

THE VOICE

Vol 26 Issue 19 2018-05-11

Minds we Meet

The New AUSU VPFA

Reminiscing of Pickled Herring

Mother's Day in the Oddest Places

The Full AU Experience

Diving in to Distance Education

Plus:

Ties that Bind

Course Exam: LGST 230

and much more!



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LETTERS TO THE EDITOR



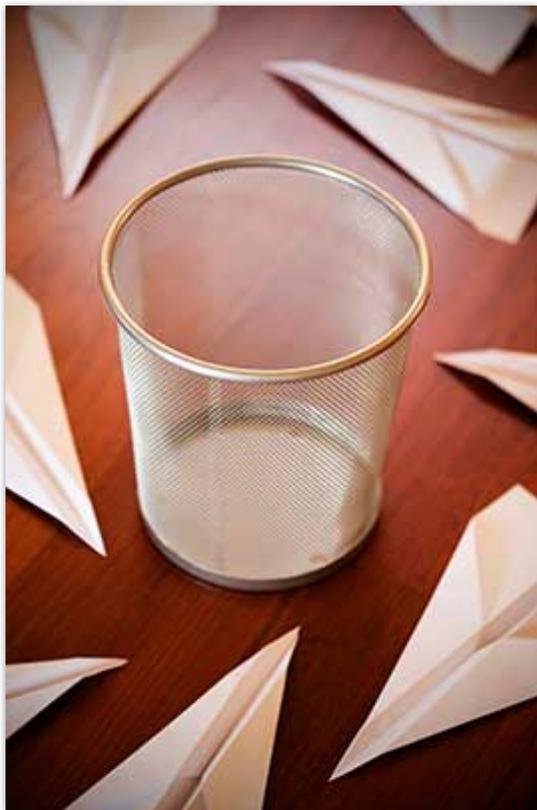
We love to hear from you!
**Send your questions and comments to voicemagazine.org,
 and please indicate if we may publish your letter!**

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 Coming Up!

Karl Low



Yesterday was the first full public meeting of the new 2018-2020 AUSU Council. A bunch of new Council members means that I suddenly know a bunch of people who can be badgered into giving interviews, and you'll find the first of those showing up in this week's issue. Some of them have been previously interviewed in our Minds We Meet column, but the new position is a great time for a refresher, and a reminder of exactly who we elected. This week, we interview AUSU's new VP of Finance and Administration, Natasha Donahue. However, if you want to get in on the action (and perhaps get a little swag for yourself) by all means contact me at voice@voicemagazine.org and let me know you'd be willing to share your own experiences.

I'll have the full Council report from yesterday's meeting sometime next week, but until then, the big take-aways are that AUSU Council voted in a \$0.75/credit increase (that'll take effect for courses starting October 1, 2018), and that AU is looking at taking on AUSU's mental health activities—which will be a big cost savings for AUSU, and part of why the per credit increase is only \$0.75 rather than the initially planned \$1.50.

Also coming up is Mother's Day, this Sunday, and we've got a couple of articles that make note of it, with one looking back to some of what she gained from her mother, and another looking forward to note what she's passed down from her own.

Also this week, we welcome a new writer, Laurel Stafford, who's testing the waters here both at AU and with *The Voice Magazine*, you can read her first article that talks about what she's found so far as she dives in for the Full AU Experience. It's an article that I'm sure a lot of us can relate to, both in the reasons for seeking some post-secondary education and for the response of family and friends when we tell them we've decided to take up distance education.

I'm also trying a bit more poetry, as the response I got to the last inclusions was generally positive. Who knew there was such an artistic streak to *The Voice Magazine's* readership? Although I suppose I shouldn't be too surprised.

Some of you, however, might be wondering about the cover issue from last week. As it turns out, there was some agreement that the cover was a bit out there, but the consensus seemed to be that it wasn't that bad, and that the discussion it caused was a great result. So, my verdict is that it was a cautious success. But that doesn't mean its one I'll be repeating soon. After all, what makes it powerful is that it was unexpected.

Of course, we also have events, scholarships, advice, course reviews, and everything else to help keep you connected to what's going on in the AU and AUSU communities.

Enjoy the read!

MINDS WE MEET



Natasha Donahue is an Athabasca University Students' Union Councillor serving as the Vice President Finance and Administration, and an undergraduate student at Athabasca University. Donahue is working towards an undergraduate degree in science with dreams of working at CERN and the Perimeter Institute. She is a mom with a passion for science and a long history of volunteering for organizations such as Let's Talk Science and the Living Backwards Medieval Society.

You are originally from Alberta. You live in Alberta. What part are you originally from? Where did you move to?

So, I live Barrhead, Alberta. But I haven't lived here my whole life. I was born in Edmonton, but raised in Morinville. That is about 45 minutes north of Edmonton. It is pretty small as a community. I have experienced many of the shortcomings that rural communities have, which are pretty common.

As a student, not having access to the same tools and resources, it has driven me in my social justice pursuits and volunteering. I want to provide those students more of an ability to do what they want with their lives.

I do a lot of work with Let's Talk Science. They do not think this life in science is for more. That is frustrating to me.

You mentioned Let's Talk Science. You have an interest in graduate studies in Theoretical Physics. What is LTS? How does this relate to Theoretical Physics?

That is an interesting question. LTS is how I got interested in Theoretical Physics. When I started with Athabasca University, I was offered an opportunity with U of A to participate in a research study. It was an innovative study.

It was about the past and present of Edmonton in terms of nanotechnology. Particle Physics is how I got involved with LTS. Throughout the duration of that study, I participated pretty heavily.

I was invited to be part of the exhibition at the Telus World of Science. That directly brought me into that work. Because I was a student. They accepted me as a volunteer. Let's Talk Science is a national charitable organization.

They run in, last time I heard, more than 48 post-secondary institutions across Canada. They are centralized in London, Ontario. They could have changed in the last couple of years since I had been away. I used to be a site coordinator for them.

I would help with the sites. Leading into that, I was more interested in rural and Indigenous with them. I expanded on the programming going down to places like Fox Lake, John D'or Prairie. You have to actually access Fox Lake through a winter road, an ice bridge.

I was trying to reach places. That people had not done a lot of outreach to before. I went to the Northwest Territories and did outreach there as well. That is how that all came together. I was also given the opportunity to travel to London, Ontario and participate in two leadership conferences there.

So, what was the last book that you read?

This is going to seem like a copout, but it is my favorite book of all-time. It is the *Wrinkle In Time*. It was the first sci-fi book that I read. I was 11-years-old. It helped shape me as a person in preparation for the movie. That was the last personal book that I read.

The last school book I read was, probably, was my Nutrition 330 textbook.

What show do you think everybody should binge watch?

Probably *Cosmos*, both the old one and the new one, I think the Carl Sagan version is still very relevant.

I heard it was watched by over a billion people by now.

That makes me very happy.

Why did you choose to run for AUSU council?

I wanted to run in the previous general election. But at the time, I did not feel as though I had enough of a skill-set. I have been since told that it wasn't that as much of a skill-set necessary. But I didn't have enough confidence at the time.

That would be the best way to put it. I wanted to get involved. There are a lot of things at AU that I have my opinion about. I think there are others who agree or disagree with me. But I wanted to be a part of that conversation to move things forward for the students.

I have always been a big advocate to give people their voice. I have been a strong voice. I have a pretty loud voice. I am not afraid to express myself or be heard if I feel something is important. I am always willing to step up and say what other people can't say for whatever reason.

So, I am not worried about how I am going to come off as a person in the long run. Since I operate that kind of way, it is something that I should do since I am suited for it, whatever you call it. I want to be that voice, as a social responsibility. I should do that.

That is why I ran for it. I am sure you read my bio. I also ran an Indigenous program for education. So, that program ended in December of 2016. There was a lot of bureaucracy behind that. That filled me with a new passion, too.

I spent about a year doing nothing. I went back to school full-time and wasn't working. I got to the point where I needed something to be able to have an outlet for my political needs. I needed to be able to influence that somehow. I hate sitting by and not being able to do anything.

What are your academic goals for 2018?

I am planning to finish at least 6 courses this year. I do not want to do them all at once. I am enrolled with 3. I want to finish those off. I pretty much finished hit the part of my degree where I hit most of the core things. I did my science and core classes.

Now, I am doing my options. It will be picking things interesting to me, different than what I have been doing. My academic goals are trying to keep an open mind and do things that are unfamiliar to me, so I can continue to learn and gain perspectives. I have been looking into Sociology courses.

I think the first 3 this year will be Science and the last 3 will be Sociology.

If you could have a meal with someone from history, who would it be?

That is such a hard question, probably Robert Hook. Because there is no living portrait of him. There is nothing to base his appearance off. I think he would be an interesting person to have a conversation with.

I think you would have to take what he has to say with a grain of salt. I would be interested to say what he would have to say about Newton and the Royal Society. I would say Robert Hook off the top of my head.

What is one thing that you would like to complete personally in 2018?

There are so many goals, which I have personally. One thing, I would like to complete for myself. This is going to sound nerdy. But I really like sewing. I am really into medieval re-enactment. I have been working on my own personal kit.

I would like to complete a winter outfit: a cloak with a fur lining or a fake fur lining. That is pretty much the biggest piece. I need a heavier dress, stuff like that - probably one of those projects or a couple of paintings, which I have been commissioned to do.

Since being elected as a councillor (congratulations!), what are your hopes for the 2018-2020 term?

There are so many. I have been doing a lot of research about how Council has been evolving over the years and the different initiatives. There is an AUSU Strategic Plan, which has been recently approved.

I am looking at the ways to implement those - how I or we can implement those. I am working on personal goals for this year as VPFA in what I can do for the students. In the context of that plan, off the top of my head, my number one goal, this is something that I wanted to do with AUSU since I began working with LTS.

I want to see some science outreach happening in the communities. So, that is something that I would love to spearhead. I do not know if it is feasible for this year given the other things we are working through this year.

I still have a meeting with Brandon upcoming to discuss the goals that myself and Melinda, the VP EX, have; it is putting everything in context and creating timelines. If that is something feasible and there is an interest, I would love to spearhead it and see the ball rolling on that.

Thank you for the opportunity and your time, Natasha.

Scott Douglas Jacobsen works with various organizations, and runs In-Sight: Independent Interview-Based Journal, and In-Sight Publishing.



The Full AU Experience

Laurel Stafford



I've been working in a sporting good store for nearly four years. It's not that my job is *bad*, necessarily. I do really enjoy the people I work with, but we make crap money. At a certain point I think we've all asked ourselves if the fun we have at work is worth eating thirty-cent packages of ramen for lunch and putting five dollars of gas into our vehicles to make it a few more days until payday.

Last November, I tried to roll down my frozen, driver door window when I heard a rather mocking snap sound. "Ok, so my window won't roll down

now, this is fine," or so I thought until a few days later when the pane of thawed glass began creeping slowly into the door like a turtle being enveloped by its shell. I logged into my bank account and stared at its bleak emptiness. So, like a true Canadian, I've been driving around for the last several months with hockey tape on my car window.

I think that's when I hit my breaking point. My minimum wage life had been slowly chewing away at my existence, swallowing dreams and potential. A substantial change needed to be made.

Education and career planning have been a major struggle in my adult life. Committing enormous amounts of time, energy and money into something I was hesitant and indecisive about never seemed like a good idea, but neither does working for minimum wage indefinitely.

I chose Athabasca University, like many students, because of its promotion of flexibility, which was essential due to my bizarre reliance on a blackhole of a job.

Every step of the getting-back-into-school process has been easy so far. I enrolled in a Bachelor of Arts program, majoring in English. With open registration, it wasn't competitive, unlike some places (because what working adult students need is *more* limitations keeping them from higher education). I was accepted pretty much immediately and registered for my first class, English 255 which started on February 1st.

Some of my friends and family contested my decision to take online classes because online classes aren't considered "conventional". Staying caught up and maintaining a proficient understanding of the material were concerns that they brought to my attention. At first, I thought that they might be right, but I also thought online classes were really my only option, so I carried on, determined to excel.

The first few assignments flew by easily, although with some effort. Sitting down nightly to study ensured I was meeting the deadlines of my study schedule. When questions arose, a quick email was sent off to my tutor, but I began to crave discussions with other students.

About a month ago, I received an email announcing an event with AUSU at a restaurant near me and I jumped at the opportunity. I was able to meet several friendly students, passionate about

their education, and council members passionate about the institution itself. I was fascinated by the program choices of others and subsequent career options.

AU's environment expanded considerably from the confinement of my living space. I felt inspired by the number of resources and lifelines available. The AU Students app was one of the most noted tools mentioned at the meeting. It has become something I use nearly every day to connect with other students and ask questions or just to see what people are up to. Some others have been exceptionally friendly and invited me to contact them anytime for help. The app also prompted my discovery of *The Voice Magazine*.

AU has transformed before my eyes from an individualized online classroom to a welcoming community. I no longer feel like I chose AU because it was the only practical option. AU was the right choice for me, and I'm excited to refer to myself as an Athabasca University student.

Laurel Stafford lives in Edmonton, Alberta, and is enrolled in a BA Program majoring in English



The Tie That Binds

Barb Godin



Mother's Day falls on May 13th this year. It is a day to celebrate all that your mother, or mother figure, has done for you, and, if nothing else, honor her for bringing you into the world. Mothers come in all shapes and sizes, but we all believe our mothers are special and unique. All mothers have a special place in their heart for their children, whether they are doctors, teachers, autoworkers, drug addicts, or murderers. At times it is painful to love children that don't seem to return that love, but we still do it, because we are moms.

I believe my mother loved all of her four children, but it seemed by the time the last two arrived, she had run out of steam. Perhaps it was because by then she was a single mother; not all mothers are able to be the strong single mothers we read about in books and see in movies. Some of them need the help of a partner. I did not live with my mother for most of my life, but the time I spent with her was filled with love. I believe when she was with me she was trying to make up for the times she was away from me, and she definitely accomplished that. I never doubted that my mother loved me.

My mother's actions affected the way her three daughters would mother their own children. My oldest sister has four children and her children are her life. She does everything for them and is always there for them. Jeanne married into a family where mothers are revered and a vital part of family life. Her ties to her children are strong and stable and not able to be broken. I'm sure that somewhere inside Jeanne is trying to imitate the best part of our mother.

My other sister spent most of her life with my grandmother. At that time my grandmother was old and sick, but she did her best. Grandma always prepared meals, kept the house clean, and had the laundry done. All of Mary's practical needs were well taken care of, but her emotional needs were not met in the way that a mother would. When Mary became a mother, she mothered in the way that she had learned to from her strongest role model, our grandmother. Her children were always taken care of, meals were on time and nutritious, her house was immaculate, laundry was done, and she was there for her children's physical needs, but her ties to her children were weak and frail as she was not able to meet their emotional needs. Both children left home early. Her son basically disappeared, while her daughter became estranged from her.

Since my mother was not constant or stable part of my life I tended to hang on to people just a bit too tightly, and particularly my only child. My fear was that I would lose my child, so my tie to her was thick and strong and weighed down our relationship. My daughter became the center of my world, and little did I know this is not always a good thing. Being the centre of someone's world, especially your mother can cause you to believe you are the centre of everyone's world. Unfortunately, this can limit a person's ability to see their own, and other people's, shortcomings, which eventually restricts a person's ability to emphasize with others. In time, the heavy tie with my child snapped, causing an insurmountable divide between us.

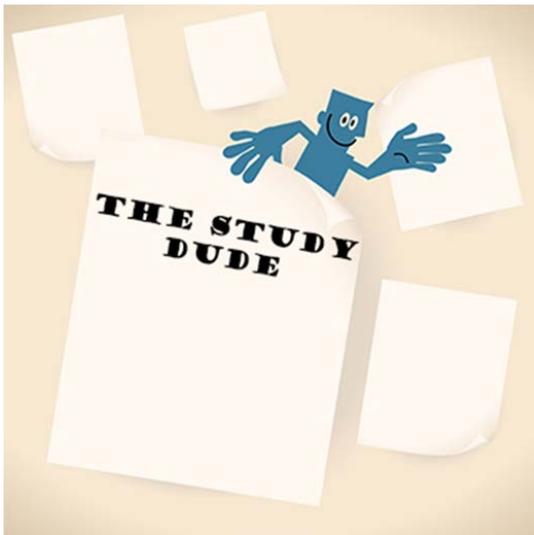
As mothers we can only hope that we have children who will at some point in their lives have the capacity to appreciate and understand the many variations of the all too important "tie that binds."

Barbara Godin is a graduate of AU and writes the "Dear Barb" column. She lives in London, Ontario with her husband and two dogs. She can be reached on twitter @BarbGod



The Study Dude Tools for Top Students

Marie Well



Try speedreading an e-book. It's like speed-baking a frozen turkey. Impossible! But if stuck with a frozen fowl, top students will quickly get it golden.

In grad studies, I did speedreading. Often, I'd be the only student prepared for discussion. But when I'd speed-read dense material, I'd glean only the clear-written sentences. The rest escaped me.

But when I TA'd, a student couldn't grasp a dense reading at slower speed. I felt the same, but when I upped my speed, gleaning only what made sense, I got the gist. That's what the student should have done. Speedreading helped me get a master's degree. But my GPA missed the mark for entry into the PhD program. The word "teacher" labels my Myers Briggs personality type. So, I dreamed of becoming a

professor—a goal I failed to achieve.

But wait! As long as we live, we can still chase the dream, right? Well, if I were alone, I'd become a Doctor of Naturopathy. But sadly, when I'm alone, I get anxiety—spacey for seven-hour stints. Life never presents perfect solutions, but passion can push us past hardships. It can fuel top performance.

And to be a top student, you need that passion. You also need to speed read and adopt a smart student psychology. Tony Roe shows how in his book *Effortless Learning: Learn the Secrets That Teachers Never Told You: The 7 Steps To Master Any Subject, Memorize More and Focus Fast (While Studying Less)*:

- Top students tend to speed read: “Reading fast will increase your ability to concentrate and comprehend. Research has shown that the faster you read, the better you comprehend” (location 559, 24%).
- Poor students read slowly: “Average students read the textbooks the wrong way, i.e. slowly and not extracting the essential information” (location 519, 24%).
- While speed reading, use a pencil: “One of the techniques you can use to focus your brain and at the same time increase your reading speed is to use a pencil to guide the eye” (location 633, 28%).
- And quickly circle important stuff: “While you speed read across the text, circle keywords with your pencil” (location 633, 28%).
- Plus, play fast instrumental music to quicken your speed: “If you find reading at high speeds uncomfortable ... play high tempo music when you are reading ... The speed you are reading will tend to match the tempo of the music” (location 646, 28%).
- Great students also go beyond the expected: “[Top students] would actually do more than what the teachers expect them to do” (location 430, 20%).
- Top students concoct a grand plan: “Successful students always know their outcome, what results they want, what are they going to do in the future, their future career, etc.” (location 443, 19%).
- And top students give studies 100%: “Successful people MAKE a DECISION to succeed. And they DO WHATEVER IT TAKES to achieve their goals” (location 400, 19%).

A friend pursued an MD, which required her to take extracurriculars. If I were to get an MD, I'd focus on athletic extracurriculars. After all, fitness is my passion. Far more than speed backing frozen turkeys.



Brittany Daigle

Course Exam

AU courses, up close

Course Exam

LGST 230 (The Canadian Legal System)

Brittany Daigle

LGST 230 (The Canadian Legal System) is a three-credit introductory Legal Studies course that falls under business and administrative studies. This course is designed for students who are interested in learning more about Canada's legal system, its history and development, and the trends in Canadian law. There are no prerequisites for this course.

LGST 230 is made up of eight units, five assignments weighing ten percent each, and an online final exam worth fifty percent. Students must submit all five assignments and achieve at least a fifty percent in the final examination and fifty percent overall in the course. The eight units within this course cover topics such as what is law, judges and lawyers, rights and freedoms in Canada, future trends in the Canadian legal system, the Canadian court system, and sources of law and the application of Canadian law.

The final exam is a three-hour closed-book examination that consists of four parts: true or false questions (worth ten marks), multiple-choice questions (worth ten marks), a short-answer section that requires short paragraphs on five items (worth twenty marks), and a single short-essay question that is based upon unit 8 in the course (worth ten marks). These questions are drawn directly from the learning objectives and the study questions or a combination of the two. It's suggested that students will find it helpful to review their assignments, the unit learning objectives, the study questions, and the reading assignments in preparation for the examination. You'll be expected to be able to synthesize information from various units in answering the examination questions.

Archie Zariski has been with Athabasca University for ten years (2008) and has coordinated LGST 230 for those ten years. He also coordinates LGST 249 (Legal Literacy), LGST 331 (Administrative Law), LGST 369 (Commercial Law), LGST 374 (Local Government Law), and LGST 482 (Alternative Dispute Resolution). Also, for graduate courses, he co-coordinates courses with Associate Professor Dale Dewhurst in the diploma program in legislative drafting, which include LGST 551 (Introduction to Legislative Drafting), LGST 553 (Legislative Structure, Style, and Limits), LGST 555 (Drafting Preliminary, Amending, and Final Provisions), LGST 557, and LGST 559 (Legislative Drafting Project).

He states, "I practiced law in Edmonton for fifteen years, then became an academic teaching at law school in Australia. Eventually, I moved back to Edmonton, my home town. My principal interest is in dispute resolution - mediation, arbitration and similar processes."

When asked to describe the course, Zariski states "This course introduces students to the basic structure of the Canadian legal system, the processes used in legal proceedings, and the legal professionals involved - paralegals, lawyers and judges. After taking the course students will understand how our legal system works to protect legal rights and enforce legal obligations."

When asked to describe the structure of the assignments, he notes that "the assignments in this course ask students to practice some the legal techniques used in the legal system like researching law and interpreting legislation. They are most like case studies and are expected to be about 1200-1500 words each. The final exam tests a comprehensive understanding of the basic legal concepts and ideas covered in the course."

Zariski continues, “Students should be disciplined to read the text thoroughly and inquiring in relation to legal questions and issues that are discussed. It also helps if students take an interest in legal cases and situations that appear regularly in the news and other media. Be prepared to learn some new vocabulary and concepts, but with a payoff of better understanding how law works in our society.”

When asked which aspect of the course students struggle with most, he states "Legalese"! There is still a tendency in law to use archaic, Latin, or unfamiliar words when simpler language and plain words would be just as good. However, every professional field has its own "jargon" and this is something that can be learned."

If you are interested in learning more about LGST 230, there is a [Detailed Syllabus and Assessment Information](#) (PDF) and [Sample Course Pages](#) (PDF) in the online syllabus!

Whether LGST 230 (The Canadian Legal System) is a mandatory course for your program or the information above is of interest to you, this course will have you learning practical and important information surrounding our Canadian legal system. If you have any questions or concerns, Archie Zariski welcomes you to contact him at archiezariski@athabascau.ca.

Brittany Daigle is 22 years old and completing her BSc in Computing Science & Information Systems with AU from Toronto, Ontario.



AU-thentic Events

Upcoming AU Related Events

BComm/CPA Info Session

Tues, May 15, 5:00 to 6:00 pm MDT

Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/bcomm-cpa-information-session-7/

Register online at above link

Bannock and a Movie "Birth of a Family" Part 2

Thurs, May 17, 12:00 to 12:50 pm MDT

Athabasca University, Peace Hills Trust

Tower, 12th floor, Room 1222,

10011 - 109 Street, Edmonton AB

In-person; limited seating

Hosted by AU Centre for World Indigenous

Knowledge and Research

indigenous.athabascau.ca/bannock/index.php

Register by phone (780)428-2064 or e-mail ivyl@athabascau.ca

Writing an Abstract for a Conference

Fri, May 18, 2:00 to 3:30 pm MDT

Online

Hosted by AU Faculty of Graduate Studies

fgs.athabascau.ca/news/presentations/

e-mail fgs@athabascau.ca with your student number to register

Research Software Tools Workshop:

Introduction to SPSS

Sat, May 19, 9:00 to 10:30 am MDT

Online

Hosted by AU Faculty of Graduate Studies

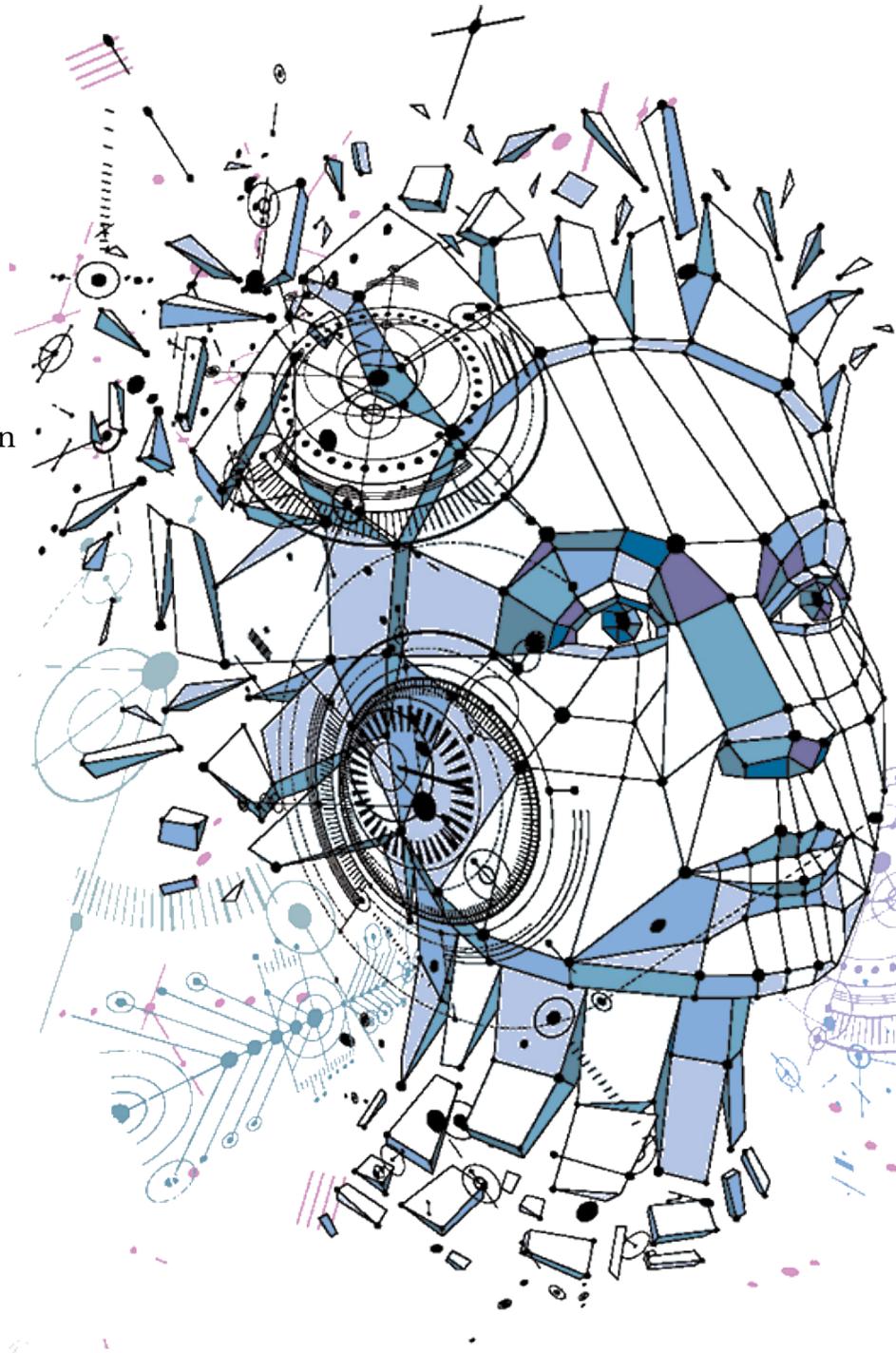
www.eventbrite.ca/e/aus-faculty-of-graduate-studies-workshop-research-software-tools-tickets-45112104519?aff=eac2

Register online at above link by May 15

Disconnect

Tara Panrucker

Call me
I'll wait
To hear your voice again
Or tap me a txt
Shrt nd swt
Type me into your calendar
Amid your
Busy schedule
If it suits
Your agenda
Your master plan of world domination
On social media
Where 'friends'
Like to imagine
Everyone cares
When no one
Has the time
To be care full
Except
For the millisecond
It takes to click 'Like'
No effort
No time
How much time
Did you have
To create, to dream, to be
Before you spent all your time
Reading status lines and memes
Time to
Disconnect
By reconnect
Ttyl.



Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.



Reminiscing of Pickled Herring

Deanna Roney



Things that appear normal to you, things that you grew up with, are sometimes strange to others. My grandparents were Finnish so having pickled herring and rollmops (pickled herring, but with the skin on) around was just normal. They were a nice quick snack. Everyone who would visit Grandma's always helped themselves (through her encouragement) to whatever baked goods there were, what soup was on the stove, and of course the pickled fish in the fridge.

I was never a big fan of the rollmops, something about the skin turned me off from eating them myself, but that others did was never strange to me. Actually, I'm

not sure I was entirely shocked at what other people would eat, I just might not eat it (smoked oysters for example). So, when I grew a bit older I was surprised to find that not only do some people not love pickled herring, in fact, not everyone could stand the sight/smell of it.

One memorable story I heard was from my cousin. She was having a wine and appy night, or along those lines, and as a treat had put out some pickled herring. She then overheard the kids daring each other to eat it. She was so offended she never put it out again.

For my family, pickled herring is a treat. For me, it reminds me of my grandma's house, and I am sure this goes for the rest of my family as well. I appreciate the variety of foods that I was introduced to. I was always encouraged to try, but never pushed, to eat different foods. So, while I might not like the look of something like smoked oysters, I don't cringe while someone else eats them.

It is funny how something like pickled herring can make me feel closer to my grandparents, great-grandparents, and where they came from. Oddly, when I get strong reactions to it, it makes that connection stronger. After my grandma passed I didn't have pickled herring for a long time, it was something I always had there. Until one day I saw some in my mom's fridge. Moms always has a way of having just what you need when you need it when you don't even realize what it is.

So, for Mother's Day coming up on Sunday, why not get something for her that is unique? Something that connects her to her family in a way that other things don't? In light of "Eat What You Want Day" which falls on the 11th, why not get her something that may have fallen off the radar. Maybe it is a dessert her mother used to make, or maybe it is something more like pickled herring. The food that if someone outside the family came in they would be shocked, the food that children dare each other to eat—something that says you remember and are grateful.

Sorry for the spoiler, mom. But thanks for giving me the gift of loving pickled herring, a snack I never have to share with my husband.

Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at <https://deannaroney.wordpress.com/>



The Fit Student Get Bug Thin

Marie Well



Doctors who hype health remedies often seem pudgy. Perhaps they work nonstop, never getting to the gym. Or maybe they have mad science syndrome, opting for an overworked, middle-aged look. And remember when doctors stylishly smoked?

I don't know one doctor with big pecs and barn-door lats. My dentist ran marathons, but didn't push health, she pulled abscesses. So she doesn't count.

So, why should we believe a doctor's hoopla over something called the gut biome? After all, it's claimed the gut biome can trim your waist, ending your lifelong wars with diet. It also might prevent you from coming down with diabetes, which sometimes ends with an amputated leg. Just ask my uncle Bob who's one leg shy and five-hundred pounds obese.

But fat is the new fit, right? Don't be duped. Fast food and processed foods insidiously fatten us up. And now retailers are embracing this heavier demographic. *Ka-ching!*

Big business tries to trap us in unhealthy diets. Hungry Man dinners. Pizza pops. Poptarts. All making us sick. And fat. So, are we doomed to crave Uncle Burgers and New York fries when they lurk in every mall? Maybe not. Recent discoveries surrounding the gut biome shed hope in the form of bacteria. Yes, the gut bugs.

The unhealthy bacteria in our bellies crave junk food. The healthy bacteria crave health foods. And these bugs send signals to our brains, making us crave what they do.. So, when you feed your bad bugs, you crave more of the bad bug diet. Cola. McDonald's. Pizza. The bad bugs win.

But if you eat sour cabbage (or other probiotics rich food), you fill your belly with good bugs, and you crave more of the good bug diet. Unripe bananas. Bran. Asparagus. The good bugs win—and so do you. You defeat disease more readily. You lower your risk of diabetes. You triumph in weight wars.

Michael Mosley shows you the why's and how's of farming good bugs in his book *The Clever Gut Diet: How to Revolutionize the Body from the Inside Out*.

- Beware bad gut bugs: “Can your biome make you fat? It certainly can” (p. 51).
- What do good or bad gut bugs do? “The microbes in your gut can decide how much energy your body extracts from the food you eat; they control hunger signals, they help decide which foods you crave, and they determine how much your blood sugar spikes in response to a meal” (p.11).
- What magic do gut bugs do in your belly? “The microbes in your gut can communicate directly with your brain via the vagus nerve They also produce hunger hormones and neurotransmitters which they may use to influence your cravings and your behavior If so, then changing the microbes in your gut may also change your cravings” (p. 92).
- Befriend good gut bugs: “Changing your biome may reduce anxiety and lessen depression” (p.12).

- And good gut bugs do more: “Changing the mix of bacteria in your gut can reduce the number of coughs and colds you get as well as the impact of a range of allergenic and autoimmune diseases” (p.51).
- So, what do healthy gut bugs look like? “A healthy biome is home to a rich diversity of microbes. It is a delicately balanced ecosystem. Where bacteria vie for supremacy” (p. 71).
- How do you get loads of gut bugs? “The more different types of plants you eat, the more diverse your microbiome”(p. 67).
- Probiotic-rich foods swarm with good gut bugs. So, get probiotics from yogurt, cheese, sauerkraut, kefir, kimchi, and apple cider vinegar (either unpasteurized, or organic, or labeled as having “live cultures”).
- And feed your good gut bugs foods they love: prebiotics. “Prebiotics act a bit like a fertilizer, boosting the growth of ‘good’ bacteria” (p. 125).
- Your good gut bugs crave prebiotic fiber: “Eating plenty of fiber, particularly if you get it from vegetables and grains, is very important for feeding the ‘good’ bacteria that live in your large intestine” (p. 36).

Before changing my gut biome, I craved KFC, stricken with guilt, stuffed with keels. My weight yo-yoed: frail to fat, fat to frail, but never fit. Since I shifted my gut biome (and hit the gym), my weight stays low—despite eating every two hours.

And I look ten years younger. *You are what you eat*, they say. And that means *you—you healthy bug!*



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Jennifer expresses frustration with AU's recent technical woes; response thread indicates AU is accommodating those negatively affected. Emilia seeks feedback on HIST 365 and 460. Tuyen relates how power outages and ProctorU (don't) work; responses indicate AU displays understanding in these situations.

Other posts include study tips, timeline for final grades, and courses CHEM 217, INST 301, and WGST 333.

Twitter

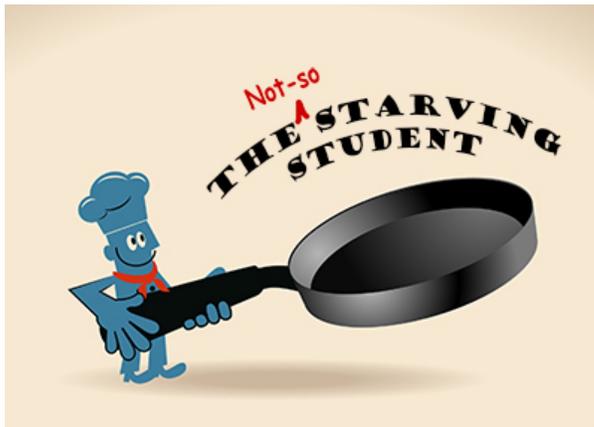
@AthabascaU tweets: "#AthabascaU is committed to removing barriers to education but sometimes Mother Nature has other ideas. Learners affected by any of the devastating floods occurring across Canada: we recognize you may need to put studies on hold to deal with emergencies <http://bit.ly/2JSKDVj>."

@AthabascaUBiz tweets: "Looking for ways to finance your education? According to @CBC, millions of scholarships go unclaimed. Check our website to see if you qualify for any! t.co/gglLxNCiEp."



The Not-So Starving Student Taiwan 7-11 Food Tour

Xin Xu



At Canadian 7-11s, we fill up our gas, grab a cup of coffee and in the midst of summer heat, maybe gulp down a cup of Slurpee. Unlike the familiar 7-11 convenience store and gas station combo, 7-11s across the globe in Taiwan have a familiar but culturally unique vibe that is worth a visit. What are some of the features of this world-renowned convenience store chain in Taiwan?



Braised Tea Eggs:

One of the most distinctive ways to prepare eggs includes boiling them in the thick broth of tea, soy sauce, and five spices. Don't be deceived by the name "tea eggs". In reality, these popular breakfast items taste more savory than bitter. Upon visiting a handful of 7-11s on the Taiwan island, I can safely say that this is a breakfast staple found across all convenience stores including Family Mart and Hi-Life.





Sesame Sauce Noodles:

These noodles are a traditional cold dish served with aromatic sesame sauce and vinegar dressing. Upon arrival in Taipei, I was ready for a quick bite at the 7-11 found in the underground metro station. Given the cheap plastic wrapping of the bowl noodles, I was expecting a mediocre filler before I sat down for formal dinner. However, these noodles tasted no less gourmet than an appetizer dish at a local restaurant. The noodles were chewy, and the sauce added a blast of flavor to make an amalgam fit for Michelin Star nomination.

Steamed Pork Buns:

Found inside the steamy miniature fridge of the three-shelf wide convenience store, steamed pork buns were one of my favorite snacks, whether it be for breakfast or late night dinner. Instead of a cold mini-fridge, this steamer fridge helped retain the moisture in the pork buns so that, despite not being freshly prepared, the texture of the buns was spongy soft. These buns come in four flavors: barbeque pork, pork with bamboo shoots, vegetarian, and sesame.





Tofu Skewers:

These skewers attracted my attention upon my first visit. Most of the skewers seen here are tofu-based, including fish tofu, lobster tofu, fried tofu, and tofu sausage. However, other miscellaneous options included daikon and pork blood. After watching a local fill an entire disposable bowl full of skewers and topping it off with delicious seasoning and hot sauce, I knew I had to give these a sample. The tofu skewers were steaming hot and savory, quite unlike any skewers I've had!

Baked Sweet Potatoes:

Another grill nearby was packed with baked yams. The sweet scent of baked yams could be detected immediately after entering the store. Sweet potatoes are a local favorite and street vendors sold them at every corner of the street. However, to find them at a local convenience store was truly a gem.

Xin Xu is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot-breeder and tea-connoisseur



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: 2018 Emerging Mystery Writer Scholarship

Sponsored by: Mystery Weekly Magazine

Deadline: May 30, 2018

Potential payout: \$300

Eligibility restriction: Applicants must be a Canadian or US citizen, 23 years of age or younger as of Jan 1, 2019, and commencing or continuing post-secondary studies at a recognized institution in Canada or the US in 2018/19.

What's required: An online application form, along with an original, unpublished short story of 1000 to 6000 words in any mystery sub-genre.

Tips: Read the rules carefully for tips on possible mystery sub-genres and judging criteria.

Where to get info: www.mysteryweekly.com/scholarship.asp





Dear
Barb

Barbara Godin

Take A Second

Dear Barb:

I have been dating this great guy for six months. He has two young children and is a widower who lost this wife two years ago. I have met his children and we have gone on a few outings. They are not very receptive to me and tend to cling to their dad. I tried to reach out to them, but they basically reject me. Initially I was reluctant to date a widower; I had heard stories about widowers just looking for a replacement for their late wives and mother for their children. We talked about this and Dan assured me that he loved his wife and always will, but he is ready to move on. Recently we began to discuss a future together, but he does not want to cause upset to his children. I fear if I keep reaching out to the children, it is going to make them retreat further. We want to eventually have our own children and create a happy family for everyone. Do you have any suggestions on how we can make this transition easier for everyone?

Thanks, Miranda.

Hi Miranda:

Dating a widower brings up a lot of different issues, especially since haven't been married and do not have children of your own. It is very important that you make sure he is over the loss of his wife. The stories you've heard come from something that happens in reality, after all. Even if he has though, his late wife will still be in his thoughts and it's important that he keep her memory alive for his children.

But if he is still in deep mourning, he most likely will not be able to fully commit his heart to you. As well, when there are young children involved you will have be open to the possibility of his late wife's family wanting to be a part of the children's lives. There will be grandparents and aunts and uncles and cousins who need to be included in your lives to a certain extent. You will have to be patient with the children; they have just lost one of the most important people in their lives and it will take time to adjust. Don't try too hard, because they will sense that. Just be there and allow them to come to you. They may feel resentment that you are there and their mother is gone. Depending on the child, they may act out, or they may keep their feelings inside until they erupt over something little. A family therapist or grief counsellor would be helpful as many other issues will arise if you do choose to have a future together and bring children of your own into this relationship. Thanks for writing Miranda.

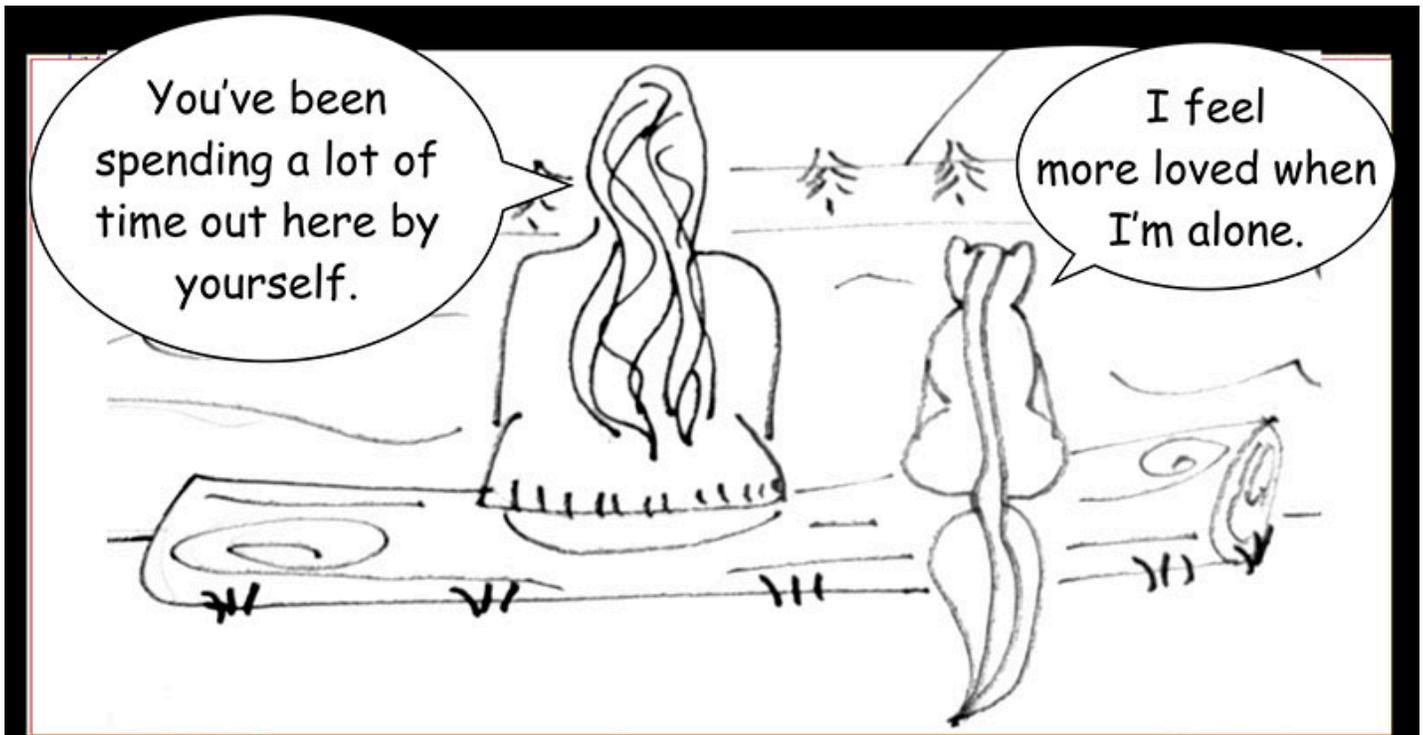
Follow Barb on twitter @BarbGod

Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.

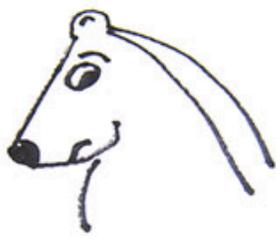


Poet Maeve
Love Conduits

Wanda Waterman



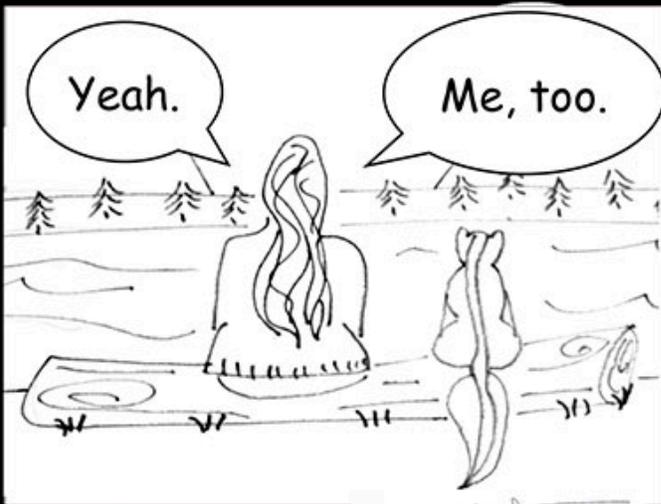
It's like ... love is coming at me from every direction, but others block that love from reaching me.



Interesting. And if that's true, you must also be blocking love from others at times.



Whoa. I never thought of that. Maybe I need to be with others to figure how to be a love conduit instead of a love dam.





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IMPORTANT DATES

- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [Council Changeover Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 10:** [Deadline to register in a course starting June 1](#)
- **May 15:** [June degree requirements deadline](#)
- **May 31:** [Deadline to apply for course extension for June](#)

Stress Awareness

Going through a stressful time? You're not alone. Three-quarters of adults experience stress in their daily lives, recent studies have shown. Major stressors include money, work, and personal health concerns. Trying to balance your studies with work, relationships, and a social life – all while trying to set yourself up for future success – can be tough.

Student LifeLine is there to help you identify your sources of stress and find effective ways to manage them.

Check out the [Stress Awareness](#) feature on their homepage (Username: **AUSU**, password: **wellness**), where you'll find a variety of resources to help you lead a happier and less stressed life, including a brand-new Stress Management Toolkit.

You7 can also contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak to a caring, professional consultant for free expert advice or help!

This is a FREE service for all AUSU members!

Student Lifeline provides help and support 24/7 for any issues, from health, wellness, work, life, money, school, community referrals, and more!



Want to Know More About Your new AUSU Executives?

The new team officially took office on April 10, 2018! Click the links below to check out their biographies!

AUSU President: [Brandon Simmons](#)

VP External and Student Affairs: [Melinda Goertz](#)

VP Finance and Administration: [Natasha Donahue](#)



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