the back (the rounded edge) to the front (the point). You only need enough space to get the ham

and cheese to fit without sticking out. Once you learn how to make the pockets the sky is the limit as to what you can put inside to create a delicious masterpiece. Ham and cheese are just the beginning, you can add compound butters to make chicken Kiev, or different cheeses like Swiss, Emmenthal, Oka, or a flavored cream cheese.

I mentioned earlier that I tried to make a variation of chicken cordon bleu, and while making it I was struck by the history of the dish. I thought cordon bleu was much older than it seems to be. The dish is thought to originate in Brigg, Switzerland. This shocked me! I thought, based on the name, that this dish was French. It turns out that the cook who invented the dish was just trying to make her supplies last longer. After a tourist group showed up, she was afraid of not having enough for everyone, so she added ham and cheese to stretch her portions and feed everyone. The owner is said to have offered her the Cordon Bleu, or Blue Ribbon which is a high honor to chefs in France. The blue ribbon symbolizes a great chef. The cook turned down the honor but instead suggested the dish be named cordon bleu.



So there we have it, it's a Swiss dish with a French name and it was a highly sought menu item during the 60's, 70's, and 80's. Not many restaurants make it on their regular menu now, not because it's a difficult dish to make, but, anecdotally, it lost its popularity from people having it so much. It is also mass produced now, making the dish bland and boring. It's not as unique as it once was, and restaurants typically don't

want to make it due to its labour intensiveness. It requires the cook to butterfly a chicken breast, pound it thin, layer Swiss cheese and ham. It gets rolled up, breaded and fried or baked. But these days, we can go to the local grocery store and grab some that were frozen in a factory somewhere.

I chose to make a variation out of a need to use a few ingredients in my kitchen, but also because inspiration hit me at the right time on the right day. So, follow along and enjoy as you recreate this delicious dish.

Stuffed Chicken Breast with Rose Fettuccine



Ingredients:

4 2" long sliced jack cheese, 1/4" thick
 4 slices of ham
 4 chicken breasts
 8 slices of prosciutto
 2 tbsp canola oil
 3-4 cloves of garlic - sliced
 1/2 red onion diced
 1/4 cup red wine
 1 28oz can of crushed tomatoes
 2 tsp oregano
 1 tsp basil
 1 tsp parsley
 1 tsp rosemary
 1/2 tsp thyme
 2 tsp kosher salt
 1 tsp black pepper
 1 cup heavy cream
 2-3 tbsp parmesan cheese – grated
 1 pound (454g) of fettuccine



Directions:

- 1) Heat your oven to 350°F.
- 2) Grab your slices of ham and cheese and roll the cheese into the ham. Set them aside.
- 3) Using a 6" knife or a close as possible, cut a small opening at the rounded end of the breast.
- 4) Push the ham cheese roll into the chicken breast until it is not showing (do your best, some chicken breasts are longer than others, if a little bit sticks out its fine).
- 5) Once the breasts are stuffed, wrap the prosciutto around them. You can use a toothpick to hold everything together, just make sure you remove it after cooking.
- 6) Heat a large pot with salted water over high heat until it comes to a boil.
- 7) Add the pasta, then start to sear the chicken.
- 8) Grab a metal frying pan and heat it up on high with 2 tablespoons of canola oil.
- 9) Once the oil is ready start searing the chicken on both sides. Cook for about 3 minutes each side.
- 10) Remove the chicken from the pan and place it on to a sheet pan, then finish them in the oven until the thickest breast reads 170°F on a thermometer. Remove from the oven, cover with foil, and allow them to rest.



- 11) While the chicken is cooking in the oven add the garlic and onions to the hot pan. Turn the heat down to medium high so they don't burn.
- 12) Use the red wine to deglaze the pan, meaning you are getting all the cooked bits off the bottom. That's added flavour!
- 13) Let the wine cook until it has reduced by at least half.
- 14) Add the tomato sauce and spices and let it simmer over medium low heat for 10 minutes.
- 15) Add the cream and stir the sauce to combine.
- 16) Once the pasta is al dente, drain it and add it to the rose sauce.
- 17) Stir the sauce to coat the noodles, then plate.
- 18) You can slice the chicken or leave it whole and serve.



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 Science Fiction



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 Science Fiction novel, a reminder of some of the genre's classics, and as an inspiration for further reading.

Science Fiction can be defined as “a form of fiction that deals principally with the impact of actual or imagined science upon society or individuals.”

Science Fiction is considered a sub-genre of Speculative Fiction, which also includes Supernatural fiction, Fantasy, Dystopian fiction, Utopian fiction, Apocalyptic and Post-Apocalyptic fiction. In particular, Speculative Fiction can be defined as “a literary ‘super genre,’ which encompasses a number of different genres of fiction, each with speculative elements that are based on conjecture and do not exist in the real world.”

Well-known Science Fiction authors include Mary Shelley, Frank Herbert, and H.G. Wells.

Other writers include Douglas Adams, Arthur C. Clarke, and Kazuo Ishiguro.

What

Some well-known Science Fiction novels include *Frankenstein* by Mary Shelley (which can also be considered a Horror novel), *Dune* by Frank Herbert, and *The Time Machine* by H.G. Wells.

Additional well-known novels include *The Hitchhiker's Guide to the Galaxy* by Douglas Adams, *2001: A Space Odyssey* by Arthur C. Clarke, and *Never Let Me Go* by Kazuo Ishiguro.

Where

These Science Fiction novels take place throughout the United Kingdom, the United States, as well as far-away galaxies and the universe.

When

These novels are set during 17, 20, and 21-st centuries, as well as the future.

Why

Science Fiction novels may be of interest to AU readers who would like to read about the future, time travel, science, technology, dystopian landscapes, as well as those who enjoy novels that blend Science Fiction, Horror, and Mystery.

How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to the Science Fiction novel 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 387: Writing Speculative Fiction, a senior-level, three-credit course, which teaches learners “key definitions, important history, traditions of the field, essential features of [Speculative Fiction] SF, and principles and standards of fiction writing in general.” (Note: This course requires ENGL 381: Creative Writing in Prose and professor approval as prerequisites.) Happy reading!

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

More AU-thentic Events

Faculty of Business Undergrad Program Orientation for New Students

Wed, Sep 21, 12:00 to 1:00 pm MDT
Online

Hosted by AU Faculty of Business
news.athabasca.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20220921/
RSVP through above link

AU Library AMA event on AU Subreddit

Wed, Sep 21, 12:00 pm MDT

Online via AU Subreddit

Hosted by AU Library

<https://www.reddit.com/r/AthabascaUniversity/>

Join AU Subreddit and access event through above link

Mohawk Institute Residential School Virtual Tour

Thur, Sep 22, 11:30 am to 12:30 pm MDT

Online via Zoom

Hosted by AUSU

www.ausu.org/event/mohawk-institute-residential-school-virtual-tour/

RSVP through above link

Meet Bear Clan Patrol

Thur, Sep 22, 5:00 to 6:00 pm MDT

Online via Zoom

Hosted by AUSU

www.ausu.org/event/meet-bear-clan-patrol/

RSVP through above link

All events are free unless otherwise noted.



Music Review Belonging

Jessica Young



Artist: Dorothy Bird

Album: Belonging

U.K. artist Dorothy Bird has released her new album, *Belonging*. The album is available anywhere you get your music.

Belonging is an alternative-pop concept album that dives into personal development—the music, lyrics and artwork are based on the idea that seemingly opposing and unconnected things are in mutual exchange and ultimately belong together. The album represents this idea by combining acoustic strings and guitars with synthesizers, electric guitars, and drum machines. According to Dorothy, the album is very personal but contains themes that everyone will recognize, exploring human experiences such as letting go, uprooting, liberation, change, and ultimately the longing for an inner

and outer belonging.

The album features Dorothy on piano and synthesizer, Jon Lawton on all guitars and electronic beats, Berlin musician Natasha Jaffe on cello, and British musician Amy Chalmers with string arrangements and playing all violins.

Of the album, Dorothy says, “We are part of a larger context in all our personal developments. Individual issues are often universal, we are not alone in this.”

Belonging consists of ten tracks: Galaxy; Belonging; Silent Warrior; Ghosts; My Heart; Kaleidoscope; The Evening; Under Water; Forgot; and Change.

I’ll start by saying that I absolutely love the cover art for *Belonging*. It combines elements of the galaxy and nature, in what appears to be the shape of a human heart against a pitch-black backdrop. It’s beautiful, mystical, elegant, and perfectly represents and ties together the themes of the album.

The album opens with an instrumental song, “Galaxy.” It’s a short and sweet introduction with a beautifully haunting melody. The title track, “Belonging,” is a slow, sad piano ballad that feels like a gut-punch in the best possible way, with lyrics like, “there’s no place that I can call home/there’s no place that I belong.”

With the exception of “Kaleidoscope,” another beautiful ballad (with violins this time), the rest of the album is full of haunting, other-worldly synth sounds, combined with Dorothy’s dark, weighty vocals. The final track, “Change” adds in a powerful, sharp electric guitar. Although the guitar contrasts so much with the synthesizer and violins, it *works*.

I've been watching a lot of *Stranger Things* lately, and I was struck by how much *Belonging* sounded like it could fit right in on the track list for the show. The song "Running Up That Hill (Make A Deal With God)" by Kate Bush is essentially the theme song of the fourth season, and thanks to going viral on TikTok, the song has been propelled into the spotlight again. If you don't know, Kate Bush essentially pioneered the use of the Fairlight synthesizer in the eighties, on top of having an absolutely surreal, ethereal voice. I think Dorothy sounds so much like Kate Bush, in both her overall sound and her singing voice.

Overall, I really enjoyed *Belonging*. Dorothy Bird has a gorgeous voice and some serious musical talent.

Check out Dorothy Bird on [Instagram](#), [Twitter](#), [Facebook](#), and [SoundCloud](#).

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



How to Befriend the World

Marie Well



I believe we are meant to love all others, with no exceptions. However, befriending the world, in my view, requires specific characteristics. We all may have unique perspectives on how to love all existence. Given that, here is what I do to strive for this end:

Believe that every soul is precious. I believe every being, plant, insect, and animal has a soul. And every soul is a manifestation of eternal light and love and given free will. Therefore, every soul is precious regardless of life's challenges and strains. We are all endowed with innate beauty and unique gifts. We all sing a part in the universal choir.

Prioritize others over self. In my view, the biggest secret to happiness is putting others ahead of ourselves. That means prioritizing others with our money, time, love, and affection. It's a freedom you can't describe in words.

Let go of all ego. When we let go of our ego, we don't feel life's blows. Without ego, there is never a need for defensiveness or anger. There is only profound freedom in letting go of negative attachment to self-preservation.

See only the strengths in others; be oblivious to their flaws. The Marriage Foundation taught me to only see others' strengths and ignore their shortcomings. But they say to do this within the confines of a marriage, as the world at large can be a harsh place. But to seek enlightenment, I believe we must focus on everyone's strengths and beauty and never their faults, with no exceptions.

When you focus on the beauty of others, you feel joy. On the other hand, when you focus on other's faults, you think negatively. Therefore, you come closer to a blissful state by focusing exclusively on others' strengths.

Have zero expectations of others. If we expect nothing from others, we are never disappointed. We are also never resentful, disparaging, or critical. Instead, if we expect nothing but give everything, we enter a beautiful state of serenity.

Smile beautifully at everyone. A female barista told me that, during her high school years, she was hated by everyone, called "ugly," and even kicked around. But she had the most stunning smile. Her eyes lit up with love and radiated eternal beauty, and she spoke only kind words about everyone. So, I nicknamed her "Pure Love."

Nothing is more beautiful than a smile that radiates God (light and love)—nothing except the innate beauty of every soul, including your tremendous soul.

Feel the beauty of every soul you pass by. When I walk across the street, I like to scan all the people and visualize their guardian angels protecting them and loving them. I then want to replicate that divine love for the person, reveling in that beautiful feeling. The Marriage Foundation taught me that giving love feels infinitely more delicious than receiving it. That's because we all have walls and filters preventing us from receiving all the love. But we can feel the love we give others with no limitations.

Give generously. Give as much as you possibly can to the people around you. My dad is very generous with everyone. It's his way of showing love, mainly since he doesn't express love through words as he is a quiet, timid soul. But his gift-giving has had profound impacts on other's lives.

I once gave a warm coat to the Drop-in Center. It had my name written on the tag. I used to receive the Drop-in Center's newsletters, and in one of the newsletters was a story about an appreciative guy who received a warm woman's coat with a name written on the tag. Whether it was my coat or not, you never know the implications a gift given can have on someone's psyche.

I've been sending my niece's one-year-old baby electronic baby books with the hopes that it will make his transition to kindergarten less scary for him. Even the tiniest of gifts can have significant implications for the receiver's development later in life. You may not be aware of the positive consequences of your generosity, but they are unfolding at this very moment.

Love unconditionally. Learn to love others with no conditions whatsoever. I take this advice to heart. I strive to love others even if they were to, hypothetically, set me on fire, rob me of everything I owned, or gun me down. That's because true unconditional love means "no conditions." In other words, nothing, no matter how severe, should stop our love from flowing. As a bonus, loving the world unconditionally means we have no enemies, only loved ones.

I know a woman who befriends the world. She loves people so much that she generates crowds of friends and admirers within weeks of frequenting new places. Every day she makes a few new friends. Her unique version of how to befriend the world includes mentoring others. So, what might be your unique method of befriending the world--and perhaps even seeking enlightenment? After all, I believe you, like everyone else, are a unique manifestation of eternal love.





Dear
Barb

Barbara Godin

Angry Bitters

Dear Barb:

My parents divorced when I was ten. My dad remarried but my mom never did. It was a nasty divorce, and my parents remained enemies throughout my life.

My mother has become extremely bitter and angry towards men in general. She had a few relationships but nothing lasting. Now she is just a lonely, bitter woman. She hangs out with a few girlfriends, who are also angry and bitter. I understand that my dad was not a good husband, but why hang onto that anger and bitterness? All she has done is made her own life miserable. I can understand her not being able to find a partner, no one can deal with her attitude. Mom is in her sixties now, so I am wondering if there is any hope for her to ever find happiness. I have suggested counseling, but she is not interested.

This is affecting my marriage too, now, since my mom seems to find fault with all men and she often points out flaws in my husband's character as well. I love my mom, but this behavior must stop, or I will have to limit my visits to her. Do you have any ideas on how I can get my mom to stop this unhealthy behavior?

Thanks, Christine.

Hi Christine:

Sorry that your family had to experience this trauma. Divorce is difficult to get over, but not impossible. Your mother is stuck in the angry, bitter stage. It does not just disappear; your mother has to work through it and let it go. The fact that she is spending time with girlfriends who are also stuck is only making things worse. Your mother needs to spend time with people who have moved on from a bitter divorce, and many people have moved on and found happiness. I found an online site that may assist your mom and her friends to develop a more positive outlook on their situation at [The Chick Chain](http://TheChickChain.com).

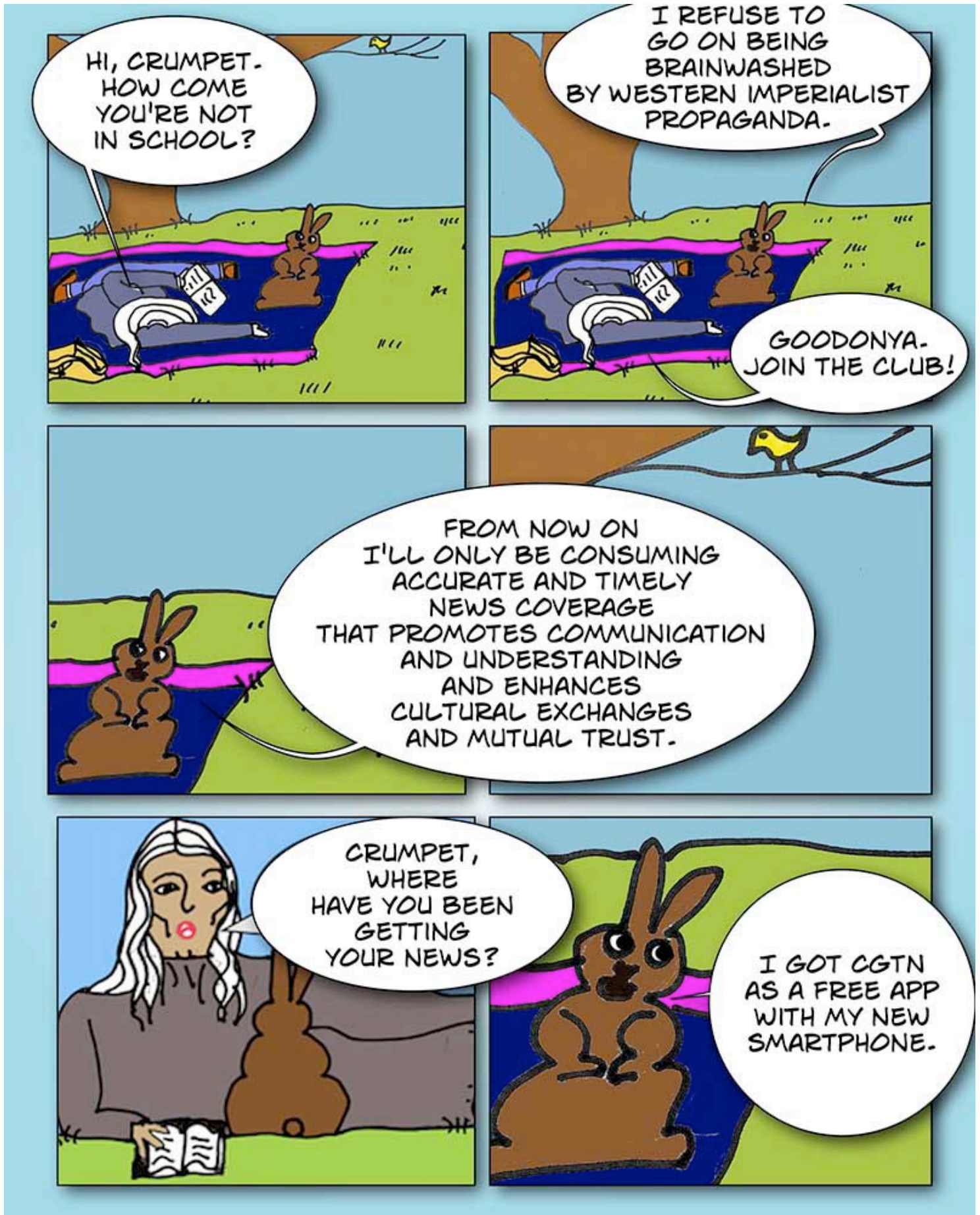
Also, your mom needs to make a conscious shift to move from victim to survivor. It will not be easy, but it is necessary to start on the road to healing. Your mother has been in the victim role for many years, so the transition will be difficult, and she will likely not be able to do it herself, but that is her journey, not yours. As far as her pointing out issues with your husband, you must take control and be firm with her. Let her know that you are an adult and are perfectly capable of managing your marriage. Tell her that her behavior is causing problems and if she does not stop you will limit your visits. I suspect your mother will stop this behavior and if she doesn't, you know where you stand. I hope your mother gets the help she needs before she loses you. Best of luck Christine.

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.



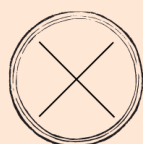
Poet Maeve
Cultural Exchanges and Mutual Trust

Wanda Waterman



Indigenous Week at AU SU

September 19th - 23rd, 2022



Cheryle Chagnon-Greyeyes

Medicine Wheel Teachings

Sept. 20, 2022 at 5 p.m. MT

Mohawk Institute Residential School Virtual Tour Screening

Presented by the  WOODLAND
CULTURAL CENTRE

Sept. 22, 2022 at 11:30 a.m. MT



Meet Bear Clan Patrol

Presentation by Rose Fontaine

Sept. 22, 2022 at 5 p.m. MT

RSVP on Eventbrite

AUSU invites you to Indigenous Week from Sept. 19th-23rd, 2022, including three free virtual events on Zoom!

First, [join us](#) on Tuesday, Sept. 20th at 5:00 p.m. MT, as Cree Elder and Storyteller Cheryle Chagnon-Greyeyes shares Medicine Wheel Teachings, traditional knowledge that can guide any journey using the fundamental concepts of wholeness, inter-relationship, inter-connectedness, balance and respect.

RSVP on Eventbrite

Then, [join us](#) on Thursday, Sept. 22nd at 11:30 a.m. MT, as the Woodland Cultural Centre presents a special screening of the Mohawk Institute Residential School. This virtual tour video was created with the production company *Thru the Reddoor*, and it follows guide Lorrie Gallant as she gives a tour of the former Mohawk Institute Indian Residential School.

RSVP on Eventbrite

Finally, [join us](#) again Sept. 22nd at 5:00 p.m. MT, for an introductory presentation to the Bear Clan Patrol, a nationwide, community-based initiative helping to provide a sense of safety, solidarity, and belonging for Indigenous community members using nonviolent, nonthreatening, and nonjudgmental methods of support.

RSVP on Eventbrite

CLASSIFIEDS

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Jason Sullivan, Wanda Waterman, Xin Xu and others!

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