



THE VOICE

Vol 31 Issue 28 - 2023-07-21

Minds We Meet

Interviewing Students Like You!

Students Apply Now

Canada's Student Work Experience Program

A Man of Experience

Sometimes the Lesson is Lost

*Plus:
Music Review: ILL
Of Fabled Roses
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 What We Need

Karl Low



I've got another article you need to read. This one about former AUSU President, Karen Fletcher. She joined an international contest, "Map the System", and became one of six finalists that gave their presentation as Oxford. Her presentation revolved around how the connections between systems can fail students even though people in each system want the best for them. You can watch all the finalists, and read more about it, on [Athabasca University's news site](#).

These are the kinds of things that I'd love to be able to pay a student to report on here in The Voice Magazine, in addition to our mix of personal reflections and opinions, advice, entertainment reading, fiction, and all the other eclectic combinations that make up each issue of the magazine. So if you're a current student and have some interest in the things that are going on at AU, contact me at karl@voicemagazine.org and we'll have a conversation.

I'm also in need of someone who's willing to help bring back one of our most popular articles, the Course Exam.

This is one that involves contacting the tutors or professors of a course and having a conversation with them or with students who've already taken the course (which could be your own experience) and sharing that in depth knowledge with the rest of the students, so that they can make better informed decisions on what courses will really fit where they're looking to go. It's a position that can put you in contact with more professors at AU, which can also be helpful when you're taking later courses or looking to take advantage of some of the opportunities AU offers.

Not to mention that giving students the information they really want, such as if it's an easy course, a hard one, whether it has heavy or light reading, more detail about what the assignments actually require and what problem areas it might have that might trip up students is a great way to help out your fellow students, as well as yourself, and is a position I've needed filled for a while now.

Meanwhile, in this issue, we again have a new student interview with our Minds We Meet column, and follow it up with an opportunity for students from our federal government that could have you living overseas with part of your housing costs paid.

We round out our features with another short fiction piece, this one being one that I think could have been made into a fable, that is, if fables included swears and sex. Now that I've got your curiosity up, you can check it out in "A Man of Experience."

And we also have articles exploring how you might build emotional intelligence, or at least a tasty Asian soup, the Bon Bo Hue. Plus music reviews, events, scholarships, and just some pieces that are there for no reason other than that they make for a good read.

So, enjoy the read!

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 Chelsey Peat (she/her), a second year Sociology major with a minor in Women's and Gender Studies from southern Alberta. Chelsey acknowledged, "I am located on the traditional lands of the Blackfoot Confederacy, and I try to support and be a strong ally as well as active listener as we all work together to move forward and am committed to honouring the land from a place of knowing."

On a personal note, Chelsey is a "happily married and mother of two," who has worked "in healthcare for over a decade." She currently works "at a college as a program assistant full time while [she] attend[s] AU." She is "also working on a Diversity, Equity, and Inclusion (DEI) certificate through the University of British Columbia," explaining, "My goal is to work in the DEI field and work with organizations and companies to be better at representation and inclusion with marginalized individuals and employees." She continued, "I am a facial differences advocate, and volunteer with several organizations to work for #faceequality."

Chelsey had some great study tips for fellow AU students. "For myself, the best way I have learned to study is make

flashcards, or rewrite notes. Anything where you're saying the information out loud. I tend to hold onto something if it is audible instead of just visual. I may have made up a tune or two for memorizing things, but I know that helps me. My kids are my motivation, and they will even sit and run flashcards with me before an exam. I'm so lucky to have my cheering section there for me."

She also had some advice to new students and/or prospective students. "Don't ever assume. Don't ever guess. It is one thing to make a highly educated guess, welcome to most theories, but to simply fly through readings, no notes and expect to pass an exam or course is a longshot at best. Instead, remember you have committed yourself to this, not for forever, but for the next couple years. Earn it, be proud of it and watch how far you flourish!"

This busy student finds some time to relax in between her work and courses. "I love to drive to Waterton National Park, which is only about 90 minutes from where I live, sit in the mountains and have a chill day with my family. Whether it's a picnic down by Emerald Bay, going into the townsite for ice cream, or hiking one of the numerous trails it's a great way to destress and connect with the family."

She also finds time to read. "I'm sure I'm not the first, but I was in middle school when the Harry Potter books came out. J.K. Rowling didn't realize her impact on me. I am a fan, and reading those books not only provided me with a safe destressing place but also a world where it didn't

matter what you looked like, you still got adventures, family, and connections. I have read the series with my kids, and we love them,” she mentioned.

Chelsey also enjoys travelling, describing a recent memorable vacation. “The most memorable vacation I have had was six years ago. My family and I drove over a couple days to Osoyoos, British Columbia. Not only was it over thirty degrees the whole time, I was also tending a six-month-old baby and trying to keep my other child happy while stuck in the car for the extended drive. What little sightseeing there was was too hot to enjoy and, really, once we got there, we spent more time in the pool than anything. I laugh about it now, but I don’t know how we did it.”

She credits her children with having had the greatest influence on her desire to learn. “My kids are my greatest influence to learn—to show them post-secondary is not scary. My teen thought I was crazy at first to want to go back to school. Yet she has also seen how I have prospered, gained knowledge, and even reconnected on similar topics she is taking in school,” she stated.

As for her experience with online learning so far? “When it comes to online learning, I have to say the experience has been great for the most part. Not worrying about travelling to school each day, I can fit studying into my life far easier. Along with the convenience of logging on from anywhere at anytime helps this mom when I happen to have a little bit of time here or there to work on assignments or notes.” She continued, “For myself, the only downside is the isolation like aspect. You don’t have the same social situations and interactions. I do follow a few groups through social media and keep up to date with the AU newsletters, so I feel connected, just not the same as someone physically going to school.”

She considers WGST 333: Goddess Mythology, Women's Spirituality and Ecofeminism to be her most memorable course so far. She explained, “I am currently in this course, and I have to say I have always found historical study so fun, but going back in time through this course and revisiting and studying the patriarchal aspects of our human history has been astounding. I have researched similar topics before with studying various historical cultural aspects, but this course has been groundbreaking!”

As for communication with her course tutors? “For the most part communicating with my tutors has been good. From discussions on essay topics, to calling to go over study tips before an exam the tutors have always been there as a great support when I needed it. I have appreciated their feedback on countless assignments as it’s been a while since high school and essays, but their kind critiques have only helped me to gain better skills.”

Chelsey had some great ideas of some ideas that she would implement if she became the new president of AU. She stated, “As AU president I would continue to work on Diversity, Equity, and Inclusion methods for all students. As an individual with a facial difference inclusion is very important to me and of course equity. Treating every individual, whether student, faculty, employee, or board member the same when it comes to respect, values, and expectations is critical if we are to demonstrate to the world how the world needs to function for the better.”

The Voice Magazine asked Chelsey which famous person, past or present, she would like to have lunch with, and why, and she chose James Partridge. “This incredible man passed away in 2020 but I looked up to him and his work for the facial differences’ community. He founded both the ‘Changing Faces’ and ‘Face Equality International’ both in the UK after years of the stigmatization due to facial burns suffered and surgeries as a young adult.” As for the lunch? “To be honest I don’t know if I could eat, I’d be to be excited to meet him. Just sit and sip some tea and try to envision the world as he had.”

Chelsey also let us know about her most valuable lesson learned in life. “The hardest obstacle you will ever face is learning to love yourself as you are. As someone who has dealt with the wrath of bullies for my physical appearance, I can remember how hard my teen years were. Growing up not looking like anyone else was difficult, but I just kept fighting, kept working on me, and not letting the negative comments or stares pull me down. It’s a motto I still live by and something I certainly try to educate my kids on.”

And her proudest moment? “I am often stopped in public and asked about my facial birthmark and I always try to educate and show my kids the importance of educating as opposed to hiding. Both my daughters have watched me and as they grew and classmates, or friends or even complete strangers would ask both have jumped at the chance to say, ‘That’s my Mom and that’s her birthmark!’ I have been brought to tears a few times.” Best of luck Chelsey!

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.



Student Sizzle — AU's Hot Social Media Topics

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

AU Facebook Page



Statistics surprise. A poster marvels at how much she is enjoying SOCI301 (Social Statistics)—a course she was initially dreading. Commenters wholeheartedly agree, pointing out how well the course content is explained.

reddit

Time management. In a post asking how long it takes to finish a course when working full time, there were mixed responses. Commenters expressed that it had taken them as little as two months or as long as six months. However, most commenters agreed that it will depend on the workload required for each specific course. One particularly helpful commenter suggested reviewing the required reading and assignments on your course start date and budgeting your time accordingly.

Twitter

@AthabascaU tweets: “A group of #AthabascaU researchers collaborated with students @VistaVirtualSch in #yyyc to create a free educational resource on vaccine confidence. The video aims to help youth understand how to navigate information and #misinformation online. Full story: <https://news.athabascau.ca/research/au-researchers-launch-open-educational-resource-to-combat-misinformation/>”

@aulibarchives tweets: “Has your instructor asked you to use peer-reviewed sources? Or do you just want to know how to tell which sources are the most reliable? Visit our Peer-Review Research Guide for more information! https://libguides.athabascau.ca/peer_review #AULibrary #PeerReview”

A Man of Experience

Sometimes the Lesson is Lost

Lucy Djorno



I sort of knew the day wasn't going to go well from the moment I got up. Wicked hangover! I'd stayed far too long and had far too much fun at the pub last night. Also, far too many drinks for mid-week.

Traffic on my way to the interview was wicked. Some cow wouldn't let me merge on the M25 and I flipped her the bird and she gave me a look so I rolled down my window and yelled, "fuck off, you cow," which didn't improve her driving manners much.

After I parked my car, I rushed into Costa Coffee on the main level and pushed into line in front of a ditz who wasn't really paying attention to the queue. She cursed the back of my head but I was in a hurry and I needed the caffeine to get through this interview.

Jobs like this don't come up often and the position was perfectly suited to a man of my education and talents. I'm sure, having seen my curriculum vitae, the interview was just a formality. They'd be bloody well lucky to have me.

But I was prepared to go through the motions. I researched the firm, prepared a portfolio, and dressed smart. It was pretty much in the bag, but I wish I hadn't drunk so much last night.

Things started to go pear-shaped the moment I stepped out of the elevator into the reception area. The clerk behind the desk was the cow I'd given the bird to on the motorway. Oh well, once I'm hired I'll put on the charm, and she'll forget that little indiscretion.

In the meeting room, the first of the two interviewers arrived. Whoops, the ditzy broad from the coffee shop downstairs. She looked pointedly at my take-out cup before giving me a limp handshake and plonking her Costa cup on the table.

The second interviewer looked familiar but it took me a few minutes to remember I'd seen him at the pub last night. Unfortunately it was right after he caught me shagging his girlfriend in a cubicle in the loo.

I pretty much knew then I didn't have the job. Although, really, if he is so hot why was she so easily led astray? I'd think about that, joe, if I were you.

The big boss made an appearance at the end of the interview. It was already a lost cause, so I didn't even try to suppress a smirk when I recognized my little drunk-sex cubicle friend from The Drunken Duck. I saw her face flush crimson before she pivoted on one stiletto heel and stalked out of the room without uttering a word.

So, yeah, I'd say that was the worst interview ever. I didn't really want the job anyway. There are plenty of positions like that for a man of my experience.



Students Apply Now Canada's Federal Student Work Experience Program

Alek Golijanin



Perhaps there is no better opportunity for Canada's full-time college and university students to acquire transferable and meaningful work experience than through the Federal Student Work Experience Program (FSWEP). The FSWEP is Canada's largest student employment program, and it gives students of all levels and fields of study the opportunity to acquire experience in the federal public sector and to experience the various career paths available through the Government of Canada in fields like science, trades, administration, information technology, and finance. What makes the FSWEP so unique is that it stays open year-round, and students can submit their applications throughout the year. On the other hand, managers of public departments are provided with an expanding student recruitment inventory to fill roles across 200 departments and agencies.

Currently, there is a one-of-a-kind opportunity offered by Veteran Affairs Canada where students can work as guides at the Canadian National Vimy Memorial and the Beaumont-Hamel Newfoundland Memorial located in northern France. The benefit of this experience is that students will have the

opportunity to gain international experience by living and working in France, to develop their public speaking and presenting abilities, interact with visitors from around the world, and to discover Canada's rich military history.

The job of the guide will require students to serve as guides and provide information on the preserved battlefields and underground tunnels, discussing Canada's military history and answering other related questions. A guide will be tasked with leading groups in both natural outdoor settings and preserved underground tunnels. Students would have to pay for their own travel and other related costs, but Veteran Affairs Canada is providing subsidized housing alternatives for students, and they would be eligible for a partial reimbursement of their airfare. The deadline to apply for this opportunity is September 11, 2023, and the job would commence in January 2024 and end in May 2024.

An opportunity to travel abroad and to work overseas is just one of the things that makes the FSWEP such a unique program, and yet so many students seem to be unfamiliar with it. The potential of the FSWEP is such that science students can leverage it to help them to become top researchers at Canada's major health labs, law students can leverage it to help them play a role in being a part of Canada's legislative process, and technology students can leverage it to experience all of Canada's departments and agencies, because the need for developers and cyber security talent is in such high demand. The FSWEP can also be leveraged to serve as a steppingstone from the public sector and into the private sector; one of my friends who was studying software development had applied to the FSWEP and got a job in the CRA—they worked that job until they graduated from school and it helped them land a prestigious software developer job at Amazon.

While the FSWEP can be a competitive program, the best part about it is opportunities are not solely determined by academic performance, and the program provides students with unique needs the opportunity to self-declare as members of different employment equity groups including gender, ethnicity, race, and disability. Ultimately, there is no reason not to apply and not applying guarantees that you will miss out on the opportunity to work on projects and initiatives that impact the lives of Canada, and potentially the career of a lifetime.

If this sounds interesting to you, you can find out more at <https://www.canada.ca/en/public-service-commission/jobs/services/recruitment/students/federal-student-work-program.html>.

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

Building Emotional Intelligence

Marie Well



Can emotional intelligence be acquired? Anything can be learned, no matter what stage in life we are at. And why learn emotional intelligence? Emotional intelligence can bring us joy, connection, peace, wealth, success, and more. We may even know someone who has an endless supply of emotional intelligence. She's always smiling and surrounded by fans. I know that personality quite well, as my loved one ranks high in emotional intelligence.

Today, I took an emotional intelligence test and scored 100% for both resilience and striving and scored 96% for both positivity and self-esteem. However, I bomb at reading other people's emotions. In other words, despite my best efforts, I need more empathy. I truly want this skill, but I need help acquiring it. But emotional intelligence is learnable. And we all have the potential to sparkle with off-the-charts emotional intelligence.

With that said, here are my approaches to five traits of emotional intelligence that I rank high on:

Emotional resilience: The best way to have emotional resilience is to love others no matter what they do. Love everyone, as if every soul contains the light of God. A homeless fellow with a shopping cart opened the door for me yesterday. He looked rough, but his heart was soft and filled with kindness. We all eventually reach the promised land, our heaven, regardless of our religion, wealth, or poverty. (At least, that's what I've learned from my studies of near-death experiences and different faiths.) Though we may take different paths, we are all on the same journey. Therefore, why not show love to everyone? It helps us all reach the light faster. After all, loving everyone is the ultimate recipe for forgiveness and joy!

Growth Mindset: If I'm attacked, I don't blame. Instead, I find a grain of truth that signals a growth opportunity. And every attack we receive contains a grain of truth from the other person's perspective. Fundamental to this is never blaming the other party but trying to see the event from their point of view while ignoring their flaws. Even the tiniest shred of merit on their part signals a growth opportunity for me. At the very least, I can see it as my karma returning to me, independent of who delivers it.

Communication skills: I completed a Communications master's degree but received the best communication skills from a four-hour course for people with social anxiety. It teaches us to smile at people when we greet them and bid farewell. And it teaches us to give people some content when they ask how our day is rather than us responding with a simple "Good." It goes into more of a system, of course. As a result of taking this course, I get a lot of free things from merchants now, like spinach pastries, bananas, and coffee, although I don't drink coffee. And I can strike fun and engaging conversations with people in lines. It's blissful to have caring bonds with almost everyone we encounter. And it's exciting to leave our dwellings knowing that we'll make another new friend who was previously a "stranger."

Self-reflection: Every night before bed, I like to run through events and assess what I did right and what I could do better. It indicates a self-improvement opportunity if I felt less than 100% positive during the day. The goal is to be happy all the time. Humbling oneself when attacked,

like Jesus turning the other cheek, ensures we remain happy. And walking two miles when someone asks us to walk one brings us bliss. There is a reason why Jesus is called "Lord" in Christianity. He had the secret to happiness and peace, despite horrific external circumstances.

Self-care: Go no more than two days without exercising, eating healthy, and learning. (I say "two" and not "one" because we need the occasional "rest day" from exercise.) If I hadn't started exercising and eating almost entirely whole foods, I would likely have died from poor health. At least, I wouldn't be able to work a full-time job. And my job is blissful; I am excited about work, especially when I first wake up. And hobbies, relaxation techniques, learning, and other creative pursuits also benefit the soul.

So, those are five emotional intelligence traits that I rank high on. You might rank high on these, too. But I need to improve tests where I look at people's facial expressions and body postures to guess their feelings. Quintuple integration calculus was much easier than this. Much easier! So, I'm on a mission to learn how to read body language. And when I discover that gem of insight, I'll be sure to share it with all of us. In the meantime, let's build on our emotional intelligence one facet at a time until we become the epitome of light, love, and empathy. It's our journey into bliss!



Fly on the Wall

When Nuns Fly: Margaret Atwood and Bill C-11

Jason Sullivan



Sally Field was a pint-sized teen actress in the 1960s; she adorably won accolades playing a lovable neophyte surfer named Gidget (the local beach boys dubbed her such because she was a girl and seemed like a midget). Later in the decade she starred as an equally-short (not all typecasting is avoidable) novice nun embarking on missionary work in the US territory of Puerto Rico. The TV series was called *The Flying Nun* and, as the title character, her interactions say much about culture at the time. When the other nuns notice her playing cards with local orphans they are startled and ask how she came to engage in such an un-nunlike pursuit. Breezily her reply illustrates how rapidly the 1960s times were a-changing: "It helped pass the time while I was in jail. I was arrested at a free speech protest" (Slade et al., 1967).

Mic drop, if ever.

In today's realm of fake news and epistemic suspicion, the concept of free speech sometimes seems like an afterthought. The general mood is one of disdain for opposing views and a leering desire to silence those who are, supposedly, misinformed. But is it ever misinformed to allow a proliferation of foolish or misguided notions, when in the end the marketplace of ideas sorts itself out as a political arena? Presently, our federal government has sent a new law to the senate, Bill C11, that literally allows the government to censor any private post made to a public; that is, social media, place. Bill C11 is a means of "giving the Canadian Radio-television and Telecommunications Commission the power to regulate what they call 'user generated content.'

This means that what Canadians post to places like YouTube and TikTok would fall under government control” (Toronto Star, 2022) Wryly, some might note that our Prime Minister’s many Prince Selfie photos are likely to remain in the public eye no matter how much of a doofus they make our leading statesman appear! But, then, that’s a matter of opinion.

Historical awareness happily can rescue us from being embroiled in the who posted what to whom realm of censorship. Governments are prone to a few lies and consequences of their own. From weapons of mass destruction in Iraq, touted as a pretext for war but later admitted to be illusory, to Hollywood’s 1950s blacklisting of countless artists under the auspices of protecting the free world, and then recanting after scores of careers were ruined, history is a debris field of authorities dishing out punishment for crimes imagined rather than committed. Clearly, history casts a dark glare at those who side with the silencers. Even our humble monarchical Dominion has had to come to terms with our historical mistakes: residential schools, the Riel Rebellion, and the murderous suppression of the On to Ottawa trek of 1935 are three examples where intolerance of different ideas and methods led to shameful acts of despotism by our governments. We don’t want to risk encouraging those who believe that culture and country are a “my way or the highway” type deal. “The price of liberty is eternal vigilance” is a quote often attributed to Thomas Jefferson (leading figure in early liberalism, as in free markets of ideas and goods) (Berkes, 2010).

Now there *are* limits to what can or should be said, legally speaking. C-11 isn’t about egregious offences like libelling your neighbour’s spouse or being a discursive abomination by inciting illegal treatment of minors, minorities, or the elderly. Or dogs. Laws in the real world already cover the internet and are enforced; C-11 is about many things but it’s not about protecting innocent victims so much as about encouraging people to think twice before yapping off about topics that *appear* to have a right and a wrong answer.

C-11 is also about enforcing quotas about who supposedly most deserves to get screen time, and government funding, for their art and music projects. Just check out a few Research Assistant job postings and read between the lines about the value, rather than merit, of identifying as a member of a favoured identity group. In terms of free speech, or a lack thereof, C-11 is basically a form of social engineering, sometimes maybe perhaps a good idea (in the 60s many American white kids were bussed to schools in black neighbourhoods to integrate society. Nowadays it’s not unusual in my town to see an elementary school student sporting a Snoop Dogg t-shirt, so maybe it worked) but generally to be avoided in a free society. When people feel a heavy hand on their shoulder they tend to shirk and shrug it off and seek to assert their independence, no matter the intent of the parochial figure behind them.

Like not dropping the soap out of instinct, our cultural heritage may be said to recall all-too vividly the many centuries of brutal kings and dictators who served their own interest rather than the people’s, all the while claiming sovereignty in the name of the national good. As a nation of immigrants, many came here seeking freedom from tyranny that we might embody a freedom to thrive. Indigenous people are a reminder that, prior to colonialism, many different nations cohabitated without one gaining hegemony over all the rest—at least not for long. Unity comes from tolerance of the Other, rather than permanent loyalty to those temporarily holding the purse strings of cultural power. From this broader historical view, C-11 seems like a great idea if a government hopes to avoid any mass popular uprising as regards their policies.

Where intent and verbiage part is a matter of details, where the proverbial devil abides, and a junction where we can appeal again to the sweet innocence of Sally Field. When receiving an award, she famously glowed and exclaimed “you like me, you really like me!” It matters to feel

liked, both for who one is and for being oneself. If we like being a democracy and a free country we must be on guard when someone, especially our taxpayer-funded government agencies, wish to put a blanket over our ability to express ourselves. But you don't have to take my word for it. Margaret Atwood, usually the last word on intellectual righteousness and certainly not one to take authoritarianism lightly (*A Handmaid's Tale*, which I read in first year women's studies at AU, is a forceful engagement with the forces of darkness that often lurk behind the mask of social harmony), joined a chorus of thinkers and creators who expressed their disapproval of Bill C-11:

"All you have to do is read some biographies of writers writing in the Soviet Union and the degrees of censorship they had to go through—government bureaucrats. So it is creeping totalitarianism if governments are telling creators what to create" (Atwood in Woolf, 2023).

Gazing into her grand dame crystal ball that includes a life where she married a friend so he could avoid the despicable authoritarianism of the Vietnam draft, she concludes in what one imagines to be a calm but stern tone:

"You can't guess ahead of time what it is going to do" (ibid).

We can only ignore the past as AU students by failing to realize that it *will* affect our future, and particularly our academic rights and freedoms.

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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.



Unearthing classic articles from previous issues of The Voice Magazine



The Calgary Stampede ended last weekend, but Saturday, July 22 is the National Day of the Cowboy. We roped a few vintage cowboy articles from Voices past.

Beef burger meets lobster. Albertan Doug Boyd recounts his encounters with imported Newfoundland culture. "Before he left, I learned many things from my Newfoundland friend. My wife is "the missus." Last call is just a warning. They will escort us out when it's time. Laugh loud at every joke." The Cowboy and the Fisherman, November 3, 2006.

The yellow, yellow cheese of home. Audrey Karperien pines for Alberta while she travels the world. "I should point out that what is called Salisbury steak in Britain is what Albertans would wear around their waist, cinched with a really big silver buckle and carved all over with whooping cowboy curly things." The Harried Student Appreciates Canada, January 7, 2004.

DIY Bun Bo Hue



Xine Wang

Bun Bo Hue, a Vietnamese specialty hailing from the central region of the country, is a mouthwatering noodle soup. For food lovers all over the world, this soup is hearty, delicious, and robust with flavors and aromatic spices. Even if you're a fan of this dish, trying to Bun Bo Hue from scratch may seem daunting. It seems like a whole lot of ingredients and a very difficult process.

However, home-made Bun Bo Hue is incredibly rich and flavorful. It also makes you appreciate the food culture, intricacy, and dedication the Vietnamese have for their food. I tried making this dish at home over the past weekend and the results were outstanding. I was impressed that it tasted even better than some of the restaurant editions of this famous noodle soup.

Making Bun Bo Hue

To prepare a sensational bowl of Bun Bo Hue, you will need:

Broth:

- 2-3 pounds of beef bones or pork bones
- 1 pound of beef shank
- 1 pound of pork hocks or pig's feet
- 1 lemongrass stalk, bruised
- 3-4 shallots, peeled
- 4-5 cloves of garlic, peeled

- 2-3 tablespoons of shrimp paste
- 1 tablespoon of annatto seeds
- 2-3 tablespoons of fish sauce
- Salt and sugar to taste

Meats and Protein:

- 1 pound of beef brisket or beef tendon (optional)
- 1 pound of pork blood cubes (optional)

Noodles and Garnishes:

- Fresh round rice noodles (bun)
- Bean sprouts
- Fresh herbs (cilantro, Thai basil if desired)
- Lime wedges
- Sliced onions
- Sliced chili peppers
- Shrimp paste or fermented shrimp sauce (mam ruoc)



Preparing the Bun Bo Hue Broth:

1. Start by cleaning the beef and pork bones thoroughly under cold running water. Place them in a large stockpot and cover with water.
2. Bring the water to a boil, then reduce the heat to a simmer. Skim off any impurities that rise to the surface to ensure a clear broth.
3. Add the lemongrass, shallots, and garlic to the pot. Allow them to infuse their flavors into the broth as it simmers.
4. In a separate pan, dry-toast the annatto seeds until they release their vibrant red color. Grind the seeds into a powder using a spice grinder or mortar and pestle.
5. Add the shrimp paste and ground annatto seeds to the broth, along with fish sauce, salt, and sugar. Adjust the seasoning according to your taste preferences.



6. Continue simmering the broth for at least 3-4 hours to extract all the flavors. The longer it simmers, the richer and more aromatic the broth will become.

Preparing the Meats and Protein:

1. If using beef brisket or tendon, slice the meat into thin strips. Blanch them in boiling water for a few minutes until they are cooked but still tender. Set aside.
2. Cook the pork hocks or pig's feet in a separate pot of boiling water until tender. Remove them from the pot and slice the meat into bite-sized pieces. Set aside.
3. If you choose to include pork blood cubes, blanch them in boiling water for a few minutes until they firm up. Rinse them in cold water to remove excess blood and slice them into small cubes. Set aside.

Preparing the Noodles and Garnishes:

1. Cook the fresh round rice noodles (bun) according to the package instructions. Drain and set aside.
2. Prepare the garnishes by washing and plucking the fresh herbs. Slice the onions and chili peppers, and set aside some lime wedges and bean sprouts.
3. Add the boiled broth over top of the noodles and serve.

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



**STUDENT
WELLNESS**

**MENTAL HEALTH
SUPPORT FOR
AU STUDENTS**



[blue rare]**Of Fabled Roses: The Colours of Summer Flowers****Oliver Moorcraft-Sykes****Some Things That They Evoke**

Red: The colour of anemones, poppies, chrysanthemums, and lover's roses. The colour of fresh blood, of hot coals, of rage, of desire, of innocent hearts and concubines' lips. The colour of roman candles, roadside flares, and fake rubies scattered across slick black tarmac. The colour that appears in the morning to warn sailors of approaching storms and appears in the evening to promise better days ahead. The colour of Little Red Riding Hood's favourite cloak, the Red Queen's favourite gown, and of houses burning down.

Black: The colour of fabled roses, and of maroon and purple flowers in their nighttime disguises. The colour of clouded-over midnight skies, of dead screens, of hangman's heart, of a dark magician's sleeves. The colour of shadow puppets and Dixieland clarinets, of the inside of tornados and abandoned coal mines, and of the moon's other, secret side.

Pink: The colour of peonies, bougainvillea, and many different roses. The colour of the horsehead nebula, some martinis, and some champagne. The colour of albino

elephants and lychees, of human genitalia and tongues. The colour of Barbie's limo and glam rock sequins, of watermelons and spun sugar, flamingos and feather boas.

Blue: The colour of gardenias, hydrangeas, and genetically modified roses. The colour of sex and of distant constellations. The colour of dry ice ignited by nightclub lights, and many songs informed by broken hearts. The colour of lonesome highways and creatures seen in moonlight. The colour of icebergs that bring down pleasure liners and of lightning bolts that bring to life mad scientists' lonely monsters.

Gold: The colour of marigolds, and daylilies, and roses dipped in gold. The colour of memories of the harvest moon and the summer sun. Of pharaohs' treasure and King Midas' trail of damage. Of the neon sign outside the gold rush diner. Of amulets and lanterns, cornfields and coronets.

Purple: The colour of lavender and clematis and plastic dollar store roses. The colour of Bacchus' grapes, of amethyst, and Icelandic volcanoes in the twilight. The colour that symbolizes magic. The colour of love bites and bruises. The colour most loved by flamboyant poets and royal dressmakers and the tellers of sordid stories.

Green: The colour of limelight gladiolus and roses dipped in dye. The colour, obviously, of money and envy, and the last flash of daylight. The colour of absinthe and snakes and the Wicked Witch and the Fairy Queen's wings.

White: The colour of calla lilies, ghost orchids, dahlias, and roses bought for weddings and funerals. The colour of elephant ivory and walrus tusks and the long ago winter moons. The colour of summer gardens buried beneath ten feet of snow. Of Chinese lanterns drifting away, of cocaine and wedding cakes, of blank pages when all the words have failed. The colour of the absence of colour. The exact colour of your spectral spirit when you visit me at night, flickering in the shadows, then disappearing in a flash, like a playing card vanishing up a dark magician's sleeve.

Music Review—ILL

Jessica Young



Artist: Royal Deceit

Album: *ILL*

Danish metalcore four-piece Royal Deceit will be releasing their sophomore album *ILL* on August 11th, 2023. The album will be available for streaming anywhere you get your music.

The band was formed in 2014, the members “hailing from the darkest corners of Jutland, Denmark.” They describe themselves as “a bastard child of Killswitch Engage and Letlive.”

The album consists of ten tracks: *Ill*; *War Inside*; *Let Me Burn* (featuring Hanging the Nihilist/Alexander Hall Kristensen); *Undertow*; *Lowlife*; *Cursed Mind*; *Make Me Numb*; *This Hell*; *Self-Destruction*; and *Wolves*. Several of the songs have already been released for streaming, and four tracks have music videos on YouTube: [Wolves](#), [This Hell](#), [Make Me Numb](#), and [Undertow](#).

For those of us who may not be as well-versed in the various subgenres of heavy metal, “metalcore” (also known as metallic hardcore) originated in the 1980’s and incorporates elements of extreme metal and hardcore punk. This type of genre is well known for its application of intense breakdowns, which are (apparently) perfect for moshing. The instruments feature distorted double bass, drumming, guitar riffs, and the occasional use of blast beats. The vocal techniques used in this type of music also range from clean falsettos to death growls. Popular metalcore bands include Underoath, The Devil Wears Prada, As I Lay Dying, and Bullet For My Valentine.

I will preface my review by giving a huge trigger warning for the content of this album. The lyrics contain significant and continuous references to extreme depression, suicide/suicidal ideation, and self-harm. There are no visual references to any of these topics in the currently released music videos—the music videos are only comprised of shots of the band performing.

While the lyrics certainly cover some disturbing content, they are very powerful and well-written. Anyone who has struggled with mental health in their lifetime will identify with the very accurate and vulnerable depiction of being consumed by their mental illness.

According to the band, the song “This Hell” is “a song purely about self-loathing and hatred. It’s about that feeling you get when you freeze in place. Instead of opening yourself up you shut out everything, while feeling trapped in some sort of hell.” With lyrics like: “I can’t see, I can’t hear/This void consumes my sanity/I don’t want to be here, but I deserve this shit/So don’t try to pull me out/Cause I will pull you down/Pull you down.”

Meanwhile, “Wolves” is about “depression and how it can hunt you down before you even realize that it has its grip and its teeth around your throat. It expresses how a depression just completely consumes your mindset.” With lyrics like: “The teeth are sinking in/It’s tearing through my skin/Can’t take it anymore/The wolves are at the door.”

Overall, *ILL* is simply not my cup of tea. However, Royal Deceit is very talented and fans of the metalcore genre should absolutely give *ILL* a listen. You can check out Royal Deceit on [Instagram](#) and [Facebook](#).

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



Beyond Literary Landscapes War

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 focuses on a snapshot of several varied representations of war in literature. A wide-ranging topic, this column chooses three examples of combat from different time periods, which examine the

political, economic, social, as well as physical and psychological effects of war, on both combatants, and non-combatants, such as civilians.

What

Some well-known works related to war include Leo Tolstoy’s *War and Peace*, Ernest Hemingway’s *For Whom the Bell Tolls*, and Homer’s *The Iliad*.

Other examples include *The Wars* by Timothy Findley and *Catch 22* by Joseph Heller.

Where

These novels are set throughout Imperial Russia, Spain, and ancient Greece.

When

Many of these works take place in the 8, 19, and 20th centuries.

Why

These novels may be of interest to AU learners who would like to learn more about specific wars throughout history, and their representation in literature, including the Napoleonic Wars, the Spanish Civil War, and the Trojan War. In addition, these war-centric novels may be of interest to students who would like to further understand the psychological effects of war, during its time period and in its aftermath.

How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to War in Literature 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 HIST 309: Ancient Greece, a senior-level, three-credit course, which "surveys the political, military, social, and cultural history of one of the most influential civilizations of the ancient world." (No prerequisites are required).

Students may also consider HIST 367: The Second World War, a senior-level, three-credit course, which "is intended to provide a fuller understanding of the events and attitudes of the war years and of some of the arguments that are very much alive today concerning what really happened in that vital decade of 1937 to 1947." (Although no prerequisites are required, please note that this course is currently temporarily closed). Happy reading!

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



How AI Makes Us Better Students & Workers

Marie Well



ChatGPT seems to have a political bias (for example, when searching "What is the solution for the Ukraine and Russian War?" ChatGPT favors one side.) However, I adore ChatGPT. Despite its flaws, it's like a personal advisor, teacher, and omniscient guide all in one.

And ChatGPT has flaws, just like everyone else. It told me my retirement pension would one day be "\$135,000" in monthly CPP checks. Wow! I can hardly wait to retire (I plan on never retiring.) It also conks out when I ask brief, general questions, and in those cases I have to reinstall the app. And because my ChatGPT app only has data before 2021, it can't give me step-by-step instructions on using the most recent MailChimp email automation features.

But AI is excellent for students and employees, especially the AI that comes with Grammarly's paid version. It's a game-changer. For instance, we can copy and paste a direct quote into Grammarly. And if we then highlight the quote, Grammarly gives us options to rephrase it, shorten it, make it formal or friendly, and more. In other words, it'll instantly paraphrase the quote for us, and if we don't like its version, we ask it to try again until we receive the paraphrase we want. It can even rewrite an entire essay, although I believe the direct quotes may get lost in the rewrites.

I use Grammarly's AI for writing professional emails. My boss wanted my emails to be less friendly and more formal. He even paid for a course on business communications for me to learn this. So, I take my emails into Grammarly, highlight them, ask Grammarly to make them formal, and then ask Grammarly to shorten them. And my boss loves the results.

But that's not all ChatGPT and AI can do. I recently created a social media campaign on a complex engineering topic. Due to its technical nature, I couldn't have made the campaign on my own. So, I asked ChatGPT to give me the technical content. And then, I took that content and rewrote it. I then did two plagiarism checks, one with Grammarly and another with a plagiarism service I discovered by asking ChatGPT. I rewrote the content again, pasted it into Grammarly, and had Grammarly rewrite it several times until I was happy with the final version. And then, I did a last edit.

But that's not all AI and ChatGPT can do. I had to make an email campaign that integrated the MailChimp email automation service with another pop-up service called Optin Monster. And I needed to make an automated A/B split test campaign in MailChimp, which I had struggled to learn how to do over the past three years.

However, ChatGPT instantly gave me step-by-step instructions on how to achieve these ends. So, questions I couldn't resolve over the last three years are being answered in seconds by ChatGPT. And my boss loves the changes I've rapidly made, thanks to AI, so much so that today he gave me a raise.

But in the back of my mind, I wonder about the implications of growing reliant on AI to write my emails and do my job. What happens when AI becomes widely adopted, and everyone's game is upped remarkably? What happens to us, then?

One solution to this dilemma that ChatGPT gave me is to take online courses from the Blockchain Council on AI, the Metaverse, and Web 3.0. That way, we can stay ahead of the game before everyone catches up. It's the first movers' advantage, as knowledge is power. And these courses come with certifications that we can proudly post on our LinkedIn profiles.

Whether or not we take these Blockchain courses, we can use Grammarly and ChatGPT to gain a significant advantage in academia and at work. But what happens when educators realize our writing is stellar not because of our natural abilities but because Grammarly is an editor on steroids? So many exciting questions, such as this one, remain concerning AI and academics.

AI makes us better students and employees. And we deserve to excel! After all, we are on a karmic ride together to become AU success stories. Admit it: we've got more potential than anyone could imagine. AI is one way to realize it.

AU-thentic Events Upcoming AU Related Events

Library Chat

Tues, Jul 25, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library

www.athabascau.ca/library/index.html

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

Library Chat

Wed, Jul 26, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library

www.athabascau.ca/library/index.html

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

Library Chat

Thur, Jul 27, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library

www.athabascau.ca/library/index.html

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

Looking ahead...

AUSunights: Summer Social

Thur, Aug 10, 5:00 to 6:00 pm MDT

Online via Zoom

Hosted by AUSU

www.ausu.org/event/ausunights-summer-social/

RSVP through above link

Career and education planning conversation with AU Counselling Services

Wed, Aug 16, 3:00 to 4:00 pm MDT

Online via Microsoft Teams

Hosted by AU Counselling Services

news.athabascau.ca/events/career-and-education-planning-conversation-with-au-counselling-services/

Register through above link.

All events are free unless otherwise noted.



Understanding Challenges

Alek Golijanin

The Starting Point Toward Creating Lasting Change



Everyone has their own personal idea on what the starting point towards creating lasting change looks like. For some, it might be by way of attending protests, for others by amplifying messages of social media. Ultimately, however, creating public value comes down to understanding both the problem and the opportunities at hand, and then being able to thoughtfully discuss, analyze, and reflect on them.

One of the ways that Harvard Kennedy School drives this idea home is by requiring participants in their executive education program to provide a two-page summary of a strategic challenge: analyzing the challenge with a five-step approach. They also do this by introducing learners to the case study method, a teaching approach that is now universally applied across learning institutions, but which originates from the halls of Harvard and is over 125 years old.

Getting acquainted with these two interconnected approaches to “thinking” is the recipe for improving the quality of individual and collective living within the communities we find ourselves in.

The five steps of the strategic challenge.

What makes the 5-step approach to addressing strategic challenges so unique is that the first step begins with oneself, “*Me and My Position*”. What “*Me and My Position*” focuses on is developing an understanding of one’s position and ability to tackle the problem at hand. The thinking that it is supposed to give way to includes understanding whether one is capable of addressing the challenge head-on or whether they would be better served by joining a larger movement that seeks to address the same problem. It also involves analyzing one’s knowledge, skills, abilities, and networks to understand whether one is prepared for the challenge now or if they might be a few years away from where they need to be. The second step, called, “*The Problem, The Opportunity*”, requires further exploring the social condition and how one might be able to best leverage themselves to help with those efforts. The third step gets into “*Material vs Relational*”, by determining whether the condition is a material condition, things like food insecurity, homelessness, and poverty, or a relational condition, things like victimization, oppression, and discrimination. The fourth step, “*Largeness, Importance, Urgency*”, involves gaining an in-depth understanding of the problem, building upon the general understandings attained from step two and step three. The final step aims to explore the “*Could and Should*”, one’s best current idea about what could and should be done. The “could” involves exploring whether what is being proposed is possible while the “should” involves whether there is will to do what is being proposed. When an issue comes up during one of these five steps, the framework allows us to work backwards and to revisit the prior step to start the reconfiguration process until we can pass through all five steps.

Learning by the way of the case study method.

The case study method is an approach to learning that requires learners to apply their own thinking and reasoning to real-life instances that are represented within each case and to see how they would respond if they were thrust in a similar situation. The case study method is more of a practical approach to learning because it requires learners to think about the various dynamics at play and to play out a series of scenarios based on their decisions, which is more along the demands of real-world thinking because of the compounding effect that actions tend to have.

This unique approach to thinking came to exist after Christopher Columbus Langdell, an American jurist and legal academic, was appointed as Dean of Harvard Law School. When

Langdell was appointed as Dean, he took it upon himself to carry out educational and administrative reforms, but none more important than the introduction of the case study method. Prior to Langdell's tenure as Dean, the study of law was taught from a technical perspective, before giving way to the more pragmatic approach that is used today. Specific to law, instead of studying and learning about all the abstract summaries of legal rules, it was realized that it was far more effective to read the judicial opinions and use that as a starting point to work backwards given the precedent-setting manner of American law.

What most people are unaware of, however, is the fact that the case study method is based on Socrates' Socratic learning method, which could be described as the benevolent arguing of ideas between individuals. The asking-and-answering approach was believed to give way to critical thinking and to help address any presumptions that may be giving way to "bad thinking". Essentially, all beliefs are challenged and scrutinized to see if they pass the "logic" test. If they do not, then thinkers are left needing to come up with better hypotheses, which will eventually need to be tested to see if they pass the test as well.

What matters most is how your mind works.

Tackling issues and achieving lasting change necessitates a level of perseverance and discipline as much as it demands cooperation and compromise. It takes time, and it is important that no one should ever be so sure of an outcome that they would not accept a better outcome if the chance presented itself. It is far less important about what one's degree is in, what matters most is how one's mind works.

In totality, progress comes down to deciding what you care about and going after that condition; not failing to do it just because you can not do everything—because you can still do something. The five-step approach and the case study method are two frameworks to better prepare changemakers when the unexpected happens, as they drive toward a better tomorrow and fuelled by the understanding that nobody is destined to tragedy.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Canada Post Awards for Indigenous Students

Sponsored by: Canada Post and Inspire

Deadline: August 31, 2023

Potential payout: \$2000

Eligibility restriction: Applicants must be First Nations, Métis, or Inuit peoples who had been out of school for one year or more, have since decided to return to an education system, and have now been back at school for at least one year.

What's required: A completed application form, along with academic transcripts or equivalent, proof of community membership, and a maximum 5-page essay describing the challenges you faced resuming your education after a long period.

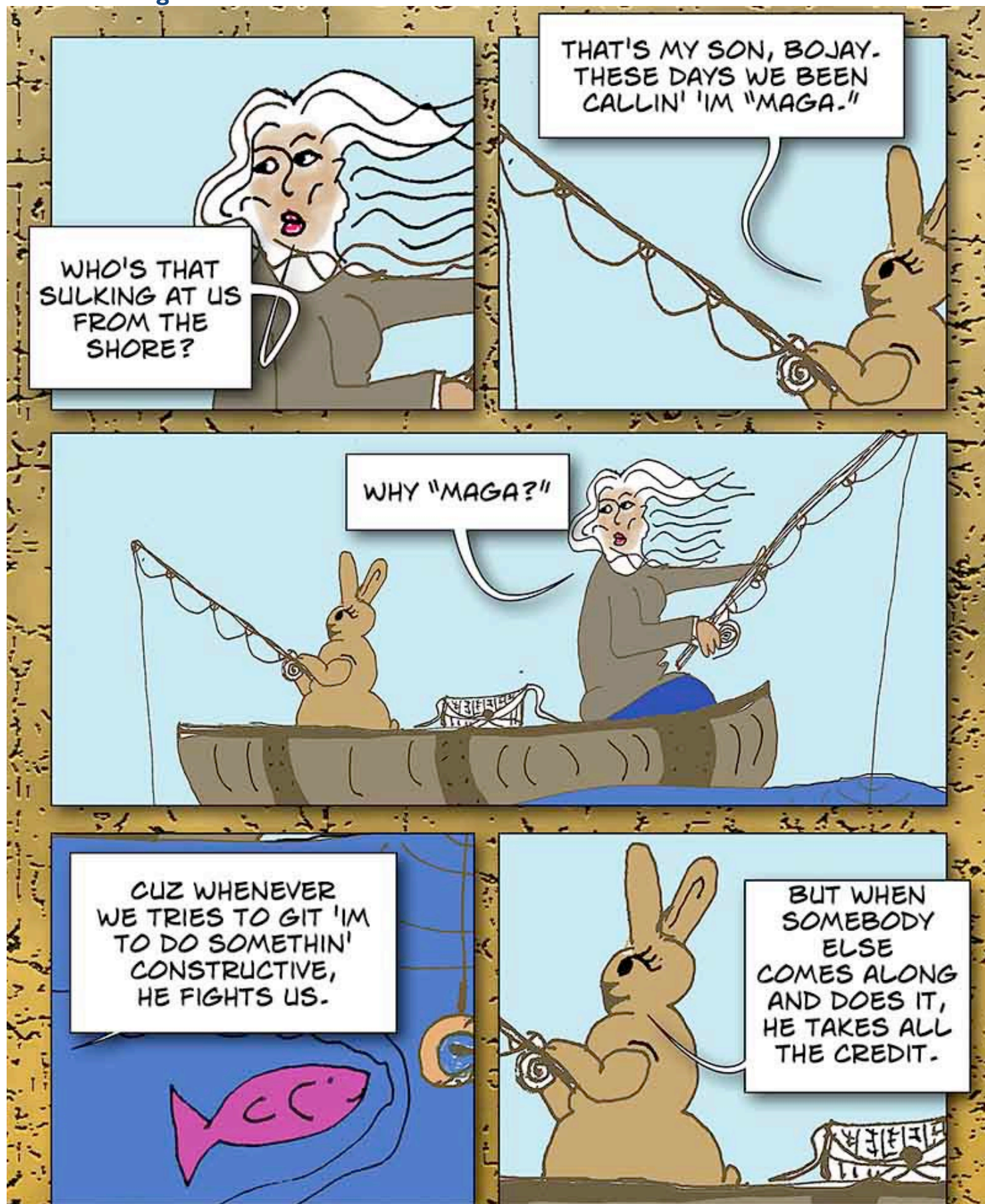
Tips: Read the [application form](#) carefully.

Where to get info: indspire.ca/programs/students/bursaries-scholarships/



Poet Maeve
MAGA Younguns

Wanda Waterman



Congratulations, AU graduates!

The Athabasca University Students' Union (AUSU) extends its heartfelt congratulations to the recent Athabasca University (AU) undergraduates who Convocated on Friday, June 16, 2023, online and in person in Edmonton, Alberta. We are tremendously grateful to have shared part of this momentous day with you.

You have worked tirelessly to reach this milestone, and the entire AU community joins us in recognizing your hard work, determination, and dedication. We want to remind you that your AU degree is not only a testament to your academic excellence but also a symbol of the possibilities that await you.

Once again, congratulations on this extraordinary achievement, and thank you for allowing AUSU to be part of your Convocation ceremony. We wish you all the very best in your future endeavours, and we look forward to seeing your continued growth in the years to come!

Thank you for participating in our 3rd annual Pride Month at AUSU events!

On behalf of the Athabasca University Students' Union (AUSU), we would like to thank everyone from Athabasca University (AU) who attended and made our 3rd annual [Pride Month at AUSU](#) events a huge success. We are proud to have had the opportunity to celebrate the diversity, inclusiveness, and affirmation of 2SLGBTQIA+ students at AU.

Pride Month at AUSU provides a safe and welcoming space where diverse voices can be heard and celebrated. The participation of everyone who attended our events was inspiring, and we are grateful for their contributions towards creating an atmosphere where everyone feels respected and valued.

We firmly believe that creating a sense of belonging is essential to our mission of promoting the success and well-being of AU community members. Learn more about the advocacy work AUSU is doing for 2SLGBTQIA+ students [here](#). We recognize that queer students face unique challenges in their academic journey, and we are committed to creating a safe and inclusive environment where all students can reach their full potential.

The outstanding participation from AU undergraduates during *Pride Month at AUSU* shows that the AU community values diversity and acceptance. We look forward to doing it again next June 2024, and we hope that even more of you will join us in celebrating queer Pride!

Thank you again for your participation, and we look forward to continuing our year-round support for 2SLGBTQIA+ students at AU.



ausu@ausu.org

Please send the Athabasca University Students' Union your valuable feedback and suggestions regarding our student services. We are committed to providing quality resources for AU undergraduates and we look forward to hearing from you!

Follow us on social media!
We are @AUSStudentsUnion



AUSU Athabasca University
Students' Union

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

THE VOICE

Ph: 855.497.7003

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