

THE VOICE

Vol 28 Issue 06 2020-02-07

In Conversation

With Summer Dreams & Rhyme

AU Research into Migrant Workers Their Rights and Plight

Law Enforcement A Case of Corruption?

*Plus:
Canadian Education News
The Struggling Student Rants
and much more!*



CONTENTS

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

Features

In Conversation: *With Summer Dreams & Rhymes* 4

Articles

Editorial: *The Clock is Ticking* 3

AU's Research into Migrant Workers in Alberta 7

Law Enforcement: *Has Corruption Gone Too Far?* 9

Fireworks on Valentine's Day 19

Columns

Fly on the Wall: *Eye's Wide Shut* 10

The Study Dude: *Become a Doctor* 13

The Struggling Student Rants: *Changing Your Life* 14

Course Exam: *CHEM 350* 17

Porkpie Hat: *An Epiphany in the Gallery* 20

The Not-So Starving Student: *Easy Nepalese Curry* 22

Dear Barb: *Living in an Amish Paradise* 24

News and Events

AU-Thentic Events 12

Canadian Education News 16

Student Sizzle 21

Scholarship of the Week 23

AUSU Update 26

Graphic

Poet Maeve: *The Futility of Impeachment* 25

The Voice Magazine
www.voicemagazine.org
301 Energy Square
10109 – 106 ST NW
Edmonton AB
T5J 3L7

Email
voice@voicemagazine.org

Publisher
AU Students' Union

Editor-In-Chief
Jodi Campbell

Managing Editor
Karl Low

Regular Contributors
Francesca Carone, Barb
Godin, Barbara Lehtiniemi,
Angela Pappas, Jason
Sullivan, Wanda Waterman,
Xin Xu, and others

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

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

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

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

Volume 28, Issue 06

© 2020 by The Voice
Magazine

ISSN 2561-3634

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!

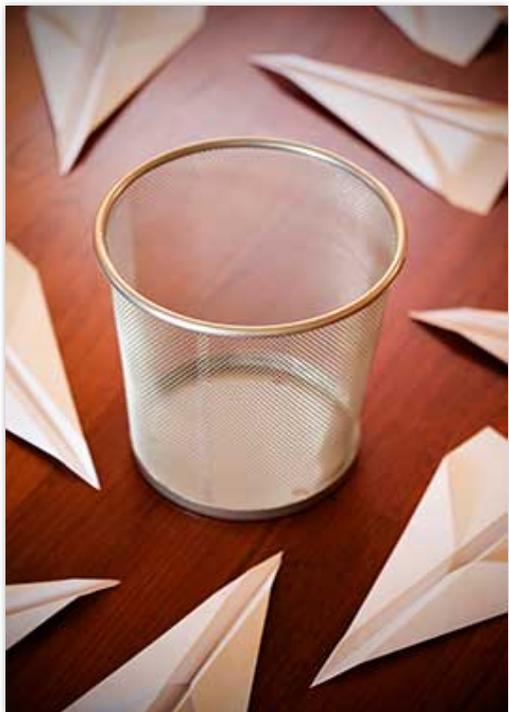
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

Editorial

The Clock is Ticking

Karl Low



There's only a few hours left to get your nomination in if you intend to run for AUSU Council. If you're a current student and a Voice reader, I encourage you to put your hat in, you're probably already better informed about many of the issues AUSU Council is dealing with than many of the students.

A lot of people think, "student council sounds like a kid's job," but when you're dealing with a post-secondary institution the size of Athabasca University, it's anything but that. You'll have the opportunity to be dealing with high level issues on everything from human rights, dealing directly with government ministers, dealing with outside organizations, and even dealing with media (which, most often, means me) this is all great stuff to be able to take into your next interview, whether it's for a new job, or just making the case to your current boss that you can handle more responsibility (and pay).

On the flip side, because it is a "students' council", you'll find that all these groups tend to give you a little more leeway.

You can get away with perhaps not seeming as professional or experienced at it as you may like, simply because you are part of a students council, so expectations are lower. And if you are as professional as they find others in their regular dealings, it just stands out all the more. In many ways, it's a no lose situation when it comes to those things.

Of course, nothing ever comes for free. It will take some time, though AUSU, like AU, has gone to significant lengths to make it flexible for whatever your schedule is. It will expose you to having to deal with groups, which means you can run into group dynamics that are a problem. And, I have to caution you in advance, you will not be successful in absolutely everything you try to do. You have to be willing to push at an issue knowing that there's little chance of success, and being okay if the students' position fails to come to fruition. But you have to be willing to do that because sometimes it does. I remember a long time ago when the PC government was seeking to change tuition regulation. Many student unions were pushing for a freeze. The universities were pushing for a free-for-all. We'd heard the government was leaning toward the universities' point of view. AUSU brought forward an alternative of a cap of CPI+1%. We were successful, even though we were sure it was going to be rejected. It wasn't as good as a freeze for students, but a lot better than no regulation at all.

It felt like we'd stood up to a Goliath with only a sling and a hope. And while that doesn't always happen, knowing that, at least that time, we'd made a significant difference was a feeling like no other.

So if you think you've got some good ideas for how to benefit students? Run for election. If you think you'll bring a unique perspective to AUSU? Run for election. If you think you want to support your fellow students, and thus yourself? Run for election. And if you just have a hankering to see how the sausage of politics and education is made? You could do worse than to get a position on AUSU. Enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", located in the bottom right corner of the page.

In Conversation

Wanda Waterman



...with Summer Dennis & Rhyme

Summer Dennis & Rhymes is the name of the duo made up of singer Summer Dennis and musician Bill Moore. The two write their songs together, and Moore's lush, multi-genre tracks are the perfect accompaniment to Dennis's rich expressions of affairs of the heart. The classically trained Summer Dennis is a beautiful, curvaceous young woman with the confidence to express her womanliness with no apologies. On January 31st she sang a tribute to the recently departed Kobe Bryant and his daughter Gigi at the African American Civil War Memorial in Washington, DC, where the duo is based.

Recently Summer Dennis and Bill Moore took the time to answer Wanda Waterman's questions about their childhoods, their inspirations, and what music means to them.

What kinds of childhoods did you have?

SUMMER: I was the oldest child. My dad was a computer guy and my mom was a nurse, but she only worked one or two times a week. They had me in every lesson I could be in, so I was super busy and active. It was fun.

BILL: Youngest child of high-achieving parents. Curious, quick mind, and athletic-- but shy. Always creative, but short attention span.

What role did music play in it?

BILL: I took piano and vocal lessons as a child and also learned to sing with my mother at church. I was also in plays and productions. Music was always playing in the house and the car, especially gospel and jazz. Mom played piano and sang through childhood, and my sisters constantly played contemporary music. With my parents it was constant jazz and big band. My first instruments came in grade school. I started bass in late high school, then moved to guitar in college and stayed there.

Who—or what—in your life was the best influence on you as an artist? As a human being?

SUMMER: I would say Whitney Houston, Earth Wind and Fire, Lauryn Hill, and Stevie Wonder

As a human being, my parents were highly influential in my belief system. They were very involved in my life, and I'm thankful for that.

BILL: John Coltrane, George Clinton, Jimi Hendrix, Rolling Stones, Isley Brothers, Ohio Players (original), War.

Summer, you project the image of a beautiful, voluptuous woman in a cookie cutter world. How did you develop that amazing poise and self-confidence?

SUMMER: I was a competitive gymnast for my whole life and my favorite event was Floor. I loved to dance and perform, and that was part of why I medaled so often. Also my mother was a pageant queen, so I think I got a lot of my poise from being her daughter. It's probably genetic.

"Circles" is such an engaging song. What's behind it?

SUMMER: I was thinking about how our musical and life journeys have been similar and cyclical. It's interesting the way life seems like it's moving, but then you look around and even as you move forward, much of it seems like the same.

BILL: Trying to speak musically to the passage of time over life. Wanted to make a groove that says it's good to be alive through the good and the bad.

Did anything funny or weird happen while you were recording the album or videotaping "Circles"?

SUMMER: I would say the weirdest part was the fact that my concept for the video just didn't seem to translate to anyone. I really wanted to do this huge storytelling production, and the final



cut just didn't look like what I saw in my mind. We're still working on an extended cut of the video because I still want to tell the story, but I learned that I am a very complex individual.

How do you regenerate after giving yourself heavily to the music?

SUMMER: I live for giving heavily to the music. The only thing that typically needs recovery is my back and my vocal chords.

BILL: Why would I want to do that? The music don't stop.

What conditions do you need in your life in order to maintain your creative output?

SUMMER: I really need to have a safe and comfortable low-anxiety environment for the ideas to flow how they should.

BILL: Capacity to view the world objectively and translate experience into messages that resonate with the audience's experiences.

Are there any books or films that have influenced your work?

BILL: Several out-of-print books about Taoism, Zen concepts, and mental power. Books showed me that you will be more successful in all things if you flow with the current instead of fighting it.

What was the most mesmerizing musical experience in your life?

SUMMER: Opened for a national act for the first time as a young musician.

BILL: On stage in front of a full arena I first realized the full power of branding, imagery, and perception.

In your opinion, has music in general changed since you were small?

SUMMER: There's just less music in the music. It's more electronic and it lacks depth.

BILL: It's become more simplistic. Because people have shorter attention spans there's much more music coming more quickly from many, many more sources.

What does music mean to you?

SUMMER: Music means the world to me. It's literally the reason I live. Life is not worth living without music. Point blank period.

BILL: It's my art and my therapy, the endless journey of combining 12 tones into appealing and attractive vehicles to send messages.

Do you follow a spiritual discipline that helps you on your creative path?

SUMMER: I believe that Jesus is with me always to help me through this life and journey. I also speak my intentions over healing crystals and learn about the journeys of my ancestors to apply their life lessons to my own journey.

BILL: Meditation helped to center and focus my abilities.

If you had an artistic mission statement, what would it be?

SUMMER: Finish what you start and depend on nobody to do it!

BILL: Bring our best art forward as truly and purely as we can.

What's next for you?

BILL: Third and fourth album collections for Summer Dennis and producing some other artists that we're talking to.

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



AU Research into Migrant Workers in Alberta

Natalia Iwanek



Beginning on January 6, 2020, as part of a Social Sciences and Humanities Research Council (SSHRC)-funded national research project, Athabasca University will be conducting migrant worker-related field research in and around Calgary. As a federal research-funding agency, the SSHRC “promotes and supports postsecondary-based research and training in the humanities and social sciences.”

Coordinated by Jason Foster, PhD Associate Professor, Human Resources and Labour Relations, at Athabasca’s Faculty of Humanities and Social Sciences, this project will examine “...the lived experiences of migrant workers as they navigate precarious legal status in Canada, with a focus on the legal pathways in and out of status. The Alberta fieldwork consists of interviewing migrant workers experiencing precarious

status about their experiences, as well as other relevant officials and advocates.”

Migrant workers first appeared in Canada in 1973, as part of the Non-Immigrant Employment Authorization Program (NIEAP), which mainly focused on high skilled workers, such as doctors, but also permitted certain lower-skilled domestic and agricultural workers as well. However, in 2002, the “Low Skill Pilot Project, was created as a response to growing labour shortages, especially in western provinces. Today, the Temporary Foreign Worker Program (TFWP) governs migrant workers.

By 2014, 567,077 migrant workers were employed across the country. In Alberta, the oil boom attracted the greatest numbers. For example, in 2013, Alberta had 22% higher rates of migrant workers than the rest of Canada.

Migrant workers first came to Alberta from 1975 to 1982. However, these were mainly workers from other provinces. Although interprovincial migration began declining during the 2000s, by 2009 it slowed to a trickle. Permanent immigrants and temporary foreign workers (TFW) offset this decline. From 2000-2011, approximately 230,000 TFWs came to Alberta. 165,000 of these came between 2006-2010.

Those arriving from 2005-2008 were contracted as cleaning staff, construction workers, truck driver, and cooks, among others. Prior to policy changes, many had worked as university lecturers, technicians, and scientists as well.

On June 13, 2012, Bob Barenston and John Foster, both of Athabasca University, presented “Foreign Migrant Workers in Alberta” at the 84th Annual Convention of the Canadian Political Science Association in Edmonton. They state that temporary migrant workers are more vulnerable than the rest of Canadians as they have “very constrained mobility” and that their position is “very highly dependent on their continued good will of their employers.” They state that the Alberta Federation of Labour has documented exploitation, such as unsafe work, unpaid

overtime, and unsafe living conditions. For example, in 2009, 74% of inspected Alberta workplaces were found in breach of employment standards.

Federally, the Canadian Charter of Rights and Freedoms protects migrant workers, but provinces are responsible for workplace and occupational health and safety. Gaps in the enforcement of these protections have resulted in abuses. Foreign migrant workers are often susceptible to exploitation, as their labour mobility and access to employment rights are often restricted.

2010's audit by the Alberta Ministry of Employment and Immigration stated that 74% of migrant workers reported mistreatment at their places of employment. For example, on April 27, 2007, two Chinese migrant workers at Sinopec Shanghai Engineering Canada near Fort McMurray were killed. On October 10, 2012, Sinopec pled guilty to safety violations. In October 2008, Edmonton's migrant workers at Maple Leaf Foods went on strike over broken contracts and low pay.

Barenston states that the continued marginalization of these temporary migrant workers undermines the creation of "cohesive communities." He worries that "the presence of TFWs as economic competitors to Canadian workers, without accompanying social and political commonalities, can cause permanent residents to see migrant workers as part of the "other" whose interests are in competition to and in conflict with their own, thus undermining any potential for social solidarity."

Unfortunately, not much has changed to this day. However, various organizations are working toward helping migrant workers. The Canadian Council for Refugees focuses on helping all migrant workers achieve permanent resident status, protecting their rights through legislation and enforcement, as well as empowering the workers to have access to resources to maintain their rights.

Migrante Alberta, an affiliate of Migrante Canada, a national alliance of Filipino migrant associations, addresses issues facing Filipino migrant workers. They provide workers with assistance, while working with labour unions and other community organizations. Canada's second-largest Filipino population is located in Alberta and of the approximately 175,000, many are migrant workers.

Founded in 2019, Edmonton-based, Migrante Alberta is now in the process of raising money for Alberta's first migrant worker centre, which will provide education, training, and networking help. Settlement centres are often only open during business hours, which is unfeasible for migrant workers, who often work long and odd hours.

When recently contacted for more information, Marco Luciano director of Migrante Alberta says that "access to permanent residency" is the most pressing issue facing Filipino migrant workers. He states that many "that came under the TFWP are looking for ways to stay beyond their work status." They are "being exploited by unscrupulous recruiters and Immigration Consultants." In addition, employers often pay workers much less "than their Canadian counterpart[s]. Employers often do what they want because of the structure of the TFWP. "

To hire foreign workers, Canadian employers must receive a Labour Market Impact Assessment (LMIA) from the Canadian government. Employment and Social Development Canada (ESDC) grants Temporary foreign workers work permits after they receive an offer of employment from a Canadian employer. For many migrants, employment is LMIA based which means migrants are tied to their one employer for the duration of the employment.

On May 31, 2019 the federal government proposed new measures to protect vulnerable migrant workers and immigrants as a response to rising documented cases of labour exploitation, human rights abuses, and unsafe housing situations. Affected are workers with an LMIA employer-specific work permit, or those who have applied for renewal of their employer-specific work permit. As of June 4, migrant workers in abusive job situations with an employer-specific work permit will now be allowed to apply for open work permits and find other employment.

On July 26, a new initiative will also allow newcomers experiencing family violence to apply for temporary-residence permits in Canada with no fee. In addition, there have been provisions for allowing newcomers to speed up the process for permanent residence on humanitarian grounds.

On September 9, Canada also introduced a two-year project that allows new immigrants who did not previously declare all family members on their immigration forms to be exempt from the traditional lifetime ban on future family sponsorship that this omission originally called for.

Despite these positive changes, to date, the Canadian government has not signed or ratified the only international treaty designed to protect migrant workers' rights, United Nation International Convention of the Protection of the Rights of All Migrant Workers and Members of Their Families.

Natalia Iwanek is currently completing her Bachelor of Arts in English at Athabasca University and is also a freelance editor and writer. She can be contacted at <https://www.nataliaiwanekediting.com>



Law enforcement: Has Corruption Gone too Far?

Francesca Carone



News about another cop doing wrong seems to be a big focus in the media these days. Police now wear bodycams and are scrutinized and watched more closely than ever before, likely because people are sick of police corruption and officers going too far. Law enforcement is supposed to be filled with some of the best that society has to offer, and recruits undergo a comprehensive screening procedure. Despite this, ethical dilemmas are very common, and they produce some of the most important social issues of the day.

Although some officers, and those in command, may abuse their power or think they are above the law does not mean we should remove power completely, but we must attempt to control this corruption with ethical education and trustworthy chiefs and administrators. This is hampered by "The blue curtain" or "code of silence", which describes the unwritten rules amongst police officers that protect them from misconduct or crimes by forbidding their fellow workers reporting them.

I think all officers should be offered physical and ethical training as well as conflict resolution if they aren't already.

To me, values are important and are central to decision making because they provide a standard. This is important because law enforcement relies on these values in their recruiting practices.

The public is an important part of the justice system and if they do not trust officers, then there can be more problems and clashes with police. As an example, if one doesn't know the case of Rodney King, it was the case of a black male who was pulled over by Los Angeles police for a traffic violation after evading them. When they attempted to arrest him, he disobeyed orders, partly due to being intoxicated. However, instead of dealing calmly with the situation, police were filmed beating him up. They beat him so severely that he died from his injuries. The officers, however, despite the videotape, were found not guilty. The choices made by the officers created huge questions as to the integrity of police officers in general. This started the L.A. riots in 1992. The Rodney King story was an interesting one to me because it makes clear the implications of an officer's poor decision.

I could name countless tales of officers firing shots at people for no justifiable reason, or stories of planting evidence. These stories have created a bad reputation, but the majority of police are not this way. We know this thanks to body cams and other monitoring systems. That these body-cams are often put in place by the police forces themselves means we know that most law enforcement agencies, at least, are trying to be transparent. However, in their stressful jobs, officers can become hyper-vigilant and develop a mistrust for anyone who is not on their side or in their organization.

What about what you can't see, though, those in charge? Those with higher positions are not being watched with cameras. With entitlement often comes corruption, so it is easy for those in high positions to abuse their power. For some, the end justifies the means. Having this ideology is dangerous because the person believes that no matter what is done, if it is done reach a certain goal, it will be considered ethical. Until we can set up a system of checks against those in charge, I think we still have a lot more way to go toward ethical and transparent law enforcement.

Francesca is an AU student living in Nova Scotia, who enjoys animals, kids, and nature.



Fly on the Wall

Eyes Wide Shut? Expressing Our Best as Fish in the School of AU

Jason Sullivan



Q: *What do you call a fish without an eye?*
(Pause, wait for tension to build.)

A: *A fssshhh!*

That joke would have elicited more eye rolls had it been pronounced aloud, am I right? Words are the barter of banter, but they form different landscapes depending on their mode of expression. Our learning at AU is largely silent, yet, to really put the 'I' in our studies it helps to be able to elucidate ourselves vocally. And in life more generally, to claim to know something is to be able to regurgitate it on virtual paper

or with one's laryngeal organ.

Our minds absorb information sponge-like, like fish without eyelids. The mediums of speech and writing reflect an invisible boundary between reality as we perceive it sensibly by means of impression and reality as we conceive it intelligibly by means of expression. Some concepts, such as a definition of bad humour that at once demonstrates and describes its object, may elude explication to a *Fly on the Wall* such as myself. Flies, after all, also have eyes without lids. Ludwig Wittgenstein for his part stated that “of which we cannot speak, we must pass over in silence”. So, the fish joke probably would have been better unwritten. Yet, there will always be something lost in translation when we explain with language what we imagine in our pre-symbolic consciousness.

The AU in cAUght; Language as the Fish on the Hook

Learning and expressing what we've learned are different species of communication. Ludwig Wittgenstein, ever in pursuit of logical truth, summarized his goal of finding the truth of expression as “showing the fly the way out of the fly-bottle.” As metaphor, we can imagine our student selves as flies trapped in a bottle, buzzing hither and yon off the inner rim of the glass, only to, with a last burst of exaltation, shoot out the spout like words from a mouth. Is truth akin to finding that lost exit point, that narrow path to expressive enlightenment?

The truth is, truths differ in their appearance based on their form and context. William Hazlitt in 1825 noted stark variations between vocal communication and its written counterpart. Some speakers embody “a walking polemic wound up for the day” and surely stand-up comedians fill this bill. Meanwhile, these same erudite speakers may fall short of glory when plunked down at a laptop and asked to write a paragraph describing the essence of their routine. Further still, says Hazlitt, “beyond the routine of the daily newspapers and coffee-house criticism, such persons do not venture to think at all: or if they did, it would be so much the worse for them, for they would only be perplexed in the attempt” (*ibid*). A good public speaker's role is merely to “keep the gross and irritable humours of an audience in constant fermentation; and levy no tax on the understanding.”

By this view, comedy is not about truth but about shallowness; the funny bone is tickled but the current of its quivery remains unexplained. Current events may be fodder for pundits and humorists alike but Hazlitt sees their speeches as shallow and their routines as, well, routine. As students, we have to rise above the mundane if we are to effectively express our learning to a given audience.

Meanwhile, says Hazlitt, a great writer when thrust upon a stage may elicit not twitters but yawns. Hazlitt describes a major mind in English history named Edwin Burke who, despite the girth of his cerebral capacities, nevertheless in Parliament “was emphatically called the Dinner-Bell. They went out by shoals when he began to speak. They coughed and shuffled him down. While he was uttering some of the finest observations (to speak in compass) that ever were delivered in that House, they walked out, not as the beasts came out of the ark, by twos and by threes, but in droves and companies of tens, of dozens, of scores!” It remains for we at AU, then, to know our audience such that we draw concise descriptions from our wells of learning and express them with academical rigour to our tutors and in prosaic melody to our peers.

Behind Paltry Facts, The Passion of Meaning

A common denominator for all forms of expression is passion for the material; failing heartfelt interest a loose association of our coursework, with successes to come, may suffice. Some courses really are mere means to an end, after all. Even the dullest course on our transcript will help deliver us somewhere spectacular if we infuse our thoughts that way. If we have really learned our material then Hazlitt's injunction, that “zeal will do more than knowledge” will only be partly

true: zeal added to knowledge will make us truly captivating in our essays and in our speech. Passion is what makes us eloquent in life as in coursework; from mere stacks of notes, our words form a cavalcade. “A series of drops is not a stream” wrote Hazlitt, and for our learning to thrive and reach maturity, like a salmon returning to its home stream, our academic thoughts must flow in the same manner as our ordinary ruminations.

Back to Our Source Stream

The question arises: where is the wellspring of our normal and most mundane thoughts? We humans may have eyelids, but we can't blinker our thoughts. Derrida imagines this process whereby sentiments bubble toward the surface of our mind's ocean and then emerge as words as follows: “As soon as I speak, the words I have found (as soon as they are words) no longer belong to me...In soliloquy as in dialogue, to speak is to hear oneself. As soon as I am heard, as soon as I hear myself, the 'I' who hears itself, who hears me, becomes the I who speaks and takes speech from the I who thinks that he speaks and is heard in his own name; and becomes the I who takes speech without ever cutting off the I who thinks that he speaks. (Derrida, P. 177).

Thus, when we can recapitulate what we've learned in our own words we will know what we really know. Be they written or spoken, expression allows a fullness of ourselves to emerge that had remained previously obscure. A recent MAIS course I took, titled 'Creative Non-Fiction', included a video assignment; why not record a few imaginary lectures of yourself and see how you do? To select the means of expression that best illustrates our intent means to try them all out; the joke may fall flat, but the learning never ceases.

References

- Derrida, J. (1978). “La Parole Soufflee”. *Writing and Difference*. Chicago: Chicago University Press.
- Hazlitt, W. (1825). “On The Difference Between Writing and Speaking”. *BluePete*. Retrieved from <http://www.blupete.com/Literature/Essays/Hazlitt/DiffWritSpeak.htm>
- Wittgenstein, L. (Quoted by Jan Estep). (2008). 'Showing the way out of the fly-bottle: Finding Wittgenstein in Norway'. *Hermitary*. Retrieved from <https://www.hermitary.com/solitude/estep.html>
- Wittgenstein, L. (Quoted by Anat Biletzki). (2018). 'Ludwig Wittgenstein'. *Stanford Encyclopedia of Philosophy*. Retrieved from <https://plato.stanford.edu/entries/wittgenstein/>.

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.

AU-thentic Events Upcoming AU Related Events

MBA for Executives Webinar

Wed, Feb 12, 10:00 to 11:00 am MST
Online

Hosted by AU Faculty of Business
news.athabasca.ca/events/mba-for-executives-webinar-20200212

Register through above link

AUSU Council General Election – call for nominations

Until Fri, Feb 7, 11:59 pm MST
Online

Hosted by AUSU

www.ausu.org/event/ausu-general-election-call-for-nominations/

Register through above link

Looking ahead....

AUSU General Election

Tues Feb 25 to Mon, Mar 2
Online

www.ausu.org/events/

Check AUSU's Events page for timelines and details

All events are free unless otherwise noted.



The Study Dude Become a Doctor

Marie Well



Some of you AU students studying the health or human sciences may have ambitions of becoming doctors. Or you might have only dreamed of becoming a doctor. Either way, let us cheer you on!

And why not you? Doctors are in demand. So, you would be in demand. And you'd make a crazy salary while making a difference in people's lives. What a life!

But you'll want to get prepped for acceptance into a pre-med program. Here are a few tips on how to gain momentum now for your future in a medical program.

Get a great MCAT score. Consider taking a year off between premed and med school to study hard for your MCAT test. Or start studying now as you work on AU health or human sciences courses.

Get either research or clinical experience—or both. “Some people love seeing patients, and some people love running polymerase chain reactions for hours. While the two aren't mutually exclusive, it's true that research isn't for everybody” (p. 20). My doctor was the opposite. She left her clinical role with patients to work in research at a pharmaceutical company. She was award winning as a clinical doctor, but just as capable as a researcher. And, whatever she did, she rose to positions of authority. I believe her empathy was what made her shine. Consider the traits you have to help you shine in either a clinical or research field. You could gain early experience in whichever field most suits your strengths.

Consider the joys of clinical studies. “While you might not like running gels or mixing reagents, maybe you'll enjoy a clinical study. Clinical research can involve recruiting and interviewing patients, or perhaps data entry. These opportunities provide clinical relevance you may enjoy. Clinical research can also kill two birds with one stone, providing clinical and research experience at the same time” (p. 20). Clinical studies have the added bonus of possibly curing patients. And who wouldn't want to take part in extending a life? The meaningfulness of becoming a doctor is immeasurable.

Check out AU research opportunities. “Many universities have undergraduate research opportunity programs. Search for these programs at your school to get started.... Ask about research opportunities that also count for class credit or work study” (p. 20). AU offers NSERC grants to selected students for research purposes. After two years of study in a science field, you might be ripe for one of these grants. Apply because you deserve the reward and because it'll get you a step closer to premed. I got offered an NSERC research grant as an undergrad, but I had taken too few courses that one semester to qualify for the award. So, the grant went to my friend.

Get volunteer experience. If a research grant seems a year or two down the road, and if you want clinical experience now, then consider volunteering. “Finding a lab to work in is easy if you're willing to volunteer” (p. 20). I worked in a lab, and it was one of the most rewarding experiences

of my life. We hired summer students straight from high schools to work in the lab. We didn't have any volunteers, but we had space for at least three. If someone with the right skillset (even administrative) had made a proposal, perhaps we'd have found our first volunteer.

I bet you'd make an awesome doctor. A little vitamin B-50 to steady the hand, and you've got all the assurance you need to begin your journey.

References

Purtell, Danielle. (2017). *Kaplan: Your Guide to Med School Admission*. New York, NY. Kaplan Inc. E-book.

The Struggling Student Rants Changing Your Life is Neither Easy nor Cheap

Angela Pappas



We've all heard the famous, "change nothing and nothing changes" adage, quoted at one time or another by the famous philosophers (or Kardashians) of the times. And it seems everywhere you go you hear about people going after what they want and living the life they dreamed of, or so they post on social media.

Everyone is preaching that if you're not happy with your present reality it's never too late, you're never too old, to turn your life around. Heck, even our university has used this very same concept, in one spinoff or another, with their marketing campaigns geared towards us *mature folks*. However, how many people post about this on social media and also do this in real life remains a mystery. I'm not opposed to this mentality at all; if anything, I will be the first

one cheering for you from the bleachers, should you decide to turn your life around. I'll also be the first to swat the pesky horse flies away (also known as naysayers), should they decide to warn you about the difficult road that lies ahead. Most naysayers will do this out of genuine concern, not malice, or jealousy. They tend to be family or people in your life who truly care about you; hence, the difficulty in not heeding their advice to stay put. However, these same people are also the complacent ones—those who choose to complain about their circumstances, rather than act on their issues to correct them. They are the ones who choose mediocrity over excellence. One comforting truth for the majority of AU students is that we tend to choose excellence rather than mediocrity.

I've personally tried to never settle for mediocrity; I've always tried to push for better. Better results, a better career, a better quality of life, better development, better everything. I tend to map out the path to X, like a pirate in search of treasure; yet, the moment I reach the desired destination it feels like I've found a half-empty treasure chest. And so, I continue on my road to Ithaca, in search of wreaths and laurels. Those around me tend to express their concern and claim I ought to celebrate and rest, in fear of burnout. However, all the midway celebrations and victories feel hollow to me. When you have set the summit as your final destination, getting caught up and delayed at the mountain ledge for a pizza party simply annoys you. I was relieved when I discovered my feelings of never being content weren't so strange after all. I just finished

listening to an audiobook by US Navy Seal David Goggins, who was dubbed “the toughest man alive.” His philosophy is that success should be celebrated with *harder* work – not a pizza party (Goggins, 2018). Yes, you read right. When you’ve achieved a big goal, keep the momentum going. If you stop and rest in that small victory, you’ll end up getting comfortable and perhaps never achieve your ultimate goal – you know, the big one. The one you’re too embarrassed to even tell yourself about, never mind your family or significant other.

Pushing through is what AU students are made of. Many students are here for the long haul, for the full degree. And just when those around us tell us what we truly want to hear—to stop and rest after this last course—we sign up for the next one, because we’re not at that mountain summit just yet. And if we don’t ever get there, we’ll always wonder “what if?”

So, how does all this relate to money, the erstwhile topic of this column? It always leads to money. Pushing through for us AU-lifers doesn’t just involve overcoming long workdays, demanding family obligations, challenging courses and (sometimes) difficult instructors. It involves money—lots of it! We all know university education ain’t cheap, especially now, with AU increasing their tuition fees in a few months. I thought a lot about this lately, and the looming tuition hikes had a lot to do with it. I’ve never qualified for any funding or grants and the only help I did get was an AUSU scholarship a couple semesters ago, which showed up just in time! So, do I stop at the ten-course certificate requirement (coming up), or do I keep going for the undergrad? Heck, I could use the money elsewhere and spend my free time catching up on all the things I’d like to do one day! I have a great job right now, I have my designations, and I’m not entirely without a post-secondary education. Then, to make it worse, the nag inside of me started rearing her ugly head, “When are you finally going to spend more time with your friends and family?” “Aren’t you sick of telling people you have no hobbies because you work and study?”

I’ve thought about this for a couple months now since my last big step towards “victory.” A few weeks ago I accepted an amazing opportunity and had to sell our home and relocate my family across the country within six weeks. But this was something I had been dreaming of for years. This was a very expensive move, with lots of stress and struggle involved, but the benefits undeniably outweighed the costs. However, we would’ve never been here if it wasn’t for my AU education and my relentless renunciation of rest. Investing in myself is finally starting to pay off, as I suspected. It’s not a matter of working harder; it’s a matter of reaching a point where you work smarter.

The education we get at AU helps us do this. Investing in your professional growth will not only yield returns but will also present you with ‘right now’ benefits. The time, effort and money invested will have a direct impact on the quality of life you and your family will experience well into the future. Our education is not only for the benefit of present or prospective employers. It helps create a strong foundation to build on and impacts the ability to perform, prosper, achieve goals and live to the fullest.

Because, the reality is, you can’t live life to the fullest if you don’t have the money to fund it. The debate of whether post-secondary education is worth the outrageous costs has been ongoing for decades. I won’t tell you it’s worth it, and I won’t tell you it isn’t. A full post-secondary education is not something cheap, and takes up both your time and lots of money! What I will tell you, is it can change your life for the better and if you’re willing to make a few adjustments you can make all the tuition back tenfold!

References

Goggins, D. (2018). *Can't Hurt Me: Master Your Mind and Defy the Odds*. Lioncrest Publishing.

Angela Pappas is a part-time AU Certificate student who enjoys learning and discussing anything personal finance and personal development related.



Canadian Education News

Scott Jacobsen



Growing Numbers of International Students at Postsecondary Institutions

According to *The Canada Immigration Newsletter*, the number of international postsecondary students have been increasing with some postsecondary institutions “calling for more,” as the number of international students at Canadian colleges and universities permits the expansion of programs through additions to the funding of the universities.

Canada has made it easier for international students with programs such as the Student Direct Stream, or SDS, which allowed students

from Morocco, Pakistan, and Senegal to pursue their educations with more ease, including students from China, India, the Philippines, and Vietnam receiving study permits within 20 days.

The President of Universities Canada, Paul Davidson, said, “It’s really important for the future of Canada that we continue to increase the number of international students and that they have positive experiences and contribute to the Canadian economy and Canadian society.”

Indeed, many students seek permanent status after the completion of their educations. Based on information from the Canadian Bureau for International Education or CBIE, 60% of the international students who complete their educations within Canada intend to apply for Canadian permanent residence.

Cuts to Alberta’s Postsecondary Education Becomes Reality

GlobalNews stated that the new funding most for the postsecondary institutions in Alberta have ties to some performance measures. In that, if a college or university, potentially, fails to meet some performance criteria, then the funding may be reduced or cut.

Demetrios Nicolaides, Advanced Education Minister, said that up to and including 15% of the operational funding for the postsecondary institutions in Alberta will be linked to enrolment and graduation rates, and then the filling of the job market needs. This is by April, 2020. By 2022, the number is expected to move up to 40%.

“We can build a stronger post-secondary system... that ensures young Albertans can find rewarding careers (and) a stronger system that ensures taxpayer dollars are being used to support teaching and research instead of growing administration.” Nicolaides stated.

He noted how the model is being used in the United States, Hong Kong, and some European countries at the moment. He further commented on how many leaders and policymakers are looking at the relationship between government funding and the labour-market outcomes of colleges and universities, which comes down to remaining “competitive.”

Athabasca University Launches PowerED™

“The addition of PowerED™ signals an exciting new chapter of accessible, life-long learning at Athabasca University. PowerED™ provides learners with opportunities to enhance their competencies with relevant, professional development learning, while earning credentials other than a formal degree,” said Dr. Neil Fassina, Athabasca University President, in a recent press release.

The goal of PowerED is to make individuals and organizations more able to quickly develop the skills needed for them. PowerED™ offers online and innovative professional development certificates and courses suitable for the modern complex business environment.

With an unprecedented rate of transformation of jobs by “technological changes, demographic changes and economic challenges in the workplace,” CEOs may find and workers will find great utility in the opportunities available through PowerED™.

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



Brittany Daigle

Course Exam

AU courses, up close

Course Exam

Brittany Daigle

CHEM 350 (Organic Chemistry I) is a three-credit, senior-level chemistry course that covers the chemistry of carbon compounds through a study of the characteristic reactions of the common functional groups. This course emphasizes the study of reaction mechanisms to show similarities between apparently unrelated reactions. The importance of stereochemistry is stressed throughout the course. CHEM 350 also covers an introduction to the use of spectroscopy in the analysis of organic compounds.

Students should be aware that credit for CHEM 217 (Chemical Principles I) and CHEM 218 (Chemical Principles II), or courses equivalent to a six-credit, first-year university general chemistry course should be obtained prior to enrolling into CHEM 350. Students who do not have the formal prerequisites may take the course with the permission of the coordinator, if they are judged to have the necessary background and experience. Concurrent registration in CHEM 218 and CHEM 350 is not permitted. To avoid unnecessary delays, the course professor will normally grant permission for students to register in CHEM 350 as soon as the final examination in CHEM 218 has been written. CHEM 350 is not available for challenge.

If you are interested in learning more about Chemical Principles I and Chemical Principles II, read my CHEM 217 and CHEM 218 Course Exam articles.

CHEM 350 has a compulsory laboratory component that requires students to complete around thirty-two hours of laboratory work (there are three lab formats). Credit may be obtained for equivalent laboratory work carried out within the last five years at a recognized college or university. Laboratory sessions are offered throughout the year in Edmonton. It is strongly recommended that laboratory work be undertaken when about two-thirds of the course has been completed. All labs are mandatory, and lab work and assignments should be completed before the final examination is attempted.

Organic Chemistry I is made up of sixteen units, with assignments weighing ten percent, laboratory work weighing a total of twenty percent, a midterm examination worth twenty percent, and a final examination for the remaining fifty percent. To receive credit for CHEM 350, students must achieve a course composite grade of at least a “D”, or fifty percent. Students

must achieve a minimum grade of forty-five percent on each examination, an average of at least sixty percent on the assignments, and an average of at least fifty-five percent on the laboratory work.

Heather Fox is currently enrolled in the Bachelor of Science in Human Sciences program at Athabasca University and she hopes to be finished in just over a year. She has also completed CHEM 217, CHEM 218, and CHEM 350 at AU. A stay at home mom in Calgary, Alberta, Heather has twin toddlers and a teenager, and notes “I work from home running a successful Etsy shop, and also volunteer on the side for our local twin association.”

When asked to explain CHEM 350 to students, Heather states “This was a basic organic chemistry class. I found it quite a bit more difficult than the previous chemistry classes. It covered the nomenclature and structure of the different organic molecules, as well as the different classes of organic molecules and their applicable reactions. The textbook was a wiki text and I personally did not like it at all. I felt that it didn’t cover the material as clearly as it could have, and I was often left to research more information on my own and I had to look for textbooks I could pull reactions etc. from. I also found the practice questions were not helpful.”

As for the structure of the course, Heather explains that she “had two assignments, a midterm, a final, and lab reports. I found the assignments challenging, as I don’t feel that the course material provided adequately prepared me for them and I really had to search for more information. I relied on my tutor a lot for help.

“The labs were done over a four-day period in Edmonton and I really enjoyed them. The lab staff was very helpful and knowledgeable. The lab write ups were all done by hand, which was a little frustrating because I prefer to type them up. There were practice exams provided for the midterm and finals, and they did help prepare for the exams.”

Heather would not recommend this course, explaining that she “felt that the material provided isn’t enough to help students and it was very stressful to try to figure it out. I feel like there should be an actual textbook, not a wiki text that can be changed.”

As for tips and tricks to successfully completing this course, Heather states “Try to find as many practice questions as you can online to help figure out the reactions. Do not be afraid to reach out to your tutor as much as you need to succeed in the course. I also found [Leah4Sci’s YouTube channel](#) very helpful to learn reactions and steps.”

As for communicating with her tutor, Heather states “I didn’t have any issues with the tutor, exams and assignments were marked quickly and they were always quick to reply to emails. She even set up a virtual desktop tutoring session for me before my final where she explained everything in detail and took the time to answer all of my questions and showed me virtually how the reactions were done.”

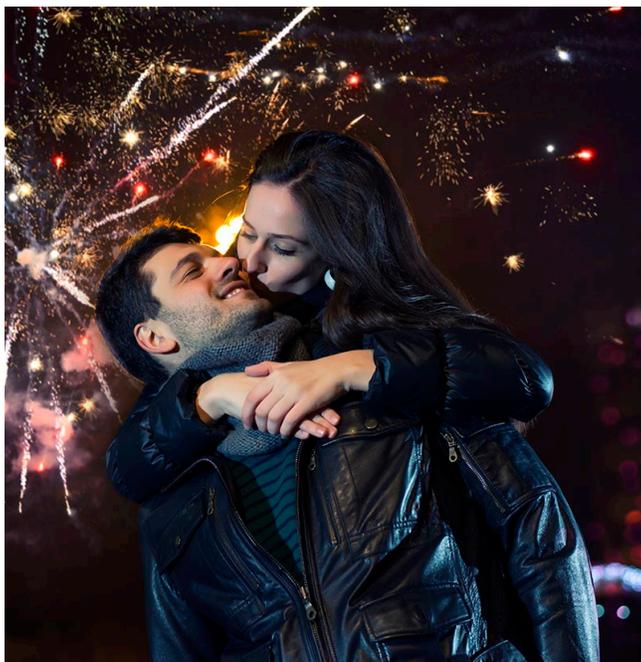
When asked if she would change anything about the course, she states “I hated the online textbook and would recommend switching to an actual textbook, whether it be digital or hardcopy.”

Whether CHEM 350 is a degree or program requirement of yours, or the topics mentioned above are of interest to you, this course will have you learning a lot of interesting material surrounding the topic of organic chemistry.

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

Fireworks on Valentine's Day

Marie Well



Our hearts melt when we hear of two married centenarians who die days apart. A real-life fairy tale, right? One in a million. But did you know that, with each passing year, you can make your relationship more romantic, more caring, and more special, too? If you plan on being in love for the rest of your life, that means euphoria awaits your final embrace. What a way to go.

So, let this Valentine's Day mark the moment your relationship explodes into sparkles and fireworks: a celebration that ignites more magnificent each minute until the day you die.

Just don't listen to the naysayers who say love goes south after the courting period. Author Paul Friedman says, "We have heard so many variations of 'it's different after you're married.' And yes, it is supposed to be different—different better! The better you know your best friend and lover, the

more you are supposed to use your intimate knowledge to be nicer in ways no one else in the world can match, because no one knows the little secrets about your spouse like you" (p. 33).

If your Valentine loves massage, barbecue-rubbed steaks, and the scent of cherries, cater to his or her fancies. Also, say only things that'll boost your Valentine's confidence or spirits. "You look handsome in your new coat," or, "You make wise decisions," or, "You have the sweetest smile."

Style your hair, dress in his or her favorite outfit of yours, and place your heart front and center. Try to be like you were on your first dates. "No matter who you are, you tried to be romantic and sexy, and no matter who you are, your efforts were appreciated" (p. 28).

Wasn't this how you acted when you first courted your Valentine? "You were patient, kind, and attentive. You were sweet, funny, considerate, noble, and appreciative; right? You were oh-so-polite, always smiling, constantly complimenting each other, and you easily laughed at each other's jokes, even when they were not all that funny. You dressed to impress, washed behind your ears, and bent over backward to do special little things for each other. You bought flowers for each other, made cookies, maybe called or texted each other all the time" (p. 28). That should be your behavior every day—for the rest of your married life. Your behavior should be built on always testing new ideas for taking your love over the top.

Yes, take your love over the top especially on Valentine's Day. You could buy heart-shaped helium balloons, a heart-shaped cake, a heart-shaped box of chocolates, and a heart-shaped ring. Just make your romance magical. But don't neglect to sprinkle on the love dust every passing moment.

And always treat your Valentine well, even when he or she is moody. "Do you recall when you courted your pre-spouse and they were in a bad mood or had a bad day? You did all you could to ease their suffering, right? That is correct marital behavior, not just correct behavior for courting!" (p. 30). If your Valentine is not acting kindly, cater to his or her comforts. Keep smiling and saying sweet words. "You control yourself all the time. You behave well for any person who is

important to you, like your boss or a customer, and you now need to include your spouse in the category of those for whom you control yourself” (p. 30).

But never let your relationship slide. Once you let the negative enter, the promise of euphoria on your final embrace fades. So, don't let the following be your fate: “Instead of treating each other like royalty forever, as you promised, you fell into habits of behavior you would never dare use on anyone else. What happened to the flowers? What happened to the smiles and sexy looks? What happened to compliments, sweet phone messages, careful grooming, supportive chats, little gifts, funny stories, gentle smooches, loving looks, special dinners, and unasked for shoulder rubs?” (p. 31). Those are acts of real-life fairy tales. Enjoy giving such selfless acts on Valentine's Day and every day thereafter. Those acts build the burst of love we all wish to part with the day we die.

References

Friedman, Paul, & The Marriage Foundation. (Revised 2012). *Breaking the Cycle*. PDF.



Porkpie Hat An Epiphany in the Gallery



Darjeeling Jones

I took a mental health day for myself last week and paid a visit to the art gallery. I arrived there just as it opened, and it was a day of inclement weather. Perhaps for that reason, I was the only visitor for well over an hour. Freezing rain and high winds were hurling themselves against the gallery's windows, which added to the sense of blissful warmth and comfort inside, and the darkness of the day seemed to impart a soft gem-like glow to the works of art.

I spent most of that time standing in one room, before a wall filled, salon style, with gorgeous Renaissance-, Rococo-, and neoclassical-style paintings, each of them presented in lavish and intricate golden frames. It was an overwhelming feast for the eyes, and I felt myself drawn in, compelled to move closer-and-closer to them, perhaps in much the same way that a dinner guest standing in the host's kitchen might bend over a pot on the stove, savouring the smell of an aromatic stew. I had been in front of this particular wall many times before, but leaning in that close like that (just far enough away to stay on the good side of the security guard) I of course noticed many small details that I had at other times overlooked. (I also think that slowing down, focusing on your

breathing, feeling the lingering intimacy of found time, can give you a deeper, more acute vision.) Miniature wonders were revealed to me: the intricate craquelure of the aging paint; almost-invisible faces in the deep chiaroscuro, the individual, luminous feathers on a cherub's wings. Standing there, it was as though I was standing in the sumptuous half-light spilling from the partly-opened door of the past.

It was a beautiful, serene filling, but also a slightly unsettling one. I had a little epiphany that I may have been spending much of my time improperly, recklessly squandering it by trying to take in too much, be too many places at once. To go back and overwork the diner analogy just a bit more, I felt as if I had been dashing about the buffet table, heaping my plate with all manner of meats and cakes, washing them down with wines of different vintages stirred into a single glass. It seemed to me that, consumed by a keen appetite for experience and beauty, All-too-often I had behaved like a glutton, swallowing it all - art, music, books, films, relationships - without giving them the full measure of time and attention that they deserve.

I know the idea that "time is precious" is not exactly novel. Still, understanding came upon me that cold, blustery morning, early into a new year, a new decade, with an intensity that it had rarely had before. It became clear to me that each day, each hour, each moment are things precious beyond measure. Small though they may be in the context of Eternity's immense salon, each of them is as rare and precious as a jewelled egg, a netsuke carving, a haiku, or a cherub's fist.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group



Alicia wonders what happens if not all coursework is completed; responders advise to check the course syllabus for info. Danielle seeks feedback about academic references for a masters program; some students share their tips for getting a reference and others reply they've been accepted with professional references. Samantha is curious when course materials will be sent for a course that starts July 1; students report it varies from right after enrolment to within weeks of course start date.

Other posts include Master of Counselling program, dropping a course and retaking later, exam date screw-up, and upcoming AUSU General Election.

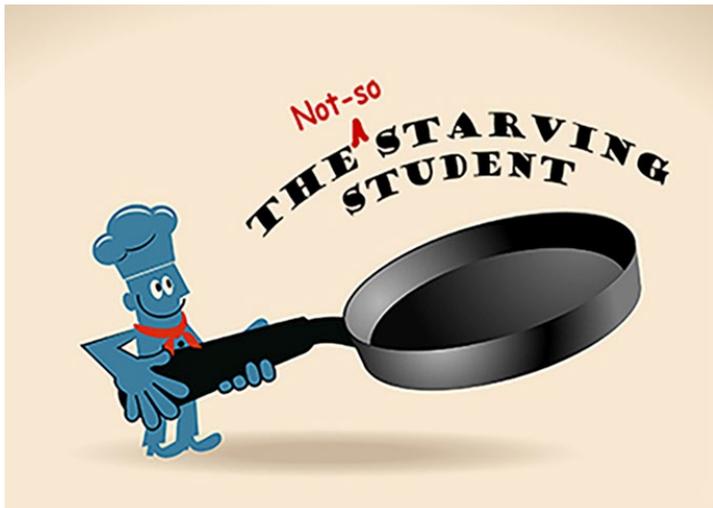
Twitter

@AthabascaU tweets: "Since 1970, we've been transforming learning and lives. 2020 will be a year full of celebration, and we can't wait to share it with you. Learn more about Beyond 50 and our big plans for the future of learning: <http://bit.ly/2QS2rFq> #athabascau50 #athabascau."

@austudentsunion tweets: "What's the buzz on being an AUSU councillor? Find out what your fellow AU students, Brandon Simmons and Natasha Donahue have to say about the benefits of being on student council in our AUSU Open Mic Podcast! <https://bit.ly/2uwfa90> #igo2AU #AthabascaU."

The Not-So Starving Student Easy Nepalese Curry

Xin Xu



Having lived with a Nepalese roommate who was an exceptional cook, I learned a few recipes that are unparalleled by any dish you've had in a restaurant. I didn't realize how simple it was to create the perfect curry without using any packaged curry sauces. While I'm not an expert in South Asian Cooking, the recipes she showed me demonstrated the simplicity of the recipes; just about any student chef could pick them up. Despite having written down the steps involved, I was taken aback at how casually she went about her cooking. There were no tablespoons or teaspoons for that matter. In fact, in many cultures, cooking is about experimentation rather than precision. For AU

students craving something different for your meal preparations or wowing some house guests, this Nepalese curry recipe will mean you won't have to rely on pre-made curry sauce mixtures.

While variations of curry exist in many Eastern cultures, my favorite thing about Nepalese curry is the fragrant spices and the total penetration of the seasoning into the protein. It also doesn't require any special cooking tools or appliances other than your trusty frying pan.

Total preparation and cooking time: 2 hours

Total prep time: 30 minutes

Cooking time: ~1 hour and 30 minutes

Curry Ingredients:

- 1 can Tomato sauce
- 1 chopped onion
- 2 vegetables of your choice: some of my favorites include mushrooms and green peppers
- 8 chicken thighs deboned or bone on
- 3 chopped garlic
- 1 inch of ginger chopped
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp fennel seeds
- 1 tsp turmeric
- 1 tsp masala powder
- 1 tsp curry powder
- 1 tsp freshly ground black pepper
- ¼ tsp salt
- 2 dried chillies
- 1 bay leaf
- 1 cup chicken stock or 1 cup water
- Optional: Cilantro for garnish
- 1 tsp of 2% milk or heavy cream



Traditional Basmati Rice preparation instructions:

1. In a pot, rinse 1 cup of basmati rice until the water becomes clear
2. Add enough water to cover the top of the rice by 2 inches
3. Cook the rice over the stove on low-medium heat for 15-20 minutes
4. Check to see if the water is fully absorbed and the rice is fluffy and light
5. Add additional water if the rice is too firm and continue cooking for 5-10 minutes
6. Serve

**Instructions:**

1. Mix the salt, pepper, turmeric, paprika, cumin, fennel seeds, and masala in a bowl and coat the chicken evenly
2. Heat oil in a frying pan over medium heat
3. Dry roast the garlic, ginger, chopped onions and chilis to release aroma for about 20 seconds, ensuring the spices are not burnt
4. Add the chicken and allow to simmer for 1 minute
5. Once the surface of the chicken has changed color slightly add a cup of tomato sauce
6. Cover the saucepan and allow to simmer for 30 minutes on low heat
7. After 30 minutes add a bay leaf and vegetables of choice (green onions and pepper)
8. Add 1 tsp of milk or heavy cream to the mixture
9. Cover with the lid and simmer for another 30 minutes
10. If too much water remains in the saucepan, allow it to evaporate over low heat for another 15 minutes
11. Serve over rice
12. Add garnish of chopped cilantro (if desired)

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: A-1 Auto Transport Annual Scholarship

Sponsored by: A-1 Auto Transport

Deadline: March 10, 2020

Potential payout: up to \$1000

Eligibility restriction: Applicants must be full- or part-time students at an accredited or non-accredited institute, truck driving school, or other logistics program, and must have a minimum GPA of 3.0.

What's required: An email with contact and school info, along with an original essay of at least 1000 words on a topic relating to A-1's business.

Tips: Scroll down past the suggested essay topics to see links to last year's essays.

Where to get info: www.alautotransport.com/a-1-auto-transport-scholarship/





Dear
Barb

Barbara Godin

Living in an Amish Paradise

Dear Barb:

I am dating an Amish man. We met many years ago as kids while we were growing up. His family tried to keep us apart, but we saw each other secretly and eventually they turned their heads. I believe they hoped if they stopped fighting this relationship that it would eventually just run out of steam. That didn't happen and we are in love and talking about a future together. The problem is the future he envisions for us is not the future I envision. Consequently I am having doubts, because Daniel expects me to live the Amish lifestyle. I don't know if I can live that way of life; I'm used to a different existence, which includes all the creature comforts. Although I love Daniel, when I look at his mother and sisters and how they live, even wearing the attire with the full bonnet does not appeal to me. I was hoping I would be able to get Daniel to leave the Amish community, but he is not open to that possibility. I don't want to get trapped into a lifestyle I cannot sustain and even worse bring children into a situation I am not comfortable with.

Looking for advice, thanks, Christina.

Hi Christina:

Thanks for your very important letter. Customarily Amish people are expected to marry within the Amish community. Amish men can marry outside of their community as long as the woman becomes Amish; on the other hand Amish women

are not permitted to marry outside of the Amish community. Although men are allowed to marry outside of their community, it will be very difficult for their wives to be fully accepted by others within the community.

No doubt Christina it would be a difficult road and you have to be fully committed and prepared to undertake this journey. Since you are having doubts, perhaps you are realizing this may not be the path for you. The Amish people do not seek or desire to add outsiders to their community. After marriage you are required to live within the Amish community and this includes a conservative lifestyle without electricity, travelling by horse and buggy and without many other modern conveniences, which obviously you are aware of. There are pluses to marrying an Amish man, one being that they share the responsibility for child care, working in the fields and household chores, equally. I would suggest that you and Daniel attend a couple of premarital counseling sessions together. These sessions are helpful in bringing out things a couple may not have discussed, and I believe you and Daniel have many concerns to discuss before you take a serious step like marriage.

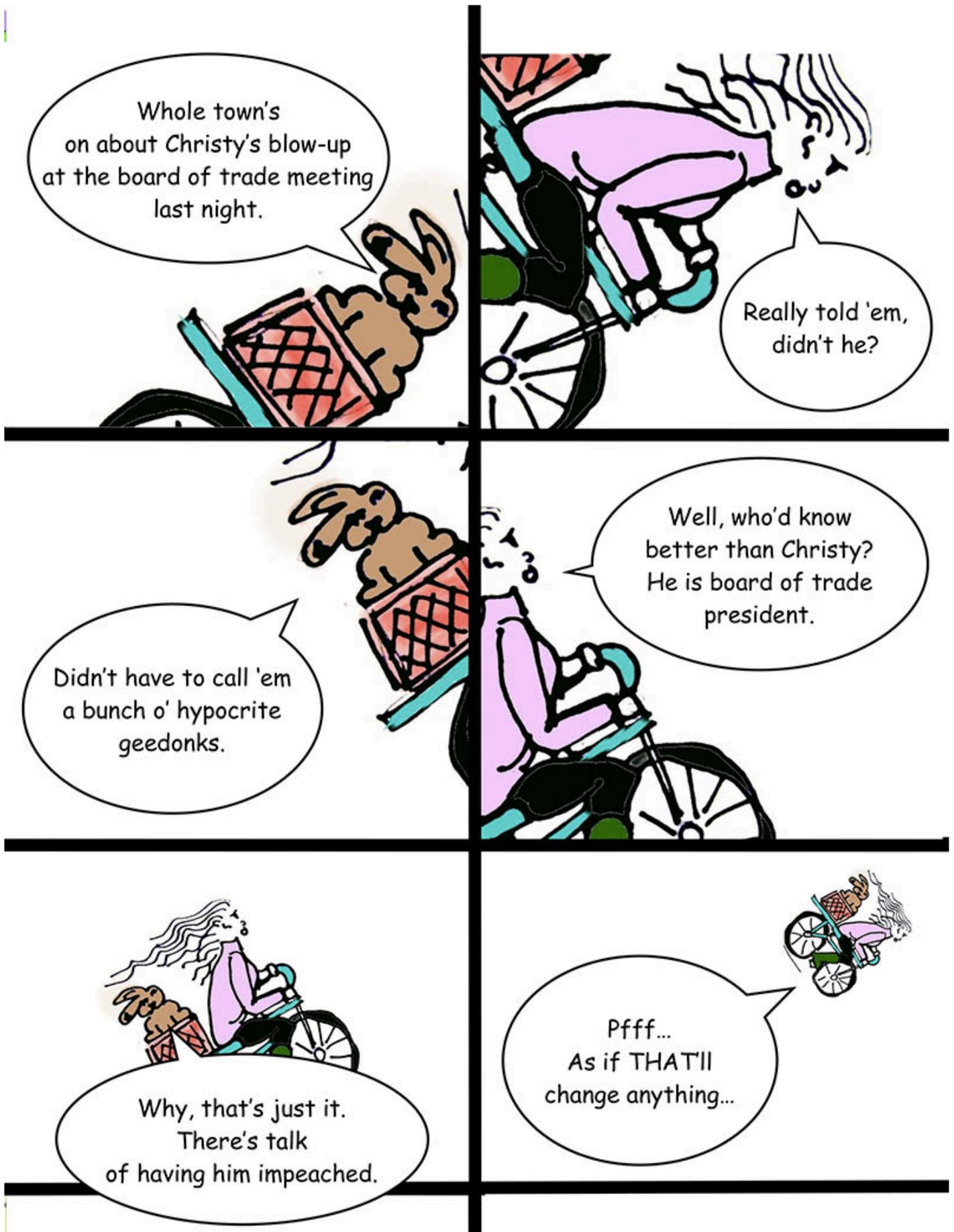
Best of luck to you both.

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
The Futility of Impeachment

Wanda Waterman



The information on this page is provided by the AU Students' Union. The Voice does not create this content. Contact AUSU at services@ausu.org with any questions about this article.

IMPORTANT DATES

- **Feb 7:** [AUSU Election – Nominations Close](#)
- **Feb 10:** [Deadline to register in a course starting Mar 1](#)
- **Feb 12:** [AUSU Election – Candidates Announced](#)
- **Feb 15:** [Mar degree requirements deadline](#)
- **Feb 25-Mar 2** – [AUSU General Election](#)
- **Feb 29:** [Deadline to apply for course extension for Apr](#)

Last Day to Apply to Run for AUSU Student Council – Feb 7

The call for nominations for the AU Students' Union Council Election is almost closed! Apply by midnight on Feb 7!

Why should you run for Council?

Make your student voice heard during a time when Athabasca University navigates their way through government funding cuts and changes to the Alberta post-secondary system.

Help advocate on behalf of your fellow AU students and create a student community for AU students all over the world.

AUSU student advocacy is not just about Alberta – it impacts all AU students across Canada and around the world. Be on the forefront of determining what your academic experience at AU will be.

Now more than ever, the voice of the AU Students' Union council will have an impact on your future

Run for AUSU Student Council!

To run for council, submit the [Nomination Package](#) to cro@ausu.org by **February 7, 2020**.

AUSU students will elect 13 students to council during the [AUSU general election](#). Following the general election, the new council will also internally elect the three executive positions - President, VP External and Student Affairs, and VP Finance and Administration.

Visit the [AUSU website here](#) for more info.



Pharmacy Savings for AU Students

AUSU teamed up with Alliance Pharmacy and Direct2U Prescriptions to offer our members some great pharmacy savings and perks?

The promotion includes:

- Free, next-business-day prescription delivery anywhere in Canada.
- Lower drug costs and dispensing fees.
- Refill reminders by phone, text message & email.
- 10% off at the Alliance Pharmacy online store – just use the promo code “AUSU” during checkout.
- Free phone consultations with qualified pharmacists.

Visit our website [here](#) for more info.



Eyewear Discounts

AUSU teamed up with FYidoctors to bring some great “preferred partner” savings on eyewear to our membership. You can save up to 40% on eyewear, including designer frames, upgrades, contacts, and more!

FYidoctors has over 300 locations across Canada, and growing, so you are sure to find a location near you!

Visit the [AUSU website here](#) for more info.



CLASSIFIEDS

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

THE VOICE

301 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7
Ph: 855.497.7003

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

Regular Columnists Barb Godin, Barbara Lehtiniemi,
Jason Sullivan, Wanda Waterman, Xin Xu and others!

www.voicemagazine.org

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

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

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

© 2020 by *The Voice Magazine*

ISSN 2561-3634