



THE VOICE

Vol 32 Issue 13 - 2024-29

Mitch Versus Anxiety

A Story with Confusables

Foreign Interference Commission

An Overview of Week 1

In Praise of the Lazy

[blue rare]



Plus:

*A Big Material Goal
The Literary Essay
and much more!*

CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Features

Mitch versus Anxiety: *A Story with Confusables*..... 4

Articles

Editorial: *Could be Worse Friday*..... 3

The Foreign Interference Commission: *Part I*..... 6

We Need to Chase a Big Material Goal 9

Buying Clothes to Fit our Loved Ones, Part II 14

The Land Without a Master Narrative, Part II 17

Covering the Foreign Interference Commission..... 21

Columns

[blue rare]: *In Praise of the Lazy*..... 8

Fly on the Wall: *If You're Unhappy and You Know it!*..... 10

Beyond Literary Landscapes: *Literary Essay*..... 16

News and Events

AU-thentic Events 11

Scholarship of the Week..... 12

Student Sizzle 15

Vintage Voice..... 19

Comics

Chazz Bravado: *A Mild Exaggeration*..... 13

Poet Maeve: *Smaller Livestock*..... 20

The Voice Magazine
www.voicemagazine.org

Email
voice@voicemagazine.org

Publisher
AU Students' Union

Editor-In-Chief
Jodi Campbell

Managing Editor
Karl Low

Regular Contributors
Barbara Lehtiniemi, Alek
Golijanin, Jason Sullivan,
Wanda Waterman, Xine
Wang and others

Views and articles
presented here are those
of the contributors and do
not represent the views of
AUSU Student Council.

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

For weekly email reminders
as each issue is posted, fill
out the subscription form
[here](#).

The Voice does not share its
subscriber list with anyone.
Even I don't look at it, it's
all on auto.

Volume 32, Issue 13

© 2024 by The Voice
Magazine

ISSN 2561-3634



LETTERS TO THE EDITOR

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

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

Editorial

Could be Worse Friday

Karl Low



A couple of weeks ago, over 20,000 students, in Quebec took to the streets to protest tuition increases and changes to language laws introduced in October, with a lot of them not attending class for the week. More interesting the University of McGill and Concordia University each filed suit against the Quebec government to argue that those tuition increases contravene the Canadian Charter of Rights and Freedoms.

When was the last time you heard of a post-secondary institution choosing to fight against tuition increases? In this case though, it's because the universities predict that the increase in tuition will end up costing them tens of millions in revenues. They explain this will not only affect their ability to deliver programs, but McGills suit claiming the new laws will create an "unconstitutional barrier to interprovincial trade" by limiting student mobility across Canada.

As for the students, they note that the provincial government has given exemption from the tuition increases to French speaking international students from France and Belgium, but not to French speaking students from African

countries, suggesting that the difference is one of racism.

Not that I believe Alberta's actions toward post-secondary, especially the increasing funnelling of public dollars to private institutions, to be a good plan, but it provides some small solace to realize that, well, things could be worse.

Meanwhile, this holiday week, we've got a bit of a short issue lined up. But we're starting it off with an overview of the Foreign Interference Commission, written by our own Alek Golijanin. This is a commission that may be making recommendations that can adjust the foundations of our democracy, trying to ensure that Canadian elections remain the purview of Canadians alone.

We also have a short story, not as a fiction feature, but as part of an article that may help you become a better writer, clearing up some commonly misused words so that you're able to better explain exactly what you mean when you're writing your assignments.

Finally, the [blue rare] column brings us an article that extolls the virtues of being lazy. I'm sure it's all absolutely true, or at least, I like to hope it is.

Of course, we also have a selection of articles and snippets that are informative, helpful, thoughtful, funny, and maybe just plain interesting. But that doesn't mean we want to stop there. I'm still seeking additional students to write articles that share the things you feel might be helpful or informative for other students. In particular, I'm looking for students to handle music reviews, course reviews, and council meeting reports. But if none of those strike your fancy, why not suggest something else, as ideas are another thing that I'm looking for. And just because we're distance doesn't mean you have to be. If there's something interesting in your area you want to report on, by all means, send a message to karl@voicemagazine.org and let's talk. Foster an interest and get paid to do so, that sounds pretty good to me.

Enjoy the read!

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

Mitch versus Anxiety: A Story with Confusables

Jessica MacLeod



Writers, beware: confused and misused words surround us. We hear them, read them, and have even used them ourselves sometimes. A spellchecker is powerless against them. But we can learn better usage by reading well-written works, developing an interest in words, and staying friends with a dictionary and usage dictionary.

The following story attempts to demonstrate how some commonly confused or misused words should be used. To be ready for them when they come up later, here are the eleven confusables: **aggravate**, **anxious**, **bemuses**, **continually**, **continuously**, **discomfit**, **discomfiture**, **discomfort**, **nauseated**, **nauseous**, **noisome**. Explanations about the proper usage of each word are provided after the story.

Mitch had been **nauseated** for years—decades even—but he hadn’t realized it. He was clear on the vomiting, dizziness, diarrhea, and hours in the bathroom, but all that time he thought he was **nauseous**. He had not been causing feelings of sickness or disgust in others; he had just felt sick himself. And now that he knew the

difference between the two words, he was also a bit embarrassed.

It’s not that Mitch was **continuously** sick for years. He could have a few days here and there of normal appetite, a healthy attitude, and the strength and courage required to get some fresh air. However, he **continually** suffered from panic attacks. He could count on their frequent visits like one could count on rain or wind. He couldn’t quite count on people’s understanding, however.

Mitch is surrounded by people who used the word **anxious** to mean eager or looking forward to something with excitement. At one time, he would have admitted that such usage frustrated him. But now he knows it hasn’t held him back or beaten him down. That usage just annoys and slightly **bemuses** him.

“Nothing about being anxious feels good!” he wrote in his journal. He also underlined those words to make up for not speaking that clarification aloud. Mitch had even resented the generally acceptable use of *anxiety* for feelings of nervousness and uneasiness. Why did anxiety grace others with playful butterflies and nervous energy but tackle him with suffocating fear, loose bowels, and cold sweat?

At least the language foibles of others did not **aggravate** his condition. No, he only had himself to blame for that—or rather, some of his habitual and problematic thought patterns, poor diet, and infrequent exercise.

Mitch’s almost silent but **noisome** anxiety attacks created such **discomfort** that he began regular counselling and hung a tattered old boxing bag from a beam in the basement. Cognitive behavioural therapy helps him reframe and dispute the thinking patterns that have fueled his anxiety. By boxing the heck out of that bag, by pounding away at it until drops of his sweat hit the floor, Mitch gains strength, an outlet for his emotions, and adrenaline-infused confidence.

At the end of a session, he gives the bag an extra shove in triumph, imagining anxiety (the foe who had **discomfited** him for years) toppling in **discomfiture**, weeping in a bruised and bloody heap on the basement floor.

Just like rain comes and winds shift, that enemy does rise now and again to taunt Mitch. But more days than not, Mitch ascends his basement stairs sweaty and tired, with his heart still pounding with fury and exhilaration. “Today, you lose,” he calls back to that heap on the basement floor. “I’m not **nauseated** today.”

Aggravate *Aggravate* means to make a situation or condition worse. This is not the same as *annoy* or *irritate*.

If you know that you shouldn’t use *aggravate*, but are trying to decide between *irritate* or *annoy*, consider the degree of upset. Harry Shaw, in *Dictionary of Problem Words and Expressions*, explains: “*Irritate* . . . refers to a milder disturbance or lesser upset” than *annoy* (Shaw, 64).

Anxious Unfortunately, this word is often used to describe the state of looking forward to something. Instead, it should be used when there is an associated discomfort. Bryan A. Garner writes, “when no sense of uneasiness is attached to the situation, *anxious* isn’t the best word. In those instances, it displaces a word that might traditionally have been considered its opposite—namely, *eager*” (Garner, 71).

Bemused Being bemused is not at all like being amused. *Bemused* has more to do with feeling perplexed or confused.

Continually / Continuously *Continually* should be used to describe something happening repeatedly, at close intervals, with stops between occurrences. When something persists without stopping, *continuously* is the better adverb to use.

Discomfit Usually a verb, *discomfit* is to frustrate, thwart, or even confuse or disconcert.

Discomfiture / Discomfort Both are nouns, but *discomfiture* is way stronger than *discomfort*. *Discomfiture* means an overthrow or defeat. Harry Shaw offers this distinction: “When you suffer discomfiture, you also experience discomfort, but discomfort alone rarely results in discomfiture” (Shaw, 130).

Nauseated / Nauseous *Nauseous* refers to what causes feelings of sickness, but *nauseated* describes our feelings of sickness. Shaw provides a great example: “Because the fumes were nauseous, the people became nauseated” (Shaw, 247).

Noisome *Noisome* is unrelated to *noise*. Think of it more as a cousin to *noxious*. It refers to something foul or disgusting.

References

Garner, Bryan A. 2022. *Garner’s Modern English Usage, The Authority on Grammar, Usage, and Style*. 5th. New York: Oxford University Press.
 Shaw, Harry. 1987. *Dictionary of Problem Words and Expressions*. Toronto: McGraw-Hill.

Jessica MacLeod is a writer, editor, and indexer happily living with her family in rural Eastern Ontario. She loves learning, creating, reading, writing, and actively enjoying the outdoors.



The Foreign Interference Commission Stage I, Week I (Overview) Part I

Alek Golijanin



On March 27th, 2024, stage one of the Public Inquiry into Foreign Interference in Federal Electoral Processes and Democratic Institutions (The Commission) began. The first two days were more of an overview of the elections system and included impact statements from different ethnic Canadian leaders who were members of different diaspora communities, their experience interacting with nations of their ethnic origin, and testimonies that were made under oath by high-ranking Elections Canada officials.

The cause behind the creation of this public inquiry goes back to an incident that transpired during nomination process, one that the Canadian Security and Intelligence Service (CSIS) had identified as issues with the nomination process in a federal riding. Elections Canada was unable to action the warning because of limitations within their mandate. Nothing that transpired during the past elections as it related to foreign interference was unknown to CSIS and other public safety stakeholders, it was just unactionable because of limitations within legislative mandates for various departments and agencies.

An overview of the elections system.

Canada's 338 federal electoral districts will soon grow to 343. , There are three factors that are taken into consideration when adjusting electoral districts: a) "voter equity and parity" represents the fact that population numbers should be similar across ridings, b) communities of interest should be grouped, when possible, c) geographic size of an area should be taken into consideration. It is on the basis of all three of these factors that districts are redrawn, and not by any standalone factor.

Sometimes when there is an area that has a high density of a specific ethnic community, like a European-Canadian, Asian-Canadian, Arab-Canadian, or Latin Canadian community, this will significantly impact how a district is determined. The idea behind this factor is that these communities should then be able to obtain better representation at the Federal level and will contribute to a more perfect Federation. Sometimes, however, that is what makes these districts susceptible to influence from hostile states, and that seems to have been how certain federal districts were targeted.

Impact statements from different diasporas.

The impact statements from different diasporas leaders included tales of physical intimidation and threats, the hacking of digital devices, and the denial of consular services and entry into a person's country of ethnic origin. Some of the examples included in-person interactions where

threats would be said, the tracking of a person by vehicles, the destruction of personal property like car tires, the hacking of personal phones and computers, the denial of consular services in order to obtain documents thus impacting a person's ability to stay in Canada or ability to travel abroad, and even the harassment of family members still residing within those ethnic countries.

One common message among the panelists (beyond that the targeted harassment stemmed from their criticism of their ethnic countries) was a shared ask made by these ethnic leaders for The Commission to explore the issue of foreign interference beyond the 2018 and 2021 election, which was followed by statements about how much of the day's activities had roots that stretched back to the 1980s and 1990s, and that it was important for The Commission to stand firm in this pursuit.

Legislative mandates dictate what Elections Canada can and can't do.

Canada has some of the most comprehensive election laws in the world, as well as some of the lowest thresholds for maximum donation by a person in an election cycle. However, Elections Canada does not oversee the nomination contests for political parties because there are no rules around the nomination process in the *Canada Elections Act (The Act)* – except for the financials. When it comes to the reported issue of election interference, it is important to distinguish that the specific incident of foreign interference that is being reviewed originates from a situation within a nomination contest in a federal district and not with the general election.

The issue of regulating the nominations process has been discussed with all the major parties, and it is an issue that none of the major parties want to see become part of *The Act*. The main objections stem from the amount of costs that would be incurred and because a robust change with how memberships are administered including mandating that membership be paid for with a Canadian debit or credit card would likely resolve the shortcoming.

As it relates to the idea of “foreign interference”, the Elections Canada panel explained that it was not a specific thing but rather a series of actions, events, and strategies. Different branches of government had working relationships with some social media companies while other social media companies remained elusive or unreachable. There were also specifically assigned “open-source investigations teams” that were responsible for keeping track of what was transpiring across online platforms, and different public safety stakeholders had similarly organized teams and tools to keep track of online activity.

Most of the disinformation shared online during an election tended to be unactionable, and the individuals behind the keyboard who knew what they were doing could make themselves practically unidentifiable. Another challenge for the open-source investigation teams included getting into closed access pages like private groups or communication channels.

Suggested improvements have been made to the committees that are responsible for elections within the House of Commons. Those suggestions, along with any suggestions made by the Commission after the conclusion of the public inquiry, are likely to be adopted, potentially addressing the issues that exist within the nomination process and with the overly narrow mandates across different federal departments and agencies.

The upcoming weeks of stage one will include testimonies made by the Prime Minister, different Ministers and Members of Cabinet, along with other high-ranking officials involved with public safety. Anyone interested in following the proceeding for themselves can visit the designated webpage for the [Foreign Interference Commission](#).

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



[blue rare]In Praise of the Lazy

Oliver-Moorcraft Sykes



I've always disliked Aesop's fable of the ant and the grasshopper. The ant, with its pathologically selfless commitment to busy work and ceaseless networking, does make some kind of sense as a symbol of the complete buy-in to the all-work-no-play ethos and motivation-through-fear that employers like to pretend they don't force upon us. As a slothful shirker and general avoider of unnecessary toil, though, I have an issue with the quality of laziness being represented by the grasshopper; there are other creatures that I believe would be far more suitable. The skylark, for instance, would be a better symbol (although maybe a bit too on the nose?). How about the monkey? I like monkeys. Butterflies, dolphins, sea otters, rabbits, ring-tailed lemurs, apple trees and roses all seem very carefree to me and appear to have a sensible approach to maintaining a healthy life/work balance.

Overall, though, if we're talking work-related analogies, I much prefer the parable of *Matthew 20*. For those of you who might not know, this story from the Bible tells of some vineyard

workers who started their shift late in the day, but ended up being paid just as much as those workers who had diligently showed up on time and consequently worked much longer hours. Predictably, the perceived unfairness in pay caused a great deal of peevish griping amongst all the workplace finger-pointers and sycophantic try-hards on staff.

I enjoy this tale partly because of some very important lesson I'm pretty sure it illustrates, but mostly because I like strolling through vineyards, and having picnics, and drinking wine. Especially if I'm supposed to be working.

But, to admit to being a lazy person in polite society is akin publicly announcing a predilection towards bestiality or stating that *Cats* is your all-time favourite film. This is a deep-rooted form of societal madness encouraged by the soulless and demented greedheads who worship at the altar of late stage/end stage capitalism.

It's time to stop fetishizing the idea of work, work, and more work as a reasonable to live. Time, instead, to embrace the joys of frivolously wasting away all the hours that the gods have given us, whenever we possibly can.

Shirkers and layabouts live longer, less tediously productive lives. We don't start a lot of small businesses, or rise to the top of major corporations, but if we did, they would be fun places to work. We are more lighthearted, spontaneous, inspired, and joyful, are more fun to be around, and more consistently have access to high-grade weed. We have reduced susceptibility to ulcers, and lower risk of high blood pressure and cardiac arrest (although these benefits can sometimes be negated by a vicious cycle of high-grade weed, nacho chips, and cupcakes). Also, speaking objectively, we are better looking and make far more enjoyable companions.

And this is not just me talking out of my ass here! I have heard from friends that some people say there are probably scientific studies conducted by all sorts of reputable clinics and universities that could possibly, or even absolutely...yes, *absolutely* be interpreted as backing me up on this.

But even without this mountain of irrefutable evidence, I can just feel it in my bones, can't you? Being lazy is the right thing to do.



We Need to Chase a Big Material Goal

Marie Well



I listened to a podcast called Truck Talk by a Navy Seal. The Navy Seal talked about how not to be a "broke turd," which I'd been most of my life. He made a point that stuck with me: have something big we want to buy. At that moment, I realized that there was nothing big I wanted to buy. I would love to hit an annual salary target of a quarter million a year, but I researched a woman with similar education but more experience than me, who earns half a million a year as a CMO of a pharmaceutical company, so now I want her salary instead. But that was a problem, namely because I didn't have anything in mind to spend the money on.

But today, I found the big dream, the goal of a lifetime, a dream come true. It's to spend four days in California, getting elite training from Olympian coaches through the elite swim camp at the Race Club. I recommended the Race Club to my swim coach, who is trying out for the Olympics this year, but then I thought I could go, too. I've since discovered that the Race Club caters to Olympians and beginners, providing five hours of daily training camps over four days. So, it's twenty hours of

hard swimming over four days. My Olympian-potential swim coach swims sixteen hours a week and spends over three hours in the gym but only gets 6 to 7 hours of sleep most nights. And she's my role model, so I'll do 20 hours over four days but get more sleep. She'll be proud of me.

If I am to choose between a consumption holiday (where I eat and relax) and an active holiday (where I do extreme fitness), I'll take the A for Active over the C for Consumption any day. I loathe travel and just want to stay home and work. But if it's a vacation that will teach me elite fitness skills, even if I presently bomb at the skill, that is my version of a holiday in heaven.

For two people for four days, the camp will cost \$3600. I'll also need to cover the costs of airfare, hotel, and a lot of food. We'll swim hard for 20 hours over four days in the pool. I hope the water is not too deep, or I may need a flotation device. About eleven months ago, I swam the dog paddle so severely that I looked like the biggest fool in the pool, and I even wore water wings once, much to the scorn of my friend. I can now swim the entire length of an Olympic-sized pool doing the front crawl without stopping, although I've only done it once.

It's weird thinking like this because, back in the year 2016 range and later, I was so sick with chronic fatigue that walking the hallway back and forth was a significant challenge. And then, when I started lifting weights to up my fitness game, I felt like my brain was not appropriately lodged in my skull and would painfully move around. I could hear it move, and it felt like it had dried, crusty syrup covering it, which gave it an alarming sticky friction. I believe any disease or state can be turned around, and we can be super fit and wealthy—and acquire big material goals— even in our 90s or 100s. Anything is possible.

Although everything could, at any moment, fall apart, opportunities are infinite if we start by setting a goal. Like quantum physics, observation creates a reality from endless possibilities. Similarly, setting a goal, just like observation, fixes that goal into our conscious awareness. And then that goal appears everywhere we look, in multiple forms.

So, think of something big for a grand material gift we wish to obtain, and watch it start unraveling at hyper speed, no matter our present circumstances. Nothing is impossible, and all it takes to start a series of chemical reactions is the first spark: the goal. So, picture it now and make it magnificent; over time, it will become our magical reality. So, what one big material goal can we set our hearts on today--and have tomorrow?



Fly on the Wall: If You're Unhappy And You Know It: Act Happy! Jason Sullivan Easter and Our Potential For a Psychospiritual Springtime



Spring renewal is here! Now if *that* phrase meets with a dejected sigh deep in the well of your being you're not alone. Being cheery while all the world's springing into foliar and fornicatory glow, can be a tough ask in spring—lightheartedness can be much easier during the darkening decline of autumn as waning life and daylight seem a comforting companion. We're all going down together, as it were. But let's follow in the thematic footsteps of noted physicist Neils Bohr who, when Albert Einstein asked him why there was a good luck horseshoe above Bohr's door, responded "I hear it brings luck to you whether you believe in it or not!"

Perspective matters as we traverse the seasons of life. The sight of Easter displays, for even the most reticent curmudgeonly mind, can't help but trigger an inner smile at memories of youthful Easter egg hunts. My small town used to annually

rent a helicopter and, circling over the high school sports fields, they would conduct an annual Easter Egg Drop. Starved for sweets at having waited months since Christmas for a sufficient candy haul (save a few measly – even when vaxxed - Valentine's cinnamon hearts), hundreds of local children (with parents safely stationed on the sidelines, if they behaved themselves) would rush out onto the fields to grab their reward. Virtually at a moment's notice the grass would be picked clean of coloured eggs and everyone would go home pleased with themselves. It was only as a preteen that it occurred to me that in the real-world millions of people depend on aid dropped in their midst merely so they can eat and survive and be medicated.

Now, a few decades later, the unavoidable fact of people's mental challenge stares us all in the face. A recent national study in the USA revealed stark facts: "among current college students, over 50% reported hopelessness, over 30% felt depressed, over 60% experienced overwhelming anxiety and over 10% seriously considered suicide." It's a negative mic drop moment, if ever.

Scientific studies, notwithstanding social science research into the performance and role distance involved in being a pleasant service industry worker or non-Karen Wal Mart goer, show that we really *are* happier when we, as the McDonald's slogan goes, put a smile on.

"About two dozen labs from 19 different countries worked together to test the instruction to grip a pen in the teeth *or* to mimic the expression of a smiling person in nearly 4,000 subjects. The

pen clenching still didn't work, but people who were told to copy a smile did report better moods. Remarkably, this was true even if the subjects didn't believe it would work, another team reported in 2023." Score one for the popular physics fandom and their Bohr quote.

By contrast, and keep this one in your back pocket when facing sanctimonious do-gooder busybodies: "The researchers didn't find clear evidence of benefits for volunteering, performing random acts of kindness or meditation ... Being kind to others over a four-week period made no difference to well-being."

Now, for anyone who's seen the joy on a child's face when you present them with a desirable toy, its easy to quibble with that final finding. But it's penultimate on our list anyway!

"In one study, scientists assigned 71 adults to act extroverted — "bold, talkative, outgoing, active and assertive" — for a week, and another 76 to be "unassuming, sensitive, calm, modest and quiet." Participants in the extroverted condition reported better moods during the study week, though the benefits were less for those who were naturally introverted." So, if you're outgoing be more you, and if you're not that's okay too.

Unlike in kindergarten class where I was mildly lambasted for not participating in the song and dance routine for the tune "if you're happy and you know it, clap your hands", playing the part of a happy *you* really does make a difference.

Sometimes, like with academic coursework where we may regale others with the mountainous merits of our progress, we truly do have to practice what we preach. Goals are one thing but finding a doable ascent is the key to actually getting there. "Much of what we teach revolves around positive psychology interventions that divert your attention away from yourself, by helping others, being with friends, gratitude or meditating. This is the opposite of the current 'selfcare' doctrine, but countless studies have shown that getting *out* of our own heads helps gets us away from negative ruminations which can be the basis of so many mental health problems."

Beyond and above our methods and outcomes lies a generalized horizon, a true perspective as regards the widest view of our life. Mythic bounties vividly illustrated during scheduled childhood boon periods; Halloween, for instance, starkly contrasts with the booms and busts of emotional life during our sojourns into adulting. Sadness happens, miseries abide, and as we

AU-thentic Events **Upcoming AU Related Events**

AU Systems outage

Mar 31 to Apr 1

affecting some AU systems including course registration and exam requests

Hosted by AU

www.athabascau.ca/news/announcements/upcoming-system-outages

See details at above link

Library Chat

Tues, Apr 2, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library

www.athabascau.ca/library/index.html

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

The Writing Process

Writing the Paper

Tues, Apr 2, 12:30 to 1:30 pm MDT

Online via MS Teams

Hosted by AU Write Site

www.athabascau.ca/news/events/the-writing-process-webinar-series

Register through above link

The Future of Architectural Education

Tues, Apr 2, 7:00 to 8:30 pm MDT

Online

Hosted by AU Centre for Architecture

www.athabascau.ca/news/events/online-lecture-the-future-of-architectural-education-4

Register through above link

Library Chat

Thur, Apr 4, 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

All events are free unless otherwise noted.

learn when visiting our elders in an old-folk's home, the sidewalks of geriatric existence are paved with bitterness, recriminations, and scars that won't heal. Ironical! Right when we have the least future to look forward to, or the least time to put off our life's work and emotional labour, older folks can find themselves more depressed than ever before. It behooves us, like young Easter lambs kicking up their heels and gambolling through a field irregardless of the Mama ewe's concerned gaze over the invariable temporal approach of the abattoir's hammer, to enjoy every moment of happiness and seek to create more joy for ourselves and others. Life will end in a cosmic blink of an eye, to be sure. But right now, in our studies and in our relationships, we are here in our very own eternity—this is it!

References

Bohr, N. Retrieved from <https://www.azquotes.com/picture-quotes/quote-a-visitor-to-niels-bohr-s-country-cottage-noticing-a-horseshoe-hanging-on-the-wall-teasing-niels-bohr-57-6-0699.jpg>

Dance, A. (2024). 'Here's The Happiness Research That Stands Up to Scrutiny'. Retrieved from <https://www.scientificamerican.com/article/heres-the-happiness-research-that-stands-up-to-scrutiny/>

Dolan, E. (2024). 'Happiness is a Habit: New Psychology Research Finds Continuous Practice is Key'. Retrieved from <https://www.psypost.org/happiness-is-a-habit-new-psychology-research-finds-continuous-practice-is-key/>

Hobbes et al. (2024). 'Long-term analysis of a psychoeducational course on university students well-being'.

SpringerLink. Retrieved from <https://link.springer.com/article/10.1007/s10734-024-01202-4>

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

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Global Lift Equipment Scholarship

Sponsored by: Global Lift Equipment

Deadline: April 15, 2024

Potential payout: \$500

Eligibility restriction: Applicants must residents of Canada or the U.S., be currently attending or planning on attending a post-secondary institution in Canada or the U.S. in the fall of 2024, and have a GPA of 2.5 or greater.

What's required: An online application, along with a short story not more than 2000 words in length.

Tips: Read the requirements for the short story on the [application page](#) carefully.

Where to get info:

www.usedforkliftcalifornia.com/used_inventory/2873/used_jlg_telehandlers_inventory_texas.php



Chazz Bravado
Mild Exaggeration**Wanda Waterman**

BY NOW
YOU KNOW
MY BUDDY DON
ISN'T AS RICH
AS HE MADE
HIMSELF
OUT TO BE.



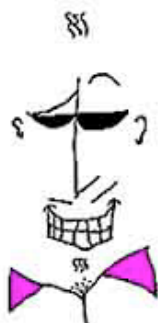
DON'T
JUDGE
HIM!



THINK HE
COULDA
SURROUNDED
HIMSELF
WITH ALL
THOSE
GORGEOUS
CHICKY-POOS
IF THEY'D
KNOWN
HE WAS ONLY
MODERATELY
RICH?



AND WHILE
I'M ON IT,
STOP DISSING
THE CHAZZ MAN
FOR CALLING
HIMSELF
A CORPORATE
SECURITY
SPECIALIST
AND ROUNDING
HIS SALARY UP
TO THE NEAREST
SIX FIGURES!



THAT KIND OF
MILD
EXAGGERATION
CAN GET YOU
LOADS OF
POSITIVE
CHICKY-POO
ATTENTION.



OR YOU'D
THINK---

Buying Clothing Gifts To Turn Our Loved Ones Into Superstars Part II

Marie Well



Last week, we discovered how to determine our loved ones' color palettes so we can buy them clothes with colors that make them shine. This week, we will examine the last piece of fashion mastery skills to make our loved ones look stunning: clothes that suit their body type. Everyone can look spectacular with these tips.

But first, I mentioned last week that I bought my loved one a sweater in his light beige color with a zip-up neck and detailing at the neckline, arm cuffs, and bottom seam. The sweater cost only \$60. It arrived a few days ago, and my loved one looks so good in it that I can't stop staring at him. He loves it, too. We can all gift our loved ones in spectacular ways where they feel loved and appreciated.

So, now that we know our loved ones' colors (from last week's article), let's look into body types. We are either a pear (big hips, bottoms, and legs; smaller shoulders and nice abs), inverted rectangle (big shoulders, often bigger chests, smaller hips and waist, and lean, shapely legs), hourglass (symmetrical shoulders and hips with leaner waist—the perfect symmetry), rectangle (same

width shoulders as hips and waist), or apple bodies (larger stomach, often larger bust, and usually lean, shapely legs). And no matter our gender, we all want to strive for the illusion of an hourglass figure. And we can make every body type look stunning. After all, we are all innately gorgeous.

If our loved one has a pear shape (with a bigger bottom and legs and smaller shoulders but lean abs), buy them clothes with puffy sleeves and collars rounded close to the neck with shoulder embellishments and bright colors on the shirts. All this will make the upper body, especially the shoulders, look larger to balance the lower body. Also, for the pear, the lower body should be darker pants with no pockets and no pleats. This will reduce the visual volume of the lower half of the body so that it balances out with the smaller upper body. Once we know what body shape we are, search online "shirts for pear body shape" or "pants for pear body shapes," and see exactly what we should buy.

I'm the opposite of a pear; I'm an inverted triangle due to weightlifting. So, I have lean legs and bigger shoulders. So, I wear darker upper clothes with V- or scoop-necks to pull the attention away from my shoulders. I don't wear puffy shoulders or bright colors or patterns in my shirts, as these things will make my shoulders and upper body look disproportionately bigger. But I wear loose-fitting pants and love wide-leg or balloon jeans with pockets and pleats, adding mass to my lower body. I can wear bright colors for pants, which I previously did with pink and blue floral pants, which make my lower body larger. Colorful pants thereby balance out with my larger shoulders. I also look great in a belted trench coat, which I bought today at the Bay in my light brown, soft autumn color. I saw it on the hanger, knew it was the perfect color and fit, and applied for The Bay credit card to take the coat home, as I had been searching for a similar coat for over a year.

If we are an apple figure, chances are we have beautiful, shapely legs to show off. Search "shirts for apple body," "pants for apple body," etc., to see how we can maximize our assets. For instance, a perfect coat for an apple body is an a-line style (that flares out like the letter A) with the bottom hemline at the top of the thigh area. Great shirts for apple bodies include low V-necklines with ornaments and details and bright colors around the neckline. All this draws attention away from the mid area. Flowing, flared, wide-legged, and cargo pants look lovely on an apple body, taking attention away from the midsection. And every body type has beautiful assets, just like every soul is stunning.

Lastly, we can measure our loved ones' bodies if they are willing. We measure their waist, hips, shoulders, bust, legs, and height. To achieve the goal of determining your loved one's body type, there is a convenient chart available.

Now, we have the skills to find gifts that make our loved ones look like the stars of the show. So, gift them something special, and don't be surprised if the dreaded clothing gifts light up their day because these gifts will make them look gorgeous. And if we let out a slow whistle every time they wear the clothing item, I guarantee they'll know they deserve it. And more than that, they'll know they're loved.



Student Sizzle — AU's Hot Social Media Topics

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

Facebook:

What are your AU programs and aspirations? A student asks about the programs and completion goals of other students. The responses include: 1. A BA in Psychology and Philosophy with a Doctor of Law goal, 2. A Communications undergraduate degree with the goal of an MSc in Neuroscience, 3. A Master of Arts in Interdisciplinary Studies to acquire senior-level career opportunities, and 4. A BA specializing in Management for a promotion to the next level of a Federal CT Fin (FI) program (which deals with accounting, forecasting, costing, and financial management advisories).

Reddit:

Shortest times to finish a course. A student who finished HIST 208 in two days asked about the shortest time to finish a course. Students responded: 1. a few hours for COMP 210, 2. one month for SOCI 201, 3. six days for PSYC 375, and 4. four days for ORGB 326.

Twitter:

Graduate Student Research Conference. @augsa posts, "Mark your calendars and save the date for the 2024 Graduate Student Research Conference, taking place virtually and in person on Oct. 25-27, 2024! Stay tuned for more details. <https://gsrca.augsa.com>."

Financial planning career options. @athabascaUBiz writes, "Exploring your career options in #financial planning? Wondering if this in-demand profession is right for you? Register for the 2024 @OfficialFPCan Online Financial Planning Career Fair, which takes place on Tuesday, March 26, from 12:00 PM - 4:00 PM ET. bit.ly/3Tlg6Ko."



Beyond Literary Landscapes The Literary Essay

Natalia Iwanek



From my early beginnings as a young introvert, the public library has always been a bit of a refuge. Years later, not much has changed, albeit with an additional affinity for endless hours spent scouring second-hand bookstores to add to my ever-growing “to-read” pile.

From one bookworm to another, this column will be underscoring and outlining various literary genres, authors, and recent reads and can serve as an introduction for those unfamiliar with these works, as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. Do you have a topic that you would like covered in this column? Feel free to [contact me](#) for an interview and a feature in an upcoming column.

Who

This week’s column focuses on a popular, but lesser discussed, sub-genre of non-fiction, namely the literary essay.

The literary essay can be defined as “a writer’s literature mirrors a limited part of how our world

written work of how they understand how works.”

Literary essays are available on a variety of topics from a wide range of notable authors. As an introduction to the genre, this column will focus on several well-known historical and contemporary essayists and novelists, namely James Baldwin, Albert Camus, and Roxane Gay.

What

Notable examples of literary essays include *Notes of a Native Son* by James Baldwin, *The Myth of Sisyphus* by Albert Camus, and *Bad Feminist* by Roxane Gay.

Where

These essays are set in a variety of geographical locations, including the United States and France.

When

These works take place in the not too distant past, as well as in contemporary times.

Why

Literary essays may appeal to all types of AU students, as these works consider a variety of diverse topics. In particular, the abovementioned literary essays consider assorted themes, such as philosophical concerns, feminism, and race. These works may also be of interest to AU students who would like to improve their essay writing skills.

How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to the literary essay 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 255](#): Introductory Composition, a junior-level, three-credit course, which “focuses on essay writing at the university level. To improve the necessary skills, students study examples of good writing, do a brief introductory assignment, write a short summary, develop an annotated bibliography, and complete three essays covering different styles and purposes.” (Although no prerequisites are required, students who have not had formal writing experience are encouraged to enroll in ENGL 155, ENGL 177, or ENGL 187). Happy reading!

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



The Land without a Master Narrative, Part II

The Eagle Feather Symbolizes Courage

Alek Golijanin



A truthful and reconciliatory realisation is necessary when looking back upon the newly founded Canada. A Canada that had a lot of supposedly uninhabited land that the federal government had hoped could be put to use for farming. Many of the earliest waves of immigrants that crossed the ocean to get to Canada were rewarded for their decision and were the benefactors of free land if they decided to move out to the prairies. However, Indigenous Canadians, including the Anishinaabe and Haudenosaunee that were also based west of Ottawa, were not afforded the same opportunities. Neither did the original legislation that gave rise to Canada have any provisions for Indigenous Canadians, nor their interests, as was the case with English- and French-Canadians, except for being able to hunt on their traditional hunting grounds.

Part two of this three-part series will explore another champion for culture preservation, one who was a residential school survivor that would go on to become the

first Indigenous Canadian to be a Member of the Legislative Assembly of Manitoba and later a Member of Parliament – the Oji-Cree, the Honorable Elijah Harper.

The boy from Red Sucker Lake

Elijah Harper was born in 1949 in Red Sucker Lake Manitoba, the second of thirteen children. Harper's early upbringings were inline with traditional Indigenous culture, where children are raised by their immediate family and in connection with their immediate communities. The resilience and resolve that would define Harper's life can be traced back to his early childhood, and throughout his transition into adulthood.

At the age of five, Harper had to be flown out of his reserve and to a hospital after he began having severe neck pain. Doctors identified that Harper had contracted tuberculosis, and the next six months of his life were spent at a tuberculosis sanatorium until he was cured. When Harper returned home, his ability to communicate in Cree seemed to have been affected, as his family did not always understand what he was trying to say. Then three years later, Harper and his brother were sent off to residential school. The boys did not want to go, but their father believed the story of how these schools were designed to help Indigenous boys function in the larger world.

The residential school experience was detrimental to Harper's wellbeing, just like it was for every Indigenous Canadian child. It was an experience comprised of dehumanization and depravity, and it was where many Indigenous Canadian children would have their lives taken away from them.

Residential schools would order that all Indigenous boys had to have their hair cut short and all were told that they would be punished if they spoke in their native tongue. One incident that Harper and his classmates were forced to bear witness to involved the sexual degradation and humiliation of two teenage boys who attempted to run away from the school. The two boys were caught and then made to bend over a table in class and to pull down their pants in front of all their peers, then they were whipped while the other children watched in silent horror.

Later in life, Harper shared that he too was sexually abused at the residential school, but the topic was too painful to discuss with anyone outside of those closest to him. After surviving the residential school experience, Harper transitioned into the foster care system during high school and would go on to attend the University of Manitoba before pursuing an employment opportunity in community development work.

At the age of 29, Harper was elected Chief of Red Sucker Lake, he managed to bring in satellite dishes and significantly improve the winter roads. There was an issue with the satellites, however. They broke all of Ottawa's broadcasting regulations because they broadcast exclusively American programming. During Harper's provincial nomination meeting, an NDP leader who flew to the remote reserve was surprised to see that no one showed up besides the two of them. After raising issue with Harper, the situation was clarified. The satellite dish was broadcasting from Detroit a John Wayne western film, and the room filled up immediately after the movie was over.

When Harper gave his maiden speech as a Member of the Legislative Assembly (MLA), it was partly in Cree and the first time Cree was entered as a matter of record. The topic of the speech included health outcomes, housing challenges, unemployment rates, and the legacy of residential schools as they related to Indigenous Canadians within his riding.

One of the early struggles for Harper as an MLA was his inconsistency with networking and public speaking. If there was an Indigenous member in the audience, Harper would be magical, but if he was addressing an entirely white crowd then he would struggle.

One of Harper's most significant and high-pressure moments was when he stood against the Meech Lake Accord, eagle feather in hand. The result from that outcome was that major negotiations would never reoccur behind closed doors and more stakeholders would be involved in the negotiation process. It was seen as an act of defiance against the political elite, and Harper brought the struggles of Indigenous Canadians to the forefront in a manner never seen before. The Canadian Press voted him as a newsmaker of the year, while the Red Sucker First Nation named him honorary chief for life. The Stanley Knowles Humanitarian Award was also awarded to Harper for embodying the spirit, dedication, and ideals he showed toward other people, and it was an award that was given to Nelson Mandela. For Harper, however, the act of resistance against

the Meech Lake Accord may have served as an internal triumph over the traumas of his past, and it was an empowering moment for all Indigenous Canadians across Canada.

In 1993, Harper switched to the Liberal party after resigning from the provincial parliament. In Ottawa, Harper came to realize that Indigenous Canadian priorities were far from being top of the list of priorities for other Members of Parliament (MPs). When the Royal Commission on Aboriginal Peoples had issued a report that was shared with all MPs, it was Harper's office where most of the reports ended up. Harper and his staff often heard MPs tell them that the report was useless for them, and that Indigenous Canadians did not reside within specific ridings.

After life on Parliament Hill, Harper went on to be a desired speaker and he served as inspiration to countless numbers of Indigenous Canadians. Perhaps the ripples in history that Harper created turned into a wave in 2021, when there was a record eleven Indigenous Canadians elected as MPs, and in 2023 Manitoba elected Wabanakwut "Wab" Kinew as the Premier of the Province.

Harper passed away in 2013, but the life he lived despite the colonizing conditions that were forced upon him with the residential school experience, continues to represent the highest of aspirations for others today.

"Some things are going to be resolved but in order to talk freely or do things, you have to release yourself of those pains, of everyone. No matter what race, color, or creed. Many people felt that they could let go of the past, be released of the hurt and pain. But still there is many that haven't."

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



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

April 1 is well-known as April Fools' Day, but, all kidding aside, it's also National Greeting Card Day. We're giving the pranks a miss this year in favour of vintage mentions of greeting cards.

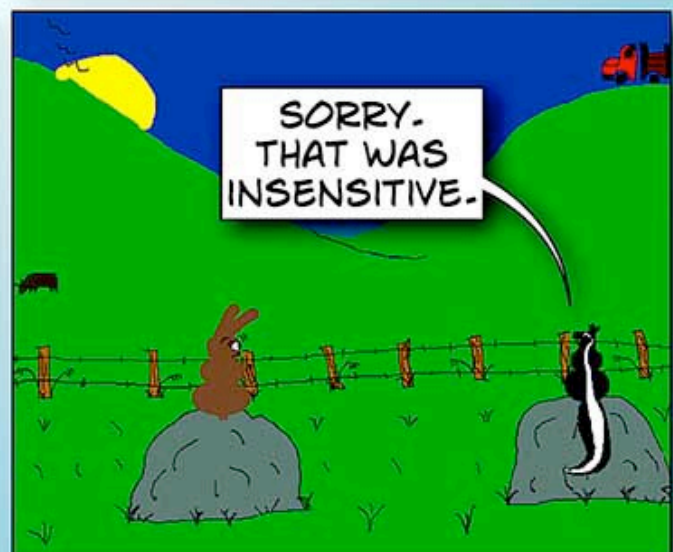
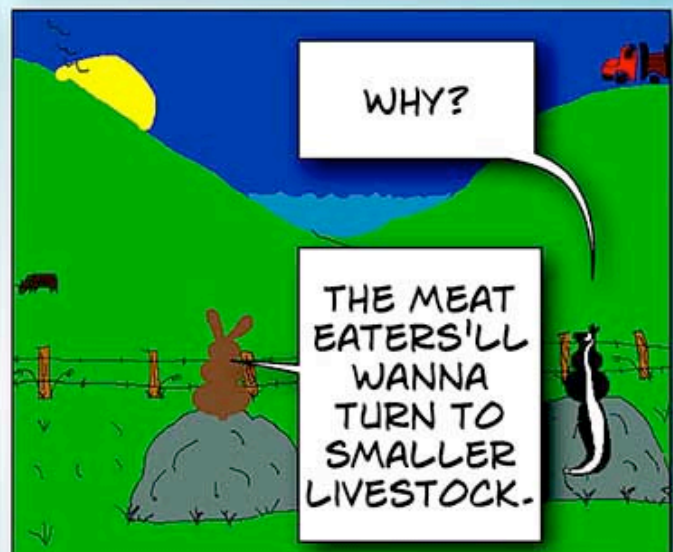
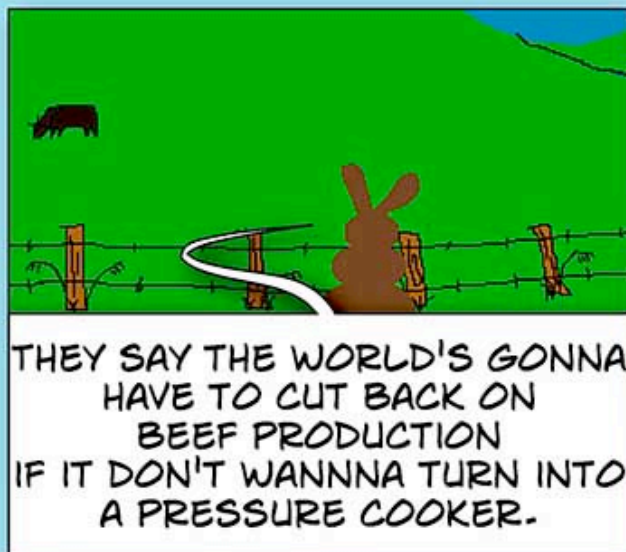
I have measured out my life with coffee spoons. Bill Pollett traces the subtle markers of advancing age. "For me, the latest signs of my approaching rocking chair days are coming thick and fast. Disturbingly, there is the newly minted urge to strike up conversations with complete strangers in supermarkets. *Can you believe the price of those mangoes? It's*

that damp cold, out there today, isn't it—the kind that goes right through you." Porkpie Hat – What Comes Next: Some Thoughts on Aging, November 21, 2008.

A song by any other name would sound as sweet. After taking AU course ENGL 212, Poetry and Plays, Barbara Lehtiniemi observes how pervasive poetry is in everyday life. "Reading poetry also made me realize how surrounded we are by poetry. Nursery rhymes and lullabies, greeting cards and Christmas carols, song lyrics and Shakespearean lines, even sporting chants and advertising slogans." You Love Poetry and I Can Prove It!, April 29, 2016.

Poet Maeve
Smaller Livestock

Wanda Waterman



CLASSIFIEDS

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

THE VOICE

Ph: 855.497.7003

Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Natalia Iwanek, Barbara Lehtiniemi, Jason Sullivan,
Alek Golijanin, Wanda Waterman, Xine Wang and others!

www.voicemagazine.org

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

Contact *The Voice* at voice@voicemagazine.org.

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2024 by *The Voice Magazine*

ISSN 2561-3634