



# THE VOICE

Vol 30 Issue 43 2022-11-11

## Minds We Meet

Interviewing Students Like You

## Dude, Where's my Freedom?

Appreciating Our Veterans

## Respect...A Forgotten Art

Finding the Definition of Respect

*Plus:*

*Council Connection*

*Easy Baked Brie & Berries Recipe  
and much more!*



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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

### The Changing War

Karl Low



Last week I heard an interesting opinion as I was wandering around online, one by comedian and talk show host Bill Maher. A political comic, my feelings toward his opinions tend to vary, depending on the topic he's on. Sometimes he seems bang on, other times he seems just clueless, at least to me. No doubt I'd be the same to him.

Regardless, this time was one of those bang on times when he said something that make me think. The statement was that the United States is currently in the middle of a cold civil war. And when you put it like that, suddenly so many things seem to click.

It's often said the first casualty in war is the truth. I don't think I need to go into detail on that one. No matter which side of the aisle you ascribe to, you know somebody out there isn't telling the truth. The only way we differ is in who we think is telling the lies.

But there are other casualties in war, even a cold one, and we're starting to see those happen. Ashli Babbitt can probably be considered the first actual death directly tied to the current war going on in the US. More recently, we have Paul Pelosi as another victim of an attack directly tied to this cold war. And despite what many have claimed the recent election shows us, I don't think this is going to end things any time soon. Once again, the preponderance of social media bubbles keeps each side from seeing the true nature of the war. Neither side has a clear view of just how powerful the other side really is. And just because one side may be failing doesn't mean they can't do damage. That may well be when they're the most dangerous, really. Especially because each side believes whole-heartedly that they're right.

Around this time when the typical response is that obviously the answer must be somewhere in the middle, but I don't believe that. Balance is something that rarely exists in the real world unless we make it. When considering if the world is spherical or flat, the answer is not that of a football flopping in the middle. Sometimes one side is simply wrong when looked at through objective reality. Sometimes, some people are just simply wrong. What makes it difficult is when they've decided that any evidence to the contrary is irrelevant or made up by some shadowy powers that be.

And if it was just in the United States, that would be one thing, but we're seeing it in Canada as well. We see it in the likes of the election of Danielle Smith who definitely seems to be on the side of those who are looking toward a reality that doesn't actually exist, as she fears our health agency has connections to a shadowy cabal somewhere in the Swedish hotel conference rooms of the WEF, or that there's any way to pass a single law that allows Alberta to bow out of anything the federal government might decide to do. These are not beliefs that are rooted in reality.

Now, given the reaction here, and given the recent election in the US, and the distraction of the Ukraine offensive for Putin, perhaps this cold war will eventually freeze over. But then we see things like Elon Musk buying twitter and the use of racial slurs skyrocketing over 500% within 12 hours.

It may be a cold war, but that doesn't mean there aren't soldiers ready and waiting for any opportunity. "Never again," the saying went.

If only we could be so lucky.

A handwritten signature in black ink, appearing to read 'Karl', with a stylized flourish at the end.

# MINDS

# WE

# MEET



*The Voice Magazine* recently had a chance to chat with Ty-Lily Bussi, a 19-year old Labour Studies student residing in a small town near Niagara Falls, Ontario, who hopes to become a lawyer.

On a personal note, Ty let *The Voice Magazine* know, “I come from an Italian immigrant family and we live about 15 [minutes] away from Niagara Falls. I work with my Mom at our store, we sell holistic and wellness products, such as crystals & stones, vitamins, herbs, natural cosmetics, etc.”

*The Voice Magazine* also asked Ty for some study tips. The student stated, “I love listening to motivational speakers when I’m getting work done it helps to keep me focused on my goals and give me the encouragement I need.” Ty also had some tips for new students, namely “Be positive, don’t be mean to yourself, and if you don’t complete something that you hoped to do, there’s always tomorrow.”

When not studying, the AU learner loves “cooking, baking, and painting” as well as enjoying vacations, stating, “In 2017 I went to BC, I had the time of my life, it was one of those life changing experiences that you’ll never forget.”

Ty’s mother has had the greatest influence on her desire to learn, stating, “My Mom, she always taught me that knowledge is power, she’s my biggest cheerleader and motivator, she gives me the reassurance that I need, whenever I’m doubting myself. I’ve witnessed her do impossible things in my life, so why can’t I?”

As for the online learning experience so far? “I love the ability to be so focused on your work, as well as allowing you to complete your work on your own time is so helpful, it’s very freeing.” And although Ty has not had much communication with her tutors to date, the learner mentioned one of the things that was a help was “the writer program which greatly helped ... for an essay.”

When asked about a first project as the new president of AU, Ty mentioned, “I would set up a program that’s basically a networking system where students can talk all things spiritually, it is a huge part of my life that helps me to be a stronger person, so I would help to create a program for more like-minded individuals to come together to share how there spiritually helps them, throughout their daily lives and studies.”

When asked which famous person, past or present, she would like to have lunch with, and why, Ty chose “wood fire pizza” with author Elizabeth Gilbert of *Eat, Pray, Love* fame. “The movie, as well as book has really changed my life, Elizabeth’s journey of self-love and peace has truly inspired me for my own life, so I would just want to get to know more of her journey, because it’s so fascinating.”

Ty also mentioned another book, which had a great impact. The student stated, “*Alice in Wonderland* is a book that has had a great impact on my life, it’s Alice’s journey through self-discovery, it’s not an easy road, you go down there’s some holes along the way, but in the end you always become a better and new version of yourself.”

As for Ty’s most valuable lesson learned in life? “Love yourself, use your heart not your head. It’s a pretty crazy concept ... but our heart is full of love, passion, creativity, and truth, if I didn’t listen to my heart, I probably wouldn’t have been pursuing a career in Law.”

And the proudest moment? “Realizing that you are more than enough, I wouldn’t necessarily say it’s the proudest moment in my life, but it’s something that has changed my life and has had the most impact.” Best of luck Ty!

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.*



## Fly on the Wall Dude Where’s My Freedom?

Jason Sullivan



### Appreciating Our Veterans by Embracing Diversity of Opinion

The freedom to wallow incessantly in inspirational memes and gratitude lists, not to mention the peaks and valleys of our course material, came from war. It’s sad, and true, and easy to forget. Yet, it doesn’t take a history major to know that a real fascist regime in Ottawa probably would not deign to fund our social science inquiries at AU. (Let us remind any anti-university peers of this fact, if we dare.) But you don’t have to take *my* word for it.

80 years ago, the “metropolis” (sic) of Winnipeg conducted an “If Day”. What if the NAZIS took over Canada? Recalling that no conqueror ever portrays itself as a pack of heathen savages brimming with lies and injustice, If Day told some factual truths about a muzzled media and loss of civil rights expected if a NAZI regime took hold in Ottawa. Residents were

warned that freedom of the press would be “abolished” and “all food will be commandeered by the invaders” (online). Meanwhile, hardworking families and farmers would find “all property looted and, perhaps, paid for by worthless paper promises”. The solution? Viewers were implored to purchase war bonds to support the Allied cause. The goal was to “scare them or shock them” into purchasing Victory Bonds (2). Of course, if the unthinkable happened, these

Victory Bonds would be worthless, too, but it was an investment worth making. 40 million dollars were raised, an astronomic number in a time when a nickel bought you a hamburger.

Starting at 6am with sirens (If Day was no cute charade or Santa Claus parade for Winnipeggers) citizens were even warned that they might lose access to the utilities allowing them to heat their homes in winter. (2). The chill was on. Lockdown curfews were imposed, reminiscent of what we've all lived through with the plague and what would happen if a present-day If Day mimicked a Chinese regime imposing martial law on its citizens. Providing a sense of danger was key to the war, yet the more personal nature of life and conflict is something we all live with. Thankfully, a pacific sense of life pervades our society but that can potentially be threatened. The enemy, per se, may not be so far away and not in the form of some stereotyped crotchety curmudgeon.

In our True North strong and free (the song says so, it must be true?) we hear a core campaign slogan by the current Leader of The Loyal Opposition that he will make us the freest country in the world. Shackles shattered by government bondage and handouts to scalawags, we'd all be more Canadian than ever before, right?

Unlike the bravery of so many who enlisted in the tragic Great War of 1914-1918, freedom nowadays is part rhetoric and part territorial pissing. Cultural urine laced with tribal righteousness always has an odour of nastiness to it; there's even a bumper sticker that reads, "My Karma ran over your Dogma" ... as if eye for an eye isn't the ultimate ideology of retribution.

At the best of times, valour and righteousness can be finicky bedfellows; soldiers may not always believe in their cause, for instance. Ukraine is the example of today, yet the valour of any soldier in this face of impending death is unquestionable. We place our poppies and leave our wreaths not for politicians and demagogues, but for real men and women who were living once and now are not. In culture wars, meanwhile, hard historical facts are reducible to pissant arguments maybe started by one too many bong hits or one too few moments of silence. It's in these kneejerk disputes and intolerance of divergent views that we may actually see freedom under more threat than ever. Guns and bombs are awful but when we can't say what we think in a given moment that's when the freedoms our brave predecessors fought for are really lost. The mainstream British Channel 4 TV station released a poll of 1500 typical UK youngsters under the age of 25. Generation Z they call them, And guess what they found with Generation Z? Rebellious free love and righteous openness to anything from imbibing psychedelic substances to cohabitation with capuchin monkeys, as typified past counter culture chaos, tends to be far from

## AU-thentic Events Upcoming AU Related Events

### Library Chat

Tues, Nov 15, 10:30 am to 2:30 pm MST  
Online

Hosted by AU Library

[www.athabascau.ca/library/index.html](http://www.athabascau.ca/library/index.html)

No pre-registration needed; access through chat box on home page

### MBA for Executives Webinar

Wed, Nov 16, 10:00 to 11:00 am MST  
Online

Hosted by AU Faculty of Business

[news.athabascau.ca/events/mba-for-executives-webinar-20221116/](http://news.athabascau.ca/events/mba-for-executives-webinar-20221116/)

RSVP through above link

### Library Chat

Wed, Nov 16, 10:30 am to 2:30 pm MST  
Online

Hosted by AU Library

[www.athabascau.ca/library/index.html](http://www.athabascau.ca/library/index.html)

No pre-registration needed; access through chat box on home page

### Keeping Organized as You Search

Wed, Nov 16, 2:00 to 3:30 pm MST  
Online

Hosted by AU Library and the Write Site

[www.facebook.com/events/503846631421654](https://www.facebook.com/events/503846631421654)

No pre-registration needed; access presentation through above link

their realm. Libertarians these young TikTokers are not, it seems. These, shall we say, Zed-heads are:

“less tolerant of the views of others than their parents and grandparents – surely a novelty. A quarter of Gen Z say they “have very little tolerance for people with beliefs that they disagree with”. They don’t believe in unrestrained free speech, with nearly half agreeing that ‘some people deserve to be cancelled’. There is an obvious paradox between this intolerance and their genuinely stated desires for everyone to have their rights and freedoms defended” (online).

Illiberal to the max, the youth might be alright but they sure don’t sound alright with those who disagree with them. Maybe Remembrance Day can teach them something about right and wrong, valour and service. Freedom is easy when you agree, but it matters most when you don’t; those who died in war did so so we could avoid being trampled by those who would enforce their will on us all and create uniformity of feeling, thought, and destiny. To attend a Remembrance Day ceremony at the cenotaph is something to do every year and the moment of silence, largely unheard of in our livestreamed wifi world, that alone might change a few hearts. Last year, many of us attended despite those who shrieked *you’re not allowed*. Outdoors and socially distanced, our freedoms held the day, and the planes did their flyover.

I don’t pretend to understand war as an experience, but we can all, if we try, relate to death in combat. In war people die because of animosity, the arguments become too real. This isn’t, dude where’s my car or hun’ where’s my cell phone and a dispute ensues. These warriors were real nurses, soldiers, chaplains, and children who all had their lives literally and metaphysically crushed to smithereens. Today in Ukraine is another of those possible moments where escalation could bring the war crashing down on a cell phone tower near you. Imagine, in fact, a moment of mandatory silence provided by a temporary shut off of cell service to a whole nation on November 11th? Pretty authoritarian, right? And therein lies the crux. Youngsters in the Channel 4 study seem to take their truths and certainties almost too seriously; so seriously, in fact, that they’d like to force them on others. Like the rumor mill in the high school smoke pit (oops, dating myself!), the desire to first trash one another’s reputation and then *ghost* them completely (ah, back with the 21<sup>st</sup> century linguistic times!), has always been there. But cancel culture only has a few modern antecedents; the 1950s anti-communist witch hunt blacklist of Hollywood celebrities was one example, the 1960s Ontario fruit machine firing of gay government workers was another. Never, surely, were the youth at the front of this reputation-burning march. Thing is, akin to book burning, this mindset is the sort of inflammatory thinking that leads to wars. And, if ever the phrase lest we forget means something, its on November 11<sup>th</sup>. If we aren’t careful, we can end up in a war simply by being too righteous, too certain, and there’s a reason why the first Remembrance Day began with the key slogan *never again*.

Those on the front lines, brave beyond compare saw the iniquity and suffering of war and saw, too, that it can never be worth it when peace is a possibility. Even if we don’t enroll in an AU history elective, we can all recall high school history where the brief interlude between the two world wars taught a horrific lesson: that those who refuse to learn from the past, as George Santayana famously said, are condemned to repeat it.

#### References

Mahon, A. (Nov 1, 2022). ‘Beyond Z: The Real Truth Behind British Youth’. Retrieved from <https://www.channel4.com/press/news/beyond-z-real-truth-about-british-youth-speech-alex-mahon-chief-executive-channel-4>

*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.*

## Respect... A Forgotten Art

Alek Golijanin



What is respect? Try to define what “respect” means without using a quote or analogy and you are likely to realize just how fuzzy this word really is. Depending on who is answering the question, sometimes there may be stipulations to respect and the application of it, and that is why respect is a forgotten art.

Ever since I got back into intense reading, it has resulted in a few special moments I can only describe as “eureka” moments. One of those moments occurred while I read Charles Koch’s book titled *Good Profit*. The book focuses on market-based management principles, which have somewhat to do with respect, but my reason for bringing this book up has to do with a story that Charles Koch shares about his father, Fred Koch. Fred Koch was a chemical engineer who is famous for his success in the oil industry, and he travelled overseas in the 1930s to set up some of the first oil refineries in the Soviet Union. However, by the time Fred returned to America, he had developed a new appreciation for life after he had come face to face with Communism.

Fred shared his experiences with his children and how the Soviet engineers which he had trained had told him about the communist manifesto – a world that only knows Communism. Fred also discussed how his success in the Soviet Union was short-lived as Stalin ordered that the refineries be repossessed, and he even purged some of those same engineers. However, it was the manner that Fred described the Soviet engineer’s position on Communism that was so unexpected. He called it an “intellectual error”. Nothing more. Nothing less. Just an “intellectual error”.

The reason I wanted to highlight these two magical words is because of the context that they create around the position. Think about it. Instead of calling them “idiots,” “lunatics,” or “zealots,” Fred chalked up their position to nothing more than an “intellectual error.” By doing so, Fred made it clear that it was just a mistake with their thinking, and it was something that could easily be fixed. Fred understood that environment in which those Soviet engineers had grown up in had been responsible for their perspectives on the world. And if we think about it, Fred had no reason to humanize any Soviet, especially after they had repossessed his oil refineries, but that was Fred; and he led with respect. When we choose to lead with respect and give people the benefit of the doubt, like Fred did, everyone is better off and good things happen.

For me, respect signifies an appreciation for people and all that they have been through. It has an unconditional starting point that is rooted in the inoffensive principles of open-mindedness and tolerance. It will not always get reciprocated back though, and some people may even advocate against showing it toward certain people as a result of their actions, behaviors, or beliefs. However, respect is arguably the most important building block when it comes to building of an interdependent world and we need more of it because it has allowed for progress during periods that have only known stagnation.

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

## What I'd Do if I were Bedridden for Ten Years

Marie Well



Have you ever fallen asleep and had thoughts randomly enter your head? Did you just go with those thoughts or seriously question them? And what if you had total paralysis, were in a coma, or were bedridden, unable to withstand a human voice or sunlight? What would you do with those thoughts, then?

I considered this deeply when growing sick with chronic fatigue. I thought I'd die within two years or be bedridden for a decade. But I found a solution.

We'll get to that in a moment. First, I was so sick this past Sunday that I laid in bed all day. It was the first time I'd been ill in a while, but I observed my thoughts during that bed rest. Interestingly, my thoughts were different from what I'd hoped they would be. Some of the thoughts had words with no English foundation. Other thoughts had nothing to do with my life. But I was sleepily responding to these thoughts as if they were generated by me.

But were they?

I consider Paul Friedman of The Marriage Foundation to be a spiritual maverick. He launched his foundation without any accreditation from the psychological community. However, his success in recovering marriages may be much more effective than traditional marriage therapy. At least, that's the foundation's claim, and I have not shed doubt that it's true.

One of Friedman's fundamental teachings is how to control the mind. I've been managing my mind to such good effect that everything in my world is turning positive. Of course, maintaining the mind takes vigilance. But it's also as simple as correcting or ignoring thoughts not filled with joy. We are only defined by thoughts that reveal our true nature—and that's love. Anything less is not truly us.

But what if you or I become bedridden, immobile, or fully paralyzed? What do we do with our thoughts, then? Of course we'd still retain control of our thoughts. But moreover, if we controlled those thoughts to generate joy, we might experience a happier world than someone with optimal physical health.

So, how should we control our thoughts during total paralysis or immobility? Here is what I'd do:

First, I'd focus on sending loving thoughts to all others. Whenever someone came to mind, friend or foe, I'd send them love. And I'd consider only their strengths and positives, never their negatives. Also, whenever I had even a fleeting negative thought about anyone, including myself, I'd note that we are all essentially souls made of love. (That's the ultimate lesson I learned from Friedman's teachings.)

Next, I'd topple any negative thoughts by turning them into positives. For instance, if I were to feel jealousy, I'd change that jealousy to love and empathy. Not a second of resentment would any longer cross my mind. I believe jealousy—or any negative emotion—is never productive.

Or, as another example, if I were troubled by how someone might judge me, I'd imagine that person to be an all-loving being (God). Then, I'd see how I'd measure up to that all-loving being. And I know I'll be loved by that loving being. But I'd also explore the lessons the all-loving being might impart. For instance, if I'm feeling insecure about being judged for my appearance, I'd think of what an all-loving being might think. And I know that an all-loving being would value my heart over anything physical. So, I'd focus on making my heart beautiful.

Also, I would develop my soul if in a coma or paralysis state. First, I'd contemplate the most ideal soul traits a person can possess, such as love, truth, joy, beauty, kindness, and so many more. Then, I'd immediately release any thoughts that didn't live up to these ideals. Negative thoughts are not truly us, and they are not ours. So instead, I'd entertain only those thoughts that cultivate inner beauty.

Lastly, I'd appreciate the state I was in, as every obstacle is meant for us to overcome. And that overcoming means finding a higher place of love. In other words, any trauma we face is a blessing in disguise. It's intended to help us grow.

No hardship can hold you down when you are alight with love. And you are filled with love, whether you know this or not. That's because your most authentic self is pure love. Anything less is not your true nature. I learned this from The Marriage Foundation (and it's crucial to credit them, although their pioneering ideas still need to be embraced by the psychological community).

Moreover, bliss is your birthright regardless of your circumstances. So, transform every thought into joy. After all, nothing is more beautiful than your true self!

## More Upcoming Events

### **Rural Project Funding: a Hands-on How-to Session**

Thur, Nov 17, 10:00 to 11:30 am MST

Online

Hosted by AU's Communities in Transition project

[news.athabascau.ca/events/rural-project-funding-a-hands-on-how-to-session/](https://news.athabascau.ca/events/rural-project-funding-a-hands-on-how-to-session/)

Register through above link

### **Library Chat**

Thur, Nov 17, 10:30 am to 2:30 pm MST

Online

Hosted by AU Library

[www.athabascau.ca/library/index.html](https://www.athabascau.ca/library/index.html)

No pre-registration needed; access through chat box on home page

### **AUSU Student Council Meeting**

Thur, Nov 17, 6:30 to 7:30 pm MST

Online via Zoom

Hosted by AUSU

[www.ausu.org/event/ausu-student-council-meeting-6/](https://www.ausu.org/event/ausu-student-council-meeting-6/)

RSVP through above link

*Looking ahead...*

### **Writing about Ukraine: An evening with Writer in Residence Myrna Kostash**

Thur, Nov 24, 7:00 to 8:30 pm MST

In-person and online

Hosted by AU Faculty of Humanities and Social Sciences, and St Albert Public Library

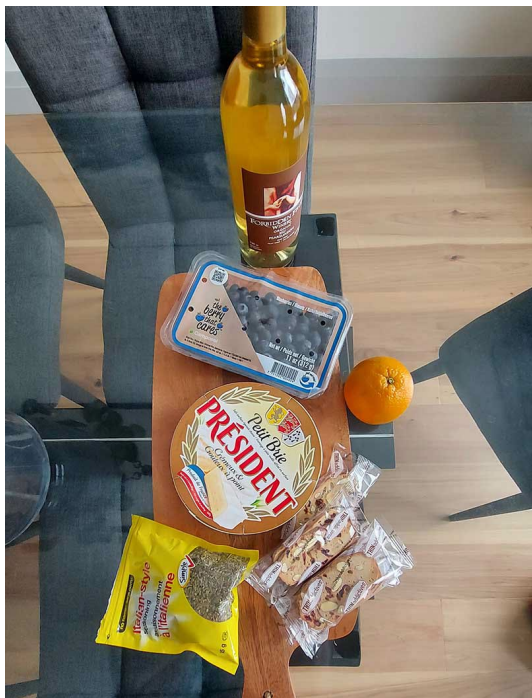
[news.athabascau.ca/events/writing-about-ukraine-an-evening-with-writer-in-residence-myrna-kostash/](https://news.athabascau.ca/events/writing-about-ukraine-an-evening-with-writer-in-residence-myrna-kostash/)

Register through above link; limited seating for the in-person event

*All events are free unless otherwise noted.*

## Easy Baked Brie and Berry Recipe

Xine Wang



There are some things to be said about the colder weather in Canada recently - enjoying warm christmas-esque without feeling guilty, for one. Whether you are hosting your own warm up gathering this long weekend or just looking for a tasty, albeit fancier snack, try this baked blueberry brie for a nice hearty warm-up from the cold. The ingredients are simple, and the preparation is quick and easy. I found the minimal effort required to make this snack a huge appeal for me. Moreover, if you don't have blueberries, then raspberries, strawberries and even apples go so great with brie. The final product is melty, gooey, and cheesy goodness that is perfect for dinner dates and movie nights.

Brie is very soft at room temperature it is encased in an aromatic rind. The rind is actually edible, believe it or not! Many people are not a fan of the strong flavor of the rind, but it brings an interesting profile to the brie and works so well with some savory toppings I'll mention below.

You can combine a baked brie with a charcuterie board and this will be the spotlight for your dinner party. You can also pair with some dessert wines or a glass of rose for a classy pairing.

### Ingredients:

Wheel of Brie cheese (choose size proportional to number of servings/people)

½ tsp Italian seasoning or rosemary

5 tablespoons of fresh blueberries, strawberries, raspberries or diced apples

1 tbsp honey

1 tsp lemon or orange zest

2 tbsp water

### Instructions:

There are a few ways to melt Brie, my favorite no-brainer is to microwave it for 5-10 seconds in the microwave (until semi-melted)

Alternatively, you can bake the Brie at 350 degrees F. cut the top off the brie wheel and place in a baking dish. Then bake for 12 minutes until the centre is softened.

### Blueberry sauce:

1. Combine blueberries, honey, water, and lemon/orange zest in a medium sized saucepan
2. Once boiling, reduce to a simmer for 5 minutes
3. Pour over baked brie and serve immediately with crackers, fruits or baguette

If you're lacking some of the fruitier ingredients, there's a lot of options for baked brie here are some ideas:



*Adding lemon zest is ideal, but here I have orange zest which gives a sweet and pungent citrus flavor to the Brie.*



Putting a baked Brie in the microwave for no more than 10 seconds will do the trick. Overheating the brie will cause it to lose its shape and look unappetizing for your dinner guests.

- Fig jam
- Cranberry sauce or baked craisins
- Apricot jam and pistachios
- Pears and cayenne pepper
- Honey and walnuts
- Fresh thyme, rosemary and garlic brie
- Mushrooms with onions

The toppings for brie are endless and whether you're a fan of savory or sweet, there's a lot of options to choose from.

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



Placing the Brie on a charcuterie board for presentation is a feast for the eyes. I love pairing baked Brie with my cranberry thin crackers.

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

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



#### AthaU Facebook Group

**Money in the AU bank.** Responses to a question about where to find a student's tuition account balance on myAU reveals that there is no such info in the student portal, but you can request it by contacting AU directly.

#### reddit

**Learning supports.** A student with ADHD wonders how much AU course material is reading vs video, and asks about supports for students with ADHD. Several responses suggest contacting AU's ASD as soon as possible for the greatest success in obtaining needed support.

#### Twitter

**@AthabascaU** tweets: "Please note that there will be an outage from 12:01 a.m. (Mountain) on Nov. 11 until 9 a.m. (Mountain) on Nov. 14. During this time students will have no access to: AU Outlook, Microsoft collaboration tools, Web versions of Microsoft Office products. [t.co/2Op5WRn8ZK](https://t.co/2Op5WRn8ZK)."

#### Youtube

AU Library posts the 30-minute video, "[AU Has a Library? An Introduction to Library Resources and Services.](#)"



## Music Review

### Old Shoes

Jessica Young



**Artist:** Maggie Cubillos

**Single:** Old Shoes

Singer-songwriter Maggie Cubillos has released her debut single, “Old Shoes.” The song is available for streaming anywhere you get your music.

Maggie was raised in Southern California, and the 21-year-old currently attends Berklee College of Music in Boston, Massachusetts. According to Maggie, she has spent her entire life on stages, beginning with local musical theater productions and talent shows. She went on to join her high school choir and nationally recognized A Cappella groups. Her song writing is influenced by artists like Adele, Phoebe Bridgers, Gracie Abrams, Sara Bareilles, and Coldplay, who have all inspired her indie-pop sound.

Of the single, Maggie says, “Old Shoes is about embracing change and moving forward. I wrote it at a time in my life where I felt like everything around me had shifted and I had to decide whether I should stay afraid or embrace it and grow with it. I think writing this song helped me realize that sometimes change isn’t as scary as we think and there’s so many good things that can come from it.”

As a huge Pitch Perfect fan, I was super excited that I was about to hear some aca-awesome A Capella music. Alas, I had no such luck. I would classify “Old Shoes” as a combination of folk, pop, and country. The song reminds me of Taylor Swift, which isn’t overly surprising because Maggie has covers of Taylor Swift music on her YouTube channel (and really—who isn’t a Swiftie these days?).

Maggie has a nice voice. It’s soft, airy, and feminine. If you’re looking for a song with a lot of *oomph* behind it, “Old Shoes” isn’t it, but it’s a lovely song nonetheless. With lyrics like, “Am I the only one who’s scared to fall asleep at night/when my self-conscious confirms the thoughts I try to hide/Tell myself it’s the monster under my bed/Every time/But I think/I’m the monster that just creeps up inside,” Maggie presents a raw, vulnerable portrait of herself. A line that specifically spoke to me (and maybe anyone else who has ever been in a toxic relationship) was, “Wish it wasn’t this easy to forgive and forget.” I can absolutely picture myself sitting in a quiet breakfast café, sipping my cappuccino, while listening to this song.

Overall, I really liked “Old Shoes.” It’s a sweet, heartfelt, easy-listening song. I hope Maggie continues to explore music and has fun coming into her own as an artist.

And if “Old Shoes” isn’t your thing, or you were just really hoping to hear some A Capella music, Maggie has several A Capella tracks (featuring Maggie singing every part) on her YouTube channel.

Check out Maggie Cubillos on [Instagram](#), [TikTok](#), and [YouTube](#).

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



## Beyond Literary Landscapes

Natalia Iwanek

### Irony



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

Each week, this column typically serves as an introduction to a certain genre, a reminder of some of the genre's classics, and as an inspiration for further reading. Instead, this week we continue with a series on literary devices. In this second installment, we focus on irony.

Irony can be defined as “as a literary device is a situation in which there is a contrast between expectation and reality.”

Types of Irony include Dramatic Irony, which is also known as Tragic Irony, Comic Irony, Situational Irony, and Verbal Irony.

Students should note that Irony is often confused with Sarcasm, which “is an ironic remark meant to mock by saying something different than what the speaker really means.” In addition, Irony can also be confused with Satire, which “is a type of wit that is meant to mock human vices or mistakes, often through hyperbole, understatement, sarcasm, and irony.”

Some examples of authors who effectively used Irony in their texts include Charles Dickens, Kate Chopin, William Shakespeare, and Jane Austen.

Readers who enjoy Irony may also enjoy Satire, Comedy, and Theatre.

### What

Some examples of Irony in literature include *Great Expectations* by Charles Dickens, *The Story of an Hour* by Kate Chopin, and *Pride and Prejudice* by Jane Austen.

Additional examples include *Romeo and Juliet* by William Shakespeare.

### Where

These works take place in the United Kingdom and the United States.

### When

Many of these works are set in the 19 and 20-centuiriess.

### Why

These texts may be of interest for readers who would like to learn more about various literary devices, and perhaps, learn how to apply these techniques to their own writing.

### How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to Irony 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 211: Prose Forms, a junior-level, three-credit course, which focuses on "American, British, and Canadian short stories and novels, ranging from the nineteenth to the twenty-first century." The current revision of this course currently includes the above-mentioned *Great Expectations* by Charles Dickens. (Note: Students are advised to enroll in ENGL 255: Introductory Composition ).

Students may also consider ENGL 324: Shakespeare I, a senior-level, three-credit course, which provides students with "an introduction to the age of Shakespeare and his plays," and ENGL 325: Shakespeare II, another senior-level, three-credit course, which "is an introduction to the study of the plays and sonnets of William Shakespeare, focusing on his later works (tragedies, tragicomedies, and romances)." Happy reading!

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



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Burger King General High-School Track scholarship

**Sponsored by:** Burger King

**Deadline:** December 15, 2022

**Potential payout:** \$1000

**Eligibility restriction:** Applicants must be living in Canada, the U.S., Guam, or Puerto Rico; be graduating from high school or equivalent home schooling; have a cumulative high-school GPA of 2.0 or higher, or the equivalent; and plan to enroll full-time, without interruption, for the entire 2023-24 academic school year at an accredited two- or four-year university, college, or vocational school or CEGEP or equivalent in Canada, the U.S., Guam, or Puerto Rico. See full eligibility requirements for greater detail.

**What's required:** A completed online application form (registration required to access form); a transcript of grades (official or unofficial); financial info; and information on your work experiences, school involvement, and community activities. (If you are applying for the related Employee-Based Track scholarship, you'll need to supply info outlining your relationship with Burger King or another if its employees.)

**Tips:** Read the How to Apply section carefully.

**Where to get info:** [burgerking.scholarsapply.org/information.php](https://burgerking.scholarsapply.org/information.php)



## Council Connection

### October 20th, 2022

**Jana Menard**



While the meeting on October 20th was shorter than usual, it was certainly an interesting and emotional meeting. The meeting started out as usual, with President Karen Fletcher running through the usual business of attendance, agenda, and previous minutes.

#### **Changing Positions**

AUSU's position policies manual was up for review and being updated; Vice President of Finance and Administration Dur-E-Najaf Syed ran through all the position policy changes. Most policies had minor changes such as language and adding resources. Policy 9.02 on invigilation fees has been updated to reflect that AU has closed its exam centers.

Another notable change was to policy 9.28 on Equity, Diversity, and Inclusion. The "Be it resolved that" (BIRT) was updated to add "and remove systemic barriers to education" to the previous statement "Be it resolved that the Athabasca University Students' Union (AUSU) will advocate to Athabasca University (AU) and all levels of government to acknowledge systemic barriers to education". As well as adding "Be it further resolved that the Athabasca University Students' Union (AUSU) will advocate to Athabasca University to ensure that an EDI lens is applied to course content, and that course content is respectful and representative of students' identities." to the policy's BIRTs.

There were some questions as to whether the explanation for the policies needed to be updated immediately and Advocacy Coordinator Duncan Wojtaszek advised that only changes to the BIRT need to be approved by council, all other changes to the position policy manual can be done at any time without council's review. The motion to pass the updates to the position policy manual passed unanimously.

Council voted to approve these changes unanimously with an action item for the discussed revisions.

#### **Email Voting**

A proposed motion to remove the clause stating that disciplinary action can be taken for missing an email vote was brought forward. Vice-President Finance and Administration (VPFA) Syed reasoned that since many council members are volunteers, they should not be penalized for missing an email vote on a weekend or while on vacation. The conversation then moved into discussion on sharing opinions on email voting, Councillor Cilhane Ahmed was concerned that not providing an opinion could result in someone being marked as absent however VPFA Syed clarified this is not the case, participation includes reading the email.

Councillor Amber McDuffe suggested that they remove staff from the council email list for the purpose of confidentiality in the event of dealing with a disciplinary issue. After President Fletcher, Duncan and VPFA Syed provided input, the resolution is to create two emailing lists.

The next topic of discussion was relating to transparency issues with having decisions ratified at a public meeting. “This caused a lot of headaches for the previous council with having to have things ratified at a public meeting” Councillor McDuffe explained. For example, if the motion was regarding letting go of a staff member and the decision is ratified at a public meeting, then this becomes public record, searchable online, and it could negatively impact a person’s reputation.

McDuffe proposed that the policy be amended so that decisions be made public “at the discretion of council” allowing council to decide when a person’s confidentiality needs to be protected and supersedes transparency. Duncan advised that the by-laws do not allow a decision to be made in-camera, all motions of council must be made public however the discussion can be done in private, but you inform the public of the decision that was made. When Amber inquired on how to change the by-laws Duncan responded that the by-laws aren’t going to be up for changing until December 7th, however, he advises against council being allowed to make decisions in private, council needs to be beholden to students. President Fletcher offered an alternative option: decisions be worded to protect any harm to reputations, in the end this discussion was tabled until they can look at addressing the by-laws.

Executive Director Jodi Campbell ended the discussion with a piece of advice to council: email voting should be primarily used for timely votes where you have confidence the motion will pass, and that Council should be careful using email voting for important issues. The motion was put to a vote and passed with unanimous consent.

While reviewing the policy updates by the executive committee, Councillor McDuffe inquired if *The Voice Magazine* faced legal action how this would be funded. Jodi explained there is a reserve for legal in AUSU’s budget, as well there was also a fund created for the Voice for various purposes including website upgrades and other major items, with expenses from this fund being approved by council. Voice Editor Karl Low agreed that any expense due to litigation against the Voice should be funded by the Voice reserved funding.

### **Tuition Increases**

President Fletcher presented her report, during which she encouraged all students to fill out the tuition increase survey that AUSU will be distributing “When we walk into the Board of Governors, being able to say that what students are saying about tuition, with some numbers and pie charts attached, is incredibly, incredibly helpful.” The survey will be gathering information related to discussions that took place during the Tuition Town Hall on September 12th, and another town hall was held November 7th. Another way AUSU wants to make an impact during this meeting is by demonstrating how much thirty dollars can impact students through a contest on twitter, where students can enter by posting a photo of \$30 worth of groceries. “We have really been hearing students are struggling with food insecurity and this is connected because when you are living paycheck to paycheck something going up means you have to cut something and we are hearing that students are hungry and that’s not okay” President Fletcher said tearfully “Being able to walk into a meeting and being like this, this is how much food you are asking them to give up if you raise tuition that much”. She noted that students are struggling with food insecurity, with one in four students said they were likely or very likely to use the AUSU food assistance program last year.

### **Advocacy Success Story**

At the end of the meeting President Fletcher shared a success story of one of their most recent advocacy efforts. Another council member had tagged her in a social media post from a University of Calgary student who was intending to take a semester at AU due to personal

circumstances; they were unable to do so because they could not get funding due to a change in policy from the Alberta Government that limits funding for students in open studies. The student was a program student at another institution, however there was no way to recognize this on the financial aid forms. President Fletcher approached CAUS, together they worked together to create three categories of students including a program student attending on a letter of permission which would be treated the same as a program student attending their home institution, and this has eliminated this issue for future students. "So much of advocacy sometimes feels like you are digging through an escape tunnel with a spoon, you're making progress but it, sometimes, it feels slow, but this was a win, and it was a win because of the work we do as organization and because one of you was on it on Facebook and so I wanted to say good job team" President Fletcher explained. Unfortunately, this was not able to be done in time to help the student, but she informed the student of the changes, and they were glad to know other students won't face the same challenge.

The next meeting is November 17th, 2022. But if you're interested in seeing what else the council is working on, there is no time like the present. Contact [governance@ausu.org](mailto:governance@ausu.org) and let them know you'd like to attend!

*Jana Menard is a Bachelor of Arts student majoring in Political Science and minoring in English. She enjoys photography, watching documentaries, and hiking, all the while drinking too much coffee.*

## Tips for Creating Courses or Presentations

**Marie Well**



As a student, you likely possess knowledge many others don't. That's why you should design and publish a course. Or, at the very least, create an academic presentation. I have a goal of earning six figures within five years. I also aim to stay with my company until my employer leaves this world, hopefully at least ten years. So, I'll need to find creative ways to expand my income each year. One way I plan to do so is by developing courses on Saturdays.

I cannot reveal all my knowledge on course creation, as I've signed a confidentiality agreement. But here is what I can share on the process:

First, craft around five key points you want your audience to walk away with. For me, a course on academic advice requires systems for memorization, readings, exams, essay writing, and presentations. Then, with your five key points, draft an outline for your presentation just like you would for an essay. But ensure you

add a thesis statement and conclusion.

Next, note that a single slide should be accompanied by roughly 100 to 200 spoken words. That translates to approximately five to ten sentences per slide. Less than five sentences work as well but have at least two sentences. And try to keep each slide to one key idea.

If you want to add humor, add it wherever it fits. There are rules for comedy, such as ending sentences with words with popping sounds, such as the letters b, p, t, d, g, and k—with k being the funniest. That's why Bubbles from Trailer Park Boys loves "chicken pot pies," although "butter chicken pot pies" would've been funnier as it has more popping sounds.

Next, should you add stories to liven up the material? Perhaps not. I heard the advice to cut out the stories and go straight to the content. That's because people want the most meat in the least amount of time. With that said, entertaining stories that introduce or conclude the course could be compelling if they relate to the overall course content.

Use primarily videos and images in your PowerPoint and rely as little as possible on text. As for the stock footage, Story Blocks can provide a variety of material for your presentation. For example, I watched one course on Udemy where the instructor used a lot of videos of women partying. These videos were intended to highlight the course's celebratory moments. In other words, he used visuals to play on emotions. But for an academic presentation, you'll likely want videos and images that make people think. For instance, a presentation on autoimmune conditions may feature a picture of a lab's genetically grown animal flesh.

Also, cite videos and images you use in your presentation but avoid copyright infringement. For example, one university group presentation included artistically modified visuals that were not copyright free. The owners of the photos discovered this and demanded the right to use the artistic renditions in any way they desired. This was a fortunate outcome for both parties. Otherwise, it could've led to a lawsuit and academic disciplinary measures.

As another presentation guideline, never use black text on a white background. These are often dull presentations to watch. Use colored backgrounds or playful borders instead. You can purchase a vibrant PowerPoint template from a company like Envato. It's worth the investment. And if you're a newbie to PowerPoints, look on YouTube for videos on how to work with master slides. By doing so, you'll be able to create your own templates.

Lastly, consider using Camtasia to turn your presentations into video lessons. But aim to make each lesson between 3 and 10 minutes. People like to get bite-sized info as it's easier to manage.

So, what course topic would you choose if you wanted extra income? You can be someone other than an expert; you just need to know more than a newcomer. And if it passively earns you an additional \$5000 yearly on a platform like Udemy, why not create one?



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

Since John McCrae wrote about poppies in his poem "In Flanders Fields", poppies have come to symbolize our remembrance of those who lost their lives in WWI and subsequent wars.

**Lest we forget what the day is about.** Columnist Hazel Anaka outlines the reasons why we pause on Remembrance Day. "If we ever stop remembering the sacrifice of over one hundred thousand who lost their lives in these wars, it will become meaningless. They died for us, for traditions they cherished, for a future they believed in. They died for Canada." From Where I Sit – The Answer's Clear, November 8, 2013.

**Beyond the symbolism.** Barbara Lehtiniemi explains where the money goes from the Legion's annual poppy drive. "Donations collected are held by each Legion branch in a Poppy Fund Trust. Poppy funds are strictly controlled, and never mingle with the Legion's operating funds." Turning Poppies into Education, November 11, 2016. (Note the updated website for the Poppy Trust Fund bursaries is [www.legion.ca/communities-youth/youth-education/scholarships-and-bursaries](http://www.legion.ca/communities-youth/youth-education/scholarships-and-bursaries).)



Dear  
Barb

Barbara Godin

## In the Company of Companions

*Dear Barb:*

*Hi, I am a man in my fifties who recently lost my wife to cancer. We were married for 25 years and have three adult children who are on their own. Our marriage was happy, having all the normal ups and downs that most marriages have. My wife has been gone for almost a year and I am beginning to feel lonely. The odd part is all I really want is someone to go out to dinner or vacation with. I do not believe I will ever experience the love and passion my wife and I did. I don't know if what I am looking for is possible. What are your thoughts? Is it possible to have a relationship based solely on companionship, or am I just wasting my time?*

*Thanks for your response, Derek.*

Hello Derek:

I am so sorry about the loss of your wife. You are in a very sensitive place right now, and are likely feeling lonely and want companionship, but perhaps you feel you will be betraying your wife if you were to become involved in a serious relationship. It is possible to have a relationship based only on companionship. First, let's define companionship versus a relationship. A companionship is two people who enjoy spending time together and support each other through life's ups and downs. Companionship can occur between coworkers, friends, and close family relatives and can last a lifetime.

A relationship is a close intimate commitment between two people that involves love, affection, and deep devotion. It seems you desire a companion at this point, but that may change in the future. It's important to be honest from the beginning of any relationship you enter. Explain that you are only interested in a companion to share activities with. If the other person is not willing to begin with a companionship it is best to discover this right away, then you will both be on the same page. That's not to say that a companionship cannot evolve into an intimate relationship or even a marriage. These are all possibilities. A true friendship is an important part of life and can last a lifetime. Having companionship and a relationship are vital aspects of life and something that we all need in times of happiness, or sadness. I believe you are on the right track by not rushing into a relationship, but rather beginning with a friendship and seeing where it leads.

Best of luck in the future Derek.

*Email your questions to [voice@voicemagazine.org](mailto:voice@voicemagazine.org). Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.*



**Poet Maeve**  
**Bomb Threat****Wanda Waterman**

CHRISTY'S BEEN THREATENING  
TO USE STINKBOMBS AGAINST  
US RABBITS  
IF WE DON'T GIVE HIM HIS  
HUNTING RIFLE BACK.



EGAD.  
THINK  
HE'LL DO  
IT?

HARD TO SAY.  
IT WOULDN'T  
BE WISE,  
CONSIDERING  
WE HAVE HIS GUN.



WISE? THIS IS  
CHRISTY  
WE'RE TALKING  
ABOUT.



YEAH. CAN ME  
AND MY KIDS  
HIDE OUT  
WITH YOU  
TILL THIS  
BLOWS OVER?



HOW MANY ARE  
THERE NOW?



4637.

SURE, NO PROBLEM.  
Y'ALL CAN SLEEP  
IN THE QUONSET.



THAT'LL WORK. WHY'D YOU  
BUY A QUONSET, ANYWAYS?

CASE YOU FELLERS EVER  
NEEDED A PLACE.

AW. . .

# AUSU UPDATE

COMMUNITY. RESOURCES . SERVICES



AUSU values your opinions! We want to know how we can best serve our student members and help you have a positive experience while studying at AU. Please take 7- 8 minutes to [fill out our 2022 AUSU Annual Survey](#). All of your answers are completely confidential and help to build and enhance the services your students' union offers.

**Submit and Win  
\$1,000+  
in prizes!**

Including... **x5**



AUSU is giving away **more than \$1,000 in prizes** to members who complete our survey. The winners will be chosen at random and prizes include:

- \$100 Amazon Gift Card (5 available)
- \$50 Amazon Gift Cards (5 available)
- \$50 Gift Cards to Grocery Chains (5 available)
- Free ProctorU Online Exams (5 available)

An AU student ID number is required to enter the prize draw but is not required to fill out the survey. Prize winners will be selected through a random draw and contacted shortly after the survey deadline on **Nov. 25, 2022**.

Questions about the survey? Email [services@ausu.org](mailto:services@ausu.org).

Provided by

[ausu@ausu.org](mailto:ausu@ausu.org)

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# CLASSIFIEDS

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

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## THE VOICE

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Jason Sullivan, Wanda Waterman, Xin Xu and others!

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[www.voicemagazine.org](http://www.voicemagazine.org)

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