



THE VOICE

Vol 27 Issue 14 2019-04-05

Minds We Meet

Interviewing Students Like You!

A Day to Remember

On the Anniversary of Humboldt

In Praise of the Polymath

A Little Bit of Everything Goes
a Long Way

Plus:

The Sky's the Limit

The Best Cars for Students

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

I Haven't Done Much

Karl Low



This week, we're featuring our recent interview with AU student, Sarah McDougall. I like this interview, even though Sarah herself says "I haven't done much." In fact, that's why I like it.

It's okay to have not done much, because I'd bet that's where a lot of us are coming from as we go through our studies. We see a lot of interviews with amazing students, whether award winners or people who have had to overcome incredible obstacles or done amazing things and it can be hard to remember that the vast majority of us are just students. AU is, for many of us, a starting point to a life that we hope will lead to great things—or sometimes just better things—or maybe even just a sense of security with a skill-set and a degree that can help put food on the table. And we tend to forget that simply doing that can be thought of as a success story. We don't have to be written into the history books to have a successful and fulfilling life. Our names don't have to be among the award winners to feel worthwhile. Heck, sometimes just managing to put in those few hours of study time on top of everything else that's going on feels like it should be hailed as a triumph. And really, why shouldn't it?

It seems so much of our lives are based on the idea of what we should be doing, or what we should be accomplishing, that we tend to gloss over the notion that simply being able to keep hunger from our bellies, a roof over our heads, and some time laughing with our friends puts us further ahead than hundreds of thousands of people around the world. And then on top of that, at AU, we're making the effort to improve ourselves. Even if we don't really care about the learning and are only pursuing that piece of paper to get the better job, we're making that effort. "I haven't done much," from an AU student can still be thought of as significantly ahead of the majority of the world's population. And so I realized that when I read that from an AU student, what I'm really reading is, "I'm going to do more," because, after all, if you weren't, you wouldn't be at AU in the first place.

However, that's not our only article this week, as, with the anniversary of the crash of the Humboldt Bronco's bus right around the corner, Barb Godin has given us an article about "A Day to Remember" that's definitely worth a read. And this week's Fly on the Wall is also one that I think is exceptionally good. As always, it's a read that takes a bit of work, but it's also one that's worth it.

Plus, April Fools was this week, so on the website we published Wanda Waterman's "Excerpt from the Expeditious Vindicator, 1901 on the day. If the name didn't give it away, some of the advertisements should have. We'll get back to our regular schedule next week. In the mean time, don't forget there's also the events, scholarships, course reviews, advice, news and more all waiting for you. Enjoy the read!

MINDS WE MEET



Sarah McDougall is a 21-year-old student pursuing a double major in English and Anthropology from her home in Barrie, Ontario. She was kind enough to take some time to answer a few of our questions about herself and her studies at AU.

Can you give us a little bit of background information about yourself? Who are you? Where do you live, where do you come from?

Hello! My name is Sarah McDougall and I am a proud Canadian Bachelor of Arts student. I am currently taking my courses online through distance learning and am working towards obtaining a double major in English and Anthropology. I am getting back into my studies at age 21. I have not technically been “out of school” though, since I have taken a Native Studies program through a local college and a PSW program. However, I have been diagnosed with social anxiety and depression and participating in “normal” school posed a challenge to me. I was born and raised in Barrie, Ontario and have lived in the same home all 21 years of life.

What was it that made you realize you wanted to go back to school, and how did you come to AU?

I stumbled across AU through my research on “alternative” schools in order to accommodate my social anxiety and phobias. My choice was between Laurentian Online and Athabasca – I think the choice was obvious! I decided I was ready to take this next step in my education because of my anxiety and depression therapy and recovery – moving forward instead of staying stuck. I was undecided between two programs and first: I was first enrolled in the Bachelor of Management program and later switched to the Bachelor of Arts after deciding that it would be a more enriching course for me. I have always been a book lover and a love of writing, pushing me to my major in English. I have also always been attracted to our world’s history and the people that inhabit it, which brought me to my other major in Anthropology. I plan to use both these courses to further myself in a career in a Library.

Do you find that studying at AU has helped with your anxiety and depression? Has your experience been better than when you went to a “normal” university?

I find that my studies at AU have most definitely helped my anxiety and depression! It may seem odd but completing school online has actually motivated me to leave the house more and participate in more social activities; the open schedule to complete my classes at whatever time I needed has opened up doors for me to participate in activities without restriction, such as yoga classes and anxiety groups.

This is in contrast to my experiences at normal university where I would be constantly struggling to make it to my classes and was confined by a set schedule that didn't cater to my needs. When I attended Georgian College in Barrie, I found that I missed a lot of classes because of the fear I had for being late to classes. I would not go to a class if I was late, feeling as though I would interrupt the class and the professor and would rather miss it completely.

While studying at AU, I never experience these feelings of unwelcome anxiety and so find myself, for the most part, ahead of my course schedule with time to spare and so I can participate in extra activities like yoga classes and anxiety group classes that help improve my anxiety and depression.

What do you do like to do when you are not studying?

When I am not studying, I enjoy reading casually. I am currently trying to get in the habit of exercising more and go on daily walks – which will hopefully turn into runs now that Spring is among us in Ontario.

What are your plans for this education once you finish?

When I'm done my undergrad through Athabasca, I plan to take my education a step further and attend the Master of Library Information and Sciences program offered through Western University in Ontario.

Who in your life had the greatest influence on your desire to learn?

My greatest influence on my desire to learn has been through striving to follow in the footsteps my parents and sister leaves for me. My mother is a pediatrician and my sister is an RMT (Registered Massage Therapist) with a certificate in business administration. Both these women encourage me to further my education.

Describe your experience with online learning so far. What do you like? Dislike?

I have thoroughly enjoyed my experience with online learning so far. I enjoy that I set the pace of my learning and have the option to move faster or slower through the course. I enjoy that I do not feel intimidated by other students when asking my tutors "dumb" questions. I enjoy that I can do my school work during the hours of the day or night that suit my needs, rather than having to follow a strict time frame of classes, like an 8 am class every day (yuck!). On the other hand, I dislike that I regularly have strain in my eyes from spending so much time staring at a screen. Also, I am not a huge fan of the exam fees. But I can live with that in exchange for school in my PJ's!

At what point did you waver the most about continuing your schooling? What caused it and what got you through it?

I have always wanted to continue my schooling, however my anxiety and depression (mostly anxiety) have slowed me down. Wanting to be the best version of myself – free from my inner critic – has got me through doubts.

What's your most memorable AU course so far, and why?

ANTH 277 (Archaeology of Ancient Peoples). This course feeds my curiosity and ignites questions. I like being able to see things in my current world and relate them to facts I've learned through ANTH 277.

What have you given up to go to AU that you regret the most? Was it worth it?

I have given up a lot of my casual reading of fiction – I often must focus on reading the many course texts that accompany my English and Anthropology courses. In my opinion it is an even trade because I still enjoy reading the texts from the course and think of it as a way of broadening my read shelf.

How do you find communications with your course tutors?

I find communicating with my tutors simple – aside from accommodating to Mountain Standard Time. The only thing I would mention as a negative is waiting for certain days to talk to them about questions (fear of forgetting the reasoning behind my question).

What's your biggest pet peeve, if you have one?

My pet peeve is probably auto-correct on tribe names!

Why is this a pet peeve of yours? Are you a part of any of these tribes?

Since one of my majors is Anthropology, I am studying a lot of our world's people - many of them indigenous peoples like the Mashco-Piro, and my wordprocessor always auto-corrects the name to "macho". I do not identify as aboriginal descent myself but find this auto-correct happening quite often.

What famous person, past or present, would you like to have lunch with, and why?

I would love to have lunch with Diana, Princess of Wales, for the odd reason that I was born the day she died and love to think that I am her reincarnated!

Describe the proudest moment in your life.

Proudest moment of my life so far has been my elementary school graduation where I received the Science and Art awards – I haven't done much.

I'm sure you're in good company there. So, what distinguishes you from most other people?

I am someone who strives for perfection and always must one-up myself. I always try to do more (at least the same) as the day before.

What is the most valuable lesson you have learned in life?

The most valuable lesson I have learned in my life is the belief that if something doesn't work for you at that moment, it was not meant to be in that moment, but you may try again when the time is right.

Have you travelled? Where has life taken you so far?

I have travelled across Ontario, driven from Ontario to New Brunswick, been in Nova Scotia and Quebec, travelled to Florida, and a cruise that took me multiple locations, like Nassau Bahamas. I have also driven to NYC.

Out of all the places you have traveled, which were your favorite and why?

My favorite places to travel have definitely been on the east coast - Nova Scotia and New Brunswick. It feels good to experience different parts of Canada and see how different they are from my own home in Ontario. I enjoyed feeling as though I was in a different world and yet I remained in my home country. I also enjoyed these places more because they were the quietest places to travel - lots of open land, water and forests and not a lot of people. This gave me feelings of serenity and peacefulness where I could relax on my vacation. I never felt intimidated by mass crowds and tall buildings and more welcomed into these cities and towns by the people.

What (non-AU) book are you reading now?

I have just finished the Cats Eye Chronicles series by T.L. Shreffler—check out the first book *Sora's Quest*, it's free on iBook's!

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



A Day To Remember

Barb Godin



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April 6 is my birthday, a day I usually look forward to celebrating and doing birthday things, but all that changed last year. April 6, 2018 was the day of the Humboldt bus crash. When sixteen people were killed and thirteen were injured. The crash took place near the village of Armley in rural Saskatchewan. A tractor trailer hauling peat moss, plowed through a flashing stop sign at the same time that a coach bus was traveling through the intersection, carrying players from the Humboldt Broncos, a junior hockey team, on their way to a play off game. The two collided resulting in a horrific crash. As later revealed the tractor trailer driver had minimal training and had only been on the job for two weeks. Jaskirat Singh Sidhu, the 29-year-old driver of the semi was uninjured and briefly taken into custody at the crash site, then released.

When I saw the news flash with pictures of the devastating crash, I couldn't pull my eyes away from the awful pictures. I thought of how easily that could have been my children or grandchildren on that bus. The boys killed were ranging in age from 16 to 21. Also killed was their coach, a play by play radio announcer, a stats keeper, the bus driver, the team's physiotherapist (who was the only female on the bus), as well as the assistant coach. The survivors suffered significant injuries, including two boys who are paralyzed from the waist down and another two with serious brain injuries. Other boys experienced various injuries, and we can safely assume everyone who survived the crash will suffer emotional scars that will haunt them for the rest of their lives.

The crash had far reaching affects, as condolences were sent from political leaders, including Prime Minister Justin Trudeau: "To the entire Humboldt Broncos hockey community: We are here for you. As neighbours, as friends, and as Canadians, we grieve alongside you." U.S. President Donald J. Trump: "Just spoke to Justin Trudeau to pay my highest respect and condolences to the families of the terrible Humboldt Team tragedy. May God be with them all." As well from The Royal Family: "Prince Philip and I were saddened to hear word of the crash involving the Humboldt Broncos hockey team. Our thoughts and prayers are with those who have lost so much, with their families, and with all Canadians who grieve with them at this difficult time." Also tributes were received from The National Hockey League, Canadian Hockey League and Canadian Junior Hockey League, and far too many more to mention. As Canadians

we all felt the pain and loss these parents, grandparents, family and friends were feeling. The compassion of the entire country was evident from the results of a GoFund Me Page started by Sylvie Kellington a Humboldt resident, which raised \$15 million dollars for the families.

Some of the families have chosen to recover in private, while some have been more visible. The two boys who were left paralyzed from the waist down have gone on to play sledge hockey, while another two of the boys have been able to return to play for the Humboldt Broncos, but are being monitored closely. The others are working on their recovery, both physically and emotionally. All the injured are receiving the best care possible

Jaskirat Singh Sidhu was arrested on July 6, 2018 and charged, He was released on July 10, 2018 on \$1,000 bail, with conditions that he surrenders his passport and driver's license. On October 10, 2018 the owner of the trucking company that Sidhu was working for, was charged with many federal and provincial safety regulations. At a court hearing on January 8, 2019 Sidhu pleaded guilty to all 29 charges: 16 counts of dangerous driving causing death and 13 counts of dangerous driving causing bodily harm. It was a relief for the families that they would not have to go through a long and emotionally gruelling trial. Sidhu stated he did not want to make things worse by having a trial. At the hearing ninety victim impact statements were read or presented to the court. The responses from the parents were varied, as some felt the truck driver would carry his own guilt from this tragedy that he caused for the rest of his life, but others wished him the maximum sentence possible. At the end of the statements Sidhu stood up and put his hand on his heart and in a heartfelt statement said: "I'm sorry, I'm so sorry, I'm so sorry, I'm so sorry." At the request of Sidhu's family, a father who had lost his son in the crash compassionately agreed to meet with Sidhu and his family. They spoke for 15 minutes, with tears on both sides, and the father graciously chose to accept Sidhu's apology.

On March 22 Jaskirat Singh Sidhu was sentenced to an eight-year prison term, which is not the maximum he could have received, nor is it the minimum. The Crown was asking 10 years and the defense was asking for 4 years. The reactions of the family members were mixed, some felt it wasn't enough, others felt it was fair. Ultimately everyone involved in this tragedy, including Sidhu, will be serving a lifetime sentence.

The one-year anniversary of the crash is approaching and for most of us, we will carry on with our day, possibly seeing flashes and memorials on the news of the tragedy. For twenty-nine families and friends, not to mention first responders, this is only the first step on their long journey toward recovery as the physical and emotional scars will forever affect the survivors and their families. We don't want to think too deeply about Jaskirat Singh Sidhu, although we know that, with a few seconds lapse in focus, that could have been any one of us. We may feel if we sympathize with him, it is taking away from our compassion for the victims, so we push it away. In reality, he is also a victim, even if it is of his own making. As my birthday approaches the victims of the Humboldt bus crash will not be far from my thoughts, not only for this year but each upcoming year. In the end hope and acceptance are all we can truly hang on to in this unpredictable world.

Additional information about the trial, victim impact statements and sentencing can be found at the following website: <https://www.scribd.com/document/398413261/Statement-of-facts-in-Humboldt-Broncos-crash>

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



Porkpie Hat In Praise of the Polymath

Darjeeling Jones



“A human being should be able to change a diaper, plan an invasion, butcher a hog, conn a ship, design a building, write a sonnet, balance accounts, build a wall, set a bone, comfort the dying, take orders, give orders, cooperate, act alone, solve equations, analyze a new problem, pitch manure, program a computer, cook a tasty meal, fight efficiently, die gallantly. Specialization is for insects.”

~ Robert Anson Heinlein

We are told that the Renaissance man is dead, buried beneath an avalanche of accumulated knowledge. When this body of knowledge in every conceivable area of human understanding and endeavour is so vast, so deep, so esoteric, it's no longer possible for any woman or man, no matter how determined, to be an expert in more than one narrowly focused field of study.

In some ways, this is true, of course. It is not imaginable, in this age of rarified specialism, that we will again see polymaths the likes of Leonardo da Vinci, Isaac Newton, Nikola Tesla, or Bertrand Russell—thinkers who profoundly affected the development of multiple intellectual disciplines. I think the spirit of the polymath, however, is one of the most encouraging and vital aspects of our often-overrated species, driven as it is by the beautiful energy of open-minded curiosity. I also think, if we have any hope of surviving and thriving as a species, it is this aspect of ourselves that must be nurtured in our culture, in our education.

When I first moved away from home and into a rooming house in the West End of Vancouver, my landlady had a gentleman caller named (appropriately) Mr. Storie: a dapper, silver-haired and silver-tongued rascal of about seventy years old, who had at various points in his life been a merchant mariner, worked in British naval intelligence, been a rigger on a South African diamond mine, and was now the proprietor of a successful electrical supply company. Occasionally, we would share a glass of whiskey or a cup of tea. He would talk about all sorts of things, and I would be lost in his tales. What made him so interesting was the seemingly inexhaustible breadth of his knowledge and the sheer variety of his passions. In his native England, he had sung in a Welsh men's choir, and as a semi-professional actor he had performed in everything from pantomimes to theatre of the absurd (he had once briefly met Samuel Beckett in Paris). He had wonderful insights into avant garde film, military history, bel canto opera, and many other things besides. He knew what cigars to smoke, the best bistro to visit in Montmartre, and how to navigate by the stars. In spite of all that, however, I never once detected anything of the windbag or the prating pedant about him. He was genuinely interested in what others had to say and held his own knowledge very lightly. I'm not sure I have ever met another human being so curious and delightfully immersed in the world about him. Certainly, he was a clever man, but I don't believe he was a genius. He was simply a human being with an open-minded and curious nature. In that sense, he was the epitome of what I believe a well-rounded, thoughtful citizen of the world should be; the sort of person who is needed to further our progress.

When I first moved away from home and into a rooming house in the West End of Vancouver, my landlady had a gentleman caller named (appropriately) Mr. Storie: a dapper, silver-haired and silver-tongued rascal of about seventy years old, who had at various points in his life been a merchant mariner, worked in British naval intelligence, been a rigger on a South African diamond mine, and was now the proprietor of a successful electrical supply company. Occasionally, we would share a glass of whiskey or a cup of tea. He would talk about all sorts of things, and I would be lost in his tales. What made him so interesting was the seemingly inexhaustible breadth of his knowledge and the sheer variety of his passions. In his native England, he had sung in a Welsh men's choir, and as a semi-professional actor he had performed in everything from pantomimes to theatre of the absurd (he had once briefly met Samuel Beckett in Paris). He had wonderful insights into avant garde film, military history, bel canto opera, and many other things besides. He knew what cigars to smoke, the best bistro to visit in Montmartre, and how to navigate by the stars. In spite of all that, however, I never once detected anything of the windbag or the prating pedant about him. He was genuinely interested in what others had to say and held his own knowledge very lightly. I'm not sure I have ever met another human being so curious and delightfully immersed in the world about him. Certainly, he was a clever man, but I don't believe he was a genius. He was simply a human being with an open-minded and curious nature. In that sense, he was the epitome of what I believe a well-rounded, thoughtful citizen of the world should be; the sort of person who is needed to further our progress.

The process of minutely dividing and categorizing is the realm of bureaucrats, technicians, bean counters, critics, and rule-bound functionaries. On a more sinister level, it is also the realm of hate-mongers and demagogues; those who would profit in some way by setting one group against another: women against men, left against right, workers against intellectuals, one race against another. These are the splitters of hairs, and the builders of walls.

I would suggest it's a far more soulful, adventurous, and hopeful endeavor to be engaged in the work of finding unexpected connections between unlikely things. What is the connection, for instance, between quantum chemistry and twelve-tone composition? How might a study of French symbolist poetry help inspire a deeper understanding of dark matter? What can we learn from others who have different skills, different world views, different experiences from ourselves? Just as biodiversity leads to a healthy biosphere, diversity of thought, the willingness to free dive into multiple realms of discipline and understanding, may be our best hope of finding the inspired solutions to the problems that are staring us down. Like my old friend Mr. Storie, we must take pleasure in the wild and beautiful multiplicity of this diverse world of ours.



Fly on the Wall The Sky's the Limit

Jason Sullivan



When Your Reading Break Takes you Above and Beyond

Birds, bees, plants and humans all love the onrush of spring as the life forces of growth gain momentum. Everything seems exuberant and energetic and, if you're like me, you're probably enjoying more outdoor activities as a pause from your coursework. I mean, we might enjoy AU but typically it still means we're stuck inside at a desk. So, of all forms of study breaks (and we disciplined AU students probably have as big a toolbox as any scholars in history) surely the least likely

thing to do on a Spring day would be to sit and do yet more reading. But remember, our brains have become finely honed learning machines. They need to stretch their legs, too, and some extra-curricular reading, especially in areas beyond our normal interest, can be just the ticket.

Consider these words of John Lubbock, a 19th Century banker, statesman, and naturalist: "Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time" (Lubbock, online). Sometimes just being there is enough, floating on a spring cloud and noticing the pussy-willows unfold, but when we rest we are still thinking. When we add new leisure material to our minds we may set ourselves in balance so that reading and studying aren't only associated with the rigours of coursework. Every new source of information we absorb holds maieutic potential; it provides the capacity to bring forth, as a form of intellectual midwifery, "a clear and consistent expression of something supposed to be implicitly known by all rational beings" ('Maieutic', MerriamWebster Online). While neighbours are rototilling gardens or emptying gutters, a little course-free reading may allow us to maximize not only our studies but

also the renewed pace of life that this time of year brings. Sometimes to rest our brain is to let it unwind with a little more of what it may have come to do best during our time at AU: read critically.

Lubbock was both economically successful and a naturalist; as he rested his mind must have been both free and at play. And if you're like this Fly on the Wall there is a tonne to do outdoors this time of year that may veer closer to work than play. However, there's little joy in toil, and few would know this better than a banker such as Lubbock. Like office workers to this day, not to mention diligent distance education students, bankers like him were pretty much guaranteed to be locked indoors for much of the summer. So, between the productivity of our AU studies and the productivity of outdoor chores, there ought to be a space that provides new terrain for our growing minds to traverse.

Intellectually Productive Pleasure: Pastures of Potential

Alex Soojung-Kim Pang prescribes what one might call a Lubbockian sort of rest therapy in terms of creative relaxation: "sometimes your mind will arrive at answers that have been eluding you", he says (Pang, online). This is all well and true. And yet, besides just letting the mind wander in thought and re-spool itself like a sleeping spider, I lately arrived at an additional approach to simply resting and recuperating. What I propose is actually less peaceful outdoor daydreaming and even just a few additional minutes of leisurely extra-curricular reading. This is what we're good at, and if we learn to relax our minds by reading some off-menu items we just might return to credited coursework feeling more refreshed than if we just set all types of books aside. What if we read some material that was counter-intuitive to our degree major or our usual interests?

New Epiphanies From the Edges of Language and Thought

It was on the aged and sunny deck of my hundred-year-old orchard cottage here in the Okanagan that I encountered a Buddhist essay by a Zoketsu Norman Fischer with the name "Beyond Language". Its title was intriguing, but I instinctively doubted I'd be interested. In sociology, and especially post-modern theory, the likes of Michel Foucault and Gilles Deleuze have already traversed the nebulous barrier between our minds and our culture and concluded that language, while potentially a plaything, also contains us even as we imagine ourselves able to burst free, sproutlike, with creative gestures. My scanty inclinations towards Buddhist philosophy were based, therefore, on its association with a belief in the need to somehow transcend one's ego and find universal truth outside of our essential sense of self. If language is inescapably part of each of us then to transcend ourselves in such a way would be impossible. Yet, I mustered enough curiosity to enter the text of "Beyond Language" like a spring hummingbird hovering furtively, but dubiously, near a hitherto-empty feeder.

If there's one thing true in the social science -ologies (anthropology, psychology, sociology, etc.) it's that the self is an essential and irascible part of who we are; we can't unself ourselves, as it were. Take away our minds and our beliefs and we'd be automatons; possibly this century's zombie craze represents a belief in the superiority of one's own self over and against that of others. Being human is often to harbour delusions of grandeur, at least in terms of our imagined potential. And this is evolutionarily functional: if we don't believe in ourselves enough to enter the fray of life we'd waste away both economically and metaphysically.

So, what would a Buddhist essay say about language, I thought? And one from Vancouver, no less. They don't call the city Lotus-land for nothing; the Lotus flower has come to symbolize trendiness and kitsch far more than serious psycho-social inquiry. Language seems written into our being such that we can neither communicate nor think coherently without words. I suspected

that the author would claim that language itself was a barrier to enlightenment. In the Western philosophical tradition Jean-Jacques Rousseau famously endorsed the idea of the noble savage free of societal constraints and even symbolic communication (ie language) itself. But we all know what the 1960s counter-culture looked like: singing, dancing, and playing but not a lot of bookish charm or room for studious academia. It's no wonder that in his time Rousseau received a swift and stern philosophical rebuke by Thomas Hobbes who famously claimed that such a life unencumbered by societal rules and language itself would be 'nasty, brutish and short'. How can we solve problems or love others if we can't communicate with any complexity?

So I looked askance at this essay, at first. A belief system predicated on there even being an outside of language and culture seems to fly in the face of ground zero for sociology: that we are always-already embedded in social systems, contained within the very boundaries that provide means of apparent liberation while holding back on really letting us go from its clutches. Anthropologist Ruth Benedict described this phenomenon whereby we're embedded in our local ways of seeing as one that transcends cultures and therefore is essential to the human condition:

“No man ever looks at the world with pristine eyes. He sees it edited by a definite set of customs and institutions and ways of thinking. Even in his philosophical probings he cannot go behind these stereotypes; his very concepts of the true and the false will still have reference to his particular traditional customs. John Dewey has said, in all seriousness, that the part played by custom in shaping the behavior of the individual as over against any way in which he can affect traditional custom, is as the proportion of the total vocabulary of his mother tongue over against those words of his own baby talk that are taken up into the vernacular of his family (The Science of Custom, online).

Surely no self-respecting writer would claim that liberation comes from just releasing ourselves from our selves. Lashed onto expectations of liberation there is a certain self-referential irony, at least in our culture. It's like, who can take a trip to the shopping mall for a little retail therapy without adopting a

AU-thentic Events Upcoming AU Related Events

Library Resources for Psychology

Tue, Apr 9, 12:00 to 1:30 pm MDT
Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary

Online MBA Info Session

Thurs, Apr 11, 10:00 to 11:00 am MDT
Online

Hosted by AU Faculty of Business

business.athabascau.ca/event-details/online-mba-executives-information-session-2019-apr11/

Register online at above link

Research Webinar Series

Maya Monumental 'Boom': Rapid Development, Hybrid Architecture, and 'Pretentiousness' in the Fabrication of Place at Alabama, East-Central Belize

Thurs, Apr 11, 10:00 to 11:00 am MDT
Online

Hosted by AU

news.athabascau.ca/events/research-webinar-series-maya-monumental-boom/

No pre-registration necessary

AUSU Council Meeting

Thurs, Apr 11, 6:30 to 8:00 pm MDT
Online

Hosted by AUSU

www.ausu.org/event/april-council-meeting-3/

No pre-registration required; e-mail governance@ausu.org for meeting package

Looking ahead...

Edmonton Meet & Greet

Wed, Apr 17, 5:00 to 7:00 pm MDT

The Rec Room, 1725 99 St NW, Edmonton AB

In person

Hosted by AUSU

www.ausu.org/event/edmonton-meet-greet-8/

Email services@ausu.org to RSVP

All events are free unless otherwise specified

certain ironic outlook that life will not be drastically altered or improved regardless of the purchase? The notion of discovering an outside to our social plight strikes the sociological mind as a fanciful and myopic utopia. Not only that, such illusions seem fraught with the dangers implicit whenever a person believes themselves enlightened and sets out to proselytize their supposedly-newfound discovery upon the world.

So I Embarked Upon Counter-Intuitive Reading With Low Expectations...

...and was immediately intrigued. According to Fischer, the Buddha “knew that getting caught up in language was a trap” (Fischer, 170). And yet, there we are as humans who not only communicate bodily as other animals do but also have the faculty of speech and writing. We grow into words and writing by osmosis; “we are 'in' language the way a fish is in water: for the fish, water is just the way things are” (Fischer, 169). Language gives us gills to breathe as beings and a lateral line by which to sense other fish in our (literal) school. Without jargon, technical details are impossible; crows and apes learn by imitation but humans learn also by written and vocal symbology. Fischer claims that Buddhist thought, like the sociological imagination, involves awareness that whenever we take things to be self-evident we are actually not seeing the ocean of meaning which we inhabit. Immanuel Kant for his part noted the fact that whatever the external world of things contains, we can never be sure of their existence and only comprehend their meaning on human terms. So to see reality is to just see how socially our reality is constructed.

Fischer continues by stating that language itself may be seen as a “prison: we are literally locked inside language, created by, defined by language, and can only see as far as we can say” (Fischer, 169). This agrees with the sociology of meaning. Seeing it explained outside of course material reminded me of the truth of meaning creation: besides setting the parameters of meaning, notable when we consider words in one language that have no corollary in another, language “can open our imagination and allow us to reach out to the world-and fly beyond it” (Fischer, 169). Just think of Lewis Carroll's fantasy realm in *Alice Through the Looking Glass*; words can be nonsense and still somehow make sense. If I'd simply gone outside to do some distracting work I'd not have given Fischer's essay a chance and felt anew the permeation of the social construction of meaning.

The playfulness of leisure is often contrasted with the bondage of work; a break from our studies can just feel like a shift to other pressing needs in our lives. Here Fischer says that Zen Buddhism, as he sees it, allows us to “let language play with us” (Fischer, 169). Playfully considering the mass of words in textbooks that to others often seems like so much abstract ado about nothing can thus seem a useful insight rather than an avoidance of the value of our learning. There's a reason that the social media trend to take the nearest book and turn to a certain page before quoting what you find has such resonance: words have a power all their own by the very virtue of their existence. Their very pronounceability contains a certain magical cadence that resonates within our minds. We've learned their song and it's stuck in our heads.

Herein lies Fischer's theme, and it's a helpful one when we want to bring levity to the depth of our schoolwork. He says that “when we are speaking about something we are also-and mainly-speaking about nothing” (Fischer, 169). Post-Modernism, often derided in academic circles as a lot of tail-chasing, thus pops up even in the humblest of places. “The Buddhist view is a non-view, but not a non-view that is the opposite of a view, a wishy-washy noncommittalism. Non-view is an attitude, a spirit of openness, kindness, and flexibility with regard to language. Non-view is a way to stand within language, to make use of language, to connect without being caught by-and separated from the world-by language.” (Fischer, 170). To the extent that philosophy uses words to grasp the ineffable quality of life, this makes perfect sense (no pun intended!). And, lest

we feel pretentious using unusual words and terms in everyday speech, we don't have to set aside esoteric philosophy or technical jargon after we learn it: we're in language as it is and as it becomes with our education that itself has made us who we now are.

Whatever You Read, It Can Bolster Your Learning

Bearing in mind that every sort of study break assumes a rupture between our studies and our life, as though we can partition off our learning from our existence, it becomes unclear whether we are ever really away from AU. It's like being awake or asleep; we're always *there* in one sense and absent in another. Reading Fischer's essay reminded me that sometimes the best way to put studies in perspective is actually to do a little more reading. Whatever we read, relation to what we've learned can pop up and remind us that we're evolving and growing individuals.

So, before we separate our studies from our outside activities this spring, let's remember that we are always within language as humans and thus always potentially gathering new academic insights. Wherever we go there we are. As distance students our course material is never far from home and a little extracurricular reading can provide us with a needed perspective on what we've learned.

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Healthgrad.com Leadership Scholarship

Sponsored by: Healthgrad.com

Deadline: May 1, 2019

Potential payout: \$1000

Eligibility restriction: Applicants must be currently enrolled in a healthcare-related program at the undergrad, grad, or doctorate level, with a minimum GPA of 3.2.

What's required: A completed online application form, along with a 4000- to 10,000-character essay on your thoughts on the best way to control healthcare costs without compromising quality.

Tips: Note that the essay length is measured in characters, not words.

Where to get info: www.healthgrad.com/scholarships/healthcare-leadership-scholarship/



Excerpts from *The Expeditious Vindicator*, 1901

Wanda Waterman

Last While visiting my brother in Whitefield, New Hampshire in 2013 I took the opportunity to browse the attic of his 150-year-old home. There I found a box filled with yellowed copies of a newspaper whose cover was boldly emblazoned: *The Expeditious Vindicator: Lofty Thoughts And High Ideals For a Brighter Tomorrow In Coös County*. The articles were so fascinating and well-written that I soon myself lost in them, and after several hours I felt quite steeped in the culture of Edwardian New England — and reluctant to escape it.

In 2017 a fire destroyed, among other valued goods, the contents of the attic. I was glad I'd taken away a few copies of the paper but deeply regretted not having fetched away the entire box. I've copied out here, for your reading pleasure, a few excerpts from a late summer edition of 1901.

ASTROLOGICAL PROGNOSTICATIONS

Your destiny is written in the stars, readers, and it is I who prefer the map!

Please note: I am under constabulary obligation to declare that the following advice should never interfere with your free will—remember that the stars may guide you toward your goals, but it is left to you, gentle reader, to manifest them. As your humble spirit guide, I do my best to provide as accurate a picture as possible of what the future may hold, but you must use this divine information to create your own destiny.

For Gemini Ladies: Ascenders of your household who is recovering from some malady (or general malaise) could express appreciation for the assistance that you have provided for the duration of their convalescence. This might come as a surprise because serving your friends is second nature to you; and, more to the point, the person that you have been slavishly attending to is generally thought of as something of a neophyte. Rest assured that your ministrations have made a difference to this person, however little they deserve them. Take what comfort may come in the satisfaction of labors completed.

For Cancer Gentlemen: The desire to share your thoughts on a subject you've been either thinking about or possibly even researching could arise. If you've been thinking about trying your hand at a journal article on this or any subject, this is the time to get started. Your mind is sharp and your self-expression free flowing. Do not listen to your wife's advice on this; your expertise is indeed welcomed by those around you. Go to it!

For All Leos: Your artistic talents could be put to good use today sprucing up wherever might strike your fancy. Gentleman Leos might want to try their hand at oil painting or the creation of ceramics. Leo ladies may want to try a new recipe for the family dinner, or indulge in some lace-making, perhaps to the end of a new antimacassar for the sofa or armchair. These endeavors are not just amusing pastimes; the end result should elevate the spirits and keep you stimulated through these "dog days" of summer.

Special Advice to Miss S. of Colebrook: Only you hold the key to what is in your best interest concerning this matter. Move ahead with confidence and you will find the luck that you seek!



Madam Sosostri, Astrologer, Cartomancer, Milliner

More Personal Consultations for our Readers:

For Mr. H. Smith of Franconia: This decision is all of yours to make. Look into your heart! The answer is writ upon it.

A note to Mrs. N. of Carroll: Do not seek the counsel of others on this issue. You know what must be done! Go forth in good faith.

Send your query to Astrological Questions c/o this publication, or to Madam Sosostri c/o Littleton Millinery and Fine Haberdashery, Main Street.

CLASSIFIED ADVERTISEMENTS

FOR SALE

MY HUSBAND'S CARPENTRY TOOLS, left behind after he decided to go across the Blue Ridge Mountains to the Alleghenies with his busy daughter of the Harrisburg farmer who employed him. He spent many years acquiring and caring for these tools, but if he expects me to guard them while he plays the fool he is mad as a rutting hare! If you would like to make an offer on the tools seek me out when I do the marketing on Fridays. In lieu of a sale my marital prospects with myself would include ownership of said tools. —Mrs. Harriet Slade, Stewartstown

BOX OF STRING PIECES too short to use. All offers taken. Call at 49 Jaybird Avenue.

BUGGY WITH NOSEAT and only one wheel. Otherwise in superb condition. Ten dollars. No haggling. Come to 56 Sussex Street, land is hand. All sales final.

—Taggart McPherson

WANTED

SEEKING A HIRED MAN. Must be young, comely, and obedient. If you'd like to present yourself seek me out when I do the marketing on Fridays.

—Mrs. Harriet Slade, Stewartstown

ANNOUNCEMENTS

I HAVE A COLT BREECH LOADING DOUBLE RIFLE. It's not for sale, and I challenge to a duel anyone who dares underestimate me of it. Live free or die!

—I.P. Remington, President, Coös County Gun Club

TICKETS ARE AVAILABLE NOW for The Repository of Wonders. You will want to visit again and again. Suitable for all age groups and every member of the family. Picnic area nearby and refreshments available. Do not miss such astounding sites as The Eyes of Descartes' Daughter, the Borneo Snake Skeleton, The Cricket Cage of Doom, or The Gift Shop.



This Quarter's Calendar Girl: "Miss Equestrian" by Cogwood Quilby

Constabulary Notes

Errol, Coös County, August 2, 1901— Shortly after midnight police were summoned to a brawl on the lawns of "The Manse," a boarding house drolly named for its jarring contrast to a typical preacher's home. A resident couple known for frequent and noisy squabbles had awoken a sufficient number of neighbors to arouse complaints.

The police arrived to find both Maggie and Big Feller Ainsworth two sheets to the wind and swinging at each other, the first with an iron ladle and the second with a shoehorn. The police intervened and posthaste elected to arrest the male in the hopes that the fairer sex would then retire quietly. When they had finally succeeded in clamping the irons onto Big Feller's wrists

(drawing forth first the filthiest of curses and then the most pitiable of moans) a sympathetic chum from the Manse shouted from a third storey window, "Lie down, Big Feller! Lie down!"

Big Feller brightened up immediately and threw himself to the ground. Six and a half feet tall and weighing well over 400 pounds, it was impossible for the police to lift him, and so it was necessary to load him onto the wagon as one would drag a recalcitrant steer, by means of ropes and pulleys.

As they were taking him away Maggie Ainsworth, a tear rolling down one cheek, was heard to remark, "He never left a mark on me, and 'twas always I who threw the first punch!"

Pizzle rotgut was believed to have been involved.

Classified Ads For Sale

My husband's carpentry tools, left behind after he decided to go across the Blue Ridge Mountains to the Alleghenies with the hussy daughter of the Harrisburg farmer who employed him. He spent many years acquiring and caring for these tools, but if he expects me to guard them while he plays the fool he is mad as a rutting hare. If you would like to make an offer on the tools seek me out when I do the marketing on Fridays. In lieu of a sale any marital prospects with myself would include ownership of said tools. —Mrs. Harriet Slade, Stewartstown

Box of string pieces too short to use. All offers taken. Call at 49 Jaybird Avenue.

Buggy with no seat and only one wheel. Otherwise in superb condition. Ten Dollars. No haggling. Come to 56 Sussex Street, funds in hand. All sales final.

Wanted

Seeking a hired man. Must be young, comely, and obedient. If you'd like to present yourself seek me out when I do the marketing on Fridays. —Mrs. Harriet Slade, Stewartstown

Announcements

I have a Colt breech loading double rifle. It's not for sale, and I challenge to a duel anyone who dares unburden me of it. Live free or die! —I.P. Remington, President, Coös County Gun Club

Canny Maxims

In keeping to the tradition of unearthing the unknown and holding it up to the gaslight with a magnifying glass, we bring you these nuggets of obscured epiphany. Enjoy with a cup of chamomile tea and a vinegar tart.

~Gladys Thornquist, Sub-editor

Clean mind, clean body – take your pick. ~New England Proverb

Poets have been mysteriously silent on the subject of cheese. ~G. K. Chesterton

Speak not of my debts unless you mean to pay them. ~English Proverb

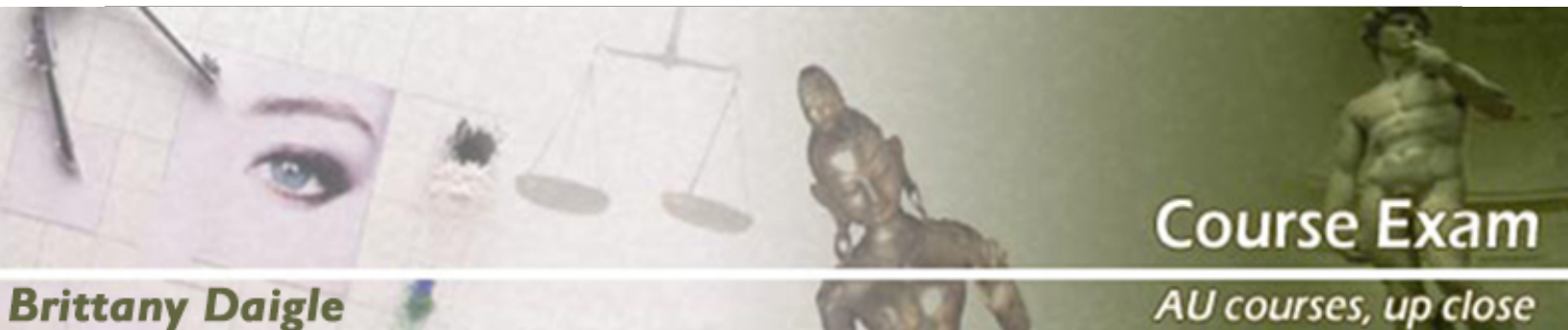
Speak the truth but leave immediately after. ~Slovenian Proverb

. . .

(Aside from the 2013 visit and the 2017 house fire everything here is made up out of whole cloth. Happy April Fool's Day! ~WW)

Wanda also writes the blog [The Mindful Bard: The Care and Feeding of the Creative Self](#).





Brittany Daigle

Course Exam

AU courses, up close

Course Exam

Brittany Daigle

HRMT 300 (Human Resource Planning) is a three-credit course for senior level undergraduate students. It examines the practice and theory of human resource (HR) planning in Canadian workplaces. This course has no prerequisites, though ADMIN 232 (Introduction to Management) is recommended. HRMT 300 is not available for challenge.

Human Resource Planning is made up of three units (Introduction to Strategic Human Resource Planning, Human Resource Forecasting and Planning, and Strategic Options and Evaluations for Human Resource Planning), and requires two essay assignments weighing thirty percent each, one multiple-choice quiz worth twenty percent, and a final examination weighing twenty percent. To receive credit for HRMT 300, students must complete and submit all three assignments, pass the final examination with a grade of at least fifty percent, and achieve an overall course composite grade of at least fifty percent. The final exam for this course must be taken online with an Athabasca University approved invigilator at an approved invigilation centre.

Dr. Saud Taj started working at Athabasca University on July 1st, 2016 and has been the coordinator for HRMT 300 since September of 2016. Alongside HRMT 300, he also coordinates HRMT 387 (Strategic Human Resource Management). I asked about his experience, and he said, "I graduated from the University Of Glasgow (UK) in 2014 with a PhD in Strategic/International Human Resource Management and spent the first three years of my academic career teaching as a Lecturer of Human Resource Management at Glasgow Caledonian University (UK). I am an expert in the field of 'Employer Branding' and 'Employee Engagement' and have been researching these phenomenons throughout my academic career. Hailing originally from a small city in Pakistan called Quetta; I started my career as a Customer Services Representative working for a telecom multinational operating in my home town. Due to my interest in teaching and learning, I joined a local public sector university, University of Balochistan, as a part-time lecturer of business and management in 2006. I wanted to build a career in academia, but I knew I had no way to survive until I earned a doctorate degree. Therefore, I started working toward it and was eventually successful in earning funding for PhD degree that resulted in my travel to Scotland to study a master's degree at the University of Glasgow followed by the PhD."

He continues, "I have always been very fond of playing cricket and wanted to become a professional cricketer, but, due to the unavailability of facilities in my home town, I decided to quit the sport and focus on my education to build a sustainable career. My wife is grateful I never became a sportsman because of the immense amount of sole travelling involved in it. My parents live in Pakistan and I have a young family and live with my wife Tabin and our 3 children; my gorgeous girl Saerene, and sons Muhammad, and Umer here. We chose to settle down in Canada due to the rich and peaceful family life this beautiful country has to offer. At the birth of our first child, Saerene, my wife and I went through a lot of emotional jerks that brought forth the philanthropist inside us and resulted in the creation of our on-demand delivery business called 'Vdropp' in 2017. The company is a 'Social and Community Enterprise' that aims at creating

opportunities for our communities and bringing convenience to peoples' lives with everything delivered to their door at affordable price. We intend to divert 50% of the company's profits towards social and charitable causes specifically to help pregnant women and educate young children in poor countries. The young business is currently operating in four cities across two countries, Pakistan and Canada."

Dr. Saud Taj explains HRMT 300 as "a very interesting course as it develops students' foundation about planning the human resources of a firm. Being the most important asset of any company, it is extremely important to plan the entire process carefully. The course establishes and promotes the idea of HR being a strategic partner of the firm, thus elevating its status from being 'just another department' so that managers give it the importance it deserves, particularly in terms of planning the entire business. Students also get to learn the processes and techniques involved in human resource planning. The course also involves studying HR from an international perspective and the impact of mergers and acquisitions, which is a very common business phenomenon today."

When asked to describe the structure of Human Resource Planning to students, he begins "HRMT300 is a very balanced course in terms of its structure and assessments. The course is divided into three units with a number of lessons in each of them. These individual lessons correspond to the textbook chapters so it is easier for the students to navigate through the entire course without any difficulty. The first unit establishes the fundamental building blocks of strategic HR with an introduction to the concepts and their links to human resource planning, how trends and issues are identified, and how organizations determine whether implementation of strategies, policies, and plans are successful."

Dr. Taj continues, "The second unit focuses on the process of human resource forecasting and planning, thus enhancing students' understanding about how the entire planning process is executed. The third and final unit of the course focuses on the strategic aspects of human resource planning with particular attention towards the international context of human resource planning."

He concludes that "The assessments have been designed with careful consideration to students' feedback toward earlier versions of the course. The course has 3 assignments (two theoretical and one multiple choice) followed by a final exam (multiple choice). Students are given a choice in the two theoretical assignments so they can choose to answer the question that is more appealing to them."

As for what type of work ethic students will have to have to be successful in this course, he explains that "The course is not difficult at all. Of course, it comes with its own challenges, but these can be overcome with a carefully planned study schedule which the student will have to follow in order to smoothly sail through the course. In my opinion, it is a very interesting course."

Dr. Saud Taj believes that "This course will strengthen students' general understanding about HR and its planning process. Students will gain ideas about how to tackle with the HR function and will become better business planners."

Whether HRMT 300 is a degree or program requirement of yours, or the topics discussed above seem to be of interest to you, this course will have you learning interesting material surrounding the topic of human resource planning.

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



The Not-So Starving Student DIY Green Onion Pancakes

Xin Xu

Green onion cakes, also known as scallion pancake or “cong you bing” is a traditional street food item originating in Northern China. Unlike the take-out items we find at local Chinese restaurants, the original edition is in fact made from unleavened bread. A well-known rumor in China suggests that pizza was in fact an adaptation of green onion cakes. After Marco Polo’s trip to the East, he brought back the scallion pancake with a few modifications that eventually became pizza.



The appearance of these delicious carbs differ drastically, making us wonder how did the first picture transformed into the second picture

Having always been a fan of fried carbohydrates, I always have to order them with my take-out meal. Otherwise, if I was lucky, my mother would use one of her traditional recipes for green onion cakes. After craving this savory pan-fried carb for a long time, I decided I would attempt the recipe first-hand, from scratch. Initially, I was skeptical of how simple the ingredients and preparation steps were, however when I sampled the final product, I was thrilled! It was authentic to the taste of the original pan-fried cakes in Shanghai where I grew up. For students trying their hand at Chinese recipes, this is a simple and delicious recipe that I have grown to love. For myself, during busy months of the school year, I would make up to a dozen of these crepes and store them in the freezer for meal prep or even a midnight snack.

Ingredients

- 4 cups of all-purpose flour
- 1 cup of chopped green onions (4 stalks)
- 500 mL of water
- 1 tsp sesame oil
- 2 tsp salt
- 1 tsp vegetable oil
- 2 eggs

Total time of preparation: 15 minutes





Instructions:

Step 1: Mix together all ingredients in a bowl

Step 2: Set stovetop to high heat for 2 minutes, then switch to medium heat for the frying portion

Step 3: Scoop approximately 1 ladle-full of the mixture into the pan

Step 4: Set a timer for approximately 3 minutes until golden brown

Step 5: using a pancake flipper, flip the cake onto the other side and cook for another 3 minutes

Step 6: remove cake from the pan and allow it to dry

Step 7: repeat steps 1 to 7 until mixture is used up

Step 8: Serve with spicy mayo or sriracha hot sauce

Note: The difference between this recipe and Westernized green onion cakes is that the dough does not contain baking powder. The texture is

more like a crepe than a cake.

Adaptations:

For more adventurous chefs, besides scallion pancakes, various versions of this cake exist in modern day China. For example, garlic chives are used in lieu of green onions to make chive cakes. Finally, the Taiwanese adaptation of this recipe became the egg coated pancake.

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



The Down and Dirty of Home Gardening

Tara Panrucker



Spring has finally sprung, or perhaps is in the process of springing, depending on what part of Canada you're living. Hence, the time has come to get your hands dirty and rejuvenate your spirit by planting and sowing a delicious home garden. If this sounds a bit ridiculous since you can simply go to the grocery store and purchase fresh produce from around the world, or just like a lot of work, perhaps you're not aware of the numerous benefits of growing your own food.

Farmers' Markets are abundant sources of fresh and nutrient dense goodies, but increasingly expensive—and the cost of groceries can be downright shocking to the wallet. Furthermore, you can never be 100% sure what kind of spray may have been doused upon that head of lettuce in the store. Growing your own garden is not only wholesome but puts you in control of what does and does not go in the soil. So you can reduce chemical intake and increase nutrient content of the food you consume—a worthwhile accomplishment for

any time of the year. When you grow your own garden, you can make it organic and pesticide free.

I grew lettuce in a container just outside my door for the last two years and I had fresh greens for my salads for months. I simply followed my Dad's advice (whose garden in northern BC I miss to this day) and chopped down the leaves needed. Miraculously, new leaves would grow back within the week—it was so satisfying and rewarding.

I've had varying success with dill, basil, and cilantro, but the rosemary, chives, and lemon thyme flourished constantly and for a long time, even in colder weather. I appreciate snipping all kinds of aromatic herbs all summer long into my salads and grilled vegetables fresh from my little herb garden.

Undoubtedly, gardening benefits the whole family. When children get involved in planting and growing food, they learn where their food comes from and become ecologically literate. This may be the most important life skill they ever acquire. Additionally, gardening has several more advantages over buying from a store.

- It's an excellent form of exercise; regularly working in a garden improves strength, endurance, learning, problem solving, and dexterity, in addition to sensory awareness.
- Gardening is naturally mood-lifting and nurtures emotional healing and stress relief.
- Exposure to sunshine for even ten minutes while weeding and cultivating increases your Vitamin D intake, reducing your risk of heart disease and osteoporosis.
- 'Friendly' bacteria in gardening soil inhaled or ingested in the form of vegetables not only improves the immune system but may also reduce allergies.
- Most gardeners already know how much happier and calmer they feel after a good stint in the garden. 'Horticultural therapy' has been tested on patients with depression and mental illness with positive results.
- Say goodbye to hot yoga and sweat out toxins while working in the garden instead.

Whether you're a garden newbie or a seasoned green-thumb, gardening is for everyone. Sowing fresh food and colourful flowers is also an effective and gratifying antidote for a late to arrive spring. Surely, "In the spring, at the end of the day, you should smell like dirt." *Margaret Atwood*

All that's required to start your home garden is a container of some kind, the right soil mix (which you can find at any home/gardening store), and seeds or sprouts already growing. Gardening supplies can be as simple as some empty food cartons filled with soil to special (and pricey) ergonomically correct garden tools and endless accessories from those fancy outdoor gardening stores.

Further, helpful gardening apps are available for tech lovers on both iOS and Android to help you become a gardening pro in no time: Flower Checker, Garden Answers, GardenTags, Into Garden, My Soil, Plantifier, and SmartPlant are several to check out. Then, prepare to reap the gifts of an abundant garden in the warmer months ahead.

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



The Fit Student

Positive Thoughts Matter for Your Health

Marie Well



Positive thoughts and emotions matter for your health.

For the second time, I tested my strengths through the VIA Institute's survey. The first time I tested, my top three scores were (1) love of learning, (2) love, and (3) kindness. The second time, the results were the same except kindness was replaced by zest. Zest is the feeling a child has the eve before Christmas. Yes, feel zest when I start each day.

I get pumped working on websites, making social media posts, building my portfolio, and learning these crazy Star Trek cinematic video skills. Long ago, I proposed a thesis on how to make cinematic light flares. Now I've found how through online training, free of charge.

My zest feels so comforting that my headaches disappear. My backaches fade. I can sit in my uncomfortable chair comfortably for hours.

But when I go to bed at night, I think of family woes. My head aches so badly I say an extra prayer in case I

don't awake. So, why do troubled thoughts lead to migraines? "According to the HeartMath Institute, heart rhythm reflects most notably your inner emotional state and stress level. They found that negative emotions lead to increased disorder in the heart's rhythm, and the autonomic nervous system, thereby adversely affecting the rest of the body. In contrast, positive emotions create increased harmony in heart rhythms and improve balance in the nervous system" (Merk & Nester, location 5242 of 9932, 53%). In other words, when it comes to health, positive thoughts matter.

Each morning, as soon as my alarm goes off, my pain subsides and the zest returns.

But design doesn't excite you? Then what gets you pumped? An act of kindness? A courageous deed? A funny joke? A generous act?

Whatever makes your heart skip a beat raises your vibrational frequency. "Depending on what your normal vibrational frequency is, you may need to raise your emotions from a lower-frequency emotion (such as shame, fear, or anger) to a higher frequency emotion (like gratitude, love, and joy) to heal your body" (Merk & Nester, location 5176 of 9932, 52%). Whenever my mood drops, I think forgiving thoughts. That heals my aching head. After all, "Every word you say, every thought you think, and every emotion you feel has tremendous creative energy and shapes your environment according to their nature" (Merk & Nester, location 5163 of 9932, 52%). And "resilient people actually resist illnesses, cope with adversity, and recover quicker because they are able to maintain a positive attitude and manage their stress effectively" (Steinberg, July 17, 2012). Also, according to research, "People with a family history of heart disease who also had a positive outlook were one-third less likely to have a heart attack or other cardiovascular event within five to 25 years than those with a more negative outlook" (Johns Hopkins Medicine, n.d.).

Thus, try to think positively for as long as possible: “Scientists explain that, when you consistently give attention to a thought or focus on the same emotion, the brain begins to produce more of the same thoughts and emotions. If you can hold a thought with emotional energy for seventeen seconds, other energies that vibrate at the same frequency will be attracted to it” (Merk & Nester, location 5163 of 9932, 52%). And we want to attract the positive, don’t we?

Authors Merk and Nester take a unique spin on how to raise our vibrational frequency. “You can raise the frequency by keeping your thoughts and words positive and by adding high vibrational accessories in your home such as Himalayan salt lamps, high frequency essential oils like frankincense and myrrh, placing green plants around your home, burning herbs like sage to clear the negativity, playing high frequency meditation or classical music, and/or placing high frequency crystals such as rose quartz around the room” (Merk & Nester, location 5163 of 9932, 52%). I opt for positive thoughts, eucalyptus essential oil, meditation, prayer—and exercise.

So, for health’s sake, watch your thoughts. Nurture forgiveness, love, kindness, generosity, empathy, compassion—all the good stuff. Treat those thoughts as if your life depends on them. Because, in the end, it does.

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The Study Dude When Your University Muzzles You

Marie Well



You can get straight A’s at the university, no matter what your current performance looks like. But don’t get disillusioned once you reach the top. Universities may muzzle your creativity. But you can still upset the status quo—especially with a routine of rest, exercise, and outside interests related to your major.

Be warned that universities can stifle creativity.

“Edward de bono said business people were more interested in better ways of thinking than were university people The point was made that the business people wanted to think better because their business depended on it. Whereas the university people were often in a fixed pattern of play it safe, don’t make any waves, if we write about this popular topic in the typical way we will get grant money and so on” (Rogers, p. 129 of 243, 58%). Universities can often silence creative thinking. On the other hand, businesses demand it. If you write an academic paper on the horrors of hotdogs, expect big food industry with vested interests to hire researchers to scour

your articles. They aim to expose your slightest errors or inconsistencies. They want to create doubt with your findings. Industry will hire these academics to discredit everything—and anything—you've ever written. I saw this exposed in a health documentary on Amazon Prime.

But exercise your creative, independent thinking anyway.

“Sometimes it's helpful to debate a topic with yourself. Think out ways to support and criticize a given statement” (Rogers, p. 106 of 243, 47%). My boyfriend is a maverick. He doesn't believe everything he reads. Instead, he often challenges ideas that don't sit with his intuition and judgement. And now, I find myself questioning age old wisdom, too. If you can, seek out independent thinkers. They'll grow you in ways the University won't.

Hone your inner maverick by joining clubs related to your academics.

AUSU once had some student clubs, but they've disappeared, as far as I know. I would have loved to join an AU debate club. When I was a grad student at a physical university, I wanted to start an intramural sports team. But none of the grad students were interested. I also wanted to start an academic journal. But, again, none of the students were interested. Instead, they roamed off in a gang to the lounge for booze and gossip. So, while they did that, I went to the gym for my two-hour workout. And then I cycled home. “If you want to get better at math, then join the math team. If you want to get better at public speaking or go to law school, then join the debate team. The ... school newspaper can be an opportunity to learn photography including sports photography” (Rogers, p. 97 of 243, 44%). The more skilled you get at your craft, the more able you are to drum up original thought.

Exercise to skyrocket your smarts.

“Exercise belongs in this book because it is proven to make you smarter ... in the following ways: self-discipline, strenuous workouts, increased brain glycogen, increased brain mitochondria and increased brain capillaries” (Rogers, p. 95 of 243, 43%). That's doctors' speak for a smarter you. If you're single, aim to work eleven-hour days broken up with an hour and a half stint in the gym. If you've got children, find ways to involve your tots in fitness. That way, they'll get smarter, too. And research shows that fit kids have a higher chance of avoiding delinquent behaviors. (Some martial arts clubs allow children as young as four years old. Also, some gyms offer daycare.) There's a reason why many of the worlds' greatest ideas came from young (healthy) thinkers.

Study six hours straight and then go for a nap.

Sound good? Yes, sleep matters. I get 9.5 to 10 hours sleep a night. Maybe too much. But when you train at high intensity seven hours a week, you need extra z's. “Naps can be beneficial. They can break the day in half and recharge your brain. If I plan to study a lot on a given day, after studying from 7 am until 1 pm, my brain will tend to be tired and no longer capable of complex work” (Rogers, p. 78 of 243, 37%). So, recharge with a fluffy pillow. Plus, with rest, you'll better withstand attacks on your originality.

Go to sleep at the same time every night.

“It is good, if possible, to go to bed and wake up at about the same time every day” (Rogers, p. 78 of 243, 37%). Typically, the latest I go to bed is 10 pm. But I prefer to go to bed around 9. “There is a benefit from going to bed earlier, rather than later. In high school, my wrestling coach told me, “The sleep hours before midnight count for more than those after midnight” (Rogers, p. 78 of 243, 37%). I read one health article that said our body, when asleep, does many important repairs before or around 11 pm. So, get shut-eye early.

Also, I read a Dr. Mercola article that said every cell in our body has its own circadian rhythm. I believe our bacteria have their own internal clocks, too. Dr. Amen's wife, Tana Amen, says to think of your body's bacteria as pets. I say, think of them as your kids. Shower them with love. Healthy diets. Great exercise. And good rest. But the clocks of those little cells are all governed by the clock we as humans set. This means, if we put in an all-night study stint, all those cells inside our body get jolted out of their own circadian rhythms. That causes bodily chaos. And bodily chaos doesn't payout come study time.

Universities may shut down your creative ideas. But a routine that nurtures your originality may help you survive the backlash.

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The Best Gas Efficient Cars for Students

Francesca Carone



Having a car is great, but it can be very expensive because of things like insurance, maintenance, repairs, and, of course, gas. As students, keeping expenses down is important. We know the price of gas is high, so finding a car that is good on gas, is a must these days. The Saudi Arabian Oil Minister, Khalid al-Falih, has already announced that they hope to bring the price of gasoline to higher than \$70 a barrel by cutting oil production this April. So, when buying a car, you will want one that has good mileage, is not too expensive, and has a good reputation.

For example, the 2013 Hyundai Sonata Hybrid, at an estimated 35 mpg in city and 38 mpg on the highway has a 2.4-liter engine and is a popular option for a hybrid which is meant to use less gasoline (CarMax, online). This hybrid features an electric motor, as well as a light and compact battery. It is also affordable at a price of about \$25,000 new. If you

want a luxurious car but you still want to save gas mileage then consider buying the Lexus LC 500h, it has great gas mileage, a top speed of 155 MPH Although it is expensive at a price of \$97,000 new.

If you need a good family car then you might consider a Dodge Journey. This car is affordable at prices of about \$23,000 (new), and it has 7 seats! That is one of the more efficient vans out there. If you are all about environmentally friendly cars, then you should consider getting a Tesla. Tesla's are all electric cars that use battery power thus eliminating the need for gas. For example, the Tesla Model Y has a range of about 480 km that it can go before running out of power. Another feature of Teslas is their seating, all Teslas have at least 5 seats in them with options to add more. (Tesla, online). The only draw back is that they are expensive, depending on the model they can cost anywhere from \$50,000 to \$300,000.

If your looking for a 2-seater the 2019 Mazda MX-5 at 9.0 L/100 km in city, according to Natural Resource Canada, is the most efficient you can get. The annual fuel cost is estimated to be \$1849. For subcompact cars the Chevrolet Spark is the best, this car is small, fast and nimble. It has 5 seats and has Low speed automatic braking, forward collision alert, and other cool features. The best thing is that it costs about \$10,000. This car is also very fuel efficient at an amazing 7.9L per 100KM in the city. Its annual fuel cost is estimated to be \$1,448 (Nrcan, online).

For compact cars the 2019 Toyota Prius C which has 4.9L/100Km with an \$1,040 fuel cost per year. If you need a big family sized car then the Volvo V90 T6 AWD, it has reasonable fuel mileage at 11.1L per 100KM so its not too bad and its annual fuel cost is\$ 2,200. (Nrcan, online).

Do you like the helpful Honda Civic, the luxurious Lexus, or the efficient Tesla, whatever car you choose, just keep in mind the cost of gas and how it is expected to go up. A lot of people can live without a car (especially if you live in a city), but many people rely on their vehicles. Hopefully, we can find a way to get alternative fuel sources for Canada instead of relying on others to supply our demand.

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Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Bino is curious if an AU textbook can be returned for refund if a student has access to the etext version; sounds like a "no" so far. Hilary asks if assignments can be submitted after the exam is written; answers suggest it depends on the course, so check to be sure.

Other posts include bird courses, rescheduling an exam, convocation attire, the dreaded "W" on a transcript, and courses BIOL 235, CHEM 301, and HLST 200.

reddit

A pair of questions about AU programs: BA in political science and the post-LPN bachelor of nursing.

Twitter

@AthabascaU tweets: "Need fresh strategies that can make you a better online learner? Sign up for our FREE course: <https://bit.ly/2FK5RFC> #MOOC."

@austudentsunion tweets: "Want to win \$1000? All you have to do is make a 2 minute video telling us what AU means to you and apply for our #igo2AU Award! Open to all AU undergrads! Deadline May 1. [https://www.ausu.org/services/scholarships-awards/ ...](https://www.ausu.org/services/scholarships-awards/)"

The Trouble with Twins

Dear Barb:

My husband and I have been married four years and, recently, we had twin boys. We had some difficulty getting pregnant and we are so happy that we have our boys.

But the boys are four months old now and I can't even remember most of what happened for the last four months. Our life is feeding, burping, changing and bathing the babies. Most nights we are both up numerous times. I am on maternity leave, but my husband has a very demanding job and works long hours. When he gets home I need a break and expect him to take over the care. I know he has worked all day, but I am so exhausted I need a break. We argue and both say hurtful things to each other that we don't mean. I usually end up in tears, cause that's what I do when I get frustrated, and my husband starts yelling because that's what he does when he gets frustrated. My mom helped out for a few weeks after the boys were born, but she lives in another province and has her own life. My in-laws have been great and they live nearby, but I don't want to depend on them. I am just so tired that I can't think straight. I was wondering if your or any of your readers who have had multiples would be able to offer some help or encouragement to us. Thanks for allowing me to rant, Allison.

Hi Allison:

Congratulations on the birth of your twins! The birth of one baby changes everything, including a couple's marital relationships. It's no longer just the two of you enjoying a leisurely evening of Netflix, or Saturday mornings reading the newspaper, or yahoo news. And the birth of twins is even more stressful. As you mention in your letter, days are filled with all things baby with no time for each other. Since you are alone with the babies all day, you need a break, but your husband is also tired from working all day so he is not able to provide you with that break. You seemed to have tapped into all the family resources you can. Another option would be to hire a college student, perhaps someone who is studying to be a child care provider. Even a couple of hours a day would give you a break and you will have another pair of hands to help with bathing, or taking the babies to appointments, or out in the stroller. If you are in Canada you can connect with places like [Multiple Births Canada](#). They offer various support networks for new parents of multiples. Also, there are a number of websites offering many [tips for managing the care of twins](#), well worth checking out.

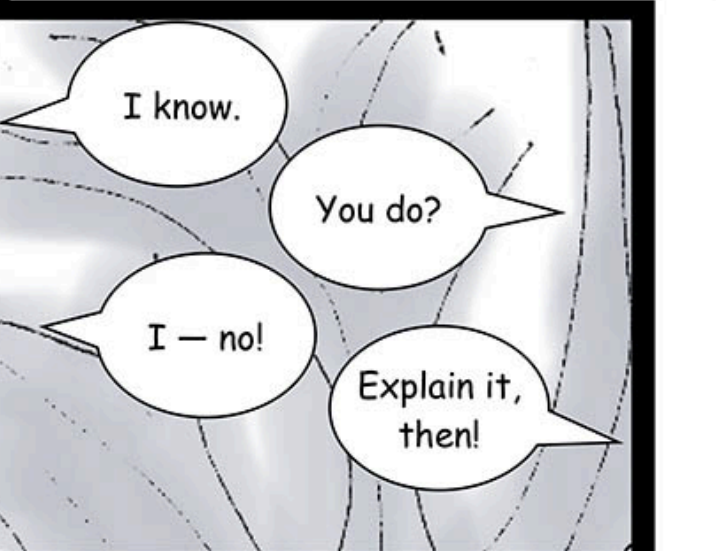
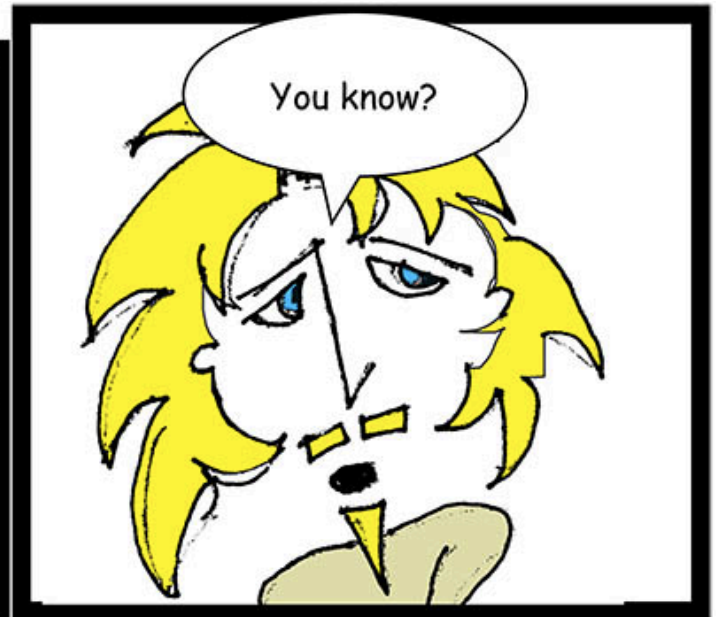
You and your husband have to take time for each other. This is a difficult time, but it will end, and you need to keep your relationship alive and healthy. Don't be afraid to ask for help. Hope this helps, Allison, and enjoy your time with your babies as it will go by far too quickly.

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 You Don't Know

Wanda Waterman





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IMPORTANT DATES

- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [AUSU Council Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 17:** [Edmonton Student Meet & Greet](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 9:** [AUSU Council Meeting](#)
- **May 10:** [Deadline to register in a course starting Jun 1](#)

Get out and Vote!

The Alberta provincial election is coming up on **April 16**. Your vote matters, so make sure to get out your vote and help shape your own future!

Register to Vote: voterlink.ab.ca.

Where to Vote: maps.elections.ab.ca.

Advance Polls: Tues, April 9 to Sat, April 13

Election Day: Tues, April 16

For more information about the upcoming Alberta 2019 election, visit elections.ab.ca.

We encourage all students to PLEDGE to vote in the upcoming election. By pledging to vote, you join thousands of other students across Alberta who want to make their voices heard.

Pledge To Vote Here 

Don't forget to actually get out and vote on election day, anywhere in the province, or visit the advance polls!



Edmonton Student Meet & Greet

AUSU is hosting an AU student Meet & Greet in Edmonton on April 17! This is a great chance to meet fellow AU students and get some free AUSU swag, as well as to chat with your AUSU executives and find out more about AUSU!

When: Wednesday, April 17 from 5 – 7pm MDT

Where: [The Rec Room - South Edmonton](#)

Help us plan – please RSVP to services@ausu.org or on our [Facebook event](#) if you want to attend.



AUSU FAQ's

Have a question about AUSU or our services? Check out our AUSU [FAQ's page](#)!

AUSU
FAQ's



CLASSIFIEDS

Classifieds are free for AU students!
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