



THE VOICE

Vol 31 Issue 34 - 2023-09-08

Submarine Dream

Fiction Feature

DIY Japanese Cheesecake

Making Tasty Treats

Organized Crime

Canada's Policing Response



Plus:
*Call for Research Participants
The Get Arounds
and much more!*

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LETTERS TO THE EDITOR

Hey! Did you know the Voice Magazine has a Facebook page?

No kidding! We also do the twitter thing once in a while if you're into that.

Editorial

The Importance of History

Karl Low



If you haven't looked at *University Affairs* in the last while, you might want to head over there to read the story about the battle over post-secondary education in Alberta. In particular, it points out that cuts to post-secondary education have been more than half a billion dollars since 2019 and points out, rightly, the attempt to shift public education from serving, well, the public, and instead setting it up service industry and the needs of corporations.

Don't get me wrong, there's absolutely a place for training designed to help people get into the labour market, but there should also and always be a place for pure education, as this can be the place where discoveries or inventions come from that change our world in ways that nobody would have supposed could happen.

The development of linear perspective in art, for instance, lead to significant changes in architectural design. When Noam Chomsky, a linguist, developed a notation for defining grammars, this was used in early computing sciences for the development of the first high level programming languages, something that made computing

more accessible for programmers of all types, which in turn has lead, at least in part, to the world we see around us today.

When our governments focus all education purely on the needs of industry, purely on the idea of getting people employed, it misses out on the possibility of being at ground zero of the next idea that completely changes the world—and all that can come from it. And that's the best case scenario, where we assume that government and the universities got their predictions right about what the labour market would need four years down the line, and that some other place didn't come up with that disruptive idea that shifted the world around them because they weren't so focussed on employment over education.

Meanwhile, this week, the Voice is running a bit light, as we're in need of more students to be interviewed and some writers are on their own summer holidays before the season is well and truly over.

In the meantime, this week, we've got a new fiction feature that's a lighter read, a resumption of our look at how Canada is handling organized crime and terrorism (and it's rather an interesting look at some of the things going on in that sphere), book reviews, events, scholarships, and a recipe for Japanese cheesecake that I'm going to have to try. There's a couple places here in Calgary that make Japanese cheesecake, and if you find a good one, it can be absolutely amazing.

Also, Ana Sabo brings us her second music review, and with the start of September, we look back almost over 20 years to the terrorist attack that took down the World Trade Center in 2001 in our Vintage Voice. It's amazing to me that some of you reading this were not yet born at the time of that event, yet it's one that changed our world in a lot of ways. If you ask me, I suggest that it was even that event that has led, in part, to how divided we seem to be today. Realizing that we in North America were also vulnerable to significant terrorism caused many to harden or even change their positions on many issues. (Take a look at Dennis Miller before and after 2001 to see an example of what I mean.) At any rate, enjoy the read!

Submarine Dream

How far would you go for a manicure?

Lucy Djorno



Carol looked wistfully across the sandy beach to the ocean beyond. A gentle surf lapped against the shore. She found the sound relaxing, but what she really wanted was to immerse herself in the salty water. She wanted to feel sand squishing between her toes and the froth of the waves splashing over her shoulders.

Their two kids, Jaxson and Siobhan, were busy constructing a sandcastle. They were digging a series of canals to feed seawater into the moat. The canal required much re-digging, as the soaking sand slumped back in as fast as they could excavate it. They'd be at it for a while.

Carol glanced over at her husband in the next lounge chair. "Owen, can you watch the kids for a few minutes? I want to go in for a swim."

Owen looked up from his book, frowning. He glanced to where the kids were playing, then back at Carol. "I'm reading. Can you make it quick?"

"Yes, just a quick dip then I'll be back here. Thanks."

Soon Carol was wading through the incoming waves. Up to her knees, up to her waist. She walked out a bit further, straining against the pressure of the water. Now up to her shoulders.

She pulled up her knees and immersed herself in the water. It was cold, but refreshing after sitting on the hot beach. She came up for air, then immersed herself again.

Something grazed her foot. What was that?

Before she could pull herself away from whatever was near her foot, something grabbed her foot. And tugged.

Once, twice, it tugged. Then—

Carol felt herself pulled down, under the water and further out from the shore. She felt like she was moving through the water at torpedo speed. She held on to the last breath she had taken before being pulled under. She hadn't even had time to scream.

Further and further the thing pulled her. Then, just as Carol thought she couldn't hold her breath any longer, the thing slowed down. Finally, it pulled her upward a short distance.

Carol broke through the surface of the water, immediately drawing in a lung-full of air. She gasped in as much air as she could. Then she looked around. She was in a cave. She was still under the sea somewhere, but she could breathe.

Hearing a splash behind her, Carol spun around. A beautiful woman gazed at her. She had creamy skin, and auburn hair that floated on the water. The woman smiled shyly then dove back under the water, her tail sending droplets of water in all directions.

Carol thought she hadn't seen properly. She could be hallucinating from the lack of oxygen. A tail?

The woman broke through the surface again, and then two others appeared beside her. The other two were as beautiful as the first, one with deep chestnut tresses, and the other golden blonde.

The first woman spoke. "Hi, thanks for visiting us. We get awful lonely for company."

"Who are you?" Carol asked. "What are you? And where am I?"

The women giggled, then took turns explaining, interrupting each other in their rush to put Carol at ease.

"We're mermaids!" Then they pointed at each other to introduce Andromeda as the redhead, Cassiopeia as the dark-haired one, and Virgo as the blonde. They explained that they had lived in and around this underwater cave for centuries. Visitors were rare, and special.

Virgo swam over to a dark recess in the cave, and returned pulling a floating pool chair behind her.

"Climb in, Carol," Virgo urged. "You're our special guest today."

Slightly dazed, Carol pulled herself into the chair. Virgo gathered Carol's right hand into hers, and began massaging it.

"Oh, you could use a manicure," Virgo exclaimed, leaning close to look at Carol's fingernails. "Hang on."

She splashed away and returned momentarily with a plastic box. She opened the box, and began pulling out manicure tools. She tethered the box to the chair, so it wouldn't float away.

Cassiopeia swam over with a drinking glass, which she put in the cupholder in the arm of the floating chair. "Wine spritzer," she explained. "It's good, try it."

Virgo giggled at Carol's expression. "All sorts of things fall off ships around here," she said, pointing a nail file towards the glittering strands of battery-powered LED lights that lit up the cave. "We're well stocked in most things."

Finished with Carol's fingernails, Virgo propped up Carol's feet on a pool noodle and began on her toenails. Cassiopeia gave Carol a facial, while Andromeda massaged her scalp and braided her hair.

Carol protested feebly. "I can't stay, my husband will worry. He's watching the children, and I said I would only be a minute."

"Oh, don't worry about that," Andromeda assured her, "Time down here doesn't pass at the same speed as up there. He'll hardly notice you're gone. Trust me."

The wine spritzer (or, let's be honest, spritzers), made Carol drowsy and she dozed while the three mermaids fussed over her. She woke what seemed to be a long time later.

Her finger and toe nails were trimmed and painted a bright coral. Her hair was plaited and coiled around her head. Every muscle in her body felt relaxed.

"This is the first time I've felt like I was on vacation," Carol said.

At her voice, the mermaids swam up to her. "Do you want to stay? We'd love the extra company."

"I'd love to," Carol said, "but I think I should get back. The kids will be anxious if I'm gone too long."

"We understand," said Andromeda. After each mermaid gave Carol a warm hug, Carol drew a deep breath and Andromeda pulled her down and out of the cave. Then up, up, up to the surface.

Carol's head popped out of the water in almost the same place she had been swimming earlier. She swam, then waded to shore.

"Hi, I'm back!" she called to the kids. They squinted up from their castle and moat project briefly, then continued their construction efforts.

"Hi, I'm back!" she said to Owen, as she flopped back into her beach chair. Owen looked up from his book for a moment. He wondered how long she'd been doing her hair that way.

"That seemed like more than a minute," he said. Then he put the book up in front of his face again and continued reading.

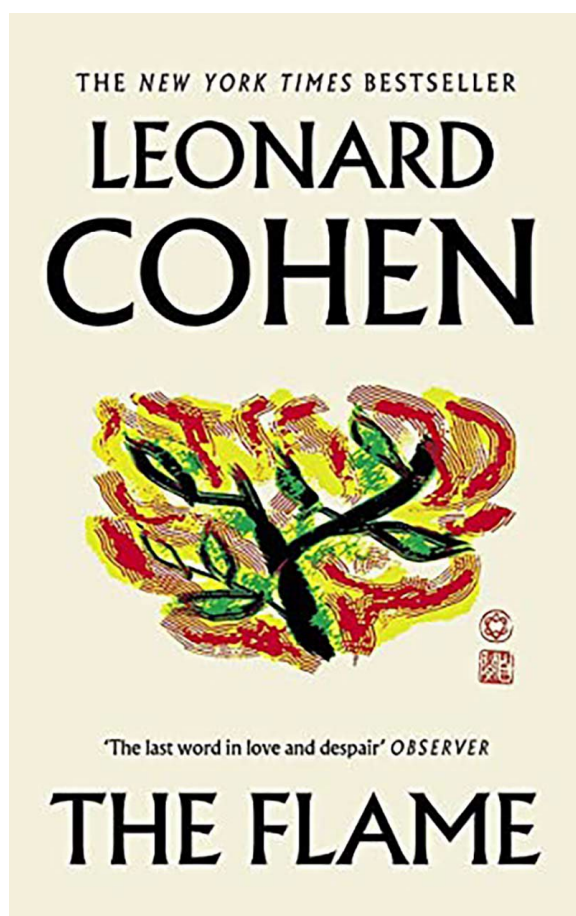
Carol sat on the edge of her chair. She felt like she'd just woken up from a dream. A beautiful relaxing dream. Then she looked down at her sand-dusted feet.

Her toenails were painted bright coral.



The Flame by Leonard Cohen

Alek Golijanin



There might not be another person that is as identifiable by a single word repeated four times over like the late Leonard Cohen with “Hallelujah, Hallelujah, Hallelujah, Hallelujah”, but there is so much more to his life than his most recognizable song, *Hallelujah*, which he first recorded in 1984 and which peoples still listened to around the world. *The Flame* featured Cohen’s final artistic efforts, combining poetry with visual art, and it offers a unique glimpse into Cohen’s mind, and it is almost impossible to read his work without being reminded of *Hallelujah*’s famous melody.

Surprisingly enough, *The Flame* features a speech that Cohen gave in 2011, where he explains the influence for his instrumental rhythms, stemming from an interaction that he had in Montreal in the early 1960s, and it is quite a tragic story. The other unique aspect of *The Flame* is that it features a poem Cohen wrote about Kanye West and where he also mentions Jay-Z, titled “*Kanye West is Not Picasso*”.

The tragic story behind Cohen’s flamenco guitar.

The tragic story behind Cohen’s flamenco guitar is shared courtesy of a speech he gave in 2011 about an interaction while he was visiting his mother’s house in Montreal in the early 1960s. Cohen recalls going to visit

the park he would frequent as a child and how there was a young man playing the guitar. Cohen described that there was something captivating about the way the man played. Eventually Cohen would ask the man to teach him how to play. During their discussions, communicating with one another in broken French, he found that the man was originally from Spain. The following day Cohen and the man would meet at his mother’s house where the man showed him the flamenco way of playing the guitar. This went on for three days, but on the fourth day, the man did not show up. When Cohen called the man’s boarding house to find out why he had missed their appointment, the staff informed Cohen that he had taken his own life. Cohen then goes on to

discuss how he knew nothing about this man: what part of Spain he was from, why he came to Montreal, why he stayed where he did, why he was at the tennis court that day, and why he might take his life.

While giving that speech, Cohen shared a deep secret he had never shared with the public: it was that those six chords that the young man had showed him how to play that were the basis of all his songs and all his music. Cohen finishes the speech by saying how he hopes that people will begin to understand the dimensions of gratitude he has for Canada, how everything favorable in his songs and poetry is inspired by our soil, and how he considers all his work as being a combination of all of us.

Kanye West is Not Picasso (March 15th, 2015)

The poem written about Kanye, and of Jay-Z to a lesser extent, is the only part of the book that sticks out like a sore thumb. There is no explanation as to the influence behind it, but with lines like

*I am the Kanye West of Kanye West
The Kanye West
Of the great bogus shift of bullshit culture
From one boutique to another,*

and

*I am the Kanye West Kanye West thinks he is
When he shoves your ass off the stage.*

it does not take much to figure out why people might not be as big Kanye West fans as they once were. But people seem to have forgotten why Kanye is so different than he once was.

Let us not forget that many of Kanye's early songs discuss how his mother was in toxic relationships, physically mistreated by the men in her life, and how Kanye and his mom would hug and cry together over their struggles with food and housing insecurity. More importantly, Kanye was in a life-threatening car crash that saw him suffer a traumatic brain injury and has struggled with substances including opiates. So, while Kanye's words and actions can be quite repulsive, and they set a bad example for those that look up to him, I would have preferred if Cohen had tried to write about how every one of us is a product of their environment and the sum of their experiences, and Kanye is no different.

Furthermore, all Jay-Z has ever done was make the best of the terrible cards that he was handed in his life, and he was able to turn his life around and today he pays it forward at every chance he gets. All in all, this piece did not have that sense of Leonard Cohen to it, the Leonard Cohen that wrote *Hallelujah*.

The enigma of the mind

While *The Flame* is not the typical book that has academia in mind, getting a glimpse into an artist's mind through their unpublished work is worth reading, even if it is for the sole purpose of trying to understand the enigma of their mind, and Cohen's mind was quite the enigma.

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



The Power of An AU Education

How an Athabasca Degree Can Help Us Reach a Quarter Million Income

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

Win a Gift Card for \$200. Enter a draw to win an Amazon gift card for September by writing a course review for the AUSU Peer Course Review Service.

Visit <https://www.surveymonkey.com/r/AUSUCourseReview>.

Reddit

2-Day Course Extension? A student who became ill is concerned about the AU course contract ending tomorrow. The student is seeking advice on where to send the doctor's note. Another student replies that AU only provides 2-month extensions. Yet another student suggested messaging the tutor, as they have typically granted extensions in the past when asked.

Twitter

Everyone deserves an education. @AthabascaU posts "A new partnership with @InclusionAB allows students with people with developmental disabilities to pursue a university education in a way that works for them. <https://athau.ca/45xpudP> #abpse #InclusiveEducation."

Want an MBA? @AthabascaUBiz posts, "Thinking about starting your #MBA online next year? Join us for our first Fall #webinar on Thursday, Sep. 7, at 10 a.m. MDT! Our Recruitment team will be live to share information and answer your questions." Visit <https://news.athabascau.ca/events/mba-for-executives-webinar-202309004/>. They also post, "We are @AACSB accredited, putting us in the top 6% of business schools."

How to use the AU library. @aulibarchives posts, "Welcome to all our new students! Get your footing using our library by running through our website orientation, it's a quick click through: <https://athabascau.ca/library/how-to-use-the-library/index.html>"



DIY Japanese Cheesecake

Xine Wang



I've Japanese cheesecake is a delicious and fluffy dessert that has a unique texture and flavor. It's lighter and less dense compared to traditional American-style cheesecake. I remember having to pay a premium for these goodies at local Hong Kong bakeries or the infamous Uncle Tetsu in Vancouver and Toronto. I enjoy eating the cake in 2 ways. Usually I would save half the cake for later in the fridge and, when chilled, the cake has an entirely different texture and melts like ice cream. When consumed warm it tastes similar to a heart, fluffy pancake. I always thought this would be a difficult baking experience when I first started. However, once you learn how to cake these, they can be a great dessert to bring to gatherings or just to consume in the summer (especially the fridge edition).

Ingredients:

- 140g cream cheese, softened at room temperature
- 40g unsalted butter
- 100ml whole milk
- 6 large eggs, separated into yolks and whites
- 100g granulated sugar
- 1 tablespoon lemon juice
- 60g cake flour
- 20g cornstarch
- 1/4 teaspoon cream of tartar (optional, but helps stabilize egg whites)
- Powdered sugar or icing sugar (for dusting) - optional

Instructions:

1. Preheat your oven to 320°F (160°C). Line the bottom of an 8-inch round cake pan with parchment paper and lightly grease the sides.
2. In a double boiler or a heatproof bowl set over a pot of simmering water, melt the cream cheese, butter, and whole milk together. Stir until smooth and well combined. Remove from heat and let it cool slightly.
3. Add the egg yolks, one at a time, to the cream cheese mixture. Mix well after each addition.
4. Sift the cake flour and cornstarch into the cream cheese mixture. Stir until the batter is smooth and free of lumps. Add the lemon juice and mix again.
5. In a separate clean bowl, whisk the egg whites until they start to foam. Add the cream of tartar (if using) and continue whisking until soft peaks form. Gradually add the granulated sugar to the egg whites and whisk until stiff peaks form.





6. Gently fold the egg white mixture into the cream cheese batter in three batches. Be careful not to deflate the batter; maintain its light and airy texture.

7. Pour the batter into the prepared cake pan. Tap the pan gently on the countertop to remove any large air bubbles.

8. Place the cake pan into a larger baking dish or roasting pan. Create a water bath by adding hot water to the larger dish until it reaches about halfway up the sides of the cake pan.

9. Bake the cheesecake in the preheated oven for about 50-60 minutes or until the top turns golden brown and a toothpick inserted into the center comes out clean.

10. Once baked, turn off the oven and leave the cheesecake inside for another 10 minutes with the oven door slightly ajar. This gradual cooling helps prevent cracking.

11. Remove the cake from the oven and let it cool completely in the pan. Once cooled, refrigerate the cheesecake for at least a few hours or overnight.

12. Before serving, remove the cheesecake from the pan, dust the top with powdered sugar, and slice it into wedges.

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



Fly on the Wall Therapy the World's Oldest Profession?



Jason Sullivan

Back to School, Back to Therapy

Ahem.

Try reading aloud this article title to a counsellor and you'll find, I wager, that contrary to the seriousness of their client's subject matter and lifelong travails, never can it be said that therapists lack a sense of humor! And if you want, follow it up with a paraphrase of President/WW2 General Dwight D. Eisenhower's famous line: "we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the military-industrial complex." Substitute *therapy* for *military* and you have one perspective on the rising tide of psychological individuation within our times that, ironically, have never been more florid with possibilities for collective unity, solidarity, and action.

Even as sex trade workers in our country receive a degree of recognition for their, *er*, services, another vocation has risen to heights not seen since the days of Catholic school confession booths.

I'm talking about therapists, of course, and, like many AU students and alumni, I've successfully availed myself of their services on multiple occasions. Nevertheless, along with sentiments of hope and progress in therapy, a sense of futility abides; visiting a therapist often seems part of a lifelong journey rather than a temporary palliative during troubled times. If a band-aid solution was the solution, they'd be out of a job.

Yet, wherever there's doom and gloom and a sense of endless struggle, there's an academic discipline or two available to help us obtain a more well-rounded sense of ourselves and our lives. Sociology, the study of human psyches within their unique ethno-cultural landscape, provides a unique tactic for placing our individual selves within the purview of the dominant historical epoch.

Anti-Oppressive Practice, or AOP, asks us to begin by assessing our emotional lives within a context of "deepening of globalization and the rise of neoliberal policies, including cuts to social programs, rising inequality, and dominant discourse that *blames* individuals for their distress". With tongue-in-cheek, beat poet Allen Ginsberg once intoned "America, are you going to let your emotional life be run by Time magazine? I'm obsessed by Time magazine, I read it every week." Our individuation is inseparable from our context, a fact easy to forget within the intimacy of one-on-one dialogue. After all, the external and coercive nature of social and economic realities can seem too great a hill to overcome by merely sitting and chatting within the confines of a safe space setting. But surely that doesn't mean that therapists merely aid and abet our ability to adapt and survive, rather than helping us to think critically about our circumstances.

Instead of making pariahs of therapists for the seemingly eternal necessity of their compassionate services we might, with a generous horsewink involved, consider the sociological context whereby therapy came to seem such a valuable prerequisite to understanding the interior life of our minds. To begin with, we all have an internal mirror through which we unveil our identity. And who we are to ourselves is certainly core to the self we project to others. Further to this natural fact is that being human involves being understood not only by ourselves but also within a community of others. A form of cultural translation is required in each interaction, one that takes into account the prevailing winds of times and audience—jokes that worked well decades ago can lead us to being ghosted by friends, and relationship advice that might have solved problems in days of yore now can sound as antiquated as, well, an antique study desk. Just think how rarely we're likely to tell a loved one to shut up and do what they're told, for instance. We intuitively know that being respectful of the dignity of others is part of how we must behave nowadays. Just as roads are required for us to access goods and services and have been part of settled life for thousands of years, ideological suppositories that provide meaning and solace to our populations have determined the hows and whys of human life. Social and historical perspective begins, like any enlightenment, with stepping back to gaze at the wider picture.

Oppression Behind Our Selves, Oppression as Part of Ourselves

The fact is, we don't all sit our kiesters down on a therapist's couch as equal human beings. Anti-oppressive practice allows us to put our puny lives in perspective; social science research shows that we receive opportunities for emotional satiety differently depending on membership in one or more classes of people. Social "power is based on group identities or affiliations (such as race, class, gender, and sexual identity), and when practitioners notice group identities, they can anticipate—for that client, their family, or their community—an array of experiences that are associated with positive or negative life outcomes (such as health, income, education, marginalization, violence, status, and social inclusion/exclusion)." With that out of the way, a sense of cultural position can yield good results—contentment need not rest exclusively on our core-belief hoisting shoulders; much of our experience of life and its outcomes is outside of our control. For many that's a sigh of relief, being unburdened from that problematic concept of

eternal individual responsibility that leads to not only lower self esteem but, at times, an excessive amount of academic anxiety.

Nevertheless, that key bugaboo of therapy praxis remains: *core beliefs*. Like societal oppression, this too can be gently placed under the lens of critical interrogation. Consider how archaeologists recently concluded that almost a million years ago “members of the human genus, *Homo*, weathered a roughly 117,000-year-long freeze while maintaining an average of 1,280 individuals capable of breeding”. Almost everybody died, literally, and not only on the inside! Maybe stone age therapists (likely occupying roles associated with religion, today that means a secular humanist belief system) told everyone to remember that how they interpret reality is how it will be, but in all seriousness such a calamity would have made everyone reach for the nearest compassionate listener. In this broadest of historical senses, a lesson can be learned: life is largely larger than ourselves, and, even though our hermeneutic (that is, interpretive) approaches can be vital to feeling fulfilled, there’s an awful lot of misery and destruction and alienation that fall beyond the broad scope of even our most fertile of minds. In fact, religions of world history traditionally acknowledge the uneven nature of control and powerlessness in a backhanded manner every time cataclysms are at once said to be the doing of God(s) and simultaneously the consequence of human sin. Climate change can be mapped onto here somewhere, or more specifically climate anxiety that leads many young people to attend therapy appointments out of worry that their decisions about, say, using plastic straws (it turns out they have less of those toxic forever chemicals than their papery counterparts) are leading us to Armageddon as compared to placing the lion’s share of responsibility onto the business decisions of ruling class policies. And while we’re at it, how often is the term *busyness* coined by therapists without noting its corollary in literal business?

Maybe most important when considering our modern epoch’s anxiety-producing cultural and economic tendencies is to recall that, for every contemporary example that the sky is falling, there’s countless historical examples that present troubles are, or were, also the troubles of yesteryear, and will likely be the troubles of tomorrow. So if there’s one thing about therapy that can be sure to work, it’s the realization that, far from Thomas Hobbes’ suspicion that life without a ruling monarch would be “nasty, poor, solitary, brutish and short”, however we feel about our life is likely to remain about the same—unless, that is, we put ourselves into societal and historical perspective.

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Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.



Beyond Literary Landscapes

Unrequited Love

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

Recently, this column has focused on difficult—but, ultimately universal—themes, and this week is no different. Although at first glance, the topic may appear to be a bit of a departure from somber themes of revenge, justice, death, and even, the fear of robots, the pain of unrequited love can be similarly devastating. I am certain that anyone who has felt this ubiquitous human feeling can attest to this unfortunate truth.

What

Some well-known examples of [unrequited love in literature](#) includes *Twelfth Night* by William Shakespeare, *The Sorrows of Young Werther* by Johann Wolfgang von Goethe, and *The Hunchback of Notre-Dame* by Victor Hugo.

Where

These works are set in England, France, and Germany.

When

The novels take place in the 15, 18, and 19th centuries.

Why

These particular texts may be of interest to AU learners who are currently experiencing some form of heartbreak, or those who would like to better understand this universal human emotion. The novels may also be appealing to students who would like to become familiar with some of the most notable classics in the Western literary cannon.

How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to unrequited love 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 324](#): Shakespeare I, a senior-level, three-credit course, which serves “an introduction to the age of Shakespeare and his plays.” (Note that several prerequisites are required, including [ENGL 211](#): Prose Forms, [ENGL 212](#): Poetry and Plays, as well as successful completion of [ENGL 325](#): Shakespeare II or approval from the course coordinator). 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

Music that Humans Can Play

Ana Sabo



Artist: The Get Arounds

Album: *I Wanna Live*

Release Date: February 18, 2023

The Get Arounds, hailing from Vancouver, BC, are a Canadian rock band boasting Lana Ryma as their vocalist, Carman Lethbridge wielding the guitar, Paul Albert holding down the bass, and Eric Lowe on drums. Their inception took place during the COVID-19 lockdown, culminating in their debut full-length album, "I Wanna Live," and more recently they introduced their music to a wider audience via the "Black and White" music video.

The video was right up my alley, with strong late 80s to early 90s punk rock vibes, so I was pretty excited to dive into the full album. One immediate observation that struck me was the band's clear sense of musical identity and sonic direction. The songs,

for the most part, maintained a consistent stylistic thread, though they did exhibit variations in dynamics and energy levels. Particularly, the interplay between the guitar and bass really stood out for me, offering captivating, well-balanced melodies infused with a hint of goth rock sensibility.

Interestingly, the vocalist immediately brought to mind Siouxsie Sioux of Siouxsie and the Banshees. Her voice has a very distinct quality to it, the kind of voice capable of carrying the entire musical sound. In some of the more spirited tracks, she unleashed a gritty edge reminiscent of Joan Jett. I think there's definitely huge potential there.

In terms of their style, there were two instances where the band took me off guard with their unapologetic embrace of their influences. This approach, far from being a drawback, added an appealing dimension to their work. "I Wanna Live" bore a striking resemblance to the Sex Pistols, with spot-on emulation of Johnny Rotten's vocal nuances and a melody that echoed the iconic "God Save the Queen." Another notable example was "Rockstar Girl," which began with a melody reminiscent of The Blue Oyster Cult's "Don't Fear the Reaper." Although not one of the stronger songs on the album, it did prompt me to revisit my Blue Oyster Cult collection.

However, while there is absolutely some great musical talent behind this album, and while I did enjoy the vocalist's tone and vibrato, I couldn't help but struggle with issues of pitch. While "Black and White," my favorite track from the album, sounded pretty solid, there were moments that had me wincing at how off-key she was, especially in songs like "I Want Something More" and "It's My Time." That and the attempted harmonies were an absolute low point for me, but because I really enjoyed their style, I'd be excited to see what they do next.

I also think they're one of those bands who would be fun to see live. They've got great energy and lots of passion, and I have a feeling they can put on a really awesome show, so I'll be on the lookout for their Alberta shows.

Ana Sabo likes chasing dreams, exploring careers, and cuddling pugs.



Organized Crime

Hearing Directly from Canada's Policing Stakeholders

Alek Golijanin



The recent four-part series on organized crime and national security series in *The Voice Magazine* profiled the various policing stakeholders including police agencies as well as police leadership associations, and how they functioned in the grand scheme of things. However, how things function in theory might not always be how they function in practice, so the only way to get an idea of what current processes looked like was to connect with those policing stakeholders and hear from them directly.

The Federal level of policing

Although the RCMP identified terrorist criminal activity as Canada's greatest threat, it seemed like a low prevalence issue considering how few stories made headlines that had to do with terrorism, unlike organized crime,. but it could also be the result of policing done right. As there is no bigger stakeholder than the RCMP when it comes to national security, so my questions for them were far more comprehensive than the other stakeholders.

The RCMP responded stating that the role of federal policing is to address the greatest domestic and international threats to our country, highlighting their national security program that has a mandate to

investigate criminal offence acts arising from terrorism, espionage, cyber attacks, nuclear security risk, ideologically motivated extremism (IMVE), foreign influenced activities, incidents involving the security of an Internationally Protected Person, the unlawful release of national security information, and terrorist financing. Furthermore, the RCMP clarified that the National Security and Intelligence Committee of Parliamentarians (NSICOP) and National Security and Intelligence Review Agency (NSIRA) were the only ones with a national security mandate. In other words, there was no true equivalent at the provincial level. Although the RCMP's national security and intelligence activities are subject to review by the NSICOP and the NSIRA, the RCMP coordinates with these two external review bodies by the way of the RCMP's External Review Committee.

The RCMP also made it clear that it has a multifaceted cooperation strategy that involves domestic and international law enforcement partners, and they specifically highlighted the Five Eyes Law Enforcement Group (FELEG). The relationships developed through FELEG are described as being fundamental to their ability to ensure that Canada responds to globalized threats from terrorism, transnational crime, and other threats to our national security. This international effort is crucial in the fight against criminal activity and illicit drugs, but the relationships that come from effort are fundamental to the RCMP's ability to ensure that they can respond to the globalized threats from terrorism, transnational crime, and other threats to our national security. There is also a newly created role within the RCMP called "civilian criminal investigators", which focuses on recruiting individuals with experience in information technology and finance and accounting, and they will be investigating cybercrimes like online fraud, internet drug-based trafficking, crimes against national security, and financial crimes including anti-corruption, fraud, and money laundering.

With respect to the integrity of major operations and serious investigations, these matters are subject to extensive planning, review, monitoring, and approval processes. Furthermore, the use of various tools is governed by the Charter and subject to appropriate judicial processes. Transparency and accountability are important aspects for the RCMP, and they are bound by Canada's Charter and the *Criminal Code*, and that there were law enforcement justification provisions requiring that the Minister of Public Safety and Emergency Preparedness publicly release an annual report on the use of specific portions of the law enforcement justification provisions by members of the RCMP.

That operational disagreements were making it to the news cycle was enough to tell all the policing stakeholders that there needed to be changes. These changes centered around the Operational Improvement Review that resulted in 76 recommendations, and that a majority of which have already been actioned or resolved. Some of the areas that were identified in the review included enhanced collaboration and information sharing in national security investigations, additional training for national security personnel, improved handling and disclosure of sensitive and classified information, and enhanced deconfliction within the national security area of focus.

One of the more recent successes of CIROC was a large-scale takedown of a crime group in Quebec that was 3D-printing guns, and which involved the Sûreté du Québec, the CBSA, the RCMP, and municipal police services in a nationwide attempt to crackdown on the manufacturing and trafficking of privately made firearms. The searches and investigations carried out across Canada resulted in the seizure of 440 firearms, 52 3D printers, and the arrest of 45 individuals. Overall, CIROC's priorities were best described as adapting to the landscape, with some of their past areas of priority focus being fentanyl, outlaw motorcycle gangs, money laundering, and meth, which resulted in a National Methamphetamine Strategy in 2021.

All in all, it would be fair to say that the RCMP is one of the best-positioned federal police forces in world when it comes to dealing with the dynamic threats of the 21st century. The proof of this can be seen in the leadership roles that were assigned to senior RCMP personnel by their international partners on international working groups including The United Nations Office of Counter-Terrorism, Christchurch Call to Action, G7 Law Enforcement Working Group, 5 Eyes Law Enforcement Working Group, and G8 Roma-Lyon Working Groups on Terrorism and Organized Crime.

The Canadian Association of Chiefs of Police

The Canadian Association of Chiefs of Police (CACP) seems to resemble a thinktank on federal policing matters, but includes geographic representation and all levels of policing as well as non-policing partners. Additionally, the CACP is comprised of individuals with diverse skillsets, and it has the ability to quickly put together a group of subject matter experts should they be required for any initiatives or planning matters.

The two committees that seemed to be the most relevant to this investigation were the Counter-Terrorism and National Security Committee and the Organized Crime Committee. So the questions for them came down to two things: the checks and balances in place to contain harms of major police investigations from spreading to unsuspecting Canadians and the decision-making process behind pulling the plug on investigations that were no longer contained.

The CACP was direct with their response, stating that conducting investigations was an operational matter with standards, process, and procedures that were determined by each individual police service and that decisions related to a particular investigation were made based on a unique assessment of that case's circumstances. Additionally, the CACP explained how it was a professional association, and that they were only able to make recommendations, not

impose best practices. The recommendations are developed by the CACP's general and special purpose committees, and sometimes in collaboration with external partners in the policing or public safety sector. Once they are finalized, they are shared with the CACP's members to be adopted or adapted as each police service saw fit. Additionally, the CACP identified that they had a specific working group on undercover operations and had developed a unique checklist in 2020, exclusively for police personnel meant to serve as a reference guide to assist agencies and personnel on operations, but they also stated that they had not issued any recommendations or guidelines related to the management of undercover operations.

When it came to the CACP's advocacy work and greatest achievements, there were many. Their advocacy work includes calling for the urgent replacement of the Automated Criminal Intelligence System (ACIIS) for law enforcement in Canada, and had previously requested the creation of a common framework for national security matters. The CACP highlighted that, despite ACIIS being Canada's only national databank for information and intelligence, it was now over 40 years old, and no longer the effective platform for the collection, analysis, and sharing of the large volumes of information that was generated by today's law enforcement community, and that they have been urging all levels of government to support the urgent replacement of ACIIS as a top public safety priority.

The CACP was also proud of its record on advocacy efforts aimed at advancing legislative and policy reform to prevent and investigate crime, support victims, and solve problems in the interest of building health and safe communities in Canada. Describing itself as an active participant in the legislative process, and actively involved in liaising with parliamentary committees on legislation, policies, and procedures. With regard to organized crime, the CACP explained that it touched on several of their national strategic priorities and monitored issues, and that their Organized Crime Committee had worked with different stakeholders to create a resource guide for international cross-border operations that accounted for international cross-border operations. Furthermore, the CACP was the Canadian license holder behind the If you see something, Say Something® public awareness campaign, which exists

AU-thentic Events

Upcoming AU Related Events

Library Chat

Tues, Sep 12, 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

Writing to win graduate awards and scholarships

Tues, Sep 12, 12:30 to 1:45 pm MDT

Online via Microsoft Teams

Hosted by AU's Write Site and AU Faculty of Graduate Studies

news.athabascau.ca/events/writing-to-win-graduate-awards-and-scholarships/

Register through above link

AU Has a Library? Navigating the Library Website and Search Tools

Wed, Sep 13, 12:00 to 12:30 pm MDT
Online

Hosted by AU Library

www.facebook.com/events/301575238937179

Register through above link

Athabasca Community Registration Night

Wed, Sep 13, 12:00 to 9:00 pm MDT

2 University Dr, Athabasca AB

In person

Hosted by AU Human Resources

news.athabascau.ca/events/athabasca-community-registration-night/

No pre-registration needed; more info through above link

Library Chat

Thur, Sep 14, 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

Write Site's Writing Forum

Open forum and tour of the Write Site

Thur, Sep 14, 12:30 to 1:30 pm MDT

Online via Microsoft Teams

Hosted by AU's Write Site

www.athabascau.ca/write-site/writing-forum.html

No pre-registration necessary; use sign-in sheet on above link before joining meeting

All events are free unless otherwise noted.

to raise awareness of suspicious activity that may constitute a national security threat and to emphasize the importance of reporting suspicious activity to law enforcement or security officials.

The Ontario Association of Chiefs of Police

The Ontario Association of Chiefs of Police (OACP) specializes in provincial matters, and their committee of significance was the Intelligence and Organized Crime Committee. The OACP stated that the names of the members were intentionally left blank, but they ranged from Staff Sergeants to Chiefs and Commissioners. These committees were recruited for by general calls for specific skills. The benefits of this approach were illustrated with the Trucker Convoy incident in Ottawa. Once a specific problem arose, the committee would bring together subject matter experts and become a shared resource for police services.

When it came to specific operations, the OACP made it clear that they were not involved and that this was the responsibility of Criminal Intelligence Service Ontario, who would facilitate and analyse joint force operations. The OACP do not direct police services, but report to the Ministry of the Solicitor General and produce reports related to monitoring and tracking data from policing services, explaining how those results connected, providing public education, and raising awareness. One of the challenges mentioned by the OACP had to do with the influence that popular culture has on policing, ranging from TV shows to music. The challenges that come by the way of TV shows stem from unrealistic expectations that these shows create for people unfamiliar with all the processes involved in an investigation, such as police being able to solve all crimes in a matter of a few days. And music often celebrates the outlaw lifestyle, with the specific example discussed being outlaw motorcycle groups and how they were often misperceived as solely bike enthusiasts with a disregard for their criminal enterprise components.

When it came to answering what the OACP was most proud of and recent success, the emphasis was on the OACP's Out of the Shadows resource document, described as being created for their ultimate audience, the people of Ontario and not the government or other police services. Their goal is to treat ordinary people as the most important audience that they could have. Additionally, the OACP was also proud of their member, Barrie Police Chief Kimberly Greenwood, for her efforts on developing framework and guidelines around intimate partner violence and sexual violence that changed how Canadian police organizations approach some of these most difficult investigations and support vulnerable victims. Once Chief Greenwood's work was complete, the OACP took it to the CACP, which is where it was shared across Canada. The work resulted in Chief Greenwood being awarded with some of the highest awards for individuals in policing.

What about municipal policing?

The uniqueness of municipal police services is that they are society's first line of defence, the ones that respond to 911 calls, and the ones most likely to uncover various forms of crimes, like those operating unbeknownst to anyone. They were also the first responders to the 2022 Trucker Convoy, which might be best described as a national security crisis, and an incident that offers the perfect case study to analyze how effectively different police stakeholders cooperated with one another. Revisiting the police response to the chaos that ensued as a result of the trucker convoy is evidence that law and order can quickly turn into chaos and disorder, and a policy analysis of those strategic failures, as well as the Ottawa Police Service's response to our national security questions is something that readers will be able to read in the next installment of our look at organized crime.

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



Top Soft Skills for Earning a Quarter Million a Year

Marie Well



Soft skills take time to master, but once we hone them, we become unstoppable. I asked Ask AI for top soft skills that we can learn to earn a quarter million a year. Ask AI provided an extensive list, so I will break it into a few I do very well and two I bomb at. That way, I can give some insights where I'm strongest and help us learn together where I'm weakest. And, incidentally, I searched Bing's AI for soft skills courses at AU, and came up with a dream program. With that said, here are some soft skills that can help us earn a quarter million a year:

Lifelong, continuous learning: I've adopted the attitude that education should be constant—even when working full-time. Last week, I finished a course on behavioral change management, and in two weeks, I start another course on digital marketing. But I'm going stir-crazy in the meantime, as not having a class to attend after work feels like having nothing to do. That's the mindset we enter when we continuously pursue lifelong learning. In other words, we feel empty when not tackling learning

opportunities alongside our other responsibilities. And that love of learning will drive us closer to a quarter million annual salary.

Resilience: The easiest way to adopt resilience is through a positive mindset. And a positive mindset requires us to be loving toward everyone. And it requires taking full responsibility for anything that goes wrong, not in a self-blame way, but in a growth mindset mode. Additionally, we should do at least four hours of exercise each week and eat very healthily to contribute to resilience. Spirituality is also an effective means of building resilience, especially regarding stress management. That's because the more wisdom we have, the calmer we face life's obstacles, perceiving those obstacles as opportunities and less like burdens.

Problem-Solving: I used to analyze complex situations by asking loved ones what to do. And then I followed their advice. But I have since learned problem-solving models from ViAGO, although other models exist, such as competitive analysis and other business-centric models. I like the ViAGO models because they can easily be applied to analyzing personal and professional problems. The company teaches us problem-solving skills to achieve our dreams and goals. And the models always seem to lead to solutions for me.

Those were some soft skills I'm competent at and could contribute some insight for you. Now for the soft skills I bomb at:

Conflict Resolution: I cave under conflict. I dislike conflict so much that I will happily acquiesce at its first sign. There are various conflict styles. Some people collaborate, others compete, some compromise, and others avoid. I have this belief that conflict resolution courses are too harsh and egocentric, so I avoid them altogether. But I want a conflict-resolution style based on self-sacrifice for the welfare of others. Or better still, I'd like to find purely win-win scenarios that offer many options for conflict resolution.

Collaboration: I like to work independently, without a team, while collaborating with an employer or supervisor. Working strictly alone is too lonely and demotivating, while working with a group can be stressful. However, I do love being in a collaborative online classroom environment, such as one through Zoom. I'm not fond of in-person classroom environments,

which some of us as AU students might identify with. However, there are principles and strategies for collaboration, so seeking resources that teach collaborative skills will be of value. Ask AI lists ways to collaborate, including setting clear goals and roles, fostering open communication and trust, setting clear expectations, and avoiding a dominant speaker. That sounds easy to achieve in theory. But if we need to be more practical with collaboration, we may require training.

Taking online surveys and tests is a good starting point for figuring out where we stand with these soft skills. But AU students have an even more exciting option that I aim to try next year. It's the PowerED™ Professional Development Courses. Some of the leadership Professional Development courses even incorporate AI for practice scenarios. And four leadership courses come bundled into a certificate. And there are two separate leadership certificates, both which look much better than the ones offered at my local university. And what better way to streamline into a quarter million-dollar salary than to have leadership skills? Bon voyage, my wealth-seeking friends! Your quarter million salary is approaching full sail!



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: AES Engineering Scholarships

Sponsored by: AES Engineering

Deadline: October 8, 2023

Potential payout: \$500

Eligibility restriction: Applicants must be high school seniors or students attending a post-secondary educational facility.

What's required: An email with contact and school info, along with an essay of 500-1000 words answering the following: When you look back on your life in 30 years, what would it take for you to consider your life successful? What relationships or accomplishments will be important on this journey?

Tips: Read the Scholarship Criteria and How to Apply sections carefully.

Where to get info: aesengineers.com/scholarships.php



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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*

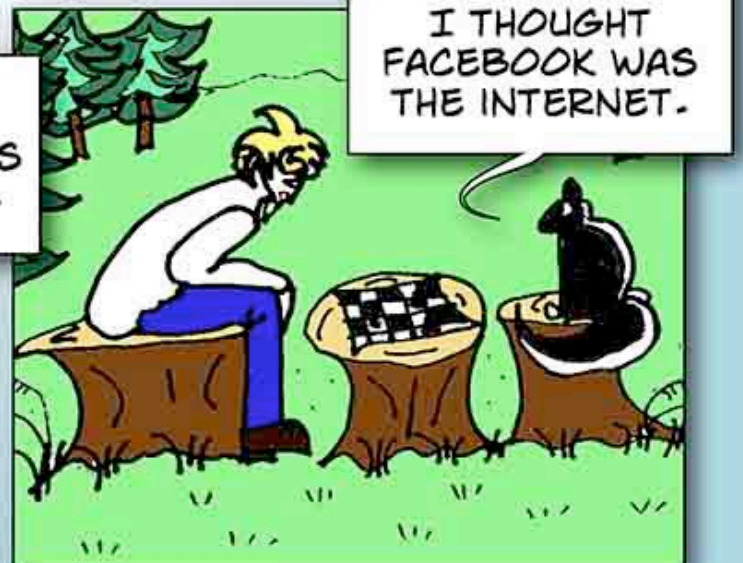
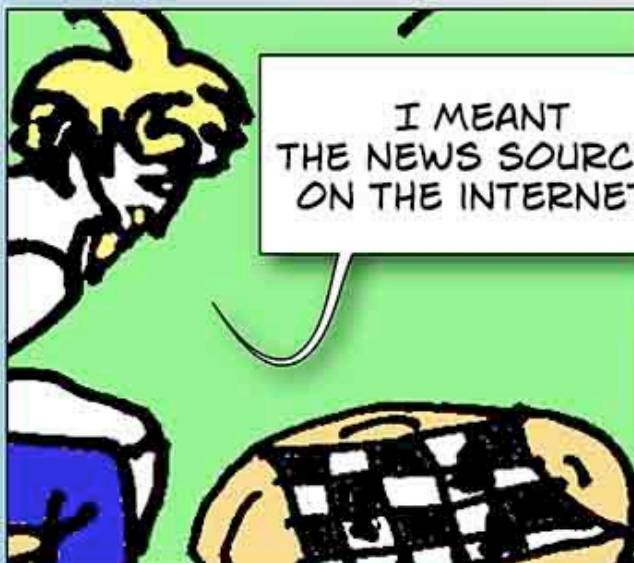
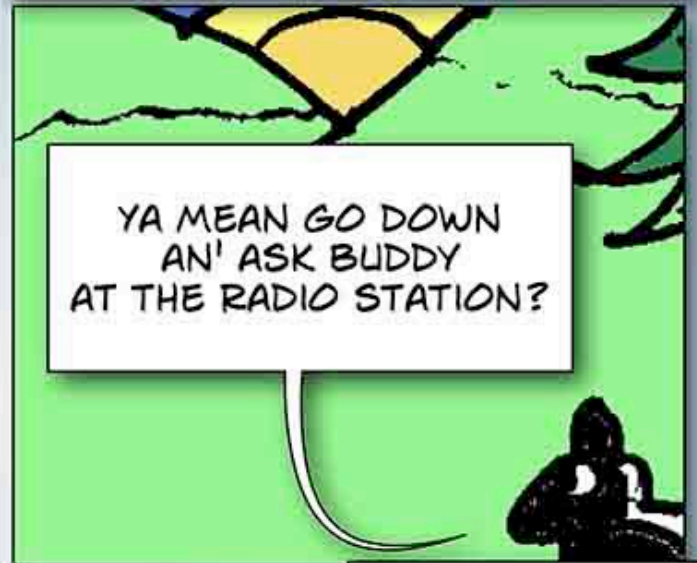
This study is supervised by: Dr. Lynn Corcoran, lynnc@athabascau.ca

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
Danged Ol' Facebook

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

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

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