



THE VOICE

Vol 31 Issue 33 - 2023-09-01

Minds We Meet

Interviewing Students Like You!

The House of Lancaster

If a Picture Paints 1000 Words

Council Connection

August 17, 2023 Meeting



Plus:

*Call for Research Participants
Music that Humans Can Play
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 Fun with Funding

Karl Low



This week, I got the Council Meeting report from the last AUSU Council meeting completed, with some light reporting on the newly approved budget and upcoming AUSU fee increase. Initially I was thinking of going through category by category noting significant differences, but in looking through, most of the changes except the one I singled out in the report were minor increases with a few minor decreases sprinkled in.

However, what's interesting to me is to note that fee increase is only translating to an expected increase of \$59,000 in the AUSU annual budget. Meanwhile, the provincial government just promised to spend \$39 million to help provide Calgary with a new arena.

To put that into perspective, the entire base operating grant for AU in 2022-2023 is \$41.5 million. To get this, AU had to have a sudden, unexpected change in its leadership without proper consultation, had to agree to change its hiring plans to favor a small rural community and suddenly cease its near virtual strategy that it had been pursuing (and had been approved by successive governments) and has to meet certain metrics including that over 95% of AU students get jobs within

their chosen fields of study within two years of graduation. How the Alberta government expects AU to not only control the job market, but the choices that students have made almost four years previous is beyond me. But I guess that's why I'm not a politician. I simply don't have that kind of foresight.

Bringing this all together, the fee increase students will experience that allow AUSU to continue to provide the services, awards, and advocacy that it does is less than 0.1% of what the government is just going to give to create a new sports arena in the city of Calgary, and only slightly less than the entire operating base grant that AU has to bend over and scrape for.

The difference, of course, is that the arena is a project by private hands—very few of them at that—who will benefit massively from this money and the money that the city of Calgary is going to provide.

People often wonder why governments run deficits while services seem to get worse. I put forward that wealth transfers like this are exactly why. Public funding, your taxes and mine, should go to public projects, like post-secondary institutions, that can provide long-term benefits for a lot of people. Not to private businessmen with strong connections.

But, with that rant out of the way, let's concentrate for a moment on this week's Voice. This week, we happily feature an interview with an AU psychology student who arrived in Canada already with degrees, but found they weren't recognized.

Also, our fiction feature this week is somewhat of a mood piece. It's definitely a good read, and I hope you like it. Plus, as mentioned, this week has the latest Council Connection after a long break including information on the new budget. Also worth mentioning this week is that a few students have answered the call and put their virtual pen forward to write for the Voice Magazine, and I couldn't be happier. We see the first of their articles this week as Ana Sabo gives us an informative and fun review of some upcoming, unreleased music. Also book reviews, research opportunities (both as an assistant or as a participant), advice, inspirational articles, events, scholarships and more! Enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized, flowing script.

MINDS WE MEET



The Voice Magazine recently had a chance to chat with Aman Sahi (she/her), a Bachelor of Psychology student who hopes to become a registered psychologist currently residing in Airdrie, Alberta. Originally from India, having moved to Canada ten years ago with her husband, Aman has spent the last seven years in Airdrie.

This future psychologist has some great study tips for fellow students. “My motivation is that I want to be my own boss. Whenever I feel low, I remind myself of the future I want and tell myself that for that future I have to work hard right now. My study time is in the morning before going to work because that is when I can focus more.”

She also had some invaluable advice for new students and/or prospective students: “You have to come out of your comfort zone, if you want to fulfill your dreams.”

When Aman is not studying, she enjoys spending time with her dog Guccy and also enjoys “music and painting.” She also finds time to read, crediting author Jay Shetty’s books with teaching her “a new perspective and . . . [allowing her to] feel more positive about life.”

She credits her father with having had the greatest influence on her desire to learn. She stated, “He has always inspired me.

Growing up I always saw him reading books in his free time. He says knowledge is power. My brother and I call him ‘Gyan da Sagar’ which means Ocean of Knowledge because he can literally talk about any topic. When we moved to Canada, I couldn’t do anything with my degrees from India, so I decided to get into something that I will enjoy and have a good future with.”

Her experience with online learning has been “really good” so far. “I like the fact that I can study at my own pace but sometimes I lose focus. So I have to constantly remind myself to carry on,” she stated.

She considers PSYC 228: Introduction to Human Development to be her most memorable course so far. “It was fun and I enjoyed it the most because my tutor Dr. Dorothy Steffler guided me well. She was very helpful throughout the course, which made learning fun and easy because I never found myself stuck on any chapters or assignments.”

As for communication with her course tutors? “Communication with tutors is good as long as the tutor is willing to teach. To be honest I have only had few tutors who actually guided me properly, mostly I get email replies that are very vague and don’t really help.”

The Voice Magazine asked Aman what her first project would be if she were the new president of AU. She would “try to make education more affordable because it is becoming more and more difficult to be able to afford it.”

She also shared her most valuable lesson with *Voice* readers. “Never be dependent on anyone, be self-sufficient.” And her proudest moment? Well, that will be the day she becomes “a registered psychologist.”

As a final note, she stated, “It was difficult in the beginning to be a student again but my overall experience with Athabasca University has been great. AU will always be a great part of my educational journey.” Best of luck Aman!

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.



The House of Lancaster

If a picture paints a thousand words...

Lucy Djorno



Thomas was a portrait painter by vocation. Until he met Ellen. He'd been commissioned to paint her portrait for her 18th birthday, and that painting marked the end of his portrait career.

It's more complicated than that. He did paint her portrait. Over the course of many sittings, Thomas and Ellen fell in love. She accepted his proposal and that should have been that. Naturally, her family objected. Portrait painting didn't seem a reliable career to Ellen's parents, and artist types were known to be flighty.

In an attempt to convince her parents, Thomas bought a rather grand Victorian house in a decaying, but still genteel, neighbourhood. The house was heavily mortgaged, but he was confident in his ability to earn enough money with his portraits.

A wedding date was set. Almost at the very last minute, however, Ellen's parents convinced her to marry a fellow of their choosing. Some three-piece-suited fellow with the expectation of an inheritance who knew how to say "yes, sir" to his father-in-law.

The artist was devastated. You'd never seen a man so altered.

He kept painting, but he never accepted another portrait commission. Instead, he began painting landscapes and architectural scenes. His architectural paintings, in particular, were very sought-after. It became a sign of prestige to have a painting bearing the signature of Thomas Lancaster on one's wall.

Despite his popularity, Thomas lived a reclusive life after Ellen married the other man. He kept and renovated the Victorian house—as if to show Ellen's family how reliable he turned out to be—but permitted few visitors.

Almost the first person to enter the house, over fifty years later, was Thomas's lawyer. Thomas had died, a wealthy but lonely man. He had no family and allowed no friendships.

The lawyer, Bert Waller, let himself into the house to make an inventory of Thomas's estate. He didn't expect to find many paintings at the house, as Thomas had maintained a separate studio and gallery space uptown.

When Waller entered the house and opened the window blinds, he thought he was seeing things. He turned on all the lights to get a better look.

Every surface in the house—every wall, every cupboard, every step of the staircase—had been painted with a portrait. Ellen. Ellen laughing. Ellen pouting. Ellen with her hair flying. Ellen naked. Hundreds of Ellens gazed out from every angle. The house was less a home than a shrine to Thomas's lost love.

In due course, Waller liquidated the estate's assets. Much of Thomas Lancaster's money went into an endowment fund for young artists. The mayor wouldn't hear of the house being sold off to just anyone, and city council agreed to buy the house to ensure its preservation.

The House of Lancaster remains to this day, the city's primary tourist attraction. An annex was constructed to display some of Thomas's architectural paintings, a token collection of landscapes, and the few early portraits they could locate.

But the real attraction is the house, and its paintings of Ellen. Ellen herself visited the house shortly after it opened to the public. The event was a media sensation. Ellen, of course, was much older and only had a passing resemblance to the portraits borne of Thomas's memories.

Ellen died soon after. There wasn't much money left after her husband's debts had been satisfied when he himself died the previous year. The one asset remaining was the portrait Thomas had painted of her all those years ago.

She bequeathed it to the House of Lancaster.



Council Connection

August 17, 2023 Meeting

Karl Low



The meeting came to order at 6:03 with VP External Manmeet Kaur, Councillor Karen Fletcher, and Indigenous Circle Council Voice Rylee Feschuk absent with regrets. The agenda was amended to add an item regarding the Executive Compensation Review Committee (ECRC). This is the committee AUSU establishes to review the AUSU executive compensation, comparing it to other similar organizations in Alberta.

After quickly dispensing with the minutes, the single action item, to inquire with Alberta Blue Cross about the costs and coverage of providing health and dental insurance for AU students. Previous councils have attempted this before but have been unable to create something that was used by enough students to make it worthwhile. This time, Executive Director Jodi Campbell noted that he's been working with Alberta

Blue Cross and a landing page is being built that will offer students a lot of choice as to the types of plan they can get with competitive pricing that "balances plan features with affordability" and is looking to have it launch in the very near future.

With that concluding the old business, Council moved on to the new business, which started with the AUSU draft budget for 2023-2024. Presented by Vice President Finance and Administration (VPFA) Chantel Bradley, she noted that the experience was wonderful, and extremely informative, with every aspect of the organization having input.

In it, the cost for most sections of AUSU's activities have increased, with only Finance's expenses dropping, based entirely on the amortization expense. The total amount budgeted for 2023-2024 is \$1,065,000 a \$59,000 increase from the 2022-2023 budget. The largest increase was in general operations, and within that, the staff benefits category was the largest increase, move from \$17,600 to \$32,250, an increase of \$14,650 or an 83% increase. I asked as to why this category saw such a large increase and Director Campbell noted that the health insurance costs for the staff had increased considerably as Alberta Blue Cross is "normalizing" the benefit plan; that is, after three years of staff usage, Alberta Blue Cross is adjusting the price they are charging to be more in line with the amount that they are having to spend. In addition, it was noted that inflation has played a factor in many of the increases being budgeted for throughout the entire budget is having to take on.

Executive Director Campbell pointed out that this new budget was balanced with the assumption that a fee increase would be applied as of January 1, 2024. The increase, of \$0.75 per credit, mean the total fee per credit will be \$4.50. Councillor Amber McDuffe noted that while she does not like to see fee increases, being able to maintain services for the students this year left little option. The motion to approve the budget was brought to a vote and passed unanimously.

Along with the budget, a new executive workplan was put forward, and also passed unanimously, without significant discussion. You can find it (and other documents of interest) on their [strategic documents](#) page.

The next items was a motion to provide the Emergency Bursary Fund and the Travel Bursary fund additional money beyond what was originally budgeted. It was noted that AUSU's reserve for awards funds was well-funded, and a question was raised whether the proposed increases of \$1,200 and \$1,000 were enough. After noting that the science courses were expecting another set of labs to be scheduled before the end of the year, Council agreed that the travel bursary should be increased by \$3,000, while the increase of \$1,200 was probably sufficient. The amended motion then passed unanimously.

Finally, the additional item to create the Executive Compensation Review Committee came forward with Councillors Blake Collett, Amber McDuffe, and Karen Fletcher appointed to serve on this committee.

The next section was reports, and this section tends to move fairly quickly. Of interest includes that AU is apparently forming an Academic Integrity working group which is looking at creating new policies to deal with AI and other new inventions that might threaten academic integrity. AUSU has been granted a seat on the group. Also it was noted during the Vice President Community and Wellness report that the June pride activities were very successful with large turnouts and feedback from students. It was also noted that two podcasts are scheduled, the first being with two of the new Executives, and the second being with all four Deans of AUSU's academic faculties. Director Campbell pointed out that the podcast with the Deans was especially interesting to conduct, so should be a good one for students to listen to.

The meeting adjourned at 6:47, with the next meeting scheduled for September 21. Contact governance@ausus.org if you'd like to attend!

A graduate of AU's Bachelor of Arts (English) program (with great distinction he likes to add), Karl has been involved with AUSU and The Voice Magazine for far too long.



Get Familiar with Non-Alcoholic Fatty Liver Disease

Alek Golijanin



Society's seemingly singular understanding of how one can damage their liver and get diagnosed with fatty liver disease might be attributed to the popular belief that if a person does not indulge in the dangers of drugs and alcohol, then indulging in life's simple pleasures courtesy of sweets and pastries should be okay. The reality is far different. While sweets and pastries should be viewed as sugar bombs that are waiting to detonate on a person's liver, diets that are rich in a variety of starchy foods, as well as carbs in general, can lead to a similar outcome. Despite that people might be more likely to associate fatty liver disease with chronic alcohol use, everyone is susceptible to being diagnosed with a fatty liver, even those that do not engage in any alcohol use. When that is the case, then that diagnosis is known as non-alcoholic fatty liver disease (NAFLD).

In Canada, NAFLD is the most frequently occurring liver disease and it is estimated that one in four Canadians are affected by it, but its prevalence might be even greater given how symptomless NAFLD is during the early stages of the disease and how early-to-mid stage screening tests are non-existent. Although one of the biggest contributors to NAFLD are processed foods and sugary drinks, the frequency that people eat out and how much exercise they get is just as important. It can also occur as a result of starvation and genetic factors. The reason that NAFLD might be one of the most important diseases that Canadians need to acquaint themselves with has to do with recent findings around NAFLD in Canada that seem to suggest that Canada requires further provider education, national practice guidelines, and improved treatment options centered around NAFLD.

The liver can regenerate itself but avoid damaging it if you can.

A likely relief for everyone is that the liver is one of the human body's most unique organs because of its fully regenerative properties. A liver only requires 51 percent of the organ to be healthy for the liver to fully regenerate itself. Additionally, the liver can be supported in the repair process if people adopt a healthier lifestyle that includes better nutrition, more physical activity, and getting good sleep. This matters because past studies seem to show that it takes an average of about 20 years for a fatty liver to get to the point that a person requires a liver transplant. If NAFLD develops at a faster rate than the 20 years, it may be related to certain risk factors including diabetes, hypertension, and obesity, which can make the disease develop and get worse at a quicker rate.

The liver transplant waitlist may grow even longer.

An area of concern for epidemiologists who focus on NAFLD is that there is no consistent definition for measuring the prevalence of NAFLD in general populations and an absence of simple and easily accessible diagnostic techniques with high positive predictive value. What further complicates this is the fact that estimates of NAFLD tend to be based on historical data, which can result in both current and future predictions to be quite inaccurate as, over the span of a generation, a population's health can change significantly due to an abundance of factors.

This is also why epidemiologists are sounding the alarm by saying that NAFLD has the potential to burden the Canadian health care system over the next decade. Older people are more prone to NAFLD progressing to more serious stages of the disease, and Canada has an aging population whose dietary intake of processed foods and sugary foods has increased.

Perhaps the scariest thing about NAFLD is that some epidemiologists have estimated that the need for transplants is likely to double within the next decade. This may result in the need for liver transplants outpacing the number of livers being donated, and, as of 2020, there were no therapies that were approved for treatment or prevention of NAFLD. To address the limited supply of livers available for organ transplants, it will be necessary for medical breakthroughs in how we treat patients diagnosed with NAFLD. The good news for Canada is that we are one of the leading countries when it comes to such novel treatments, and one of those ways comes by the way of microbiome research.

What “microbiome research” refers to is the study of microbial communities like those found in a person’s gut and how these microbial communities interact with their environments, as well as the impact they may have on the human body, including impacts on digestion and the immune system. Therefore, since the liver directly accepts blood from the gut, it is exposed to intestinal bacteria and recent studies have identified a relationship between gut bacteria and NAFLD. Some of those bacteria that make their way to the liver are quite harmful to it, which can contribute to inflammation and scarring of the liver. However, this process is influenced by something known as a leaky gut, which describes the permeability of a person’s gut that is not functioning as normal and thus allows for unwanted microbes to pass through the gut and into circulation. To address the “leaky gut” problem, fecal transplants are provided from a person with a healthy gut to a person with an imbalanced gut, and that process is somewhat similar to a colonoscopy and the fecal matter is delivered to the start of the small intestine.

Fecal transplants show promise as treatment for NAFLD.

Where fecal transplants could be quite useful may be in the later stages of NAFLD, when there is a significant buildup of scar tissue and when the patient is more likely to experience the effects of an enflamed liver as a result of intestinal permeability. So the ability to manage the inflammation of a scarred liver is important. There are changes that occur in the gut microbiome that have been correlated with NAFLD progression that result in intestinal permeability to increase.

The benefits of fecal transplants may stretch beyond NAFLD as well. They may also be beneficial to help prevent and treat autoimmune diseases such as HIV, multiple sclerosis, lupus, arthritis, metabolic syndrome, and cancers including kidney, pancreatic, and lung cancer, and anything else that may involve an imbalanced gut. This is precisely what researchers are focusing on at Western University’s Schulich School of Medicine and Dentistry. There, the team is in need of young, healthy stool donors for fecal transplants. All donors are required to go through a screening process. Those interested in becoming a stool donor can contact Dr. Seema Nair Parvathy, Research Coordinator, Fecal Transplant Program, at 519-646-6100 ext. 61726.

For more information on fatty liver disease and the supports available to those struggling with this disease, please visit: <https://www.liver.ca/patients-caregivers/liver-diseases/fatty-liver-disease/>.

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



Prosperity Comes When We Most Desire It

Marie Well



When we focus on prosperity, it comes to us like an avalanche. That's why seeking success and wealth is a wondrous thing. When the pursuit of wealth is accompanied by greater integrity, success is sure to flourish. And every last one of us, no matter our current state, can create greater and greater wealth. Nothing can stop us from achieving as much as we desire if it's in the service of others.

Yesterday, I found a gap in the marketplace for a product to sell on Amazon. I was in the washroom, elated, drying off and laughing hysterically over a book cover I once designed, when I accidentally broke an item with my towel. When I went on Amazon to replace the item, I was shocked at what I saw. All the products were based on Western sarcasm and egocentricity. I've decided to start a side hustle on Amazon Seller Central to fill the gap and earn extra revenue. I can't reveal what item I broke as I need to keep the idea somewhat exclusive. It is a modest idea.

I will get a business name, although I could use my name, and then find my supplier and start selling. That's what's

called a sole proprietor. And I've discovered two suppliers. Starting a business is simple, as I anticipate earning under \$30,000 in my first year. Ask AI explained that to me.

And then, I get to learn and try out all kinds of marketing strategies. I'll start small. If it's profitable, I'll ramp up to a Shopify store and start learning e-commerce marketing. It is a way to gain e-commerce marketing skills while earning a little cash.

But the next day, which is today, the side gig idea ballooned. As background, when I recently became addicted to online shopping, I noticed a gap in the online stores. I often thought, "Why doesn't anybody create this store?" And then, today, I realized I could create the store. But for it to even stand a chance, I knew I needed to have a company create my vision of an AI app for the store. The AI app is my unique selling proposition, and the whole store design will center around the AI app.

But somebody's got to fund the app. Thank God for the Microsoft Bing chat app. It told me I could get up to \$10,000 in grant funding from the Micro Voucher program. I need to contribute 25%. I don't know if my idea will fly, but I'll create a business plan to submit with my application for the micro voucher grant. And Ask AI told me the simplest way to build a business plan.

I certainly am not inventing Spanx, and my idea may make zilch, but I always wondered how the Spanx lady came up with her idea. But I realized we all have these ideas, which slip by our conscious awareness. But if we're focused on developing prosperity, the ideas appear not just as an afterthought or opportunity but as "It's time!"

I'm going to start with two ideas. One I can get up and running in weeks. It may not go far. It could generate peanuts. The other, the grand idea, will take time to build. It's a vision, and I'm excited about it. The idea might fall flat, but it could take off. And others might adopt the concept for their stores, too. So, I might face copycats. So, I need to learn how to patent my idea correctly.

As an afterthought, my grand idea might have no demand. I once wrote a book on health for people with severe health conditions. It was the only book of its kind. And it's not selling at all. It would've helped if I had the funds at that time for an editor. And that's why working full-time is beneficial, though optional. Side hustles typically require funding. A full-time career, especially one that requires an academic degree, brings many opportunities for funding side hustles. And side hustles can help us reach our wealth goals.

Regardless of our current state, we all have the potential to gain great prosperity. And whatever strikes us as great prosperity, multiply it by one hundred. And that's just touching the surface of the grand accomplishments we all have in us. When we focus on wealth, we stumble on treasure chests. And if the treasure chest holds fool's gold, another will appear until we eventually "arrive"!

But the hunt for treasure chests is truly the fun part. The "arriving" can be anticlimactic. So, when we reach our goals, raise the bar from ten to a hundred-fold.



Student Sizzle — AU's Hot Social Media Topics

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

AU Facebook Page

AU Psychology Courses Fill the Gap. A Master of Counselling student wants to apply to the College of Alberta Psychologists (CAP). However, the student requires at least seven more psychology classes. Another student responds that many AU classes can be used to meet the psychology requirements for the CAP. Another student recommends the AU psychology Facebook group.

Reddit

When to Register? A student seeking to register for courses experienced a delay in receiving feedback from Academic Advising. Concerned about possibly missing the deadline for September courses, the student asked other students for clarification. One student replied that the registration must be completed before the 10th of the previous month. However, another student noted that this only applies to non-funded students. If student aid is used, course registration must be done before August 1, 2023, for an October 1st start date.

Twitter

@AthabascaUBiz posts, "The AU Write Site is hosting a session for students starting post-secondary or returning to school after a long period as mature learners. Join in on September 19 from 12:30 - 1:30 p.m. MT."

@aulibarchives posts, "Ready to get in research gear? Sign up for our Developing Your Research webinar series with the Write Site and

@fgsathabascau: <https://www.eventbrite.ca/o/faculty-of-graduate-studies-athabasca-university-17200215557>".



What Learning to Make Bread from Scratch Taught Me

Xine Wang



I've always been a fan of learning to make something from scratch. Even if it's just once in my life, it helps me understand the process of how something works. Sometimes, the effort is worth every second of the process, however, other times you learn that it's actually more pleasant to purchase the end product from a grocery store. However, whether it is worth your time or not, it teaches you to appreciate food and especially value the time and effort it took to prepare something.

When I was young, I had always taken for granted my mother's cooking. I would come home from school and complain that my mother's cooking wasn't in line with what was found at fast food joints. I complained that it was too simple, or the flavor was too bland. But now, having lived alone for many years with years of experience purchasing, preparing, and then packing food, I've come to appreciate the lengthy time, thought, and energy that went into each meal.

When I took up the task of baking my own bread, I learned a lot about myself, and also that I would rather purchase bread from a grocery store. However, before I came to that conclusion, I wanted to try it myself. I did find that having the liberty of customizing my own bread was very enticing. Having been more of a health nut over the years, being able to cook my own meals and preparing my own food means that I know how much salt is in my food.

Here is what I learned from making my own bread from scratch:

Patience and Perseverance: Bread-making is a process that requires time and patience. From proofing the yeast to allowing the dough to rise, each step demands a certain amount of waiting. Learning to be patient throughout the process and persevering even when faced with challenges, such as dough that doesn't rise as expected, teaches the importance of persistence and the rewards it can bring. For example, the first time I tried, my dough was very watery so I had to start over, which set me back some time.

Precision and Attention to Detail: Bread-making is a precise craft that requires careful measurement of ingredients and following instructions closely. Learning to pay attention to details, such as the temperature of water or the exact timing for kneading, helps develop a sense of precision and an appreciation for the impact that small adjustments can have on the final product. I have always believed that small decisions every day would impact my overall character, and this confirms that sometimes the small things do matter, and taking the time to be detail-oriented pays off.





Embracing the Imperfections: Bread-making is an art that embraces imperfections. No two loaves will turn out exactly the same, and that's part of the charm. Learning to accept and appreciate the uniqueness of each bread you make, whether it's the shape, the texture, or the crust, teaches a valuable lesson in embracing imperfection and finding beauty in the variations. My final product looks much better than I had anticipated; however, it didn't mean there wasn't a huge mess with the first batch of dough I had tossed out. There were many hurdles throughout the process, such as my yeast expiring and having to purchase more early on.

Mindfulness and Relaxation: The process of bread-making can be meditative and calming. From the tactile experience of kneading the dough to the aroma that fills the kitchen as it bakes, bread-making encourages mindfulness and being fully present in the moment. It provides an opportunity to disconnect from the distractions of daily life and find relaxation in the simple act of creating something nourishing.

During the process I forgot about answering my text messages or checking up on social media accounts, but instead I was fully in tune with the process and that made all the difference in disconnecting from a busy world.



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



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

September generally brings an influx of new students to AU. We dug in the archives (but not too deeply) for some still-current advice for new students.

Take a deep breath. Tara Panrucker lists eleven points of advice for new students. "Deadlines, long assignments, piles of research looming, and new jargon can all be taken in stride when you read advice from those who have gone before you." [A Short Guide for New Online University Students](#), January 18, 2019.

Finding help. Natalia Iwanek provides links to AU departments that can provide assistance in various areas. "Coming to AU as someone who had experience in post-secondary education, I had been confident, but during my first few weeks and months, I realized that this was a vastly different experience, and not solely because it was online." [Navigating AU as a New Student](#), October 7, 2022.



Fly on the Wall

Marx: Diagnostician of Destiny

Jason Sullivan



Karl Marx reveals himself as quite the psychologist when we research him that way; he divides needs and wants as one would computer fonts, some based on the essence of our humanity as creative beings and some, for lack of a better word, as essentially oppressed by nonsensical cultural wingdings. To Marx, social reality makes us who we are even as we inhabit an illusion that our essence transcends our circumstances.

As one of the first sociological theorists we cover in undergrad courses, it's worth allowing Marx (in Fromm, 1968) to summarize his sense of the interior lives of people in his own words:

"Every man speculates upon creating a new need in another, in order to force him to new sacrifice, to place him in a new dependence, and to entice him to a new kind of pleasure ... Everyone tries to establish over others an

alien power in order to find there the satisfaction of this own egoistic need. With the mass of objects, therefore, there also increases the realm of alien entities to which man is subjected. Every new product is a new potentiality of mutual deceit and robbery. Man becomes increasingly 'poor' as man ... This shows subjectively, partly in the fact that the expansion of production and of needs becomes an ingenious and always calculating subservience to inhuman, depraved, unnatural and imaginary appetites."

Whereas food and shelter and entertainment go back to the stone age, much of our daily concern as consumers transcends these basic needs. Who can be sure that our sense of ourselves and others also hasn't fallen prey to market forces whereby we see our relationships and our education as something alienated from our deeper longing for a life worth living? To cross-examine our motivations and desires is central to employing what C. Wright Mills famously termed the *sociological imagination*. From here we can reassess normative expectations associated with that most navel-gazing of disciplines: psychology.

Marx's complex dialectical theories reduce, like a sauce in a skillet, to a surprisingly simple sense of human nature. To him, we are all creative beings who can only be fulfilled when we exert control over our labours and our loves. Mutual control, but control of our destiny nonetheless. Of love he claimed that "that which is life, all that is immediate, all sensuous experience, all real experience, of which one never knows beforehand whence and whither" begins and is furthered through relationships with others. Love, you might say, is the original workplace where workers either run the show or are dictated to from on high. Anyone who knows a person who was in an arranged marriage gets a sense of this. But often, said Marx, we are not so aware of the fetters acting on our being. Just as biology is not destiny, culture is not our destiny either once we separate it from our individual identity, something especially difficult to do when we live in a culture that *claims* to privilege individual agency above structural restraint. It's like we live in a shoe but we don't know that we do, until we take a census of our shoe closet.

Far from envisioning merely a factory society pleasantly managed by the working class in their own interest, Marx the psychologist sometimes sounds more like a theorist seeking caring and intimate social relations as the highest form of revolutionary fervour. Labours of love, indeed. He wrote that "the immediate, *relation of man to woman...* The relation of man to woman is the *most natural* relation of human being to human being" (Marx in Fromm, 1968). Quite progressive for the 19th Century where patriarchy tended to see a wife as less than the most important aspect of a man's life! As part of reclaiming our identities from the marketing machine of capitalism Marx the therapist says that we need to learn to truly *be* with other people that we may bond over our common humanity and create a better future. Sounds like a prescription any therapist would approve of!

Meanwhile, if we squint a bit, the notion of personality types might map onto Marx's notion of economic classes. To him the key ones were the owners of industry and culture, the bourgeoisie, and the meek but potentially powerful labourers who have no say over the goals of their industry, nation, or society: the proletariat. But a third class was crucial too, what he called the *lumpenproletariat*. These denizens of cultural marginality were often vaguely criminal roustabouts who resisted unionization and a complex analysis of the social conditions that led their lives to get that way. This group seems more psychological than economic in makeup, and it certainly implies that Marx wasn't just writing about economic matters: he was talking about how we feel and act as humans. Perhaps within ourselves we contain some of all three of Marx's classes, if we're honest. Thus, one might arrive at a question to add to a homemade personality test question: "I am incapable of being honest with myself when answering personality test questions."

A 1960s era Marxist psychologist named Erich Fromm noted that, as above in the arena of the economy, so below in our humble minds. "Eros and love of life are the two central strivings of the unalienated man. They are given in human nature and manifest themselves under social circumstances which give man the possibility to be what he could be" (online). We cannot expect a fulfilled interior life when saddled with an oppressive structural reality.

AU-thentic Events

Upcoming AU Related Events

Library Chat

Tues, Sep 5, 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

Who, me? Cheat?: ChatGPT and Generative AI

Tues, Sep 5, 12:30 to 1:30 pm MDT
Online
Hosted by AU Faculty of Humanities and Social Sciences, Write Site, AU Library
news.athabascau.ca/events/who-me-cheat-chatgpt-and-generative-ai/
Register through the above link

FGS Developing Your Research Series

Wed, Sep 6, 1:00 to 2:00 pm MDT
Online
Hosted by AU Library and AU Faculty of Graduate Studies
www.facebook.com/events/1421570348634823/1421571695301355/
Register through the above link

Career and education planning conversation with AU Counselling Services

Wed, Sep 6, 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 the above link

MBA for Executives Webinar

Thur, Sep 7, 10:00 to 11:00 am MDT
Online
Hosted by AU Faculty of Business
news.athabascau.ca/events/mba-for-executives-webinar-202309004/
RSVP through the above link

Library Chat

Thur, Sep 7, 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

Welcome Week by AUSU

Thur, Sept 7, 5:00 to 6:30 pm MDT
Online via Zoom
Hosted by AUSU and AU
www.ausu.org/event/welcome-week-by-ausu/
RSVP through the above link.

All events are free unless otherwise noted.

In rare instances of clarity, a sense of the power of context appears; arriving at the deck of an old house, I once saw a child burst into tears of anguish and when adults asked why she was so upset she replied, “I stepped on the nail *again!*” Clearly, this poor little girl’s parents had failed to create a safe and loving context for their daughter. And even though a brain scan would have revealed symptoms of various maladies in that moment, the cause of her complaint was, quite literally, structural. Sometimes what appears as an excess of anger or anxiety has nothing to do with the person in question and everything to do with a sad or unfortunate context.

Thus, to Marx the problem of our being divorced from creativity in our labour is paralleled in our minds where we may not be able to fulfill our creative potential. We tend to seek and define our happiness through marketplace goods and superficial appearances: our treats, our highest ambitions, are often as far from the heart and mind as a loaf of bread is from a sandwich. We have to create our desires for ourselves, but shopping makes it seem like everything is better when it’s done for us. Likewise, Chatbot AI appears to some like a better thing than delving into coursework and writing an authentic essay.

Seeing that our psychological reality is the product by and large of our society’s moment in history allows us to tease out what really matters, in any time and place, within our human lives. Although we cannot expect the world to change on a whim, we can (as therapists are wont to remind their clients) certainly change the way we interpret our surroundings. Simply knowing that the world *could* be otherwise, after all history shows countless different versions of society, economy, and belief, allows us to find distance between unhappiness and our sense of identity. In schooling, we at the least can choose electives that match our true tastes, even if many of our core classes are more about a future career than the flowering of our intellect. Small flowers crack concrete, as the saying goes, and to hold fast to what we really desire can be more liberating than wearing a sandwich board in a protest march. Every symbolic step we take is part and parcel of the active creation of our identity; maybe this is the great value of personality tests. They allow us to assess how we may be seen to ourselves and others that we can better grow towards a measure of how we *wish* to be seen. After all, creativity in its core begins with wishful thinking as we wile away hazy moments between the rote machinations of our daily lives.

Marx’s psychology, unlike present-day neurobiology that can seem more rigid than any asylum straitjacket, is one of evolutionary flow, not chemicals and adaptation. “Since Marx’s whole psychological thinking is dynamic, and not behavioristic-descriptive, those character traits and character concepts have to be understood in the dynamic sense” (Fromm, 1968). Adapt though we must, at times, it’s where we fly free in our minds and our writing that we can truly illustrate our best possible selves. And AU can be the launching pad for just such a personal journey to the stars of our dreams.

References

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- Marx, K. In Fromm, Erich. (1968). ‘Marx’s Contribution to the Knowledge of Man’. Retrieved from <https://www.marxists.org/archive/fromm/works/1968/marx.htm>

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.



Beyond Literary Landscapes

Poetic Justice

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 a lesser-known literary device, but one that is nonetheless quite powerful and thought provoking, namely poetic justice. In particular, this

literary theme “occurs at the conclusion of a novel or play if and when good characters are rewarded and bad characters are punished.” Often, works focused on “poetic justice ... have happy endings with moral lessons for the reader to learn.”

What

Some iconic texts, which consider the theme of literary justice, include *Hamlet* by William Shakespeare, *Oedipus Rex* by Sophocles, and *Inferno* by Dante Alighieri.

Where

These works are set in ancient Greece, England, and Italy.

When

Many of these novels, poems, and plays take place in the 13 century BCE and 14 and 15 centuries CE.

Why

These diverse works may be of interest to AU learners in the ENGL program hoping to broaden their knowledge of more obscure literary devices, as well as those interested in philosophically focused texts. In addition, themes of poetic justice may be appealing those students enrolled in PHIL, SOCI and CRJS courses.

How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to poetic justice 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 PHIL 240: Ancient Philosophy: The Rise of Reason in a Mythic World, a junior-level three-credit course, which allows students to “come out of this course not only having learned from the great philosophers of ancient Greece in whose shadow the history of Western thought has played out, but ... also gain a different vantage point from which to critically assess the intellectual life and cultural

productions of modern societies.” (Although no prerequisites are required for this course, students are advised to have completed previous credits in PHIL courses).

Students can also consider SOCI 305: Sociology and Crime, a senior-level, three-credit course, which “covers a wide range of topics related to crime and the criminal code in Canada.” (No prerequisites are required for this course). Happy reading!

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



Music Review

Ana Sabo

Music that Humans Can Play



Artist: Autogramm

Album: *Music that Humans Can Play*

Release Date: November 17, 2023

Before reviewing Autogramm’s third full-length album, *Music That Humans Can Play*, it's worth saying a few words about the band. If you're like me and this is the first time you are hearing about them, you're probably already guessing what kind of music they make. Let me tell you, your guesses are likely off the mark. Based on their social media, Autogramm is a band that mixes synths and power pop. They're a quartet from Seattle, Chicago, and Vancouver, influenced by artists like David Bowie, Gary Numan, The Boys, Prince, and more. Reading that, I thought I had a grasp on what to expect—I'm a fan of 80s music. However, I don't think I really knew what I was in for.

The album opens with a catchy, light, fun melody, heavy on synth. Listening to it, I couldn't help but imagine myself on a sunny beach during a scorching summer day, basking in the gentle breeze as I unwind to the nostalgic tunes playing in the background. I found myself repeatedly drawn back to this track. It's a perfect blend of laid-back electronic sensations with the punch of more powerful rock guitar riffs.

Listening to the next few songs, I couldn't stop thinking about all those iconic artists of the 80s, like Tears for Fears, Chris Isaak, Simple Minds, Soft Cell, and Eurythmics. That vocal layering that is typical for new wave is so well executed that at some points I could have sworn I was tuned in to an authentic 80s band.

Moreover, I detected echoes of classic rock'n'roll and laid-back beach rock vibes reminiscent of the 60s. The first half of the album gave me strong Beach Boys vibes, in addition to the synth pop feel of the 80s.

However, the more I listened to the album, the more I realized the music was gradually shifting in a heavier punk direction. The vocals, starting clean, moved to a grittier timbre, reminiscent of Joey Ramone's signature style. Not only that, but the guitar arrangements adopted those simple patterns that made the Ramones famous.

What further intrigued me was the fusion of these nostalgic melodies with more modern punk rock influences, such as Blink 182 and Green Day. As startled as I was with this progression,

somehow, it really made sense to me. And despite the stylistic diversity, there is one thing all these songs have in common – the incorporation of funky synth elements interwoven with more robust guitar riffs.

If you're into 80s and are looking for a band to take you on a musical journey, you might want to check these guys out. But having said all that, I must admit that my interest started to fade as I approached the latter half of the album. I don't know if all these different elements became slightly overwhelming or if the tracks themselves progressively got weaker. The final song, in particular, struck me as somewhat forgettable, though its closing credits-like quality did seem fitting, in an odd way.

It did, however, make me want to rewatch "The Breakfast Club", so I think I know what I'll be doing tonight.

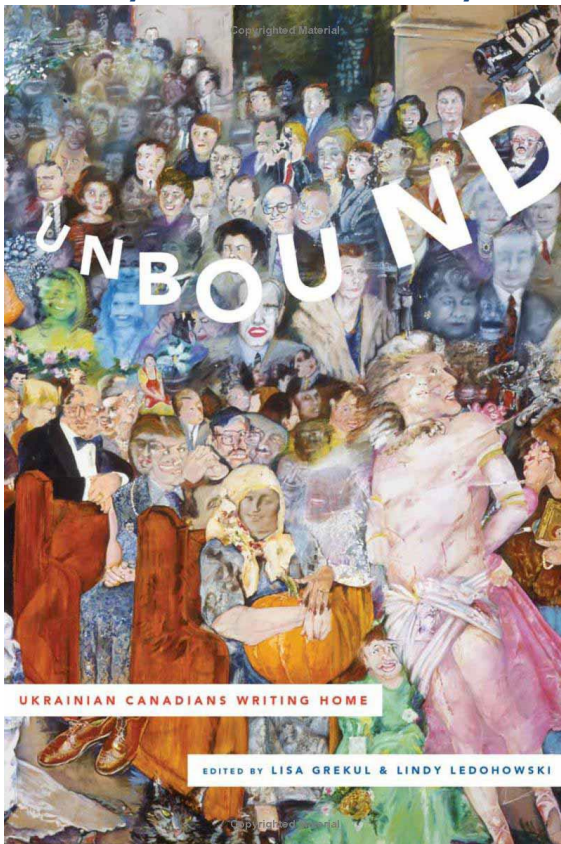
Chasing dreams, exploring careers, and cuddling pugs.



Unbound: Ukrainian Canadians Writing Home

Edited by Lisa Grekul and Lindy Ledohowski

Alek Golijanin



A person's "identity" can be one of the most complicated aspects of a person and even more so in pluralistic societies that are a melting pot of identities. *Unbound: Ukrainian Canadians Writing Home* is a book that explores the idea of identity in a globalized world, focusing on exploring early Ukrainian Canadians and their connection to Canada through a lens that explores their literary contributions. Additionally, the book explores how a sense of identification with one's ancestral past rubs against one's present, probing the boundaries of how one's own skin and sense of kin might conflict with other identities; something that can be uncomfortable but also liberating. Reading this description on the back of the book was as interesting as the description inside the cover, which discusses how the literary arts—memoirs, fiction, poetry, biography, essays—can challenge the idea of identities through fictional and non-fictional narratives, and how these intersections become the sites of new, thought-provoking, and poignant creative writing by Ukrainian Canadians. To take it over the top, editors Lisa Grekul and Lindy Ledohowski provide an overview of the history of Ukrainian settlement in Canada, as well as bibliographies of the various authors.

Foreword – Weronika Suchacka

The foreword for *Unbound: Ukrainian Canadians Writing Home* highlights the power of the literary arts in the sense that they can bend genres, and how they invite readers to rethink, reinterpret, and even retell or rewrite the materials. The words in them are not limited to a page or classroom, thus readers, too, become authors in their own way. Also described as highlighting the close interaction between writers and readers, and how time (past and present) mingles with space (Ukraine and Canada). These two latter components are further described as being a temporal and spatial commingling that create an interesting dynamic in which the unfinished business of

ethnic identity formation and articulation play out. Each section of the book is done by a different author, and many of the literary works used to put together the book are described as further highlighting the challenge between multiple and seemingly mutually exclusive elements that construct identity, how the present is infused with the past, and how Ukraine and Canada are infused into each other, but also separate.

Introduction - Lindy Ledohowski

The introduction discusses how identities expand to include ethnocultural, gendered, socio-economic, minoritized, regional, and other interesting facets of who we are, and that we both are, and are not, multiple selves simultaneously. It then breaks down five thoughts that most early-generation Canadians might contemplate when it comes to making sense of their identities: position 1: “Ethnic” is Canadian, position 2: I’m Not “Ethnic”, position 3: Picking Up My “Ethnic” Baggage, position 4: What Is Ukrainian-ness Anyway, and position 5: Nationalists versus Communists. The best part about these five sections is that the “Ukrainian identity” can be swapped for any other identity that exists within our society, such as religion, race, or gender, and those five positions would be equally valid in those instances too.

Language Lessons - Janice Kulyk Keefer

Language Lessons does a great job with introducing readers to the history behind the Ukrainian identity, courtesy of the Ukrainian language. What readers are introduced to in this section is that the Ukrainian identity is one that has been persecuted, harassed, demeaned, penalized, and outlawed by Ukraine’s long chain of occupiers and colonizers, up to and including the Russifying Communists.

One of those attacks on the Ukrainian identity came by the way of Ems Ukaz of 1876, a decree signed by Tsar Alexander II that banned the use of the Ukrainian language for all purposes, including education, entertainment, publication, and emergency information. So all materials would instead be printed in Russian. If the Ems Ukaz was not bad enough, the western half of Ukraine, ruled by the Hapsburg Empire, had it no better, considering that Ukrainians were denied access to university education in their mother tongue. Under Soviet rule, one of Ukraine’s finest poets, Vasyl Stus died in 1985 in a gulag where he had spent twenty-three years for the crime of writing in Ukrainian and being a vocal Ukrainian dissident. This was the reality for many Ukrainian writers and artists in the 1960s.

Tuteshni – Erin Moure

Tuteshni has a power passage that sticks out. The message is, “Humiliation does not justify blood to trail out of skin. Horse reared up in my village. No one humiliated nobody in <to> my village. Different nations live in agreement by centuries <ages>. But later part of my village completely crumbled, gone my other <polish> <local>.” The power of this passage is one Ukrainian Canadians realization that can be summed up by saying that nobody wins wars— people only survive—and the importance of recognizing the dignity of every person to avoid destruction and the unnecessary loss of life.

Conclusion - Lisa Grekul

The conclusion might be the most powerful part because of the intimate realization that is shared with readers, “Ukraine wasn’t supposed to be strange to me, and Ukrainians weren’t supposed to be strangers. We were supposed to be kin. Our interactions were supposed to reveal some sort of visceral bond that transcends geographical borders and linguistic divides. Despite my ostensibly ambivalent motivations for making the film and my cynicism about diasporic Ukrainians’ largely “imagined” sense of belonging to Ukraine, it became clearer and clearer to me that I somehow thought my journey would be different.”, and how that realization helped to further shape the attitudes and beliefs of Grekul.

Practically every contributor mentions, in one way or another, their feeling of un-belonging to this combined identity, and how they seem to be caught between longing and loss. Grekul takes her intimate realizations one step further with the following words, “None of us, though, will be lesser for the choices we make, and it seems to me important for us to remind ourselves that we’re not tethered to these choices. We really do “renegotiate and reconstruct” our identities, continually. Who we are, today; what we say, in this moment, about our “selves” and our histories; the parts that we play in our unbound “betwixt and between” community – these are all necessarily provisional: subject to change, open to revision. In this, we have something vaguely in common, I suspect, with the people of Ukraine, despite the geographical, cultural, social, and political distances between us.”

The final sentences of the book conclude with the following realization by Grekul, “Ethnicity is experienced and expressed in multiple ways. The provisional nature of our identities, the ways in which our “selves” shift and change, then I have to not only accept who I am right now, in our age of social media – a typical middle-class mother with a computer who’s going to keep putting up photos of her daughter on Facebook, but also allow for the possibility that who she and I both become might just surprise us all.” The takeaways from Grekul’s intimate realizations are that how our minds work is more important than the adjectives we use to define ourselves, and to remember that we live in a place where, as long as we do not self-impose limitations on our selves, then anything is possible. In the end, and despite our lines of difference, we are all uniquely Canadian first, but we also must not forget that we are global citizens second, and that our common humanity matters most.

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



Eight Ways I Combat Chronic Fatigue

Marie Well



I've found some formulas for curing chronic fatigue. I started with high fiber: a raw vegetable, fruits, nuts, seeds, and beans diet, which has transformed into what it is today. And my energy and mood are a thousand times better than what they were before. With that said, here are ten of my best secrets for combating chronic fatigue.

Eat a breakfast of champions. I eat a bowl of porridge with berries, drink almond milk with greens powder, take a tablespoon of hemp seeds, and chase it down with a can of sardines. That's my breakfast. Sardines sound gross, but because I have a brain-related condition, I get endorphins shooting off whenever I eat omega-3 fatty acids, mainly from sardines.

Take ice-cold showers. If we've ever splashed cold water on our faces and felt instant relief, we can guess the benefits of ice-cold showers. The best thing a person can do for a quick hit of energy when suffering chronic fatigue is to have an ice-cold shower. And research supports its benefits.

Get seven hours of sleep. I used to think I needed eleven hours of sleep, which made me sick and even more tired. But, weirdly, I discovered I have the

most energy when I have seven hours of sleep. So, I stay up until midnight learning Unreal Engine for virtual reality game design. And then I go to bed, waking up the following day at around 6:45 AM. Interestingly, my chronic fatigue is cured by less sleep. And I go to bed and wake up at the same time every day. This brings us to the next point:

Have a vocation we are passionate about. And fill our day—from morning to bedtime—with productivity: working, learning, and doing all the things we love. Passion cures fatigue in surprising ways. But to discover our passions, take personality and career tests to plan our academic and career paths wisely. Acquiring a profession that we love is essential if our goal is maximum enthusiasm. Enthusiasm and passion are great healers of chronic fatigue.

Develop greater integrity. Learning to love unconditionally, serve others, and demonstrate compassion and kindness are vital traits for mental health. If we pick up a book on positive qualities, we'll find plenty of positives that are uniquely us. The key is adopting new ones or better refining current ones. Read spiritual or religious books, go to church or a temple or mosque, or read self-help books. After all, integrity heals like nothing else.

Exercise. And consider lane swimming. Swimming in cold water is highly therapeutic for fatigue. When I was dying from chronic fatigue, I started walking the hallway for ten minutes a day. Now, I swim laps for two hours a week, lift weights, and do martial arts two additional days a week. It's my sweet spot where I make gains and my mood is at its peak. Any more exercise and my mood takes a hit. So, find our sweet spots of training for optimal mental and physical health.

Cut out all added sugar. Added sugar is the kiss of death for people with chronic fatigue. If sugar is on the "ingredient list," don't eat it. But if a food contains sugar but is not an added "ingredient," it should be okay to eat. For instance, plain Greek yogurt contains sugar, but sugar is not on the "ingredient" list. The only sweet I ever eat anymore is 100% dark chocolate.

Cut out all oils. I read a book on lupus, a condition my dear friend has. (And she gets chronic fatigue.) A medical doctor wrote the book. The doctor said to cut out oils. Cutting out oils was a central premise of the book. And I discovered the same when I had chronic fatigue. The tipping point of nausea was always reached whenever I consumed oils. So, I get my fats from nuts, seeds, salmon, and avocados instead.

Cut out all packaged foods with more than five ingredients on the list. These are typically processed foods. And cut out any food items with words in the ingredient list that are so complex we can barely pronounce them. In other words, cut out all processed foods. Processed foods are sent to factories where they are modified to make cooking faster. Hot dogs, cold cuts, potato chips, breakfast cereals (especially cereals that feature a cartoon on the box), canned soups, packaged macaroni, and so much more are toxic for people with chronic fatigue. Instead, hang out at the raw meats, vegetables and fruits, nuts and seeds, mixed beans, steel-cut oats, and organic sections.

The tiniest wrong thing to eat tipped me further into the dying cycle. But a strict diet and intense exercise turned my world into one of health. Just today, I woke up after seven hours, had my breakfast of champions, went to a neighboring town for a swim, and returned home with peak energy, ready for a day of work and fun. I believe we can all turn around any ailment if we become strict with our lifestyle choices. Remember that 100% effort is easier to achieve than 99%. And if our doctors aren't diagnosing our ailments despite multiple tests, then diet and exercise may be more significant to our healing than we may have banked on.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: William M Farley Memorial Award

Sponsored by: Canadian Western Agribition

Deadline: October 1, 2023

Potential payout: \$1500

Eligibility restriction: Applicants must be passionate about agriculture and have participated in CWA as a participant or volunteer themselves or with their family, be enrolled in any academic program in a post-secondary educational institution and be in their second or subsequent year of a program of at least two years duration.

What's required: An online application form including contact and academic info, an academic transcript, a summary of your background and experience in agriculture, summaries of your involvement in school and community activities and of your career goals and objectives, and contact info for three references.

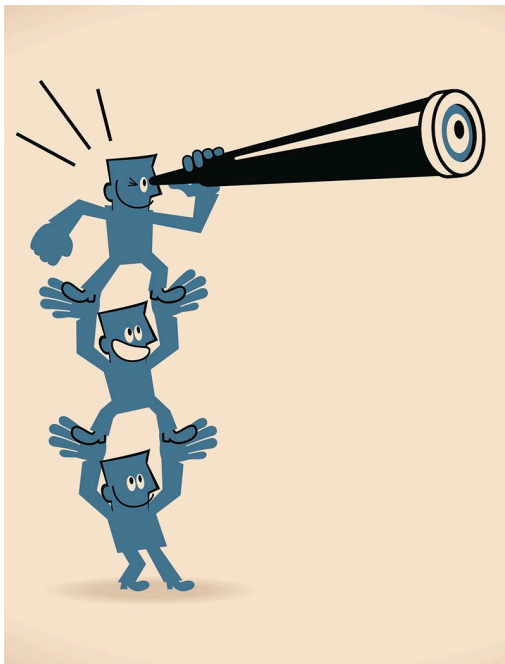
Tips: Check out the [other awards](#) offered by the CWA.

Where to get info: agribition.com/get-involved/scholarships-awards/#toggle-id-3



Research Assistant Opportunity!

Caring as an Unspoken Vocation and Research Opportunity



This intriguing posting covers COVID-19 and medical caregivers within relevant research literature. Qualitative studies, including media articles and narratives, will be combined and summarized as part of an ongoing data review. The successful applicant will gain invaluable experience and skills in the unique scientific art of qualitative research.

Like many invisible or even marginalized aspects of society, the realm of caregiving expanded greatly during the pandemic. Yet it's always a critical aspect of societal cohesion – we all know a loved one or elder who requires extra support and attention in their lives. In our times of pandemic trouble, as well as medical or mental strife, love and care often take an increased role within ordinary emotional and physical labour implicated in many jobs and all families. With an aging population in our country, a burgeoning realm of caring thus emerges as a crucial aspect of sociological research. To be cutting edge in one's studies might for you mean getting involved in this aspect of the social sciences.

Like most postings, this is a casual and part time position. If interested, please email your resume and cover letter to mterramanca@athabascau.ca.

PARTICIPANTS NEEDED FOR RESEARCH ON INTIMATE PARTNER VIOLENCE SURVIVORS' EXPERIENCES

**Have you ever been subjected to violence by an intimate partner? Did a law enforcement officer respond to an incident of abuse?
Are you 18 years of age or older?**

We are looking for volunteers to take part in a study of intimate partner violence survivors' perceptions of law enforcement responses.

As a participant in this study, you would be asked to complete an anonymous open-ended survey on your experience. Your participation is **entirely voluntary** and would take approximately 20-minutes of your time.

Please note that some people may experience psychological or emotional stress due to the sensitive nature of this topic. Contact information for Athabasca University Wellness Resources will be provided.

In appreciation for your time, you will receive a \$10 eGift Card to your choice of Tim Hortons or Starbucks.

To learn more about this study, or to participate in this study,
please contact:

Principal Investigator:

Sarah Spicer Reid, Master of Counselling student, Athabasca University
sreid1@learn.athabascau.ca

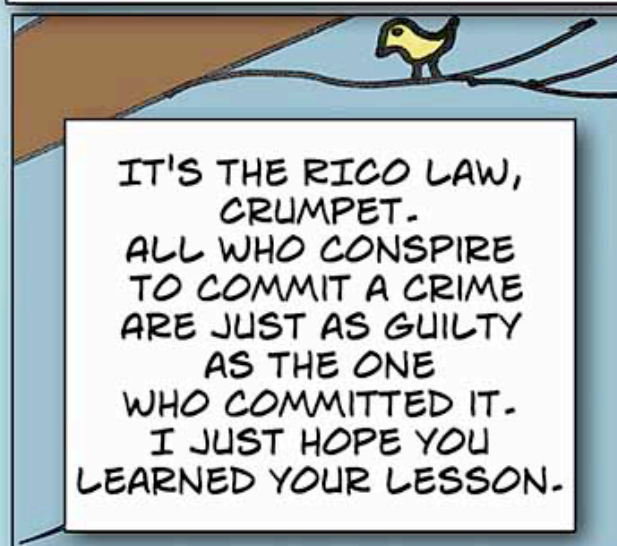
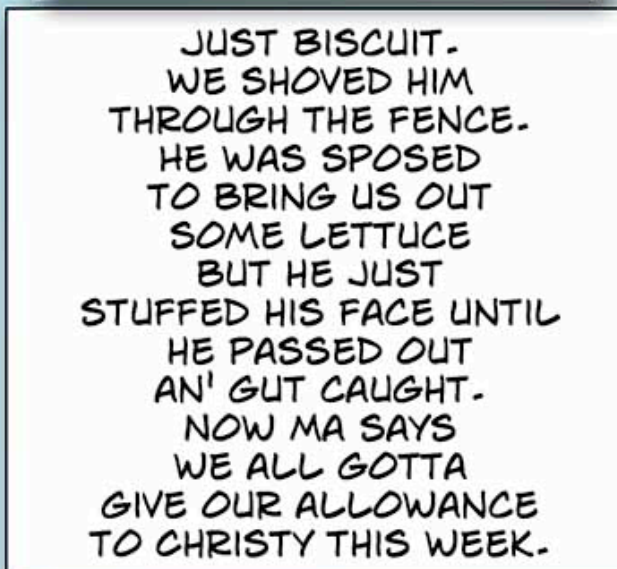
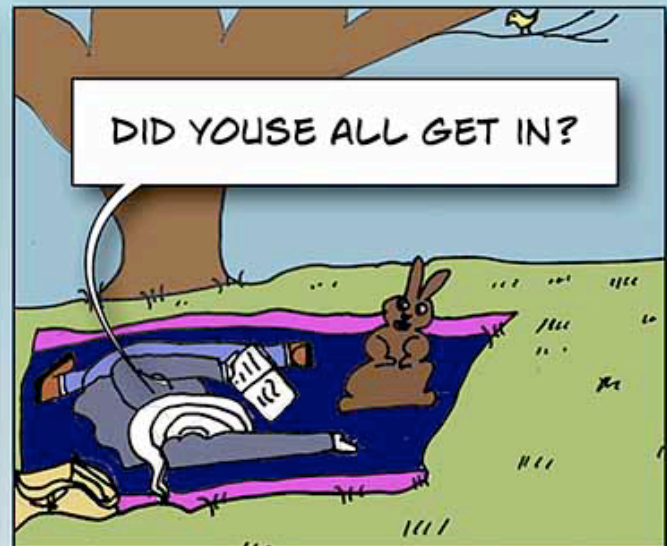
This study is supervised by: Dr. Lynn Corcoran, lynnc@athabascau.ca

Dr. Jeff Chang, jeffc@athabascau.ca

This study has been reviewed by the Athabasca University Research Ethics Board. Should you have any comments or concerns about your treatment as a participant, the research, or ethical review processes, contact the Research Ethics Officer at 1.780.213.2033 or by e-mail to rebsec@athabascau.ca

Poet Maeve
Rico Law

Wanda Waterman





Welcome Week by AUSU is an orientation for AU undergraduates



September 7th at 5:00 p.m. MT on Zoom will mark the second annual Welcome Week by AUSU. The free event welcomes new and continuing AU undergraduate students and provides an introduction (or refresher) to student life at the university.

The event includes a “Top 5 Student Tips” presentation by Serena Elliott from the AU Information Centre, reviewing five (5) helpful things to know while navigating your AU student experience.

[RSVP on Eventbrite](#) to get your ticket. We can't wait to see you there!

Please direct questions about the event to ausu@ausu.org. Students requiring accommodations are encouraged to email AUSU Accessibility Officer Jodi Campbell at executivedirector@ausu.org.

We can't wait to see you there!

Provided by

ausu@ausu.org



Please send us your valuable opinions, feedback, and suggestions. We are committed providing quality content and look forward to hearing from you!

CLASSIFIEDS

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

THE VOICE

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