



# THE VOICE

Vol 29 Issue 17 2021-04-30

## Minds We Meet

Interviewing Students Like You!

## Working From Home

Defending the Castle

## In Repair

Honourable Mention

*Plus:  
And the Winner Is...  
Women of Interest  
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

Minds We Meet: <i>Jadianne Simpson</i> .....	4
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## Articles

Editorial: <i>We Have Winners!</i> .....	3
In Repair .....	6
A Rant: <i>Why Working from Home is Terrible</i> .....	9
And the Winner Is... ..	13
How Laughter can Bring Us Success .....	22

## Columns

The Not-So Starving Student: <i>Easy Tom Yum Soup</i> .....	11
Course Exam: <i>Biol 230(Human Physiology</i> .....	14
Fly on the Wall: <i>Meandering and Growing</i> .....	17
Homemade is Better: <i>Rocket Stove</i> .....	20
Women of Interest: <i>Margaret Wilcox</i> .....	21
Dear Barb: <i>A Friendly Annoyance</i> .....	23

## News and Events

Scholarship of the Week .....	8
Vintage Voice .....	12
AU-Thentic Events .....	15
Student Sizzle .....	19
AUSU Updates .....	25

## Comics

Poet Maeve: <i>Real Art on Tap</i> .....	24
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Views and articles  
presented here are those  
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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  
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Volume 29, Issue 17

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Magazine

ISSN 2561-3634

# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://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

### We Have Winners!

Karl Low



The judges have given their verdict, a winner, a runner-up, and even an honourable mention were pulled from over 30 entries into *The Voice Magazine's* writing contest on the fiction side. I'll be running those three entries and maybe some others that I personally think are notable over the next several weeks, but we're starting off this week with the honourable mention. So check out "And the Winner Is..." for all the info on both our prestigious judging panel and who took the prizes and recognition!

The non-fiction judging panel is taking a little bit of extra time, as they're all pretty busy people and so I'm just pleased they were willing to take some time out to review the entries. Hopefully, I'll be able to report some results from them soon!

Also this week, we have a featured interview with student Jadianne Simpson. If you're a student who started off with one life path in mind and then came to realize it wasn't quite what you wanted, you may find a kinship in Jadianne's story. And speaking of the Minds We Meet, I'll soon be posting on Facebook looking for a new person to take over the column,

as Natalia is going to be spending more time focussing on her AUSU executive duties (and honestly, I don't blame her). But to make sure we keep our focus on students, I'm going to need help from you, both as interview subjects and potentially as my new interviewer. So if you've been itching for a good reason for some human connection during the pandemic, or you simply want to get to know more of your students, please contact me at [karl@voicemagazine.org](mailto:karl@voicemagazine.org). We give help to get you started creating solid interview pieces, and then pay you to simply have a chat with another fellow student and make an article from it!

Also this week, Woman of Interest presents Margaret Wilcox, a woman who created a patent for a car heater back in 1893! If you regularly look at the Woman of Interest column, you'll note we typically try to get a picture of the subject, but this time we don't have one. It was a stark reminder for me to be careful of the things you see on the internet, as if you search for Margaret Wilcox and her car heater patent, you'll easily find quite a few images purporting to be her, but look closely. The picture you'll find obviously comes from the mid-20<sup>th</sup> century, I'd guess the mid 1960s or so, as women of the 1860s (when Margaret Wilcox, inventor, was about the right age for the photo) typically wore high collars, or button-up blouses. Yet in photo after photo we see a woman wearing a light sweater with a hair-style that surely took some hairspray to maintain, neither of which were in much use (or even existed) back in the 19<sup>th</sup> century.

It's a stark lesson that we as AU students, perhaps more than any other, need to remember: the internet makes mistakes. Not even photographic evidence is safe.

We also get a rant from former student Jeff Shermack, as he talks about something every AU student can identify with, working from home, and the difficulty that causes in separating what is work with what is home, and what that ends up meaning.

Of course, we also have recipes, advice, reviews, scholarships, events, and more!  
Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the letter "l".

# MINDS WE MEET



Who are your fellow students? It can feel like you are all alone in your studies, but across the nation, around the globe, students like you are also pursuing their AU education, and *The Voice Magazine* wants to bring their stories to you. If you would like to be featured next, do not hesitate to get in touch!

*The Voice Magazine* recently had the chance to chat with Jadianne Simpson from Medicine Hat, Alberta, the Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Jadianne is currently finishing her last four courses in the Bachelor of Professional Arts in Human Services here at AU. She stated, "This program was never in my original plan for my education, nor will it be my finish line. After spending the better part of a decade

working as an education assistant, I realized that my passion is not in helping students ace spelling and math tests, but rather making sure that their hearts are happy and they feel safe. The amount of mental health support for our youth is severely lacking and I am excited to be a bigger part of the change! My previous diploma transferred into my current degree program and upon graduating, I will be enrolling in whichever Master's of Counselling program my wallet can handle." She is also a mother of four, and has had the opportunity to live all over the province, as "a daughter of a truck driver," before settling down and spending the majority of her life in Medicine Hat.

When she is not studying, Jadianne can be found "arguing with teenagers who 'know everything' or hiding from a 7-year old who wants to know everything." She continued, "All jokes aside, I love being a mom and spend much of my time volunteering in whatever activity they are currently participating in. COVID-19 has significantly reduced my opportunities to volunteer and so I have filled that void by dedicating my time as a Keep In Touch caller through Canada Mental Health, and empowering other AU students to keep pushing through their personal barriers."

When asked who in her life had the greatest influence on her desire to learn, Jadianne stated, "My influence to continue learning comes from many people and many situations. Seeing the limited emotional intelligence in our youth today pushes me to be an example that hard things can be accomplished. Some other wise person once told me that 'If you know better, you can do better' and I have always tried my best to live up to that idea. Learning provides me the opportunity to be a better parent, a better professional, a better friend. And honestly, someone has to be able to answer the constant 'But why/how?' from the youngest child, right?"

As for her experience with online learning? “Online learning is not everyone’s cup of tea (Just ask my teenagers how much they loved COVID learning!) but it will forever be my favourite part of my education. The freedom to smash out a course in 10 days or take a week off to sit poolside in the sun without missing any important information from class just can’t be beat.”

Despite her contentment with online learning, she admitted that she did waver about continuing her education at one point. She explained, “PHIL 231 [Introduction to Philosophy: East and West] was the first course I took at AU, and had it not been for the amount of money invested; *SparkNotes*; and the (eventually understood) encouraging quotes of Confucius, it may have been my last one as well. It was through this course that I learned the value of reaching out to tutors, and leaning on fellow students. It may also be the cause of my need to help other students in their courses; my way of giving back and paying it forward.”

Her most memorable course so far has been HSRV 306: Critical Reflection for Practice. “It was not by any means the most difficult course, nor was it packed with large amounts of information. Despite this, it is the course that I learned the most through: who I am; where I have been; and what I want to do with my life . . . all in one assignment! Oh the power of personal reflection! It is also a course that gave me a not so gentle reminder of empathy and compassion, those lessons that are always welcome and not provided often enough.”

Jadianne has also had great interactions with her tutors. She stated, “I have never encountered a tutor that I could not have an enjoyable conversation with. Sometimes it is in the little conversations that you learn the most.”

If she were the new president of AU, Jadianne stated, “I may get scowled at if my first project wasn’t implementing a decrease in tuition, however I feel there are much bigger issues to deal with, including more resources for students with learning disabilities; and effective ways to ensure university standards are upheld for students.”

When asked about which famous person, past or present, she would you like to have lunch with, and why, Jadianne chose hockey player Theoren “Theo” Fleury. She explained, “I can listen to him speak a million times and I will never not be in awe of his resilience. His raw honesty is inspiring, and I always feel more empowered after hearing him tell about his journey.” And the lunch? “French Toast counts as lunch right?”

As for the most valuable lesson that she has learned in life, Jadianne stated, “Sometimes you fall! I have no clue where those words came from but they have stuck with me throughout my life. Learning to walk? Sometimes you fall! Get back up and go again! Learn to ride a bike? Sometimes you fall! Get back up and go again! Take on PHIL 231 as your first online university course? Sometimes you fall! Get back up on go again! There are risks in everything you do and in every choice you make; and I guarantee you that through all of them you will fall! But you will also learn, and you will get back up and go again!”

And her proudest moment in life? “Simply put, all of them! Just when I think I couldn’t be more proud of myself, I go and do something that knocks that previous one from the top! Yes, I have broken through barriers to further my education. I’ve dedicated my life to raising four fantastic human beings and in a few weeks will watch one graduate high school and fly the nest. I’ve ran 5 km that felt like the greatest accomplishment in my life, and I have ran 16 km that felt like the worst decision in my life. Fact of the matter is, my proudest moments are every day that I wake up, despite the chaos and barriers, and continue to enjoy whatever life throws at me.” Best of luck Jadianne!

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



## In Repair

Kent Provost



*This entry to the Voice Writing Contest received an honourable mention from our judging panel. Judge Heather von Stackelburg commented:*

*"A broken heart is something many (if not most) of us have experienced at one time or another, and being able to go and have it "taken care of" like a suit that needs drycleaning certainly has its appeal. The brash "business bro" speak of Melvin, and his sideways approach to telling the main character about how he can take care of his broken heart is well done. I would have like to see more about Ming, what she's doing and how she's doing it, and less about the subway ride to get there, but overall it's an intriguing story."*

*To see all the winners, check out our article [And the Winner Is...](#)*

The fish sloshed back and forth in its Ziplock bag as the light rail car lurched on the tracks leading into Chinatown. It wasn't evident from its lack of voluntary motion or the dull shine of its scales whether it was alive or dead; from the smell emanating from the gaps in the plastic lock, it could have been either. An elderly woman, a local as marked by physical features and dress, cradled the bag between her legs. She smiled, relaxed and dreamy, oblivious to the disapproving stares of the women on either side of her as she slid opposite fingers along the top of the bag, sealing it with intermittent snaps and pops. The women, their sleek hair mussed, suits dishevelled, one of their heels snapped halfway through at the base, swayed discordantly against the motion of the car. The cyan lights of a clock on a nearby building blurred as we went by, but I could make out that it was barely past five, it was still Tuesday, and yet judging by their behaviour, two lapsing in and out of consciousness, one slurring a diatribe against "shpoiled monarchal bratsh invading 'merica" into a battered phone, for these so-called professionals the party was rushing to an end.

One of them put a finger in her mouth, faked a gagging sound and spoke to the others over the hunched form of the old woman. "It's hard to tell where *exactly* the smell is coming from." Their girlish laughter permeated the air in our small compartment with the stench of rye whiskey, stale and sour, far more offensive than the diminishing scent of the fish. I decided instantly that I would rather stare into its glassy, empty eyes for eternity than meet gazes with one of these harpies for a single second across the bar at cocktail hour. The train screeched to a halt and passengers disembarked, the old woman and myself among them.

Normally I wouldn't be caught dead in this part of town, let alone on public transit, but at the same time my car couldn't be seen in these parts. As head of accounting for one the city's biggest and most pretentious advertising firms, I was taking a risk just showing my face here. Having one's face seen in a place like this is enough to start the rumour mill's wheel turning, and in our prestigious offices rumours circle water coolers like a noose around your neck, easily pulleyed up between glass ceiling tiles by vultures masquerading as colleagues. A few of the vultures are innocent enough, and even carrion birds have their uses on occasion.

"Bradley, baby, my shining, darling starchild of suns and moons in a galaxy so much richer than ours." Melvin had beamed his perfect, insurance-made smile at me and sniffed, dabbing his

nostrils with a pure white handkerchief that came away blotted red. “How ya been?” He patted the suede swivel chair next to him.

“Not well, I’m afraid. Cynthia left me last night.” As I took the seat my fists clenched without my willing them to, thoughts of what she had said and done taking over my conscious mind, enthralling my attention.

He nodded and frenetically tapped the mahogany table before us in time to an unheard rhythm. “Good shit man, she was an anchor dragging on the yacht that is you, the magnifico glorious sailing ship that is the SS Bradster sinking down into the depths of the ocean surrounding Suckville. Did you hear we landed the Coke contract? ‘Coke Neo’, I can’t believe they’re going with it, especially after the last fiasco. There’s going to be a Matrix 4 tie-in. Keanu is *this* closing to signing, can’t resist the bait on the hook.” His hands clapping and the hoot he let out resonated louder than they should have in the boardroom devoid of other occupants.

I continued staring off into space, hypnotized by memories of last night. The sound of our voices, yelling. The way I was intoxicated by the mixture of her perfume and spilled red wine in the air, though I was dry. The hurt in my chest as she slammed the door and I shattered.

Fingers snapping and a sharp whistle brought me back to the present. “She really fucked you up, hey man?” Melvin now sat still, concern on his face.

I nodded and forced myself to blink. “We weren’t together long, but I was attached. I guess she wasn’t.”

The trembling I hadn’t noticed in myself ceased as he placed a palm on my shoulder. “I know a place you can go. I went after Marissa...” His usually confident speech faltered, broke. He brought his handkerchief up to a tearless eye, straining as if trying to elicit at least a drop from it, and wiped. A thin streak of blood transferred from the cloth to form a diagonal line between the eye and the corner of his bony jaw.

He returned the cloth to his pocket and cleared his throat. “I went after Christmas three years ago.” He clasped his hands, wringing them as he rocked slightly on the chair. “You remember that Christmas?”

Minutes ago I had joined a man who saw himself as a god, omnipotent and immune to all harm. Now I faced one wracked with the desperation to destroy the past in which he had felt the sting of mortality’s dark kiss. I forced a sympathetic smile. “I remember.”

“Good, man, good!” He vigorously patted me where his hand had been soaking through my shirt with his sweat. “They did a fantastic job. Top-notch, really. Best in the city, I was told, and I’m no expert but I would have to agree.” He wheeled his chair back from the table and put his feet up on it. “I’m glad you had the foresight to bring it with you.”

I blinked in confusion and stared at his renewed grin, his confidence again unshakable, the expression on his face showing no sign of weakness, as though he hadn’t been a broken, pitiable husk moments prior. “Bring what with me?”

A rumbling, echoing laugh emerged from deep down inside him and he pounded the table so hard I could have sworn that waves of raised wood rippled outward from his fist as it landed. “Brad, Brad, Brad.” He shook the laughing spell and sighed deeply. “Always a joker. *It*, man. *It*!” He pointed a beringed finger at the table in front of me and I looked down to see a small, worn cardboard box stained with grease, the folds taped carelessly.



I gesticulated toward the box in protest. “That’s not mine. It must have been here already when I sat down.” My excuses sounded lame and flimsy even to me, even before the last word had escaped my lips.

“Well who else could it belong to? Mine’s already been taken care of, as you know.” He brought his hands above his sizable gut. “Go on. It’s early but you’re the bigwig here, I’m sure all eyes will be turned blind for your departure. These things are best sorted out as soon as possible. I’ll text you the address.”

I stood now at the station, my phone held up to my face. Melvin had sent me the address in Mandarin and for some reason the internet was refusing to translate. The old woman, Ziplock bag clutched with both hands, turned to leave but had the kindness to stay and listen when I called out to her. She saw my phone’s backlight fighting off the shadows sent by approaching dusk, the box held weakly in my other hand and my pathetic, bewildered look. The characters reflected off her pupils and she took me by the arm as comprehension came over her. “Come, this way, come.”

We descended through broad thoroughfares lit by flickering neon signs and twisting, claustrophobic side alleys where oil lamps stood as guardians against the darkness. Finally we came to a small shop separated from the chaos of the neighborhood. ‘Ming’s’ was written in a handful of languages on a plain, wooden sign above the door.

We went inside and Ming let me go, walking behind the counter and dumping the contents of her bag into a fishbowl set upon it. The fish’s scales started glowing vibrant turquoise, and the water cleared of all cloudiness and sediments.

Obedying her gesture, I set the box down on the counter. Ming peeled back the layers of tape and opened the exposed folds. Inside lay a glass ornament in pieces of various sizes. She pointed at them, then at my chest, then at herself, and nodded. A tear rolled down my cheek and fell from my chin onto the ornament. It pulsed slowly with a deep red light that illuminated the sad look on Ming’s face. I put my hand on the ornament, she rested hers over mine, and the pain in my heart began to fade.

## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** The Azazie Scholarship

**Sponsored by:** AZAZIE

**Deadline:** May 31, 2021

**Potential payout:** \$1000 USD

**Eligibility restriction:** Applicants must be either high school students graduating before July 1, 2021, or college or university undergrad or grad students; and must be enrolled or accepted in a degree program at a Canada or U.S. university or college.

**What's required:** An email with contact and academic info, along with a 500-800 word essay on the topic of "Do you consider yourself to be a leader? Why or why not?"

**Tips:** Be sure to read the Terms & Conditions section.

**Where to get info:** [www.azazie.ca/scholarship](http://www.azazie.ca/scholarship)



## A Rant: Why Working from Home is Terrible

Jeff Shermack



“The office is one thing, and private life is another. When I go into the office, I leave the Castle behind me, and when I come into the Castle, I leave the office behind me.” (Dickens, 1861)

Private life and work don’t mix. Charles Dickens knew that 160 years ago and his words are still relevant today. Wemmick’s dialogue in that scene from *Great Expectations* reflects an old British phrase: “Your home is your castle.” Its traditional meaning is that people should be free to do whatever they want in their own homes; that you are the ruler of your domain. However, the word castle has many associated connotations. In the case of Wemmick’s home in *Great Expectations*, comfort, not sovereignty, is the prime characteristic.

Wemmick’s sentiments have become more relevant recently, as the shift toward working from home quickens. It’s true that many professionals can do their work from anywhere with a computer and a reliable internet connection — lagging video calls show that the speed and reliability of that connection doesn’t need to be exceptional. This transition might be convenient for those who prefer working in their pajamas, but convenience comes at a cost. The toll you pay for bypassing the barrier between your public and private life comes directly from the vault in your mind.

Working is a mental state. Creating space between your place of work and your place of relaxation is essential for maintaining your mental health. Much like Wemmick, many people are not the same individuals at work that they are when they’re relaxing at home. I’m certainly not. Wemmick’s philosophy has been a fundamental practice in my life for years. Everyone I’ve ever worked with has only known a reflection of a real person. I wear a Halloween costume every day. My coworkers will never truly know me, only the Goodwill vampire version. I wouldn’t even use my real name if I could get away with it. I’d go by Pip, or Wemmick, or Charles Dickens.

That fake personality threatens to take over your mind when there are no boundaries between your work and your home. Your residential personality is exposed. Your serenity is compromised. Once it’s allowed past your castle walls, work begins creeping into your psyche like vines on yellow wallpaper. Soon your professional personality completely takes over, destroying your real identity in the process, like an evil clone that kills its original copy.

I can’t argue that there aren’t benefits to working from home. I get at least a half-hour of extra sleep that I wouldn’t otherwise be able to spend pressing snooze on my alarm. I don’t have to spend my morning awkwardly squished against a stranger in a train car. I never even have to leave my house. In fact, I often go outside less than three times each week now. It has been five days since I’ve seen the sun.

All those benefits are certainly convenient for indolent people like me, but none of them are enough to balance out the slithering invasion of work into the places where I want to relax. I set up the Hovel (my leisure space) as a place for relaxation and personal development. The shelves are adorned with D&D manuals and Blu-Rays. There is a large flatscreen TV. The computer I'm typing this on was only ever intended for personal use. Now, I have a whole cluster of icons lurking in the upper left-hand corner of my computer monitor that are essential for my job.

I can no longer use my computer without thinking about work. The Hovel has become more like a cubicle than a leisure space. There is no room for relaxation among the cluttered thoughts that still hang in the air above my desk for hours after I've finished my last task. Every second that I spend working in this space catalyzes its mutation from a place of leisure into a place of labour. There is no longer any delineation between where I spend my energy, and the place where I used to get it back. That extends to all the other areas of my home as well.

Your commute creates a barrier between work and home. The time you spend sitting on the train or leaning on your horn in Monday-morning traffic is when the mental transition between your individual selves takes place. Working from home eliminates that barrier. It also reverses the process of going to work and coming home that Wemmick describes in that quote. Instead of going to work and leaving the Castle behind, you're bringing work directly into the Castle, where that little labour seedling will grow like an invasive species, spreading throughout every room in your home. Your living room becomes a conference room. Your kitchen becomes a breakroom. Your bedroom becomes that small, dark place where people go when they're having painful migraines in the middle of the day.

First, you lose your personal space and then you lose your personal wardrobe. I used to come home, rip off my work clothes, and assume the costume of a leisurely kite as I drifted between rooms with the weightless tranquility of silk in the wind. I only wore comfortable clothes at home, but now I wear my work clothes more often than my leisure-sweats. Instead of drifting casually, I engage in a kind of desultory spinning — with all the subtle grace of a paper bag caught by an isolated garbage tornado in an empty grocery store parking lot.

“But you wouldn't have that problem if you just didn't dress up for work. Why bother if you're not actually going to the office?”

Wearing my weekend wardrobe while I work isn't a benefit of working from home. It's the final sign that my personal identity has perished. It's the swan song of the self. Work clothes are the only barrier that people working from home have left. Putting on your uniform and leaving it lying in a heap at the end of the day is the only way that anyone can still transition between the beleaguered work consciousness and the untethered serenity of the Castle. Those khakis are the only defence I still have against the indefatigable waves of work slamming against the cliffs of my mind, slowly eroding the weathered psychological walls that separate work and home.

Work is a term for both what people do and where they do it. You do your work, and you go to work. Those two definitions are inseparable, which means that if you do your work in the place you live, your home becomes your work. The Castle becomes an office — but an office can never be your Castle.

#### References

Dickens, Charles. (2008) *Great Expectations*. Oxford University Press, p.191 (original work published 1861).



## The Not-So Starving Student Easy Tom Yum Soup Vermicelli

Xine Xu



Ever craved some oriental flavored soup without feeling like taking hours to make a good soup broth? I know I have, and I've always looked for shortcuts in the kitchen without compromising taste. Tom Yum vermicelli is one of my favorite recipes because it's a simple, hearty meal with all your nutritious ingredients in one bowl. Rather than making separate dishes and cleaning up for half an hour after the fact, this soup is so simple that you can enjoy it in under 30 minutes. If you're looking to create your own broth, I've also created my recipe for making an authentic Thai Tom Yum clear broth.

For all this talk about rich flavors, you might be wondering what is Tom Yum? Tom Yum is derived from two Thai words. Tom refers to boiling and Yum refers to spicy and sour flavor combinations. Tom Yum is a part of local street food culture and home cuisine in Thailand. It features some seafood flavors with shrimp, clams, squid, and scallops. There are two versions of this soup. It can be prepared with a coconut milk base which gives a creamy texture, but the

one I often prepare uses a clear broth with a combination of herbs and spices.

**Prep time: 10 min**

**Cook time: 10 min**

### Ingredients (Makes 2 servings)

2 tbsp coarsely chopped cilantro

Tom Yum broth base (available at most large supermarkets or Asian supermarkets) I found mine at the Real Canadian Superstore

2 rolls/handful of rice vermicelli or clear glass noodles

3 cups water

1 cup white or, ideally, oyster mushrooms

½ cup shrimp, scallops, squid, or mussels/clams (or your favorite seafood). Ensure this is thawed.

Alternatively, use ½ cup mixed frozen seafood (thawed).

5 slices tofu

½ cup cherry tomatoes

A few drops of lemon juice

### Soup Broth Ingredients (from scratch):

1 stalk lemongrass

3 cups chicken stock

2 cloves garlic

1-2 thai red chilli peppers (to taste)

2 tbsp fish sauce

3 kaffir lime leaves



### Instructions for making your own broth:

1. Mince the lemongrass by mincing the lower half of the stalk while keeping the upper part whole.
2. Pour in the chicken stock and turn heat to medium-high. Then add the lemongrass to the pot (both the bottom and top portions of the stalk) boil for 5 minutes or until lemongrass scent is present.
3. Reduce heat to a low simmer then add garlic, chilli, lime leaves, and mushrooms and simmer for 5 minutes.
4. Use this as your broth and add all other vegetables and seafood ingredients to the broth.



### Instructions:

1. In a large stock pot add 3 cups of water and bring to a boil.
2. Add the two rolls of rice vermicelli to boiling water (cook for 30 seconds for glass noodles or until soft for rice vermicelli).
3. Drain the water and add the vermicelli to a bowl to set aside.
4. Add the premade Tom Yum broth and bring to a boil. If you're looking to create your own broth refer to instructions above. Then add mushrooms, tofu, tomatoes, and seafood. Cook on medium-high heat for 3 minutes or until the shrimps have turned pink and mushrooms are soft.
5. Add few drops of lemon juice and garnish with cilantro.
6. Serve.

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



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

Don't look now, but May 1 is Naked Gardening Day! This might be a suitable year to participate but, as with every activity these days, be sure to maintain a two-metre distance from your curious neighbours.

**Spelling counts.** Lonita Fraser wanders through the self-revealing trends of online dating. "Men, and women, are branching out of what they think people want to hear, and heading off into the unknown, and much more interesting, land of individual truth, quirks, and the kind of brazen honesty that will catch you a companion, playmate, or spouse." SWF Seeking..., October 28, 2005.

**You're Growing What?** Bill Pollett plants a fanciful and lyrical garden. "I plant the pages of used telephone books, barbecue assembly instructions, investment literature and Sears catalogues. I wait for them to grow into folktales and sheet music." Lost and Found — In Our Garden, August 19, 2005.

## And the Winner Is...

Karl Low



The judges for the Fiction side of the Voice Writing Contest have provided their selections, so I can tell you who the winners are, and over the next few weeks, display their work as well as some of the other pieces that were submitted for the contest.

But before I do, I'd like you to meet our fiction judging panel, and give to them the thanks and kudos they deserve for being willing to spend some of their time helping out the Voice and AU students.

The Fiction side of the contest received over 30 entries and reading carefully through all of them were Dr. Angie Abdou, Ms. Heather von Stackelberg, and Ms. Barbara Lehtiniemi.

**Dr. Angie Abdou** is Associate Professor of Creative Writing at Athabasca University. She has published eight books (short fiction, novels, academic work, and creative nonfiction). Her first novel *The Bone Cage* was a finalist on Canada Reads. Her most recent book, a memoir called *This One Wild Life*, just debuted on the Canadian bestsellers list. And if you follow book news at all, you'll see that *This One Wild Life* is getting great reviews from all over the place. If the name sounds familiar it's because we reviewed her previous book, *Home Ice*, here at *The Voice Magazine*, and the take-away from that is it's definitely a book worth getting. Personally, I couldn't be more proud that she agreed to do us the honour of looking through AU student writings.

Our second judge, **Heather von Stackelberg** makes her living teaching about Artificial Intelligence. She has also taught about the barriers to creative expression, and she won the Journal of Integrated Studies 10th anniversary fiction contest, which was published earlier this year. In addition to that, she has her BSc in Botany, a BPA in Communication studies, and, of course, her MA in integrated studies. A well-rounded background, you must agree, and a huge thank you to her for adding to our judging panel.

Finally, we have our own **Barbara Lehtiniemi**, a freelance writer and photographer from Ontario. She's a graduate of Athabasca University, having completed her Bachelor of General

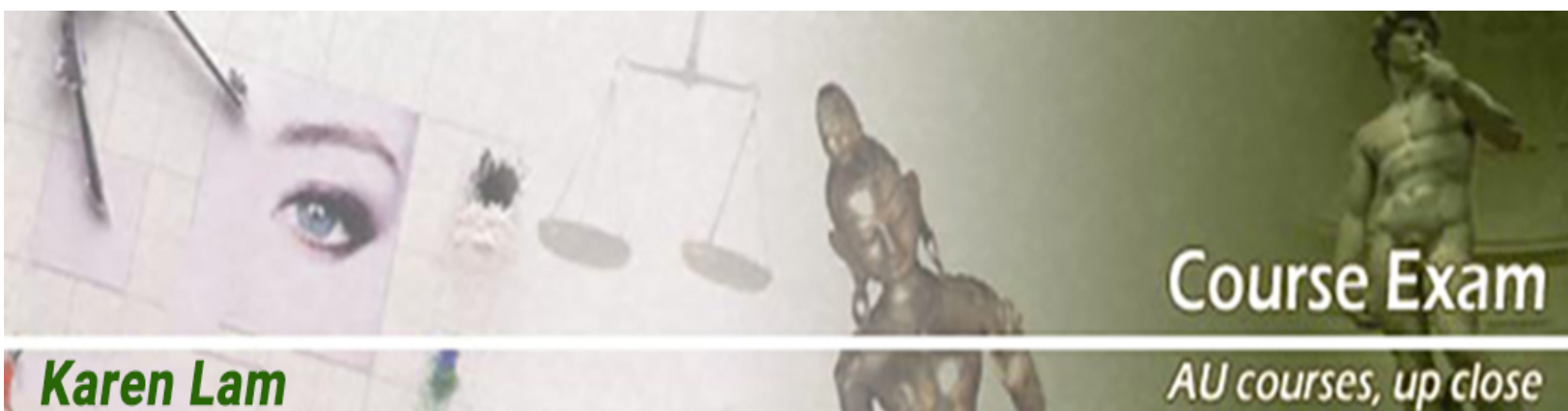


Studies degree in 2018. Her articles have appeared in several publications, including *The Voice Magazine*, *The Review* newspaper, *Macleans*, *The Ontario Dealer*, and, most recently, *Chicken Soup for the Soul: Making Me Time*. She also still keeps up to date with what's going on at AU, and is a great help to me collating our events, scholarships, and other short news things that keep you informed about what's happening at AU. I don't think I can thank her enough for all the things she does for *The Voice Magazine*, and helping to judge this year's collection of fiction entries is one more thanks I need to add to the list.

But let's be honest, you want to hear who the winners are, right?

- In first place, and the winner of a \$500 Amazon Gift Certificate is **Catherine Victoria Moise**, with her story *Stray Dogs*.
- And in second place, and the winner of a \$250 Amazon Gift Certificate is **Blythe Appleby**, with her story titled *Northern France, 1905*.
- But that wasn't all. The panel noted that they wanted to give an honourable mention to the story *In Repair*, by **Kent Provost**.

Congratulations to both the winners and the honourable mention, and we'll be spotlighting their work as well as the work of a few of the other entrants over the coming weeks!



**Karen Lam**

**Course Exam**  
**BIOL 230(Human Physiology)**

**Karen Lam**

If you have a course that you would like to see a Course Exam article written for or you recently took a course that you would like to recommend to other AU students, please feel free to reach out with the course name and number, and any questions or feedback you may have. We'll be happy to write about it in our next Course Exam article.

**BIOL 230** is a six-credit introductory undergraduate course “that covers all major aspects of the physiology of the human body, including basic anatomy, fundamental organic chemistry, cellular structure and function, and the integration, organization, and control of the organism's body systems.” This Human Physiology course aims to help students gain understanding of physiology, physiological adaptations to special conditions and the impacts of physiological factors in diseases.

The course has no prerequisites; however, it is recommended for students to have prior knowledge of the human anatomy (for example High School Biology 30 and Chemistry or equivalents would be good background). The course is accepted as a “science lab” course toward a degree at AU as well.

## Why You Should Take This Course

If you are a science geek or interested in how the human body work, this is the course for you! This course is a beginner course for human physiology, and provides students the opportunity to learn about physiology, how our cells and metabolism works, how our nervous system functions, responses from our sensory system, what our endocrine system does, how our cardiovascular system functions and our digestive and reproductive system. With the pandemic ongoing, many of us wonder how the coronavirus really spreads, how people get infected and how vaccines work. Although this course may not give you that answer directly, what it will do is help you build an understanding of how your body works. This knowledge will allow you to gain a deeper understanding of the human body, and when you go about researching how viruses affect our body, what our body does to protect us and when it isn't able to protect us, and why vaccines are important, you will understand much more.

I strongly recommend this course for everyone, regardless if you are a science geek or not! Understanding how your body works benefits you, and it helps you understand how to protect yourself and stay healthy. After you take this course, you may realize you wish to take more biology courses!

## Course, Assignment, Midterm and Final Exam Details

BIOL 230 consists of three assignments worth 12% in total. The lab assignment is worth 10%. There are six quizzes in the course worth a total of 24%. There are two online midterm exams each worth 18% and an online final exam worth 18%. Students may hear two midterms and immediately worry, however, as someone who completed a biology degree, I can reassure you having more midterms is absolutely nothing to worry about. Sometimes midterms are used to help spread-out content, as biology courses can contain a lot of information.

## How to Be Successful in the Course

### Introducing Dr. John Ulici – Course Coordinator

Dr. John Ulici's teaching philosophy has evolved from a combination of previous teaching experience and a well-formed knowledge base in a relatively large area of biology topics. He is continually involved in initiatives that improve the quality of teaching; he sees himself as a facilitator with the overall goal of developing in students the capacity for independent action, initiative, and responsibility—through this constructivist approach, the students can reinforce the recently learned concepts. Through exercises, practical assignments, and written examinations, Dr. Ulici encourage students to better understand the topics at hand and develop creative and investigative skills.

Dr. Ulici obtained his Ph.D. degree in Veterinary Sciences in 1996, but his academic experience started

## AU-thentic Events Upcoming AU Related Events

### PowerED™ Leadership Webinar Series - Part 2 with Dr Paul Bentley

Tues, May 4, 11:00 am to 12:00 pm MDT  
Online

Hosted by AU's PowerED™

[news.athabascau.ca/events/powered-leadership-webinar-series-part-1-with-dr-paul-bentley-2/](https://news.athabascau.ca/events/powered-leadership-webinar-series-part-1-with-dr-paul-bentley-2/)

RSVP through above link

### MBA for Health Leaders Info Session

Thur, May 6, 10:00 to 11:00 am MDT  
Online

Hosted by AU Faculty of Business

[news.athabascau.ca/events/mba-for-health-leaders-webinar-20210506/](https://news.athabascau.ca/events/mba-for-health-leaders-webinar-20210506/)

RSVP through above link

### The Grad Lounge

Fri, May 7, 5:00 to 6:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

[fgs.athabascau.ca/news/events/index.php](https://fgs.athabascau.ca/news/events/index.php)

No pre-registration necessary; access through above link

*All events are free unless otherwise noted.*

earlier in 1991 in Europe with post-secondary teaching and supervisory experiences until 2002; later, in Canada after 2004, he continued teaching at the post-secondary level in the fields of animal care, biology, anatomy and physiology, with the most recent appointment as Academic Coordinator at Athabasca University in Jan. 2006.

During the period Dr. Ulici has been with Athabasca University, he has completed major revisions for BIOL 230 and 235 including the addition of lab component for BIOL 230; years later he has developed the new course, BIOL 320 Comparative Anatomy of the Vertebrates, which included supervised laboratory activities.

### **Dr. Ulici's Course Advice**

1. Read the assigned portion of the AU customized textbook (PDF files). Important terms are highlighted in green, important concepts and processes are highlighted in yellow or underlined, and information that you do not need to study for this course is stricken through in red.
2. It is very important that you practice as much as possible in WileyPLUS - it contains interactive exercises, flashcards, diagrams, self-quizzes, and self-tests.
3. Complete the quizzes as if they were exams – do not use the textbook or help from others to complete quizzes and assignments as they set up to prepare you well for the exams.
4. Establish the habit of weekly study - we estimate that you will need about 5–8 hours per week to complete this course within the 52-week course contract.
5. Find a specific place in which to study, preferably one in which disruptions will be at a minimum during your study periods.
6. Maintain regular contact with your course Academic Expert (AE) to discuss issues and ask questions – you will have the best chance of being successful in the studies.
7. Read actively, not passively - when your attention lapses, do not continue, as you will be wasting your time; take a break, and then try again. When you have read a portion of a chapter, stop, and try to remember the main points; if you cannot remember, re-read the textbook and your study notes, and then try again.
8. Review the upcoming assignment when you finish a chapter and answer any questions that relate to that chapter.
9. Use the highlighted key terms and concepts as a guide to the important concepts about which you are required to learn details - write down definitions for all these terms and explanations for all these concepts.
10. When you receive the feedback to your assignment from your AE, go over it carefully, and pay particular attention to your AE's comments.

### **Questions?**

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at [fst\\_success@athabascau.ca](mailto:fst_success@athabascau.ca). Happy studying!

*Karen's taking her Computing Science degree at AU, learning French and Korean, and is into K-pop, SF, and politics*



## Fly on the Wall

### Meandering and Growing

Jason Sullivan



### Our AU Journey as A Lifelong Destination

“Going somewhere?”

Intoned as a mocking phrase, maybe when an adult has quietly confiscated a teenager’s car keys only to dangle them perspicaciously at a crucial moment, or when a friend appraises the sudden donning of hat and jacket by an erstwhile interlocutor after an especially barbed rejoinder, the notion of going somewhere carries a sense of physical travel. The evacuation of place A necessarily followed by a summary arrival at place B implies a spatial shift. Yet physical motion occurs even as our brains remain firmly ensconced in our craniums. In a way, no one ever *goes* anywhere. But while our brains don’t go out of their liquid

nest in a bone egg, they certainly *grow* metaphysically. Our minds are the ultimate perpetual motion machines.

### Past and Future: A Rambling Flow

Education is no exception to the paradox that motion happens mentally while our brains remain in place. At AU, our spatial stability is especially real: we literally attend school while never leaving our homes. We might travel vast distances in our mind without ever leaving our study nook.

To know where we’re going it helps to check up on where we’ve been. To that end, I recently pored over my transcript of grades from past classes, AU and otherwise, and was momentarily overtaken by a wave of poignant emotion. Where had I gone over these countless hours poring over textbooks and hunched over a keyboard; was it all worth it, and had I really achieved anything and really gotten somewhere? Considering this big picture perspective gave me a sense of having temporarily attained a great height over a vast jungle like the Amazon where, far below, I could hear a distant, lush, rushing sound of water tilting its world over the edge of an endless precipice. Sort of an Angel Falls, Venezuela, of the mind.

Yet even as I surveyed my past, I knew that all these courses were still with me in my mind though they were distant in time from my present self. At AU, the experience of our education transcends our literal location; we are not impelled by an intellectual gravity or scholastic gravitas so much as by a whippoowill-like flitting about as life’s tendrils intertwine within our academic minds. There are no throngs of students surrounding us on a campus; the twists and turns are all in our mind. The famous poem by Dr. Seuss titled ‘Oh The Places You’ll Go’ is apt, in that our travels are of an inner and personal, rather than superficial and cultural, nature:

*You have brains in your head.  
You have feet in your shoes.  
You can steer yourself  
any direction you choose (Seuss, online).*

## **We are the Meander, a Becoming-Flow of Academic Excellence**

Stylistically we're in good company as we lurch and traverse intellectual terrain while we trickle our way through the days of our study lives. The art design known as the meander, also called Greek Key, is one of the oldest and most universal archetypes in architectural and sartorial decoration. A meander is a series of right angles that border or transect a wall or article of clothing. Anywhere a right angle abides, a meander is a possibility. It's like waking up next to our textbook; morning studying is made more likely by mere proximity. Historically speaking, the meander is "made up of a long, continuous line that repeatedly folds back on itself, mimicking the ancient Maeander River of Asia Minor with its many twists and turns. Homer mentions the river in *The Iliad*, and it is believed that the meander motif symbolizes infinity or the eternal flow of things" (Mayhew, online).

Symbolically zigzagging through time and space, meanders accompany many a culture and belief system. Like learning, a meander implies motion and fluidity. After all, if we already knew everything, we'd be a boring straight line of certainty! Anne Baring and Jules Cashford in *The Myth of the Goddess: Evolution of an Image* suggest that the meander is part of a larger "constellation of images" that unite to "symbolize the intricate pathway that connects the visible world to the invisible" (Baring & Cashford, 25). Whatever else the trials and triumphs of AU student life entail, much of our battle is invisible to others. It's meaning is at once buried and contained by the term: adult student. To be open to the to and fro of new info is what learning how to learn is all about.

## **A River University and We Are The River Too**

Our studies are like a meander's eternal flow, like a great river that rises and falls as we drift ever onward to our destiny. It's fitting, then, that the Athabasca River is such a powerful force in the landscape of our university's namesake town. The brain, that one key organ without which no learning is possible, also embodies a meandering physiology.

Our minds are folded up like a jack-in-the-box or an accordion, waiting to stretch out when something turns our crank. Indeed, all creatures in nature may be seen as a "series of rhythmically ordered folds"; from the "invagination of the *Juglans nigra* fruit, to the phases of the invagination of the gastrula, or those of the intestines or the human embryo" can be seen as a "running flow" (Kelemen, online). But what do the earliest cell divisions of an embryo and the flesh of a black walnut (*Juglans nigra*) have in common, other than that they both look a bit like brains? And where does it all end? Like our studies, motifs found over and over provide a backdrop to our personal evolution. All of life is a flow and that may be the common denominator of existence. One might think of the children's ditty "where do you come from, where do you go, where do you come from Cotton-Eyed Joe?" (Boboltz, online). Anything beats the song that never ends, that only squares the circle of pointlessness; interminable meandering queries at least suggest forward progress.

## **Education Pacing Our Discovery of Place**

In the end, just as we are masters of our academic destiny, maybe our AU studies allow us to tap into something universal about being alive. The vastness of the universe comes home to roost, as it were, in the tiny grain of sand that is our unique academic journey. We might amble and meander but we're always progressing. Even mistakes are chances to learn. Education, the discovery of new mental places where we may feel more at home and at ease in our skin, allows us to really feel the flow of life wherever it goes. And if our transcript looks a bit disjointed that's reality! In my case, my original second undergrad major was History, and I can mark clearly where I meandered off from that direction only to perhaps return at some future juncture.

Unlike the rushed pace of going straight to university after high school and then onto the humdrum rat race of *adulthood*, only to arrive burnt out and lost before one's twenties have reached their apex, AU allows us to pause and taste the learning while we proceed with the rest of our lives. When we look back one day, old and grizzled perhaps, I suspect that we'll all see the meander in our journey even if it didn't feel that way at the time.

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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.*

## Student Sizzle — AU's Hot Social Media Topics

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

#### **AthaU Facebook Group**

Remember how confusing it was when you started AU? A new student wonders if a course has to be started right on the start date, and of course the answer is "total flexibility"!

#### **reddit**

Well, here's a refreshing change. Amongst the repeated requests for tips on *easy* courses, one student stands out by asking for tips on *interesting* courses. So far, responses suggest IDRL 316, PSYC 300, and WGST 333.

#### **Twitter**

@aulibarchives tweets: "Our mailing services are back up and running!"

For more info on our mailing services see:

<https://athabascau.libanswers.com/faq/199883> #AULibrary #Librarymail."

#### **YouTube**

Athabasca U posts a few videos with a "Research with Reach" theme. Check out [Athabasca University Research with Reach – Dr. Josie Auger](#), in which Dr Auger describes how she examines the legacy and impact of sexual violation on Indigenous women.





## Homemade is Better Rocket Stove

**Chef Corey**



I've been involved in Scouting as a leader for almost seven years now. As a kid, I was a Beaver then a Cub Scout. In the time that I've been in the leadership role, I have learned so much about survival skills. More recently, I've been watching a few guys on YouTube who make videos about survival. I have learned so much just watching what some people do, but something I've wanted to try is called a Rocket Stove!

A rocket stove is a super simple creation. You can buy them made of metal, or if you are a backpacker, you might have a lightweight version of a camp stove. But this week, I made a Rocket Stove myself. This particular version worked ok, but I found I had to feed it a bit so the flame would work. I've done three now, and I keep getting a little better with each iteration. You learn a little more about what you're doing and what works well. I think I used wood from a poplar tree—my tree identification needs work. If your log is long, then you may want to look at getting extensions for your drill. And if you were to do this in the forest, I'd

recommend a battery-powered drill. It's not going to add a ton more weight, though you could go with something manual as well.

I drilled a 1-inch hole in the top using a 1-inch spade bit. In case you don't know, it's the drill bit that looks like it has two wings on the side of it and a point. Another way of drilling the hole is to use a 1 to 2-inch wood auger bit, but most of the videos I looked up showed the spade drill bit. So, you drill a hole into the top of your log and once you've drilled that, you'll need to measure how deep the hole is and line up your drill bit on the outside so that the hole you drill in the side meets up at the bottom of the hole you drilled from the top..

Once your log has these two holes meeting, you're ready to start. I recommend using a Firestarter for the initial lighting, and you can buy them from a camping store, hardware store, amazon, or make them at home. But once you have some, you'll put the Firestarter into the side hole and light it. Then you'll need a thin, dry piece of wood to put into the top hole to get the fire. By the way, the bigger your holes are, the easier it is to get going. It took me some time for mine to work, and I'm still working on perfecting it.

Once you have a flame coming out of the top, get three flat rocks and place them on top. You could also add crew or nails before lighting it if you're doing this at home in a fire pit or on a concrete patio. Get out a cast iron pan or pot or a camping pan or pot and put your food into it. I was making hamburger for pizzas, so I seasoned my beef with a couple of teaspoons of salt and let it cook. In the future, I'm going to get an extension, but I might also get an auger for camping.

If you like these ideas, check out my Facebook page or Instagram; Yeg Homemade is better!

*Chef Corey is a student in business management who first graduated from NAIT's Culinary Arts Program in 2007*

## Women of Interest

### Margaret Wilcox

Barb Godin



On those frigid winter mornings when you jump in your car and patiently wait for the heater to warm it, you can be thankful to Margaret Wilcox for inventing the car heater.

Margaret Wilcox was a mechanical engineer who was a recognized woman inventor during a time when women rarely even attended college, let alone graduated with a Mechanical Engineering Degree. Wilcox was born in Chicago in 1838. She was always experimenting with new creations and ways to make life easier. One of her creations was a combination clothes and dish washing machine. At that time it was illegal for women to file patents under their own names, so Wilcox had to file under her husband's name. Although the clothes/dishwasher combination was a potentially efficient appliance, it was never a success.

In her twenties, Wilcox began working on a way to heat railway cars to make them more comfortable for workers and passengers. She was able to develop a way of moving air across the engine, where it was

warmed, and then reroute it into the interior of the car. Not only did her invention make the trip more comfortable, it also kept the windows free of frost and mist, thus making transportation safer and more comfortable for the occupants. Unfortunately, her invention became a safety concern when the temperature could not be regulated. As a result the air in the vehicle would become warmer and warmer the longer the ride. Occupants would be either freezing cold if they turned the heater off, or sweltering hot. Wilcox's concept was unique, but needed further improvements.

Despite of these issues, Wilcox's creation became the basis for present-day car heaters. In 1917, engineers followed Wilcox's design in developing ways to regulate the temperature in early automobiles, as her initial design was used in railway cars, and they were the only cars available at the time. The design wasn't perfected until Ford began using Wilcox's hot engine air model in 1929. Wilcox's creation was transformed into today's temperature control system, which blends the heated air from the engine with the cold air outside to achieve the desired temperature.

In 1893 Wilcox was able to file a patent under her own name for "certain new and useful improvements in Car-Heaters" and received full credit for her invention of the car heater.

Margaret Wilcox was proof that despite some people's belief, women do know about cars and were able to make major contributions to the automotive industry. Some additional inventions by women include the windshield wiper blades, rear view mirrors, turn signal arms and brake lights. Not all these inventors had degrees as Margaret Wilcox did; many simply used their own common sense and were successful in contributing to a male dominated industry.

*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*

## How Laughter can Bring us Success

Marie Well



When faced with obstacles at school or work, we might tend to stress. But a better option is to let out happy wild laughter. Laughter floods us with delicious endorphins and gently massages our heart and organs. Laughter brings us to a state of, “I love to study!” or “I love to work!”

I know this is true from first-hand experience. Unaware of the benefits of laughter, I was watching a course that teaches how to become a radio show host. A technique taught was to laugh wildly before performing an audio clip. I tried laughing hysterically, and it felt blissful. So, I decided to try it before my sales calls. Selling in a state of euphoria felt so elating, no worries took hold.

Laughing is not only fun, it's healing. Laughing is like studying, going to the gym, and learning: the more we laugh, the more physiological changes take place. Laughter is like a muscle, the more we work it, the bigger it grows, the better the gains. Not only does laughter relieve stress, but long-term laughter boosts our immune systems. For a list of benefits of laughter, check out an article by the [Mayo Clinic](#).

Laughter is even a form of yoga. A branch of yoga called laughter yoga has groups engaging in silly play and gibberish talk (think “goo goo choo choo bam bam”). The goal is for everyone to laugh wildly *with* each other and not *at* each other. Shared laughter forges bonds of healing bliss.

But what if we don't have time to laugh in a group? We can laugh on our own. Better still, if we are stuck in a quiet environment, such as a library, we can laugh silently, reproducing some of the physiological benefits, such as the broad smile, the heart massage, and the tummy tickle. Silly as it sounds, silent laughing, too, impacts us positively.

Innocent (non-aggressive) laughter benefits the person with whom we speak. We all know it's easier to be happy when we have a happy friend. And when our friend also has a happy friend, our chances of being happy go up still. If we laugh joyfully throughout the day, we trigger the people around us to feel greater bliss.

But how might we laugh when we are mistreated? When we are in the crossfire of someone's sarcasm, simply imagine a bowling ball rolling our way at high speed (i.e., the sarcasm). But also imagine that you are a feather. When the bowling ball reaches the feather that is us, the wind flutters us higher into the air, away from the danger of the bowling ball. Imagine fluttering freely, doing swoops and swirls in the air, tummies tickling. Find joy in every adversity.

Even when we struggle academically, a good hearty laugh can get us back on track, helping us to better cope, helping us to de-stress, helping us to discover better solutions.





Dear  
Barb

Barbara Godin

## A Friendly Annoyance

Dear Barb:

*Hi, I am just finishing my first year of university and I will be going home for the summer. This year I shared an apartment with another girl who was also in first year and she says we should share an apartment again next year. The problem is that I can't imagine living with her again. She is a slob, to say the least. She never cleans up after herself, I end up doing the vacuuming, taking out garbage and even cleaning the bathrooms. Melissa is always bringing groups of people into the apartment while I am trying to study, so then I end up having to gather all my stuff together and go to the library, which has been difficult to do with the pandemic restrictions. When I try to talk to her about these issues, she makes light of it and says I take things too seriously. Aside from all these issues, what really gets to me is when she "borrows" my clothes without asking. Often, I plan on wearing a certain outfit to an outing and when I go into my closet it's not there. When I confront Melissa, she says, "Oh I knew you wouldn't mind if I borrowed it." But I do mind, but I can't bring myself to say anything, since she really is a nice person, and we have a lot of fun together. How would you suggest I handle this situation?*

*Thanks, Rebecca.*

Hi Rebecca:

Congrats on surviving your first year of University. Roommate problems are one of the most frequent complaints voiced by students at brick & mortar institutions. First, do you and your roommate have an agreement that you signed? Most students living in residence have an agreement so that when issues come up they can revert back to their agreement to find a way to resolve them. Since you are in an apartment, I will assume you do not have an agreement, meaning you and your roommate will have to resolve these issues on your own. As always, the most important ingredient in any successful relationship is healthy communication. The best way to achieve this is to talk openly about what is bothering you, do not let things fester until they are ready to explode. Be ready and willing to compromise, it is not usually all one person's fault when things go wrong. Take responsibility for your actions, and don't blame everything on your roommate, for instance, have you let her know when you plan to study before she brings guests? If you and Melissa cannot come to a resolution, then consider speaking to a mediator. Most universities offer the services of a mediator of some sort. It is important to seek the advice of someone who will be able to look at the situation in an unbiased manner. However, if your roommate does not want to address these issues, then you may have to realize you need different place to live.

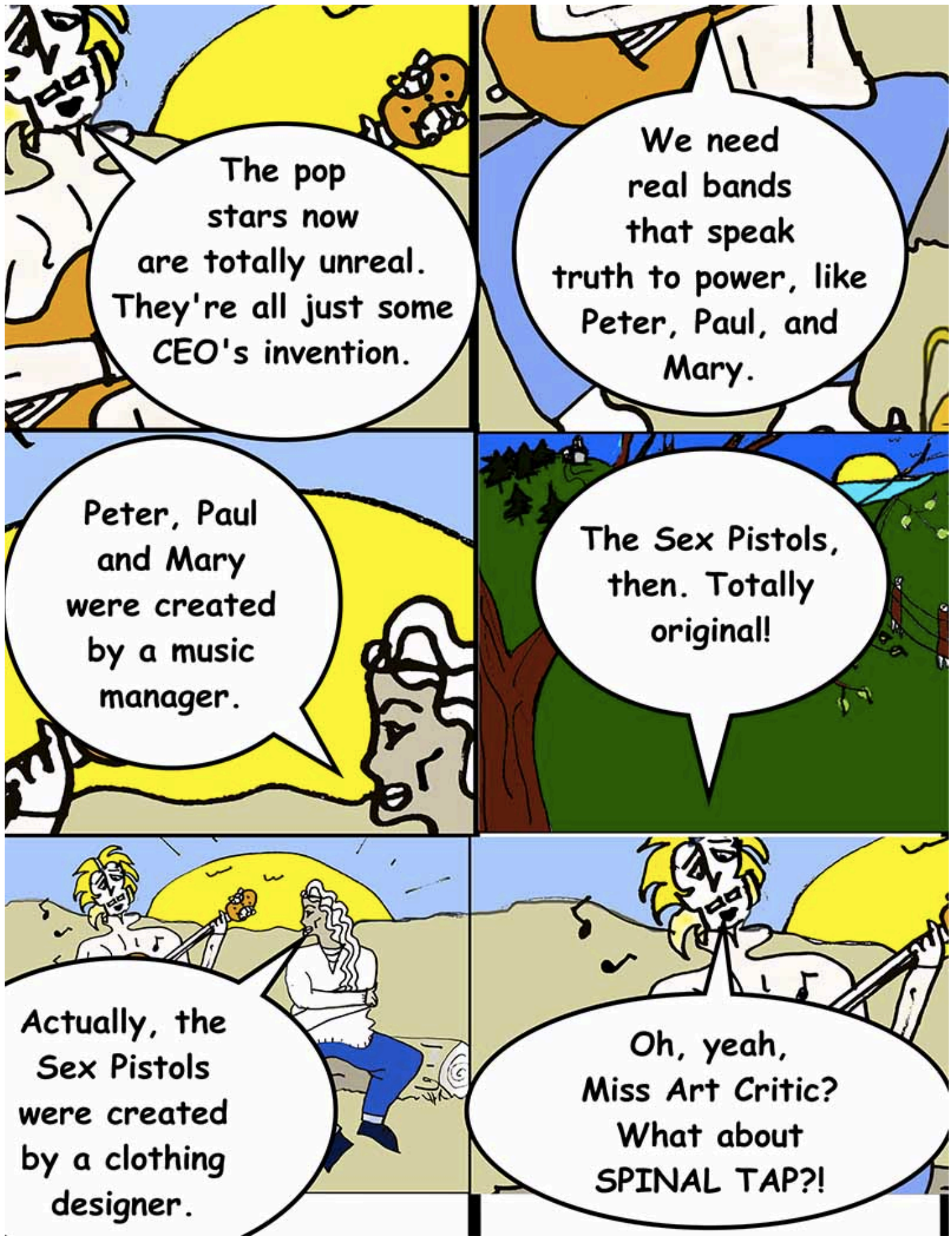
Hope I was able to help, best of luck Rebecca.

*Email your questions to [voice@voicemagazine.org](mailto: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  
Real Art on Tap

Wanda Waterman





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## IMPORTANT DATES

- April 30: [Last day to apply for June 2021 Convocation](#)
- May 1: [AUSU Spring Awards & Bursaries deadline](#)
- May 13: [AUSUnights Virtual Trivia](#)
- May 19: [AUSU Student Council Meeting](#)
- May 25: [AUSU By-Election nominations open](#)

## Welcome Your New Executive Team



Congratulations to the new AUSU Executive Team who took office on April 21, 2021, at the changeover [Council Meeting](#).

Find out more about the executive positions in the following AUSU policies:

- [Policy 2.03 Responsibilities of Executive Officers](#)
- [Policy 2.15 Executive Accountability and Compensation](#)

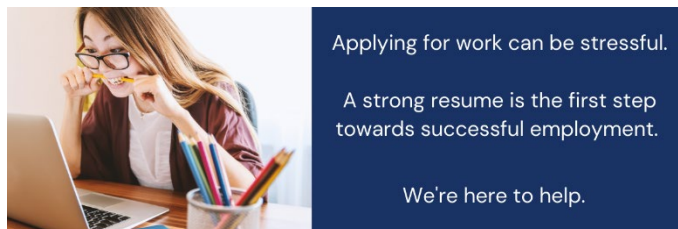
## Join Us for AUSUnights Virtual Trivia



AUSUnights are virtual trivia nights held over Zoom on the second Thursday of every month. They are a great opportunity to connect with fellow AU students, have fun, and maybe even win some prizes from your AU Students' Union!

Email an RSVP to [ausu@ausu.org](mailto:ausu@ausu.org) and get your invite to the May 13<sup>th</sup> event happening from 5:00-6:30p MDT.

## Review Your Resume with VMock



AUSU has teamed up with VMock Inc. to provide our members with FREE access to the VMock web-based [resume review platform](#)!

VMock is a SMART platform that provides instant personalized feedback to help you build an amazing resume using global best practices.

### Use the VMock platform to:

- Receive an objective score on your resume.
- Assess how well you have marketed yourself.
- Receive line-by-line feedback.
- Improve your resume using personalized suggestions.
- Ensure your resume points to your target career.
- Rescore your resume to see your rating increase!

**Sign Up Now!**

### Get started:

1. [Sign up for VMock](#)
2. Once you receive the approval email, follow the link, and click "Login".
3. Upload your resume in PDF format and get started!

For more info visit the [AUSU website](#).





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# CLASSIFIEDS

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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<b>Publisher</b>	Athabasca University Students' Union
<b>Editor-In-Chief</b>	Jodi Campbell
<b>Managing Editor</b>	Karl Low

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

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

Contact *The Voice* at [voice@voicemagazine.org](mailto:voice@voicemagazine.org).

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ISSN 2561-3634