

# THE VOICE

Vol 29 Issue 46 2021-11-19

## **Minds We Meet**

Interviewing Students Like You

## **Beyond Remembrance Day**

Showing Troop Support Year Round

## **Five Gifts for Foodies**

Christmas is Coming Fast!

*Plus:*

*Putting the Horse Before Descartes  
Literary Landscapes  
and much more!*



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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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*The Voice* does not share its  
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Volume 29, Issue 46

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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 Political Volatility

Karl Low



If you follow Alberta politics at all, you're already aware that there's been a call within the United Conservative Party (UCP) for a leadership convention to happen early.

Premier Jason Kenney, who led the UCP to taking over 50% of the votes in the 2019 election (and won his own riding with over 65% of the vote) is now polling across Alberta with only a 22% approval rating. The party as a whole fares little better, and there are fears among some in the party that Kenney has become an anchor around their necks.

Over 25% of the riding associations have submitted their resolutions to have an early leadership convention. The party has responded with a motion to be dealt with this weekend at the UCP's annual general meeting that would raise the threshold needed to force an early leadership convention from a quarter to a third. Kenney and his supporters are looking for more time in the hopes that something magically turns around that they can claim credit for, or at the very least to keep getting their paycheques. The party is looking for some way to

reassure the public (and many of their own members) that they are taking serious actions to deal with the multiple failures of Premier Kenney to successfully steer Alberta forward, and hopefully do so soon enough that the public has time to notice before the elections in 2023.

Regardless, however, this puts the government in a position of volatility, and that leads to both opportunity and concern. If you recall, when first elected, the Alberta Government was making some noise about copying Ontario's "student choice" initiative, which essentially made student union membership an opt-in affair. Students generally don't tend to have a lot of extra money, as in addition to tuition and textbook costs, there's also the costs of simply having the time to devote to studies, which often means having to forego high paying jobs. As a result, it's little surprise to learn that many students in Ontario chose to opt out, and as a result various student-funded initiatives, such as assistance, awards, and student media programs all had to scale back operations.

Since then, the Ontario courts have struck down the student choice initiative legislation and the government's subsequent appeal, but that doesn't mean that a political party desperate to appear relevant and doing something here in Alberta might not choose to do something that they think would make them more popular with their base (regardless of what the rest of Alberta thinks).

At the same time, this could also be an opportunity for post-secondary institutions to push back on the reductions in funding, noting that a government saying it was investing in retraining Albertans for the next energy boom (whether that be in renewables or conventional energy) might play well with a base that is looking for some positive policy decisions and evidence of leadership. For AU, it would be especially beneficial to point out how we are often training the people who are already working, not the typical student who they believe would never vote for them in any case.

"May you live in interesting times," has said to be a curse, but that doesn't mean it has to be bad.

Meanwhile, be sure to check out our student interview, reviews, advice, scholarships and all the other goodies in this week's Voice. Enjoy the read!

A handwritten signature in black ink that reads "Karl".

# MINDS

# WE

# MEET



W Who are your fellow students? At times, in an online learning environment, it can feel like you are all alone, but across the nation and around the globe, students just like you are also pursuing their Athabasca University (AU) studies! Each week, *The Voice Magazine* will be bringing you some of these stories. If you would like to be featured next, do not hesitate to get in touch!

*The Voice Magazine* recently had a chance to chat with Ceder (she/her), currently residing in Red Deer, Alberta, the traditional Treaty 6 territory of the Cree, Dene, Blackfoot, Saulteaux, and Nakota Sioux Peoples, the traditional Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda First Nation (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Born and raised in Red Deer, twenty year-old Ceder is currently enrolled in her second year of the Bachelor of Arts degree in Psychology here at AU. She stated, “Eventually, I would love to work as a psychologist, so I plan to get a Master’s Degree in Counselling as well. My own experiences with mental illness guided me to this area of study, and my

passion for this subject only continues to grow. I am so excited to use what I learn, both from school and my own experiences, to hopefully help other people in anyway I can.”

When she is not studying, Ceder loves “reading, crocheting, meditating, doing yoga, and spending time in nature.” She added, “I also enjoy tending to my houseplants!” She mentioned that she just finished reading *The House in The Cerulean Sea* by TJ Klune. She described it as “a lighthearted fiction fantasy novel about a social worker for magical children.” Ceder “highly recommend[ed] it if you need a little escape from school/work/life stress.” She is also always re-watching *Parks and Recreation*, stating “It is my all-time favourite show; I am not even sure how many times I have re-watched it at this point! For anyone who hasn’t seen it, it starts out slow but if you give it a chance, you’ll fall in love with all of the characters. “

When asked to choose the one person who has had the greatest influence on her desire to learn, Ceder mentioned having “many incredible teachers along the way,” although she believes that she has “always had an innate love for learning.” She stated, “Teachers who create a comfortable learning environment and take time to genuinely connect with their students make a world of a difference!”

Ceder “absolutely love[s] online learning,” explaining that she “really enjoy[s] reading so teaching [herself] from the course textbooks is great.” She continued, “Also, as someone with a permanent disability, being able attend therapy and doctor’s appointments without worrying about missing

class is unbelievably helpful. I know online learning isn't for everyone, but I don't think there is a single thing I don't like about it."

When asked if there was ever a point during which she wavered about continuing her schooling, she mentioned a time this past September. "I was struggling a lot with my disability (life threw me some serious curveballs), but thankfully AU's [Accessibility Services](#) helped me make some adjustments to my courses and find accommodations that allowed me to prioritize my wellbeing while still maintaining my full-time status and funding."

As for her most memorable course, Ceder chose [PSYC 289: Psychology as a Natural Science](#). She explained, "The content was so interesting and such a great introduction to the many different fields within Psychology. This may be an unpopular opinion, but I much prefer multiple choice quizzes/tests to written assignments, so I especially enjoyed the layout of that class. Additionally, there were many great study tools designed specifically for the course. It was a great introduction to AU."

When asked about her experiences with tutors at AU, Ceder gave a "shout out [to] Kaltrina Kusari," her tutor for [HSRV 201: Social Work and Human Services](#), since "she always gave her feedback in a kind and informative way." She added that although she has "had one or two poor experiences where a tutor was a bit curt," she felt that "for the most part AU seems to have many passionate tutors who are happy to help their students and answer any questions." In addition, she has also "had great experiences with tutors replying quickly."

If she were the new AU President, Ceder revealed that she is unsure if she has "a specific goal in mind." However, she believes that AU's [Accessibility Services](#) has helped her in many ways, and as the new President, she "would love to work more closely with them and find a way to ensure that all students who would benefit from these services are contacted."

The one thing that distinguishes Ceder from other people is that she has her "level two certification in Reiki, a form of energy healing." She explained, "As a psychology major, I value the science behind traditional treatments for wellbeing, but I am also open to learn about alternative practices that may not be fully explained yet. I believe healing takes place on a physical, emotional, and spiritual level."

As for her most valuable lesson learned in life? She believes "that mental illness deserves just as much attention and care as physical illness."

And her proudest moment? "I believe the proudest moment in my life is also related to mental health. I am incredibly proud of myself for all the work with therapy and medication I have committed to."

As a final note, Ceder had some advice for fellow students: "I think I would just like say that if anyone feels like post-secondary school isn't attainable for them because of a disability and/or mental illness, just know that online, self-paced learning exists and that the accessibility and mental health programs provided are there for a reason. If you are struggling, it's okay to ask for help and create a plan that meets your individual needs." Best of luck Ceder!

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



## Beyond Remembrance Day How to Show Support for Canadian Troops Year Round

Jessica Young



Remembrance Day is time where many of us feel especially patriotic. We wear our poppies, attend Remembrance Day ceremonies, and share a moment of silence to remember those who have served our country. While all of this is wonderful, it is important to remember our troops always—not just on Remembrance Day. Here are some ideas to show support year-round:

### Visit Your Local Military Museum

Recently, I visited [The Military Museums of Calgary, Alberta](#) and it was an amazing experience. Admission is only \$5 for students, and you could easily spend an entire day looking at all the exhibits. According to The Military Museums website, “The Military Museums (TMM) is a Canadian Armed Forces tri-service history, heritage, art, research, and educational institution. The Military Museums is dedicated to preserving the memories and traditions of the countless Canadians who proudly served their country through numerous wars and conflicts by their selfless dedication, commitment and courage.” Their mission is to remember, preserve, and

educate.

The museum has permanent galleries, such as The Princess Patricia’s Canadian Light Infantry, Calgary Highlanders, Lord Strathcona’s Horse (Royal Canadians) Museum, King’s Own Calgary Regiment, The Naval Museum of Alberta, The Army Museum of Alberta, and The Air Force Museum of Alberta, and The Cold War Hanger (which is a brand-new edition to the museum). The galleries are a combination of immersive exhibits, photos, miniature models, and artifacts.

There is also The Founder’s Gallery, which hosts changing exhibits. Currently, The Founder’s Gallery is featuring *Mission: Afghanistan*. The website describes it: “The exhibit discusses Canada’s military involvement in Afghanistan from 2001-2014 and is based upon the experiences of Canadians who served there. Personal artifacts and oral histories from veterans all across the country are presented. This exhibit includes additional key artifacts including a piece of one of the planes that hit the World Trade Center, a motorcycle used by an attempted suicide bomber, a large chunk of a propane truck that blew into a chain link fence and has the impressions from it, the last Canadian flag that flew in Afghanistan, a bullet proof window riddled with bullet marks - but none that penetrated, and weapons used by the Taliban”.

Walking through the *Mission: Afghanistan* exhibit, I found myself becoming emotional. Video footage from September 11<sup>th</sup> was playing in the background and the stories of fallen soldiers were presented on the walls—it was extremely powerful. As if this wasn’t enough, while reading the tragic story of the 2002 Tarnak Farm incident, our group was approached by a volunteer at the museum asking us if we have any questions. Turns out, he was a veteran medic, and his medic bag was displayed in the Founder’s Gallery.

## Donate or Volunteer at a Veterans Food Bank

Calgary is home to [The Veterans Food Bank](#) and [The Veterans Association Food Bank](#)—the latter of which has sent out a [plea for donations](#). Due to the pandemic, more veterans and their families are utilizing the food bank and fewer people are donating. These food banks usually accept perishable and non-perishable food items, essential items and hygiene products, Christmas hamper items, and cash donations.

According to Charles Redeker, food bank operations manager of The Veterans Association Food Bank, “Our mission, at the heart of it, is to prevent incidents of veteran isolation, veteran homelessness, and ultimately, veteran suicide. Without the support of that community, those donations, we can’t do that.”

## Write Letters to Deployed Troops

My kids and I regularly make Christmas cards, letters, and drawings to mail to deployed military personnel through the [Any Canadian Armed Forces Member Program](#). This is an easy, inexpensive way to show support that even young children can be involved in.

As per the website, “This program isn’t limited to Remembrance Day or the Christmas season. All mail that arrives at the Canadian Forces Postal Unit is sorted between the different operations/locations, combined into larger shipments, and then sent to each location on a weekly basis. This work by the postal unit staff continues every week, all year round. Regardless of what day it is on the calendar, any received mail item is always appreciated by the deployed soldier, sailor or aviator when it arrives.”

*Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.*



## Scholarship of the Week

**Digging up scholarship treasure for AU students.**

**Scholarship name:** Digital Marketing Scholarship Program

**Sponsored by:** SEOReseller

**Deadline:** December 15, 2021

**Potential payout:** \$1000

**Eligibility restriction:** Applicants must be university students with a GPA of 3.0 or greater.

**What's required:** An online application form, along with copy of your transcript, a short bio statement, and a minimum 500-word essay discussing the impact of digital marketing on your chosen field of study.

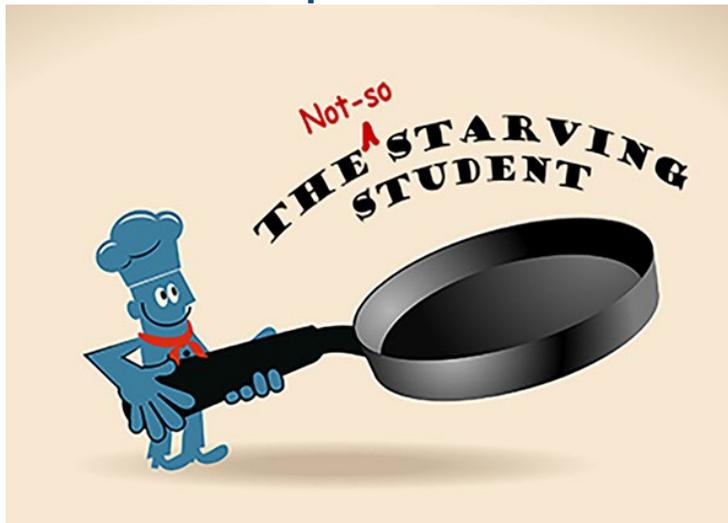
**Tips:** Read the application form carefully for instructions on providing access to your submission documents.

**Where to get info:** [www.seoreseller.com/digital-marketing-scholarship-program](http://www.seoreseller.com/digital-marketing-scholarship-program)



## The Not-So Starving Student Five Gifts for People Who Love Food

Xine Xu



Are you a foodie? Or better yet, are you, your friends, and family members food-lovers who thrive on trying different cuisines? If so, Christmas gifts that are centered around making their food experience in the kitchen better will be a joy to have this Christmas season. With COVID-19 pandemic rules becoming less restrictive and more people becoming multi-dose vaccinated, more Christmas festivities will ensue, and that means more time spent around the dinner table.

For myself, I've started to build my own hobby arranging beautiful charcuterie boards,

and so gifts I've received from friends and family, such as cheese cutters, has been a pleasant surprise. If you're starting your Christmas shopping early this year and wondering what to give to those "chefs" in the family or friends circle then look no further. I have compiled a perfect list of ideas that are both functional and presentable to your loved ones.

### Charcuterie Board Set

I feel that, given my new hobby is arranging different meat and cheese boards, we should start here. For anyone who enjoys hosting others, meat and cheese boards are an excellent party amuse-bouche for your guests. I was particularly inspired by charcuterie board sets with small cutlery and dishes that make it easier to try all kinds of tapas! If you're on a budget, look to dollar stores or outlets for additions to these boards such as a cheese cutter, wine openers and even sauce trays for the hummus and jam. Places like Walmart, Amazon, or Homesense can also have a good selection.



### Multi-tiered Serving Trays

For hosting beautiful post-dinner desserts, multi-tiered serving trays are a must-have for any festive occasion. Even if you have store-bought cookies or pastries, they could still use an effective presentation with this table centerpiece. I recently attended a family dinner with sweets organized effectively using this multi-tiered tray. I've found items like this at Winners, Amazon, or Shien.

### Steak Knife Set

For steak lovers, a steak knife set is central to their dining experience. Having recently purchased a set for a newlywed couple, they have told us the joy of using their set multiple times a month. Although



quality steak knives can run you at over \$100, they are well worth the price and will last the test of time. My personal favorite from J.A Henckels runs at about \$50 but is beautifully designed and more affordable than well-known brands. Amazon, Walmart, or Hudson's Bay will have these sort of items.

### Italian Spice Mix

Having received many different spice mixes over the years as gifts, such as the ones pictured here, I can safely say that various steak rubs, vegetable seasonings and marinated oils are always welcomed in the kitchen. I love trying different types of olive oils infused with truffles, herbs and spices. They are not only beautifully arranged in sets, but also functional in so many dishes. I've found them at places like Winners, Homesense, Amazon, or even Etsy.



### Small Kitchen Appliances

While it's hard to single out one single best appliance, there are a handful of my top used kitchen appliances that would be a useful addition to any kitchen. Despite Instant Pot (a smart electric pressure cooker) being incredibly popular, and arguably a staple in many kitchens, they are still an excellent choice for those who have yet to experience their capabilities. I use my own instant pot many times a week and have cooked delicious meals at times when I was in a hurry. Another favorite is the air-fryer. This appliance has helped me reduce the amount of oil I use in fried

foods and makes frying clean and easy. Finally, my all-time favorite appliance is a fast-boil kettle that can boil water in less than 2 minutes. It makes brewing tea, instant coffee, and hot drinks incredibly convenient. If your loved one is a tea connoisseur, this one should be their kitchen staple. Most of these items can be sourced from Canadian Tire, Superstore, Walmart, or London Drugs, among other places.



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



## How to Write an Executive Summary

Marie Well



AU's business students need to learn how to write an executive summary. But, let's face it, we may all need to learn how to write one at some point, particularly if we plan on becoming entrepreneurs or managers. Managers make decent salaries, so learning this skill may come in handy.

An executive summary is a small document that summarizes a big document, such as a business plan. Brevity is key to an excellent executive summary. Have you ever heard the expression that writing a shorter letter is more challenging than writing a longer one? Succinct writing is an art. Try to boil your ideas down to a condensed format. Use three pages maximum, but ideally one or two. And use bullet points wherever they may be efficiently applied.

The executive summary should feature highlights and touch on the key parts of your business plan, such as the marketing plan, products and services, and financials. In those key parts of the business plan, extract essential quantitative facts and stats along with

your major corporate goals. These will dress up your executive summary. And gear your executive summary toward someone who has no clue about what your business offers.

To start, structure your executive summary with a clear introduction, body, and summary. The intro should start, just like an essay introduction, with a thought-provoking quote, statistic, or fact. The introduction should also contain your company history: business name and a brief background and key industry insights. Perhaps most importantly, your intro should contain your vision.

Next, write about your marketing plan: your target market, your company's solution to the target market's need, your competitors, and your key marketing strategies for reaching your target market. Don't discuss how your competitors are taking the majority of market share or how your product is failing to sell during COVID. Only talk about your strengths. Leave the negatives for discussion within the body of the business plan and not anywhere within the executive summary.

After that, indicate your corporate structure going forward (corporation, sole proprietor, etcetera). Also mention whether you'll be doing business online or in person or a hybrid of online, etcetera. Talk about where you will be conducting business and on what platforms.

Then, discuss your financial projections, including your break-even number and your expected timeframe for profit margins. Also discuss your projected financials over the next few years. Will you be growing into other cities and reaching out to investors to achieve this goal?

Many factual claims need to be supported with citations. Citing leads to credibility in your findings and views.

If the above outline of how to write an executive summary seems too confusing, then follow this simple model instead: write an introduction and then a brief paragraph about each section in your business plan. That perhaps best sums up how to write an executive summary.



**Course Exam–WGST 460**

Milica Markovic

**Famous Feminists and Their Times: Global History of Feminism**

If you have a course that you would like to see a Course Exam article written about 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.

WGST 460 is a comprehensive three-credit course offered by AU's Women's and Gender Studies program. Through transnational and postcolonial approaches, it chronicles feminist responses to economic, social, religious, and political systems that had reinforced gender inequality from the late eighteenth to the early twentieth century.

Academic Coordinator Nicola Dove says that studying the works of key feminist figures and the development of feminism as a social movement over time is imperative for understanding the evolution of feminism and the significance of what feminism has achieved to date. By the end of WGST 460 students will be able to describe key issues presented over the six units, define feminism, discuss the influences on the conception and history of feminism, and compare the contributions and backgrounds of feminists they studied throughout the course.

Classified as both an arts and humanities course, WGST 460 is cross listed under HIST 460 and GLST 460. Students cannot take it for credit if they have already received a credit for HIST 366, GLST 366, WGST 366, HIST 401, WGST 400, or WMST 400. While the course has no prerequisites, students may see benefit in taking other History and/or Women's and Gender Studies courses before attempting it. WGST 460 also provides a Challenge for Credit option.

**Who Should Take This Course and Why**

Nicola invites students who wish to broaden their understanding of feminist history and are interested to learn more about the prominent advocates represented in this course to give it a try. She also feels WGST 460 will be suitable for students looking to hone their research and writing abilities, particularly if they find life histories fascinating.

**Course, Assignments, and Exam Details**

The introductory unit lays the groundwork for the course objectives and questions to consider as students work their way through the material. It ends with five short essays to be submitted as one assignment worth 20% of the final grade, which tests students' comprehension of the unit readings.

The second unit, *Feminism: "Liberal Democracy's Younger Sister,"* covers feminism during the Age of Enlightenment. The third unit, *Social Revolutionaries: Flora Tristan, Alexandra Kollontai, Emma Goldman, and James Oppenheim,* explores feminism through the Industrial Revolution.

The fourth unit, *Feminism, Nationalism, and Colonialism: Qasim Amin, Huda Shaarawi, Shareefeh Hamid Ali, and Rokeya Sakhawat Hossain,* observes feminist activity in nineteenth- and twentieth-century nationalist movements. Students are then expected to turn in a research paper proposal comprising 5% of their grade upon completing the unit.

The fifth unit, *Women and the Family: Friedrich Engels, Alva Myrdal, and Margaret Sanger*, contextualizes the socialist aspects of feminism. By applying the readings, students will produce ten short essays as one assignment that makes up 40% of their grade at the end of the unit.

The last unit, *Feminism, Madness, and Creativity: Charlotte Perkins Gilman and Virginia Woolf*, reflects on the challenges faced by feminists all through the aforementioned historical periods. To complete the course, students will prepare a research project that is based on their proposal and accounts for 35% of their grade.

Nicola and Course Tutor Dr. Halladay suggest that students familiarize themselves with the suggested study schedule provided at the beginning of WGST 460 to gauge the amount of time they should dedicate to each unit and assignment.



### How to Be Successful in the Course

#### Course Tutor's Advice for the Course

Dr. Halladay is accessible through telephone during tutor's hours and email at any time; students should contact her about "specific course-related questions as they arise," brainstorming ideas for essays, and academic etiquette such as "paper formatting and creating citations." Her comments on submissions are always thorough so that students can gain a clear sense of how to improve their writing. The AU Write Site is also a helpful tool for less experienced writers. Taking initiative, Nicola says, "lessens the likelihood of procrastination!"

WGST 460 fosters creativity in student engagement; Nicola and Dr. Halladay advise students to support each other through relationship and knowledge building. They explain that, for example, students may use the forums to nurture insights and peer interaction; another useful resource is the student-generated glossary of principles and terminology that includes text and visuals.

#### Students' Advice for the Course

Much of Nicola and Dr. Halladay's recommendations is mirrored in the recent experiences shared by two students who were successful in WGST 460.

Elizabeth H. specified her methods:

"I found the best approach to HIST 460 was using each of the surveyed feminists as an example of how history is experienced by different populations, particularly by non-European and European women considered to be in lower economic classes. Once I understood how a historical event was interpreted by one representative of a group, I used that individual as a resource to search out their proponents and their opponents. The next step, after understanding these females' perspective in the context of their times, was writing about these individuals. I imagined my audience

– in this case, my professor – as clearly as possible as I researched and wrote the essays, but it also helped to consider students I knew so that I could write with an aim to educate, as well as to express an academic argument. I'd also suggest that students reach out to the professor and to AU's Write Site personnel to receive more guidance on essay style, Chicago citations, and generating focused arguments – along with peer-reviewed evidence to support those arguments."

Afope S. expressed similar thoughts:

"One of the ways I reached the goals I set for this course was by choosing to communicate with my instructor. My professor gave helpful feedback and offered any clarification as I implemented new learnings from the feedback given. I made sure to read as many primary sources as I could and attempted to understand them independently before reading any commentaries. Again, whatever ideas I was unsure about, I either wrote down questions or pressed further in the reading to investigate. Lastly, give yourself time to proofread your work. I failed to do this efficiently in my last assignment and the lack of proofreading cost me easy marks."

### Questions?

If you have any further questions regarding the course, please do not hesitate to contact Nicola Dove at [ndove@athabascau.ca](mailto:ndove@athabascau.ca) or Dr. Alexa DeGagne, who will return as Academic Coordinator in February 2022, at [adegagne@athabascau.ca](mailto:adegagne@athabascau.ca). Happy learning!

*Milica Markovic is a Toronto AU student enrolled in the MA-IS program with a BA in criminology and political science.*

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

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

### **AthaU Facebook Group**

**Expensive mistake.** A student who accidentally enrolled in the wrong course gets dinged for a \$228 fee to correct the mistake. An intervention needed here!

### **Discord**

**That's why it's called general.** Discussions in the [#general](#) channel bounce from OSAP to snow to tax forms to slogging through course readings.

### **reddit**

**Beyond the virtual classroom.** A rant about MATH 270's course materials prompts several suggestions to seek extra help from Youtube or Khan Academy videos on Linear Algebra.

### **Twitter**

[@AthabascaU](#) tweets: "Where you are is where your convocation is—and we can't wait to celebrate with you [#AthabascaU](#) will hold convocation virtually on June 17, 2022 <https://bit.ly/3nmvzhe> [#AthaU22](#)."



## Fly on the Wall

### Putting the Horse Before Descartes

Jason Sullivan



The sound of a door locking behind us can be unsettling, especially in an automobile. It's as though moments of potential are, at least symbolically, closed off to us. One commentator describes the process: "it's an emasculating scenario when going to dinner with friends: riding in their backseat to the restaurant. When one attempts to exit the vehicle, the inside door handle of the back door fails to open the door. In recent history I had this happen in a similar situation. My wife exited her side, but I could not get out of mine" (HistoryGarage, online).

The first so-called "child safety lock" was patented in 1949 and there have been numerous patents since. It's as though the fear of a foolish unfortunate child escaping a vehicle contravened

the adult sense that kids are, well, smarter than we think they are. It's one thing to joke about jumping from a moving vehicle and quite another form of nuttiness to engage in the act.

In terms of education and our minds, we're not immune to the claustrophobia of access and denial to the freedom that education implies. In life we drive our metallic chariots to and from work, shopping, and school. Yet at AU our education usually occurs in the comfort of our home, lacking the incessant commute that triggers so much angst among fellow denizens of the rat race. For our study hour(s) and our individualized study, at least, we can put the horse of our learning ahead of the cart of our perpetual to and fro along paved roads.

The madness of being within a steel box provides a real example of the potential claustrophobia of being human with a body and a mind. Rene Descartes, in one of his most notorious meditations, considered whether he could be sure of anything at all. "How could it be denied that these hands or this whole body are mine? Unless I were to liken myself to madmen, whose brains are so damaged by the persistent vapours of melancholia that they firmly maintain they are kings when they are paupers, or say they are dressed in purple when they are naked, or that their heads are made of earthenware, or that they are pumpkins, or made of glass..." (Descartes, online).

While driving, we are hopefully feeling sound in spirit but even the most austere-minded of us would surely admit that we drivers are a bit like Schrodinger's famous cat: in two places at once; we hurtle over asphalt while our literal body sits still as a cucumber strapped to a chair. No wonder the dissonance of roller coasters has entranced, enthralled, and nauseated participants for over a century.

### The Pause that Refreshes, The Value of Idling and Indolence

Being along among many others, as rush hour traffic crawls along like a tapeworm from an intestinal tract and back, can make us feel a bit, well, crazy. Up in Kelowna, BC, where I once was a brick-and-mortar student, it was sometimes worth parking and sitting quietly at a beach overlooking the bridge across Okanagan Lake until, like an enterprising elk, I'd make my crossing when the hue and cry of automobiles subsided. Not all are so lucky; much of busy-ness implies that there is always more and more to do and to accomplish all the time. Rest for these folks seems exorbitant, something to do while deceased perhaps.

AU studies can feel a bit like that too; after all, were we to finish one course before the contract date we could always burst on forth into the next necessary component of our grand pyramid of success. Like any Ponzi scheme or marketplace, however, what goes up must come down. In the big picture, a little rest and relaxation is in order, and perhaps the attainment of a wiser and more wizened academic perspective shall be on offer.

Enter Michel Foucault, who wrote that perhaps our all-too-modern liberation at once enraptures and restricts us while leaving us blind to just how contained and compressed and limited our lives have really become. Foucault notes in his historical research about prisons and asylums that just the token imprisonment of an unfortunate few led to the illusory freedom of the masses: “confinement was thus reserved in a definitive manner for limited categories of people answerable to the law, and for the mad” (422). Small children are here implied and the role of early education, famously critiqued by Foucault, comes into play.

Modernity may not allow the impossibility of being mad simply because that would suggest that we are all more or less somewhat crazy by virtue of our very normality! After all, who hasn’t wanted to escape the confines of a vehicle in traffic, even if sanity prevails with knowledge of the corporeal consequence of such an act. Foucault summarizes this dissonance between reason and madness and context: “It is not the permanence of truth that ensures that thought is not madness, in the way that it freed it from an error of perception or a dream; it is an impossibility of being mad which is inherent in the thinking subject rather than the object of his thoughts” (Foucault, 45).

So, next time you feel like the walls are closing in on your private study dorm or closet, remember that at least you’re not stuck in traffic within a self-locking steel cage!

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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.*

## AU-thentic Events Upcoming AU Related Events

### Virtual Student Lounge

Mon, Nov 22, 2:00 to 3:00 pm MST  
Online via Zoom  
Hosted by AUSU  
[www.ausu.org/event/virtual-student-lounge/](http://www.ausu.org/event/virtual-student-lounge/)  
RSVP to [ausu@ausu.org](mailto:ausu@ausu.org) for meeting link

### Joshua Whitehead October Pride Keynote Presentation

(re-scheduled from an earlier date)  
Thur, Nov 25, 2:00 to 3:00 pm MST  
Online  
Hosted by AUSU  
[www.ausu.org/event/joshua-white-keynote-presentation-for-2021-october-pride/](http://www.ausu.org/event/joshua-white-keynote-presentation-for-2021-october-pride/)  
Access through above link or AUSU Facebook page

### ATTACH webinar series: ATTACH Intervention

Fri Nov 26, 12:00 to 1:00 pm MST  
Online  
Hosted by AU and CIHR  
[news.athabascau.ca/events/](http://news.athabascau.ca/events/)  
Register through above link

### Trivia Night with the Library

Fri Nov 26, 7:30 pm MST  
Online via Zoom  
Hosted by AU Library  
[www.facebook.com/AthabascaUniversityLibrary/photos/a.912055795515508/4515125688541816/](https://www.facebook.com/AthabascaUniversityLibrary/photos/a.912055795515508/4515125688541816/)  
Access meeting through above link

*All events are free unless otherwise noted.*

## Homemade is Better Orange Glazed Carrots

**Chef Corey**



When I was in culinary school, we made this dish. While I have created my own version, it blew my mind when I first had it. I was impressed with how easy they were to make, and the flavours combined perfectly. This recipe utilizes the natural sugar in orange juice to create the glaze and a few subtle flavours for enhancement.

A Google search brings up pages and pages of recipes for glazed carrots, with everything from maple syrup to brown sugar, and glazing usually involves a high sugar addition to caramelize and form the glaze. The difference with this recipe is that it only requires a few ingredients and takes just a short amount of time. The key is ensuring that the carrots cook to the sweet spot. Not raw, but not soft; there needs to be a bit of crunch to them. Al dente is probably a familiar term, which is close to what we want for our carrots.

We can achieve al dente in a couple of ways. First, steaming the carrots would get us there. You will want to steam them for five minutes or until they are just soft. A second method is to boil them, which will work faster

than steaming but strips some nutrients. Lastly, you could roast them in an oven. These are all based on the use of your stovetop, so if you are thinking of using your microwave for softening them, while it will do the job, the timing will be different.

You'll notice in my pictures that my carrots have a wavy cut to them, and that is because I use a fancy pants wavy cutter. You can use your regular chef's knife, and this recipe will still taste great, but the wavy cutter makes it look cooler. You can also skip the whole cutting thing and use mini carrots. I also use ground cardamom, but if you have whole black cardamom, it will work. Make sure you crush it slightly to get some of the flavours out and discard the pods when you're done. I'd say 3-5 pods are perfect, add or remove as you want to increase or decrease the subtlety of the taste.

Lastly, if you do not have a steamer but have a metal strainer that fits into one of your pots and the lid fits on, use that instead. You'll want to make sure the handle is not plastic, though, because you don't want to melt the plastic. Otherwise, choose one of the other methods to cook your carrots.

Now, let's look at this recipe so you can get to cooking.



## Orange Glazed Carrots

### Ingredients:

2-3 carrots – sliced into coins  
2 tbsp frozen orange concentrate  
2 tsp ground cardamom  
1 tbsp unsalted butter  
Kosher salt to taste

### Directions:

- 1) Peel and slice the carrots.
- 2) I prefer to steam my carrots, so if you have a steamer get it set up.
- 3) Before the carrots are al dente, remove them from the steam. Carryover cooking will help get them there.
- 4) Get out your largest non-stick frying pan.
- 5) Turn your burner to medium-high.
- 6) Add in your carrots and butter and let them get coated in the butter.
- 7) Once the butter has fully melted add the orange juice and stir to coat the carrots.
- 8) Add the cardamom and salt.
- 9) Cook for an additional two minutes to reduce the liquid to syrup while stirring the carrots.
- 10) Once you have a syrup, you are done.



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

## Music Review—Bashem

Jessica Young



**Artist:** Wolfrik

**Album:** *Clones*

**Single:** “Bashem”

The Edmonton, Alberta hard rock/heavy metal band, Wolfrik, dropped their first single from upcoming debut full-length album *Clones*.

With the help of Steve Rawles (Belvedere), Wolfrik had a breakout year in 2019—touring Europe for three weeks, playing festivals such as Manchester Punk Fest and SBAM in Austria, as well as supporting a cross country Canadian tour with No Fun At All. The band consists of five members; Nathaniel Court on guitar/vocals, Mark Seifeddine on guitar/vocals, Dylan Toews on lead vocals, Luca Properzi bass guitar, and Nathan Troock on drums.

*Clones* is scheduled for release February 22nd,

2022, and the band has several upcoming shows in Edmonton, Calgary, Red Deer, High River, and Banff between November 17th, 2021, and November 21st, 2021. Check out Wolfrik on [Facebook](#) for more details.

*Clones* consists of ten tracks: Mortal Towns, Bashem, The Black Mare, Forty Fives, Fend & Turn, All Tongues, Slime Beneath Us, Red Wing, KP, and Clones. “Bashem” can be found anywhere you get your music, and [a music video](#) has also been released on Youtube.

The single’s sound is what you would expect from a heavy metal band—loud, fast, and lots of screaming. Immediately I was reminded of Metallica, particularly the song “Fuel”.

The song seems to be literally about bugs and playing on themes of disgust. If there is a deeper meaning, I can’t figure it out. Some of the lyrics read: “Bash ‘em, swing and a miss [...] all those tiny starving mouths, we both know that you can’t run [...] eyeing up your decomposition and bandages, eat your heart out”. I can’t take gore or anything gross, so I’m not a fan of when heavy metal bands equate the disgust-factor with being hardcore. If that’s your thing, though, you’ll enjoy this song.

I thought watching the music video might give me more clarity of any underlying meanings, but all I found was more bugs. The video begins with a woman with dark, smeared makeup waking up to a beeping alarm clock, surrounded by empty beer cans and liquor bottles. While trying to turn her alarm clock off, she accidentally squishes a large paper-mache bug, that oozes purple slime all over her hand. She proceeds to try and get ready for her day, taking a shower, making breakfast, and finding her car keys, growing increasingly horrified at the plethora of large bugs and purple slime all over her house. Eventually she crashes her car due to the bugs splattering on the windshield, where she finds the band in the middle of the forest theatrically killing more large bugs with various weapons. Of course, quick cuts of the band playing in their blood-and-guts-stained shirts are thrown into the mix.

For what it is, I thought the music video was cute. Wolfrik obviously doesn't take themselves too seriously, and the video was very creative to say the least. I appreciated the bugs being cartoon-like and not disgusting. My only complaint is that the quick cuts were *incredibly* quick, to the point where watching the video was starting to give me a headache. I wish they would have used slightly longer clips so the viewers could really appreciate all the hard work they put into making those paper-mache bugs.

Overall, "Bashem" is pretty good. I'm excited to hear the rest of *Clones* and see what else Wolfrik gets up to in their music videos.

*Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.*



## Beyond Literary Landscapes Nigerian Literature

Natalia Iwanek



From my early beginnings as a young introvert, the public library has always been a bit of a refuge. Years later, not much has changed, albeit with an additional affinity for endless hours spent scouring second-hand bookstores to add to my ever-growing "to-read" pile. So in this weekly column, I, a self-proclaimed bookworm—and, unsurprisingly, an AU ENGL/POLI SCI student—will be underscoring outlining various literary genres, authors, and recent reads.

From one bookworm to another, this column can serve as an introduction for those unfamiliar with these works, as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. Do you have a topic that you would like covered in this column? Feel free to contact me for an interview and a feature in an upcoming column.

### Who

Those interested in an introduction to the vast genre of Nigerian Literature, a reminder of some genre classics, and as an inspiration for further reading, may choose to begin with three major authors, namely Chinua Achebe, Ben Okri, and Chimamanda Ngozi Adichie.

Others popular authors in this genre include Wole Soyinka, author of *Aké: The Years of Childhood* and Chigozie Obioma, author of *The Fisherman*.

### What

Nigerian Literature can be defined as writings by Nigerian citizens about issues affecting Nigeria, and includes the Nigerian diaspora, such as those in the United States and Britain. Many of these works are in various languages and represent various ethnicities, including, but not limited to, Yoruba, Igbo, and Hausa-Fulani.

Some classics of this genre include Chinua Achebe's *Things Fall Apart*, Chimamanda Ngozi Adichie's *Half of a Yellow Sun*, and Ben Okri's *Prayer for the Living*.

Other novels for further reading include Adichie's *Purple Hibiscus* and *Americanah*.

### Where

As stated from the title, many of these novels are set in Nigeria, although some take place in the United States, as well as Britain.

### When

These novels mainly take place in the 20<sup>th</sup> and 21<sup>st</sup> century, including mention of the Nigerian-Biafran Civil War from 1967 to 1970.

### Why

For readers interested in themes of resilience, community, faith, Nigerian history, Nigerian politics, various traditions, decolonization, the Biafran Civil War, and modern-day Nigeria, Nigerian Literature may serve as an introduction.



### How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to Nigerian Literature are available in a variety of disciplines, including one's that may fit into your Degree Works. (Always check with a counsellor to see if these particular courses fulfill your personal graduation requirements!)

AU students interested in learning more about this topic are recommended to look into POLI 432: Introduction to Comparative Politics, a three-credit senior-level course, which "studies the political systems of a number of different countries, providing the opportunity to examine the features of individual political systems and to investigate the similarities and differences among political systems in two or more countries," one of which includes Nigeria. Happy reading!

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

## The Angels of Christmas

**Marie Well**



It's interesting how the more we do the right thing, the more natural it becomes to do more of the right thing. It snowballs. The wrong thing always exists when we make a choice or action that creates conflict, even if we think there is a positive lesson involved or even if we think we are justified.

Christmas season brings motivation for many of us to make loving, positive choices. I read a book by Lorna Byrne, a woman who claims to have seen and played with angels all her life. Her experience is like an extension of the invisible childhood friend, only magnified—as angelic beings.

She says that, during Christmas, angels come down in full force to aid each and every one of us. They are the reason why, according to Byrne, we may suddenly feel uplifted and joyful—for no apparent reason—during a despondent state. She claims to see these angels in full loving action. And each one of us, she says, has an angel enamored with us, no

matter what wrongs we may have done.

I felt the angels today. And I believe all of us feel their presence, if not from angels but from the very core of us that delights in goodness.

Today, I felt conflict with a loved one, but instead of retaliating, I gave a gift. As I took this action, Christmas music played—and the music was soothing. I had also been conjuring ideas of eventually gaining a six-figure salary. But I felt loyalty was more important than wealth. So, I abandoned this goal. And the Christmas music kept playing, a female voice humming the most beautiful rendition of Silent Night I ever heard.

I remember the movie *Six Million Dollar Baby* where Maggy the star boxer is being poached by another coach. But Maggy stays loyal to her present coach. The scene gave a beautiful energy, and loyalty was clearly the right choice.

I've noticed that, if I get attached to the lower values—wealth, fame, ego, or power—my spirit sinks. And I quickly grow obsessive. But I know the only true value is love—and knowledge. When we move away from these beautiful pillars, we move toward a suffering, I believe.

Service, love, and knowledge are what really matter. At least, that's how I long to see the world. According to people who die temporarily and have claimed to visit a heavenly realm, they are often greeted by an angel who loves them unconditionally and understands and empathizes with all their choices. Interestingly, this angel will often ask, according to reports, "What did you learn in your time on Earth?" Knowledge—and especially wisdom—seem to matter—even in the end, perhaps especially in the end.

This Christmas celebrate and build on every goal that brings you knowledge or that helps you express love. After all, those may be the only goals your Christmas angels have in store for you, no matter what religion, or even atheist view, you may have adopted as your belief.



Dear  
Barb

Barbara Godin

## The Relationship Impulse

*Dear Barb:*

*Hi, I am in my early thirties and have been divorced twice. I have recently met a new guy who could be my forever guy, but I am scared I might be moving too fast. My previous marriages didn't last long, and they were like whirlwind relationships too, and I don't want to do that again. I am trying to take my time, but I get so caught up in the moment. I am kind of like that with everything. I make quick decisions without a lot of thought. I sometimes wonder if I ended my previous marriages too quickly. I just don't want to make a mistake again. I want to make sure this is love and not infatuation. Are there signs I can look for that would indicate my guy is really in love with me? Looking for some serious advice before I make another mistake. Thanks, Janine.*

Hi Janine:

You seem to be questioning your decision before jumping into it, which is a good indication that you have learned from your previous relationships. There are signs you can look for that will indicate that your guy truly loves you, although remember there are exceptions to every rule.

Here are some signs that I have found in my research that are certain signs that will give you a pretty good indication that your guy is genuinely in love with you. He shows you respect - when you truly love someone you automatically respect them. Another indication is that he speaks about a future

with you. It is no longer just what he wants for his life, his life now includes what his life looks like together with you. Another thing that may seem strange is that he possibly will pull away from you initially. The reasoning behind this is that he is not sure what is going on with his feelings. True love is scary at first. As well, he will put your needs above his. When a guy is truly in love, he wants his partner to know she is his priority, and he will do whatever is necessary to make sure that you know how he feels. In addition, he will be anxious to introduce you to all the significant people in his life. He will ask your opinion about the important events in his life, as he values your opinion. He will always remember the little things, like when you met, and he will make you feel special on your important days. An indisputable sign that your guy loves you is that he wants to protect you. Guys want to be the hero; it is ingrained in their DNA.

When a guy is in love, he wants to make you happy. He compliments you and makes special plans for the two of you. Your guy doesn't have to do all of these things, but if he puts you first and wants you to be happy, cared for and protected, it's a pretty good bet he is genuinely in love with you. Take your time and make sure it's the right guy this time. Best of luck Janine.

*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.*



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Contact [services@ausu.org](mailto:services@ausu.org) with questions.



Don't miss out on your chance to provide valuable feedback! Your response will impact AUSU advocacy and service priorities so we can best serve our student members and help you have a positive student experience while studying at Athabasca University.

Please take a few minutes now to fill out our [2021 AUSU Annual Survey](#) – it should take no more than 7 – 10 minutes to complete. All your answers are confidential.



The best part? AUSU is giving away more than \$2500 in prizes to members who complete our survey. The winners will be chosen at random, and prizes include:  
5 x \$200 Amazon Gift Cards  
5 x \$100 Amazon Gift Cards  
10 x \$50 AU Store Gift  
10 x ProctorU Free Exams

Winners will be selected after the deadline on **Nov 22, 2021**. Thanks for your feedback, and good luck!

[Take Survey Now](#)



AUSU presents the [Virtual Student Lounge](#) hosted by [VP Community & Wellness Natalia Iwanek \(she/they\)](#). The Student Lounge is a casual space for any and all AU undergrads to meet, kick back, and chat about anything and everything [AU!](#) Drop by and get to know your student community with Natalia, a force for student engagement! Grab the Zoom link by emailing [ausu@ausu.org](mailto:ausu@ausu.org). See you there!



Great news! We've set a new date for the [October Pride](#) keynote from award-winning author, [Joshua Whitehead](#) (he/him)! Join our host, AUSU Indigenous Circle member Trishtina Godoy-Contois, for this highly anticipated event on **Nov 25, 2021, from 2-3 PM MT** via [Facebook Live](#).

Joshua is a Two-Spirit, Oji-nêhiyaw member of Peguis First Nation (Treaty 1), past AU Writer in Residence, and PhD candidate, lecturer, and Killam scholar at the University of Calgary where he studies Indigenous literature and cultures with a focus on gender and sexuality. You don't want to miss out so [RSVP to Joshua today!](#)

## Announces Award for New Indigenous Undergraduates

AUSU is excited to share great news from AU after they announced the [Indigenous Undergraduate Entrance Award!](#) This award encourages new students of Indigenous ancestry to apply to an AU undergraduate degree or certificate program and to register in AU undergraduate courses. Find application criteria on the [Award Details](#) page, fill out the [Application Form](#), and then visit the [award submission portal](#) to submit. Contact the [Student Awards Unit](#) if you have any questions.



Remember when AU announced the option to choose a flexible grading option for any **one course** per academic year as part of the ongoing effort to support students during COVID-19? Well, this is your reminder that **the policy applies to AU courses taken between the dates of Mar 1 and**

**Dec 31, 2021**. A review of the policy will take place in the coming weeks to determine if compassionate grading will continue into 2022. Until then, now is the time to apply!

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

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

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

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ISSN 2561-3634