



THE VOICE

Vol 31 Issue 28 - 2023-07-21

Minds We Meet

Interviewing Students Like You!

A Suitable Education

The Cynical Purpose of Post-Secondary

First at Last

Silence can indeed be Golden

Plus:

*Music Review: At the Mall
A Summer Tradition
and muchmore!*



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Views and articles
presented here are those
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AUSU Student Council.

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

For weekly email reminders
as each issue is posted, fill
out the subscription form
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Volume 31, Issue 26

© 2023 by The Voice
Magazine

ISSN 2561-3634



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

Summer Holidays

Karl Low



Recently, Alberta Premiere, Danielle Smith, provided a new mandate letter to her new Advanced Education Minister, Rajan Sawhney. In it were 17 points that she wants the Advanced Education Minister to focus on. Not one of those includes dictating where universities need to hire from, so perhaps after this current IMA expires, Athabasca University will be free to resume its strategy that was reducing costs to the university and widening the pool of professionals that it has available to hire from.

Some people noted with concern that one of the points included working with career colleges and other educational institutions to develop pathways to become fully accredited. Which basically means finding a way that private colleges and institutions can offer fully accredited degrees. Personally, I have no problem with this, so long as that way doesn't involve providing private institutions with public funds, especially when the funds for our public institutions are more limited. If those private institutions can meet

the rigour required of public institutions to develop new degrees, why not let them do the same thing?

No, what bothers me more about the mandate letter is the idea of being told to "develop and promote career educational scholarships in areas of labour shortage for Alberta's K-12 students." I've mentioned the problem with this before, being that there is a lag time in education. And trying to line students in grade-school or earlier with a career is simply a good way to waste a lot of money on sending kids into areas that may be oversaturated by the time they graduate, or simply employment they figure out really isn't as enjoyable as they thought it would be when they were ten or eleven years old.

And I wonder about the point requiring a review of professional governing bodies and post-secondary institutions to make recommendations to protect the free speech rights of Alberta professionals. So far as I know, there are no limitations currently aside from professional organizations having difficulties with people who make false statements that could damage the organization's reputation or the safety of the public. Are those the free speech rights she's looking to protect?

Beyond that, however, most of the points in the mandate letter I find unobjectionable, and some, such as a Graduate Retention Tax Credit to keep Alberta graduates working in Alberta for a time after their education, seem to be good ideas. So, while I still don't feel assured about the future of post-secondary under a UCP government, let's just say I have some cautious optimism now.

Meanwhile, this week in *The Voice Magazine*, we're featuring a new student interview with a student who doesn't really have study advice but has some solid advice for keeping motivated throughout your program. We've also got a new fiction feature that's worth a read, and I chose to feature the latest [blue rare] as it appeals to the cynic within. Plus our usual cavalcade of advice, events, scholarships, reviews, and more!

One thing I need to mention though is that as we're entering the dog days of summer, there will be no new Voice Magazine next week, as I'll be taking a short vacation to enjoy a bit of the summer, assuming the heat doesn't keep me squirrelled away in the basement here.

So, enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", written in a cursive style.

MINDS WE MEET



The Voice Magazine recently had a chance to chat with Kim Leppington (she/her), a Bachelor of Health Administration student currently residing in Edmonton, Alberta. Post degree, Kim hopes to work with “Alberta Health Services, with a long-term goal of working in the new hospital being built in the heritage valley area of Edmonton.”

On a personal note, Kim “grew up in Pitt Meadows—Maple Ridge, BC (Ridge Meadows).” She continued, “I worked in a quick service restaurant for 10 years and left with invaluable management knowledge. My last restaurant was Fort McMurray AB. After that I moved to Edmonton and decided to go back to school. Along my Alberta travels I have since gained a husband and we created two beautiful children. Who am I? I don’t really know. My oldest keeps asking me what I want to be when I grow up and I haven’t really figured that out yet, apart from this degree!”

She had some unique study tips for fellow students, especially those of us who sometimes struggle with motivation. “I am two years into my degree and can honestly say I don’t have valuable study tips! Each course is different and comes with its own challenges or lack thereof. I find I am super motivated at the start of each new semester with fresh courses and material to learn and

I go hard for a month straight. Then my interest usually fades, and I get a little lazy for 1-2 months then I realize I have a month left and go hard again to complete the remaining work! I do not recommend this! I also don’t recommend doing one course at a time during a semester as the material becomes bland and monotonous. Instead, I work on one course and when I hit the inevitable wall, I start doing the next course, etc. This keeps it fresh and exciting. Think of it like doing a puzzle: you could stare at it for hours and not find one single piece that you need, but if you step away from it for a day or even a few hours and then come back to it, all the sudden the right pieces are staring right at you!”

She also shared some great advice for new students and/or prospective students. “It’s never too late to go back to school. Also, four months is a long time, but it also goes by very quick so use your time wisely but don’t panic!”

When Kim is not studying, she spends time with her children, “an almost 6-year-old and an almost 4-month-old,” who keep her “hands ... pretty full!”

She also enjoys travelling, sharing a recent memorable vacation with *The Voice Magazine*. “I have visited Cuba, Mexico, Jamaica, and Hawaii. I would say Cuba was most memorable as I suffered from a kidney infection (in my last remaining kidney) and truly thought I was going to die there. It was the last day and night there and I could not wait to get home.”

As for her experience with online learning so far? “I love the flexibility of being able to complete school whenever I can (nighttime, cram it all into a month, or here and there). Online school is a necessity with small children, I would not be completing this degree if this was not an option. The only dislike I could say is there is sometimes a long delay for communication with faculty.”

And Kim’s most memorable AU course so far? “It’s strange, students are always asking for course recommendations, or personal experience with a course and I know I have taken said course, but I can never strum up useful details! However, I really enjoyed HADM 326[:Health and Healing]. It provided me with valuable knowledge regarding health, food, wellness, and Indigenous history. I have actually shared my papers and a PDF by Raymond Obomsawin Ph.D. with my mother and sister because I found the information very interesting. As well, PHIL 252[: Critical Thinking] was challenging, enjoyable, logical, clear, and refreshing.”

She also let us know a bit about her communication with her course tutors. “It is usually easy to communicate with them, though there is the odd time where they don’t respond in a timely manner,” she explained.

When asked about her most valuable lesson learned in life, Kim had an interesting answer. “I don’t think I have a most valuable lesson. I think I could write a novelette on why those carefree younger times are not worth it, to smarten up sooner, and seek out advice from elders. This is not to say that all should go to school, get a 9-5, then retire. No, but unfortunately, we are in a society which demands some of that from us, but you must incorporate the beauty life has to offer.”

And her proudest moment? That would be her “two children.” Best of luck Kim!

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.



Unearthing classic articles from previous issues of The Voice Magazine



Recent discussions regarding climate and environmental health got us wondering what our writers past had to say on the topic.

Treating the cause, not the symptom. Zil-E-Huma Lodhi outlines sources of pollution and methods of prevention. "It took years to contaminate our world, now it will take time and effort to clean up the mess. Prevention will not occur in a day but we surely can contribute something every day to accelerate this process." Science and Technology Corner – Environmental Health, March 5, 2003.

There's a course for that. Katie Patrick describes the then-new AU course, which has since been revised and renamed as Fighting Back for the Health of It: Sociology of Environment and Health. "This course, which examines key issues in environmental health, also addresses the potential links between industry toxins, such as pollution, and evidence of diseases in our environment." Course Exam – SOCI 348: Sociology of Environment and Health, January 20, 2006.

[blue rare]
A Suitable Education

Oliver Moorcraft-Sykes



In adolescence, I had watched the classic film *The Kid*, in which Steve McQueen plays a slick and cocky professional poker player. Completely oblivious to any of the film's deeper messages, and lured by visions of easy money and attractive working hours, I had briefly toyed with the idea of pursuing a career as a traveling card shark. Wisely, though, I realized that this calling would ultimately be undermined by certain subtle "tells" that I tend to exhibit in high stakes situations, such as sweating profusely, puffing out my cheeks, running a finger around the inside of my collar, and occasionally weeping. Likewise, I understood early on that it would be unlikely I would find success as a Formula 1 driver, NBA player, opera tenor, elite gigolo, or zeppelin pilot. Selling weed and bartending, however, were realistic, achievable dreams that opened a lot of doors for me.

It is no small thing in life, then, to have a clear-eyed, realistic understanding of your own strengths and challenges, and to use this knowledge to facilitate making the best possible choices. And I think providing us with these hard truths about our personal limitations is one of the most important

functions of our education systems, beginning at an early age.

We know, for example, that all preschool and kindergarten classrooms are filled with horrible children, and we know that most of these deluded youngsters have an innate belief that they are talented artists, singers, scientists, athletes, and dancers. It's the sort of nonsense that's drummed into them, practically from birth. With tasteless bravado, they warble offkey melodies, perform clumsy handstands, and paint lacklustre family portraits and barely representational pictures of houses, flowers, cars, and cats. Sadly, many of them move on through their early elementary school years with these delusions intact.

Thankfully, by the time these students arrive in high school, most of those stray sparks have been stamped out. They have learned one of life's most important lessons: stick to what you're good at, or risk failure and embarrassment.

This is especially true when it comes to the realms of creativity and imagination. Sure, you may be required to take art or music classes for the purposes of credit completion, but most times the passion is not really there anymore. By then, you fully understand that creating art is for artists only, and will ultimately lead to penury. Far better to devote your energy to acquiring the suitable, assembly line education needed to secure a job.

For those who forgo trade schools or the workforce, who choose to soldier on academically, this understanding is refined to perfection in our post-secondary system. By the time students reach the halls of higher learning, pipe dreams of a well-rounded, classical education are effectively flushed away. Entering first year, most students have an entrenched understanding that the purpose of learning is to achieve high enough grades to easily fit into the capitalist marketplace.

Of course, there is inevitably the occasional stray spark that slips through the fire grate. Despite the best efforts of educational institutions, the occasional lost soul chooses to devote themselves to the most worthless, impractical pursuits. They write plays, compose arias, tap dance in front of a mirror, attend auditions, collect rejection letters, doing whatever they must to chase their joy and satisfy their muse. Once in a while, we call these people "visionaries," or "stars." Most of the time, we call them baristas.



First at Last Silence can indeed be Golden

Lucy Djorno



She was first at being born, but that was the last time her sister let her be first at anything. Felicity was born at 04:38:12 after a long labour, and her twin Fiona gushed out only seconds later. While Felicity was still gasping for her first breath, Fiona began to wail.

The competition was on.

Felicity was almost the first to hold her head up, smile, roll over, take solid foods. Fiona seemed to sense when Felicity was on the verge of an infant breakthrough, and eclipsed her each time.

Fiona showed no inclination for crawling, but when Felicity got up on her hands and knees and rocked back and forth, Fiona quickly scrambled to her hands and knees and propelled herself into a forward crawl. Felicity pulled herself up to stand, and Fiona pulled herself up to walk. Felicity almost ran, but Fiona pushed her over and ran first.

In school the twins sat side-by-side in every class. If Felicity began to raise her hand to answer a teacher's

question, Fiona's hand shot up and got called on first. Felicity might study hard and get 99% on a test, but Fiona would study harder and get 100.

Whenever awards were handed out for scholastic or athletic ability, if Felicity got Bronze, Fiona got Silver. And if Felicity got Silver, Fiona got Gold. Asked why she never seemed to win Gold, Felicity shrugged and said nothing.

Both sisters graduated from the same prestigious university on the east coast (Felicity with "magna cum laude" honours, Fiona with "summa cum laude".) Both took jobs in distinguished Wall Street firms, Fiona at a slightly higher salary and with a slightly larger corner office.

Felicity almost broke the pecking order tradition when she began dating Gordon, a man from a well-established family made rich with mining concerns. But Fiona restored order by quickly initiating a relationship with Gordon's elder brother—and heir to their father's fortune—Simon.

After their respective engagements (Fiona's was announced first), Felicity proposed they have a double wedding, and Fiona agreed providing her and Simon's vows were recited first, and their

marriage solemnized first. Felicity said nothing, as usual. Simon and Gordon's parents agreed to bankroll the whole event, from swank ceremony through to extravagant honeymoon.

Alas, only a few weeks before the wedding, Simon's private jet went missing enroute to Rio de Janeiro. It was many days before the wreckage was located. The bodies of Simon, the pilot, and the cabin crew were never recovered.

Naturally, Felicity and Gordon halted the wedding plans. It took months to settle Simon's affairs and the lack of a body made everything more complicated. Fiona was devastated to lose her fiancé, and she walked around in a fog of disbelief.

Felicity was worried about Fiona, but she was worried about Gordon, too. Fiona had lost a fiancé, but Gordon had lost a brother. Felicity and Gordon agreed to delay their own wedding until the following year.

Felicity stayed in New York while Gordon spent increasing amounts of time at his family's palatial Adirondack "cottage" where he and Simon had spent many carefree holidays in their youth. When he was in New York, he and Felicity got together for dinner or a quiet evening, and he often spent the night. He never invited her to go to the cottage with him, and she didn't press the matter.

Felicity phoned Fiona often, but she seldom answered. Felicity knew Fiona had taken a leave from work, but she seemed to be avoiding Felicity.

Felicity was taken quite by surprise when, shortly after Gordon had visited her in late November, he texted her to announce he was breaking off their engagement. Felicity was taken with slightly less surprise when Fiona phoned her, out of the blue, to announce her own engagement—to Gordon. Gordon was now his father's heir, and Fiona was getting the Gold once again.

Gordon's parents just raised their eyebrows at Fiona's transfer of affections. Family is still family. Felicity said nothing to either Fiona or Gordon about their upcoming nuptials. She said nothing about anything. She saw neither of them in the months leading up to their wedding the following June.

Felicity was invited to the wedding, and it was Fiona's turn to be surprised. Felicity was heavily pregnant, yet she attended the wedding alone. In the receiving line after the ceremony, Fiona, feigning interest, asked Felicity how far along she was.

"Eight and a half months," said Felicity. Fiona smiled tightly, while Gordon fidgeted.

When the photographer grouped family members together for photos with the happy couple, Fiona reluctantly agreed to let Felicity be included. With her bulging mommy tummy, Felicity looked like a whale, but she did have an elegant dress on. The photographer positioned Felicity so that her tummy was straight on to the camera, rendering her bulging profile less obvious.

It wasn't until the photo proofs were produced that anyone realized the flash from the camera had revealed reflective tape fastened to Felicity's belly underneath her dress.

The tape was arranged to form letters, and Felicity's bulging belly was labelled, "Gord's".

Before Gordon and Fiona returned from their lavish honeymoon, Gordon's parents arranged an urgent consultation with the family's solicitors.

A few weeks and one DNA test later, the bulk of Gordon's family fortune was irrevocably willed to Gordon's first-born son, Felix.

It was the only time Fiona didn't get the Gold.



Equity, Diversity, Inclusion, Belonging A Business Strategy that Works

Alek Golijanin



I recently participated in an “Equity, Diversity, Inclusion, and Belonging” (EDIB) webinar that featured two panelists recognized as experts in human resources, who are also academics at one of the most recognized post-secondary institutions in the world, that promoted the idea of EDIB in the workplace at a time when the noise around anti-EDIB seemed to be getting legitimized. An event like this should have left everyone with a plate full of knowledge to indulge in and think about, but that did not seem to be the case because there was no acknowledgement of the anti-EDIB noise that has seen countless businesses and their employees get harassed.

The act of promoting EDIB in the workplace now seems to involve swimming upstream and against anti-EDIB currents that seem to have come out of nowhere and are powered by something referred to as “anti-woke”. So, how do we drive home the value of EDIB strategies in the workplace so that we can help people transition from the

“bad thinking” around the ‘idea of anti-woke’ to the “better thinking” around the importance of our interconnectedness, the fact that different groups are likely to inherit circumstances due to no fault of their own and largely by the way of ‘historical outcomes’, and how everyone has a story and it is up to all of us to ensure that other people have better stories?

Ultimately, the only way to stop the attack on EDIB in the workplace is to explain what each letter stands for and its significance in the grand scheme of things, which is also the only way to counter the main points behind the “anti-woke uprising”. Not by ignoring the problem. That means getting down to the core meaning behind each of the four letters, and only by doing that is it possible to clear up the confusion around EDIB in the workplace and to deconstruct the ‘idea of anti-woke’.

Equity.

Equity can be defined as the absence of avoidable or remediable differences among groups of people, whether those groups are defined socially, economically, demographically, or geographically. In the business world, equity in the workplace would attempt to provide all employees with fair and equal opportunities. Opportunities based on their individual needs, recognizing that not all employees are afforded the same opportunities and so addressing the imbalance of those opportunities. In practice, a company may decide to expand their recruiting strategy to include lesser-known post-secondary institutions instead of just recruiting at highly recognizable post-secondary institutions, and by making upskilling opportunities available across their organization, not just for an exclusive group of employees.

In layman’s terms, think of equity as having something to do with the realization that imbalances exist, like the abundance of talent throughout the world that is negated by the absence of opportunities, and which sees endless amounts potential go unrealized.

Diversity.

Diversity recognizes and promotes the idea that people across all lines of difference deserve the opportunity to achieve their full potential and to be all that they can be despite the differences

that exist between all people. These lines of difference can include, but are not limited to, race, ethnicity, religion, age, gender, and sexual orientation. They have historically resulted in biases being projected onto others about how their minds work, thus disregarding all that they were otherwise capable of. A trickle-down benefit of having a diverse workforce is that the multitude of perspectives and personal experiences will allow an organization to better prepare for the vulnerabilities, uncertainties, complexities, and ambiguities they may face, whether internal or external, and can serve as a competitive advantage.

Inclusion and Belonging.

Inclusion is simply the act of including others. Much of it comes down to how a workforce experiences the workplace, and whether they feel that they can make meaningful contributions. This is strongly influenced by an organization's culture. What makes this somewhat of a challenge is that a certain component of inclusion comes down to people feeling heard, so even if an organization's culture was immaculate and they did everything "right", there is still the potential for challenges to arise if someone is left feeling unheard.

The remedy for addressing a person that feels unheard comes down to managing expectations around their feelings, which can sometimes border on being unrealistic or unreasonable. One of the ways to manage expectations is to be transparent with workers when it comes to their expectations. This might involve going over what power an organization has to address societal challenges or governmental matters, and then potentially discussing what might be in the realm of possible for the organization.

Belonging is the latest addition to the EDIB framework, and it has to do with employees being made to feel that they are able to be their authentic selves at the workplace. This is somewhat similar to inclusion because of how it is influenced by an emotional state in addition to an organization's culture. The simplest way a sense of belonging can be built is by ensuring that workplaces are free of any bullying, aggressive or violent behavior, other forms of harassment, and by recognizing employees for their contributions. Promoting a sense of interconnectedness within an organization is only possible if there are healthy interactions between all employees and where differences are not seen as a bad thing, but rather accepted and embraced.

Throughout it all, the context created around the different interactions that occur throughout an organization needs to be such that it creates room for honorable compromise where people can agree to disagree, but where shared values rise above differences in thought and continue to permit everyone to work side-by-side and toward the ultimate goal of the organization.

Deconstructing the "anti-woke" attack on EDIB

When it comes to the criticism and attacks on EDIB strategies in the workplace, it is important to be clear that they have nothing to do with the actual principles behind any of these four letters and everything to do with business decisions that organizations make, such as the products they decide to sell and the events they decide to sponsor. These might be outcomes that some members of the public disagree with.

The difference between an organization's EDIB strategy and how it conducts business should be viewed as two distinct and parallel lines: people decisions and consumer decisions. While these two distinct and parallel lines can also overlap on some outcomes, it is to be expected that there will be some people who will not be able to connect with every product and sponsorship decision, but there is no arguing that organizations achieve more when they extend opportunities wherever talent may exist and that organizations experience greater success when they operate in unison instead of silos.

Every organization is susceptible to making a poor business decision, nor does it take much to offend people these days, but a poor decision is not the end-all, be-all that they are often made out to be. The response to what some people perceive as a poor decision has resulted in those people misdirecting rage toward companies that may well champion workplaces that embrace the best that our society has to offer.

Equity, diversity, inclusion, and belonging are neither woke nor anti-woke. These four words combine to create a business strategy that works, and it is why EDIB is often a cornerstone of successful businesses.

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



Positive Attitude Traits that are Important in the Workplace

Marie Well



Are attitudes learned? I want to share that attitudes can be learned. With the proper knowledge and systems, such as a set of rules, we can transform from having poor rapport to engaging with almost anyone. Here are some valuable tips to help us present a great attitude in the workplace.

Smile. There is nothing more beautiful than a smile. A recent student interview in *The Voice Magazine* (last week) showed a woman with a beautiful smile. Her eyes were warm and tender. And all the other interviewees with smiles radiated similar joy. To increase positivity, when someone enters the room or approaches us, smile brightly, stand up, and greet them warmly.

Posture: Stand and sit up straight. An engaged colleague of mine would sit upright in her chair at a perfect 90 degrees at one of my offices. Her goal was to advance her role as a project manager. The quality of her work was never discussed. But her posture of professionalism made her seem

like the ideal employee.

Avoid inaction. I recently saw a near-death experience video where the woman who temporarily died said that she saw her life review. However, she also reported that she regretted not her actions during her life but her inaction. Her lesson was to take action that generates love. So, now if I feel like working instead of cleaning, I remind myself of her words and how happy a clean place makes others. Our actions—not inactions—are what drive change and foster positivity.

Choose smooth instead of jerky movements. When nervous, I'll do short, choppy hand movements to explain myself. But people in leadership roles tend to apply smooth movements. I saw in a course that we should nod slowly rather than quickly. And we should slowly shift from a neutral expression to a smile and vice versa. These movements are not just warmer and more natural; they also reflect a leadership persona.

Do verbal mirroring. If a client says, "Folks," I should say, "Folks." It's called verbal mirroring. Recently a client made a request using the word "folks." I debated whether to reply by using the word "folks," but instead put my email through Grammarly for a more formal email. Sadly, I

missed an opportunity to connect with the client. We can strengthen our relationships by incorporating the language used by the people we encounter.

Be a "can-do" person. Say, "I'll get a solution," even when at a loss for how to proceed. However, it's good to ask for the management's logic behind any action they wish us to do. That way, if we need to modify the action, we have some idea of why the action is required in the first place. And we can then choose a better action to achieve the same goal. Regardless, we should always indicate that finding a solution is our goal.

With a great attitude, we are all be capable of leading large corporations or achieving the loftiest of goals. After all, we deserve a life that exceeds our wildest dreams, regardless of our so-called limitations. And nothing can hold us back when we foster pure positivity!



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Fly on the Wall

Jason Sullivan

Biological Teleology: A Metaphysical Concubine?



S Why are we here; what's our purpose in life? Often to ask the question is to answer it with inferences about vocations and families, laboured productions and reproductions of life, limb, and womb. Life seems to call for a series of goals and ambitions; is this the way of nature, though? We live amidst many ironies of metaphysics, perhaps most of all the belief that we must do something and be something, rather than just be.

At AU, good grades begin with a broader sense of purpose, but being mindful of each study moment is equally the stuff of success. Whether our being is to involve a broader mission leads into intriguing terrain. It can feel natural to see our life unfolding in the manner of a seed becoming a sapling before burgeoning forth as a tree replete with cones or blossoms. Or we might imagine our life's work as

akin to an egg that hatches into a tadpole before growing into a frog that, well, goes *a-courtin'*. These assumptions wouldn't be wrong, in terms of fables and tales, but they aren't as scientific as they might seem. Although in biology it's generally assumed that organisms survive and thrive and stay alive essentially to reproduce more of their own kind, the end-goal (teleology) of anything in nature can not be assumed from its existence. It's not like the stars each twinkle just for our poetic impulses. We project meaning where nature provides facts.

Purposes that transcend the visible and measurable facts of homeostasis (organisms above all exist in order merely to keep existing) thus veer akimbo into metaphysics. Just as a stone or a raindrop tends to end up falling to earth because it seems to belong there, the assumption that organisms exist to *go* somewhere belies the facts on the ground. When our academic fancies take a tumble, we can thus comfort ourselves in the fact that our present is by no means our destiny. Just as in nature, reproduction happens as a byproduct of (cue the disco beat) stayin' alive. Our AU life depends more on perseverance than keeping our constant eye on a distant prize. Of course, some might say that *keeping on keeping on* is itself an end goal. But that'd be rather a circular; that is, tautological, argument, and dubious teleological lemonade if ever there was.

Francois Jacob, in a book titled *The Logic of the Living*, noted that "for a long time the biologist treated teleology as he would a woman he could not do without, but did not care to be seen with in public" (Jacob in Derrida, 27) This sort of clandestine concubinage, whereby the core belief of one discipline includes notable extra-disciplinary baselines, might serve to remind us that the search for meaning and purpose in our lives need not be as stressful or central to a fulfilled existence as we'd hitherto have imagined. Maybe if we become content to just *be* we will fulfill our destiny; certainly to believe so would be no more of a metaphysical or teleological assumption than to say we must fulfill a certain purpose with our puny lives. And our studies will profit if we stay within ourselves and not worry too much about struggles to come; they'll be there whether we ponder them to excess or not. Maybe destiny *is* the reason that time flies during fun moments and life feels most joyful when we're relaxed in the here and now.

Yet, there can be too much passive serenity in our momentary accomplishments. There's a reason most courses weigh final grades heavily towards exams and final essays. We do have to

get things done that take planning, and maybe that explains the emphasis in science and society on fulfilling a destiny—imagined or otherwise. Nobody ever just woke up a success or had an epiphany without prior, pertinent research. So being ourselves isn't to be frowned upon when it includes ambition, especially where our studies are concerned. Nature's replete with instances of organisms merrily being birds and bees and blossoms and bullfrogs—and with students glowing with delight and perspiration after pumping out a sterling exam essay.

In the end, it's true that every species breeds to keep alive their species, and there lies a crux of biological science that Jacques Derrida, patron saint of thinkers who seek to reconsider the underpinnings of even the sturdiest societal assumption, addressed in a mid-70s lecture series. The belief that species occur essentially to perpetuate themselves through reproduction implies that each bit of nature has a purpose. As a result, prevalent in contemporary science is “a discourse that would have otherwise been taken as non-scientific, metamorphic, ideological, imaginary, or however else one might wish to characterize the non-scientific, that is, as that which does not have the right of entry into the scientific institution” (Derrida, 11). After all, meaning itself is a subjective reality rather than a tangible realm that can be traced and monitored in nature. Though we see beauty in a pine tree as it's golden pollen creates a cloud when a breeze picks up, to say that the pine tree lives to reproduce is actually to project our human tendency to congeal meaning from raw data. Logically, facts cohere into data from which we draw conclusions even though conglomerations of evidence can only be drawn together by our thinking minds. In other words, minds are required for us to conclude that meaning and purpose are the outcome of raw reality.

To assume that meaning is implicit in the destiny of nature is where teleology gets off the philosophy train and onto a biology railcar. Rocks, it might be said, stay hard to prevent losing their essence. This would be, teleologically, their purpose. But we choose not to say that rocks have a teleology because we've reserved that privilege for plants and animals closer; that is, more *alive*, to ourselves. Life is somehow to us humans more productive than forces of nature that create things that we don't think of as living, such as when hydrogen and oxygen condensate into water,. Purpose we reserve for beings like us, otherwise clouds would be called alive by reproducing rain.

There's no doubt that a sense of meaning and purpose combines within our human minds; the question is whether we elevate it to a prime directive or put it in perspective as an ideological supposition that isn't necessarily part and parcel with empirical science. However, biology is about the best answer rather than absolute finality. Just because butterflies and bats never outright say that they live to breed, unlike some of the more carnal among us bipeds, doesn't mean that reproduction isn't the best answer to the question of destiny. In any case, we get to pick what matters to us in each instant and decade of the treasure that is our life. And AU is special in that it allows us to discover and invest ourselves into new meanings and purposes that our mundane lives in the so-called real world fail to fulfill. That we're all alive to pursue and fulfill a certain calling, answering the bell of gifts that toll for us, and being noble savants on a ritual journey to academic fulfillment, is a cultural inheritance that goes as deep as time itself. This predilection towards purpose doesn't mean that it's always time to decide what we're going to do with our lives. After all, we're always already fulfilling something just by being ourselves. And while we're pondering our purpose we might as well do some studying!

References

Derrida, J. (2023). *Life Death*. Chicago: University of Chicago Press.

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.



Summer Family Tradition: Berries U Pick

Xine Wang



One of my favorite family traditions as a child was picking berries in the summer. We'd come home with buckets filled with strawberries, saskatoon berries, and raspberries. Across the border I've also picked blackberries and blueberries. The best part of the whole experience was getting to eat what we picked in the fields and laughing at the stains on family members' fingers after the event. It's a great time to reconnect with our hunter-gatherer ways and enjoy the short-lived summer that Canada has to offer. It's an activity that is suitable for all ages as well making it perfect for younger and older members of the family (though in recent years my back has been aching more after the event).

Here are some tips and tricks to make a memorable berry picking experience for your family.

Research the Farm: Before heading out, research U-pick farms in your area to find one that offers the type of berries you want to pick and to check their operating hours and availability. Also, read reviews or ask for recommendations to ensure a positive experience. For my own experience, I asked a colleague, also did some reading on Google Reviews before heading off to the farm located 1 hour away from the city. Had I not known what to expect and the reputation of the farm, it would be a far drive and impact the experience of a family outing.

Arrive early: U-pick farms can get busy, especially on weekends. Arriving early in the day gives you the advantage of picking the best berries and avoiding the crowds. We arrived at 10 am in the morning and at this time, many people were already in the fields. I found morning time to be the most tolerable temperature-wise, since at midday the temperature climbed quickly, and the sun was much more fierce.



Stay hydrated and wear appropriate clothing: Bring a water bottle with you to stay hydrated, especially if it's a hot day. I found that dressing appropriately was also important here. I was prepared with my SPF 60 sunscreen and sun protective clothing. Out in the fields, there was little shade, and if you're not a fan of the beating sun then getting prepared with a water bottle, sunhat, sunscreen, and long-sleeved clothing is important.

Have Fun and Take Photos: Enjoy the experience with your family and friends. Take photos to capture the memories of your U-pick adventure. I really enjoyed the whole experience. Being mostly an indoors person during the rest of the year, summer allows me to connect with nature and spend quality time with the family.

Bring a cooler: This is something I wish I had done. Without a cooler in the car, I found many of the berries had softened and become further ripened in the heat of the car. Next time I decide on this activity, I would definitely bring a cooler to store the berries in the transport home.

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



Student Sizzle — AU's Hot Social Media Topics

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

AU Facebook Page

Midterm tips. A poster asks for advice on the midterm for NUTRI 331: Nutrition for Health. A commenter suggests contacting the course tutor and ask for practice questions. The commenter says that doing this has helped her prepare for midterms and finals in the past.

reddit

Tutor switch. A poster feels as though their tutor for LGST 369:

Commercial Law is marking them unfairly and wonders if it is possible to switch tutors. Responses weren't exactly relevant, ranging from asking who the tutor was to sharing experiences with tutors who forgot to send welcome emails.

Twitter

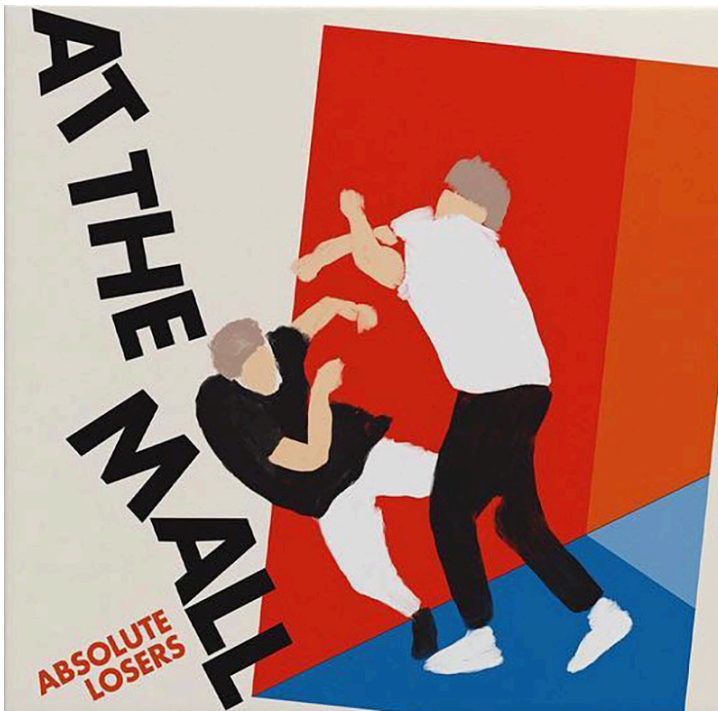
@AthabascaU tweets: "There's very few people doing the same kind of work. I've never met another trans person of colour in Alberta who is a psychologist doing this.' Master of Counselling grad Mateo Huevo continues to break barriers treating trans and racialized folks. <https://news.athabascau.ca/alumni/counselling-grad-continues-to-break-barriers-helping-trans-and-racialized-communities/>"

@aulibarchives tweets: "Not sure where to begin with using the library? Check out a recording of our Library Orientation: https://www.youtube.com/watch?v=BYp1_xnmCms #AULibrary"



Music Review—At the Mall

Jessica Young



Artist: Absolute Losers

Album: At The Mall

Canadian post-punk trio, Absolute Losers, will be releasing their debut album *At The Mall* on August 4th 2023. The album will be available for streaming anywhere you get your music.

Absolute Losers was formed in 2019 in Charlottetown, Prince Edward Island. The band consists of Daniel Hartinger on drums, Josh Langille on guitar, and Sam Langille on bass and lead vocals. The album comes on the heels of their previous singles, “Ashtray” and “Coexist”.

The band describes their music as “pop songs hidden beneath wiry guitar work, intertwining bass and drum parts, and nonchalant vocals. Rather than overcompensating, the band leans into the thinness of a trio with active interplay between instruments making each

instrumental part count.”

At The Mall consists of twelve tracks: Bender; By Design; By Fright; Instrumental; Sky So Violent; Speeding; At The Mall; Fine Line; Mirror; Sketch; Yes Truly; and Chuck. The songs “By Fright”, “Yes Truly”, and “Sketch” have already been released as singles. “Yes Truly” also has a music video available on [YouTube](#).

According to [MasterClass](#) “Post-punk music is an offshoot of punk rock that embraces greater ambition in terms of harmony, melody, rhythm, and lyrical content while retaining punk energy and urgency. Prominent post-punk bands such as Gang of Four, Wire, Joy Division, The Smiths, Echo & the Bunnymen, Sonic Youth, and Fugazi helped set the stage for the alternative rock explosion of the 1990s.” On that note, Absolute Losers remind me of other bands that could be categorized under the post-punk label, such as Talking Heads and The Cure.

Two of the songs, “Bender” and “Instrumental” are instrumental tracks without any lyrics—letting the music speak for itself. What I thought was particularly interesting is that many of the tracks, such as “Mirror” and “Yes Truly” have very few lyrics at all, even though they’re not completely instrumental. Other songs, like “Sketch” have vocals that seem to be more spoken than sung. My favourite song on the album is probably “Sky So Violent”, with lyrics like, “this time/ I see/ something that’s outside of me/ slumber/ in paradise/ wake and watch it fall before my eyes.”

The music video for “Yes Truly” is quirky, funny, and fits the band’s vibe perfectly. It looks like it was filmed on an old camcorder from the 90’s, and showcases the band performing against a white backdrop, playing pool at a bar, and hanging out in someone’s basement. The band is also dressed in full 90’s attire, which just adds to the nostalgia-feel of the video. Absolute Losers obviously doesn’t take themselves too seriously, which I love!

Overall, I enjoyed *At The Mall*, and you can check out Absolute Losers 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 Revenge

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, we focus on the literary theme of revenge. In particular, [this type of tale](#) “may depict the trials a character must endure in order to achieve their vengeance—or, explore the human cost and moral

dilemmas around pursuing vengeance in the first place.”

What

Some well-known novels related to the literary theme of revenge include Alexander Dumas’s *The Count of Monte Christo*, William Shakespeare’s *Hamlet*, and Emily Brontë’s *Wuthering Heights*.

Other examples include *Carrie* by Stephen King.

Where

These novels are set in France, Italy, Denmark, and England’s Yorkshire Moors.

When

These particular novels take place in the 15th, and 19th centuries.

Why

These works may be of interest to AU learners who would like to delve deeper into the age-old literary theme of revenge, including how this drive affects several well-known literary characters psychologically, and the toll that it takes on their mental health.

How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to revenge 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 395](#): The Nineteenth-Century English Novel, a six-credit, senior-level course, which “introduces the student to some of the major English novels of the nineteenth century.” (Please note that [ENGL 211](#): Prose Forms and [ENGL 212](#): Poetry and Plays are required as prerequisites).

Students may also be interested in [ENGL 324](#): Shakespeare I, a three-credit, senior level course, which serves as “an introduction to the age of Shakespeare and his plays. It will begin with an

introduction to the following topics: a brief biography of Shakespeare; a crash course in the origins of Western theatre and the evolution of Shakespearean drama; an introduction to Shakespeare's political and cultural milieu; a survey of certain mysteries and critical questions about Shakespeare; and an overview of Shakespeare's English." (Students should note that this course also requires several prerequisites prior to enrollment, including ENGL 211: Prose Forms and ENGL 212: Poetry and Plays, completion of ENGL 325: Shakespeare II, or course coordinator approval). Happy reading!

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



Making Close Friends Later in Life

Marie Well



All close friends were once strangers. Making deep, close friendships is a science. It's the "steroid" version of learning how to befriend strangers. Some rules and tricks make developing friendships easy at any age. But, being frank, I have one very close relationship I spend all my time with and another deeply loving childhood friend I text once or twice a week. I also have a few casual friends I solely text. And I'm happy with this. I don't have time for friendships due to my tight schedule and pursuits. So I can't say I'm an expert on making close friendships.

But, out of curiosity, I bought a course on how to develop deep friendships. It's from Social Self again, although other classes are available. Many such courses exist on Udemy.com and LinkedIn.com. However, these Social Self courses are practical, and they've brought me impressive results in a short time. The first course I took was called Invisible to Interesting, and it has made my life much happier. If I have it correct, the second course is called Developing Deep Friendships. It costs over \$500 but is paid in small increments over ten months.

With that said, I hope to provide some insight into this course that may help people make deep friendships later in life.

First, be where people are but be visible. Join meetups, hobby groups, gyms, churches, temples, schools, mosques, or anywhere else healthy. I'd advise avoiding pubs, bars, strip clubs, and casinos. Those places may take us to the dark side, culminating in suffering. And be sure not to hang out against the wall. Be in the center of action, even if we aren't necessarily in a venue that requires us to talk, such as a Mosque.

Second, learn the art of conversing with strangers. Share about ourselves. When I phone college administrators to see if they want my company's courses in their curriculum, I may ask how their weekend was. I instantly know who is a good communicator and who could be better. The best communicators will give details such as, "My weekend was good. I celebrated my neighbor's eightieth birthday on Saturday and relaxed watching Netflix on Sunday." On the other hand, bad communicators will say, "Good. How was your weekend?" They need to give more details! But even if they aren't the best communicators, I will follow with, "My weekend was great! I went swimming both days and studied a critical thinking and problem-solving course I love." That

usually causes them to warm up quite a bit. And what I say doesn't have to be that interesting at all, just as long as it reveals something about myself.

Second, unite based on commonalities such as a hobby or interest. My young, sweet Vietnamese friend loves to exercise and cook. So, she suggested we go to fitness classes together. That means we could spend upwards of an hour together each week if we were both consistent. Also, I love cooking but eat primarily raw foods, so I wouldn't be interested in most cooking classes. But I would love to learn how to prepare sushi. We could go to a sushi class together. That would amount to another hour a week together. But I'm pressed for time, so we text once a week instead. As a result, we're not developing a deep friendship. So to make deep friendships, you should spend time together based on a hobby, interest, sport, or even Netflix if that's a shared interest.

Be strictly positive with our new friends when we get together. Show them love, appreciation, and encouragement. Most courses say to share our problems. Based on content I learned from a different course, we shouldn't share our problems. I try never to share my problems with even my most intimate friends, even though I'm okay with them sharing their issues with me. That's because my problems introduce new problems to be on their minds, and I don't want to be a source of stress, negativity, or burden. I prefer to keep things strictly positive. Most people enjoy being around positive and supportive people. There may be exceptions, but the rule is universal.

Spend lots of time with our new friends. According to ChatGPT, research indicates that developing a close friendship can take roughly 140 hours. So, aim to spend lots of time together. Building a close friendship for one hour a day would take over four months. So, budget smartly. Again, a shared activity is a great way to generate more of these hours.

So, those ideas on building a close friendship are highly applicable to introverts or more mature adults—or any of us wanting deep, meaningful, intimate rapport. However, a lack of friendships is not necessarily an indicator that we aren't fantastic. It instead may signify that we could use clear guidelines on rapport building. Courses on developing friendships teach us systems for how to make many friends fast.



AU-thentic Events

Upcoming AU Related Events

Library Chat

Tues, Aug 1, 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, Aug 2, 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, Aug 3, 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

Tues, Aug 8, 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, Aug 9, 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, Aug 10, 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

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

All events are free unless otherwise noted.

Combining Sound and Film to Study History

Historical Testimonials of a Bygone Era

Alek Golijanin



Imagine being able to travel back in time and being able to interview people across different eras like the Wild West era, the era of slavery, and other points in time. Well, that is the power of Youtube, because these types of recordings already exist and they feature discussions with people that lived during these different eras, and listening to what they have to say about those bygone eras might make your jaw drop. Although Youtube might be the platform we turn to to look over those recordings, none of it would be possible without the pioneer innovators who thought differently about “hearing” and “seeing”, which is why it is worth knowing about the origin stories of sound and film.

The origin story of “sound”.

The long-debated issue of what the first-ever recorded sound was was put to rest in the late 2000s after new technology allowed sound waves on black paper to be “brought to life”, hearing sound from Paris by Edouard-Leon Scott de

Martinville in the later 1850s. As a result, the “first-ever” recorded sound came by the way of the phonautogram, and it was a 10-second clip of a woman singing “Au Clair de la Lune”, and it now predates Edison’s recording of “Mary Had a Little Lamb” by 17 years.

The difference between the two “recordings” is that the “first-ever” recording is a bunch of muffled noise whereas Edison’s recording allowed for some words to be understood. The difference between the manner in which the two recordings were recorded can be summed up by saying the “first” was done on a paper coated with soot from an oil lamp while Edison’s was done on tin foil. However, a distinction should be made between the tracking of sound waves that were then enhanced and humanized by researchers leveraging technology to create a “muffled noise” compared to a clear recording of the human voice made by Edison, which otherwise gives the appearance that the recognition for the “first-ever” recording seemed to have something to do with lowering the towering legacy of Thomas Edison, whose “talking machine” was the first to be able to record and playback sound.

The origin story of “film”.

The oldest video in recorded history is not a video at all, it is six to twelve “automatic electro photographs” depicting the movement of a horse shot in June of 1878, “*The Horse in Motion*”, shot by English photographer Eadweard Muybridge. But the oldest surviving film in existence, and widely recognized as the first video ever filmed, is “Roundhay Garden Scene”, a 2-second silent short, filmed by French inventor Louis Le Prince on October 14, 1888.

These two firsts, with ten years between them, inspired the imagination of every early-1900s inventor, and gave way to one of the most famous family pastimes, sitting around a television. But no single inventor should be credited with inventing the television, and here is why. To start, while the first television was created in 1930, the creation was the result of building upon technologies that dated back to the 1830s with the telegraph, sending beeping sound messages along wires, and the 1870s with the telephone, allowing voice to travel through wires over long distances.

Great minds like Alexander Graham Bell and Thomas Edison speculated about the possibility of a telephone-like device that could transmit both images and sound, but it was a German inventor by the name of Paul Nipkow who came up with a technology in 1884 that would eventually give way to the television, by sending images through wire spinning discs – or what Nipkow referred to as the “electric telescope”. Eventually the spinning discs would be replaced with ray tubes, an earlier technology invented by German physicist Karl Braun, later repurposed by Russian physicist Boris Rosing and Scottish engineer Alan Archibald Campbell-Swinton. But it was an American inventor by the name of Philo Farnsworth, who came up with his version of the television while he was a teenager and in chemistry class, and who completed the first prototype of the first working television by the age of 21.

The Wild West Era – The Pony Express

The Pony Express was a first-of-its-kind mail delivery service that operated across the American Frontier, starting up in 1860 and lasting 18 months until being replaced by telegraphs. What made the Pony Express unique was that it had a series of designated outposts that were approximately 40 kilometers apart, and this allowed for riders and horses to be quicker and for the mail to be delivered faster. However, the Pony Express was one of the most dangerous jobs in 1860 because there were hostile Native tribes and outlaws.

There is a video interview on YouTube titled, “*1860s Wild West Rider Talks About the Pony Express*”, featuring a cowboy by the name of Richard Clarke (December 15, 1845 – May 5, 1930) who was born in England and made his way over to the American Frontier. During Clarke’s time spent working on the Pony Express, he described it as being the toughest work in the bunch and by saying that sometimes outposts would get destroyed by Native tribes and outlaws, and he follows that up by showing the firing technique riders were taught to use. Although Richard Clarke last walked this earth just under 100 years ago, watching him speak, the YouTube experience, humanizes him to the point that it almost makes you feel that this was someone from not that long ago.

The Slavery Era – Born into slavery, now free.

One of the lowest points in human history, from not that long ago, was the era of the Transatlantic Slave Trade. Most of the world knows about how Africans were enslaved and shipped across the Atlantic Ocean and then exposed to all sorts of depravities, but slavery was a ‘global phenomenon’ that countries across Europe, Asia, and the Middle East had familiarity with, but which they have no interest in reconciling.

There is a video interview on YouTube titled, “*Rebecca Latimer - 94yrs old born 1835 US Senator & Slave owner*”, filmed in 1929, featuring a US Senator and slave owner by the name of Rebecca Latimer (June 10, 1835 – January 24, 1930) who discusses the changes of the American landscape that she has lived through: from Native Americans being relegated to Indian Territories to the halting of slavery. Another video titled, “*Two Former Slaves Born in 1842 and 1852 Talk About the 1850s*”, filmed in 1932, features a man named Elihu Thomson (March 29, 1853 – March 13, 1937) and an unidentified woman by his side, and both of them briefly discuss their early-life and slavery. Whether intentional or not, neither recording has any reference to the depravities that human beings carried out on other human beings that were known to have taken place during the era of slavery that we are familiar with.

What makes the United States of America so unique in all of this is how it is almost exclusively referenced in conversations around slavery, and we might forget that many countries across South America, including Brazil, benefited from the depravities of slavery. Another unique aspect to all of this is that the United States is one of the few countries that seems genuine in its

commitment to truth and reconciliation, and which allows for an honest assessment of the depravities of their nation's past. However, many countries across South America, Europe, Middle East, and Asia have attempted to erase any mention of their involvement in the enslaving of people, and some have succeeded in wiping any mention of it from their history books, despite that history tells us that the enslavement of people was a global problem and that all 'great' empires participated in it.

Back into the future.

In today's world of free-flowing podcasts, imagine if someone like a Joe Rogan would have interviewed Nikola Tesla's nephew, William H. Terbo (December 1930 – August 2018), who had interacted with Tesla while a child and where he shared some unique stories about Tesla in smaller interviews. Then there is David McCullough (July 7, 1933 – August 7, 2022), who was considered the leading figure on all-things American history. How great would it have been to hear either of these gentlemen speak about their lives, in a loose multi-hour podcast environment. The nature of free-flowing podcast interviews would have done wonders.

Most of us are often only two handshakes away from going back 100 years into the past. Think about it, a child shakes hands with a grandparent or another elderly person, who at some point in their early life shook hands with their grandparent or another elderly person while they were a child themselves. Now imagine whether these interviewees, born pre-1900s, could imagine that, almost a century from their interviews, someone somewhere would be listening to them talk about their lives. When some of these interviews reference the 80s and 90s, they are referring to the 1880s and 1890s and not the 1980s and 1990s, and some of them lived long enough to see the transition from horse to carriage to car to plane to spaceship. So, remember all of this the next time you shake hands and there is a huge generational gap between you and the person you are shaking hands with, and maybe even try to squeeze a little history out of them too.

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: Arctic Physical Therapy Scholarship

Sponsored by: Arctic Physical Therapy Fairbanks

Deadline: August 31, 2023, 11:59 pm EST

Potential payout: \$500

Eligibility restriction: Be Canadian or U.S. residents, be attending university or college in Canada or the U.S. full-time no later than January 2024 (any field of study,) and have a GPA of 3.0 or greater during their last academic year.

What's required: An online [application form](#), along with a maximum 1000-word essay outlining at least three ways Physical Therapy can make a difference in an individual's ability to live an active, healthy lifestyle.

Tips: Check out [last year's winner](#) for inspiration and ideas.

Where to get info: physicaltherapyfairbanks.com/physical_therapy_fairbanks.php



Poet Maeve
Human Nationalists

Wanda Waterman

CHRISTY, THEY'RE SAYING
TOWN COUNCIL IS ALLOWING
HUMAN NATIONALISTS TO JOIN.



YOU SAY THAT
LIKE IT'S A BAD THING.



HUMAN NATIONALISTS
SHOOT AT US ANIMALS
AND DESTROY OUR HOMES!
THEY'RE TERRORISTS!



YOU CAN'T CALL THEM
TERRORISTS
JUST BECAUSE
THEY DON'T HAPPEN
TO THINK LIKE YOU DO!

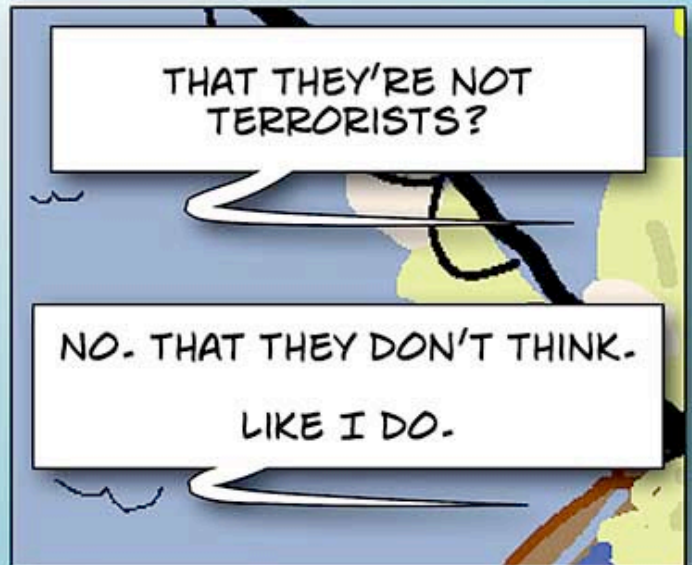


AIN'T THAT THE TRUTH!



THAT THEY'RE NOT
TERRORISTS?

NO. THAT THEY DON'T THINK.
LIKE I DO.





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!



Congratulations, AU Graduates!

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



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Contact voice@voicemagazine.org for more information.

THE VOICE

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

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ISSN 2561-3634