

THE VOICE

Vol 30 Issue 04 2022-01-28

Minds We Meet

Interviewing Students Like You

Helping Kids Cope

Introducing the Worry Monster

Leveraging Technology

Better Use of What's Already There

Plus:

This is STILL not a COVID article.

*The Reading List
and much more!*



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LETTERS TO THE EDITOR



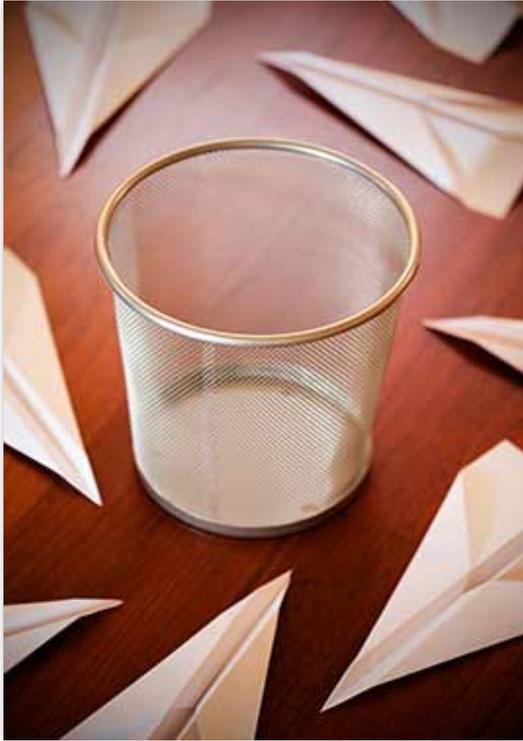
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Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

Editorial Freedom of Opinion

Karl Low



Some issues are more difficult than others. Not because of the technical aspects of editing, but rather because of the content. It's tempting for me to look at articles I disagree with and decide to simply not publish them. But I know I have certain biases, and so I try to err on the side of not listening to those biases and attempting to judge the article purely on the merits of the writing. Is it good enough? Is it a fair representation of the facts as society currently understands them (and by "society" I'm not referring to the general population, but rather to those who are experts in the particular field and thus more likely to have a grasp on our objective reality). And, if not, then is it at least clear it is the author's opinion of reality and not asserting a reality that doesn't exist?

After all, students and members of the AU community have a right to have their own opinions. Even if I might disagree with them.

So I tend to lean toward publish rather than not, and while it's generally served me well, I have run into problems before, publishing articles that, on further reflection, I should have pushed back harder on before letting through.

I'm wondering if that may have happened in this issue as well. There is an article in this week's issue that I strongly disagree with. But maybe that's just me, so I won't prejudice you by naming it. You'll have to read through and come to your own conclusion. Honestly, in my first read of it, I thought it was satire. Then I checked the author and realized it was meant in all earnestness.

Suffice it to say, if you come across an article in this week's *Voice Magazine* that you don't agree with, by all means feel free to contact me about it. You may find we're in agreement. Even better, consider using our commenting system to leave your opinion there after the article. Disqus is a bit cumbersome, I know, but the auto-moderation features make it a necessity in an internet of spam and trolls.

And then again, perhaps I'm way off base and there's a good number of the AU community out there who will read this entire issue and wonder what my problem is. If that's the case, so much the better, I guess. Either way, it's an article that caused me to sit back and think for a bit, and if an article makes me think, then that makes me more inclined to include it.

Fortunately, there's much more to this week's *Voice Magazine* than a single article. We of course feature an interview with fellow student, Tamara Manning. She claims she invented the resting "unimpressed" face, so I just had to go with that particular picture of her for the article, but check inside and you'll see there's much more to her!

Also, we have some great advice on how to help your kids deal with their worries, something that I think is one of the most important skills people can learn, as poor coping skills can so often lead to so much more self-destructive behavior. Also, we take a look at how technology doesn't have to always bring us something new. Just giving better access to something already there can be invaluable. Plus scholarships, events, advice, the reading list for the month, and much more!

Enjoy the read!

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

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 had the chance in mid-December to chat with Tamara Manning (she/her) from Camrose, Alberta, the traditional Treaty 6 territory of the Nehiyaw (Cree), Denesuliné (Dene), Nakota Sioux, Anishinabae (Saulteaux), Niitsitapi (Blackfoot), and Métis Peoples.

Tamara is currently in her fourth year of a Bachelor of Professional Arts in Criminal Justice. She stated, “I am looking forward to applying to graduate school upon completion of my degree and am interested in a Masters in Clinical Counseling. I have always been keenly interested in Law and Criminal Justice and the connection between those areas and mental health. I am hopeful that I can blend my knowledge in the field of Criminal Justice with that of Clinical Counseling to help individuals who find themselves involved in the system.”

She “was born in Sylvan Lake, Alberta, and relocated to Camrose, Alberta in [her] later teens.” She stated, “I am a mother to three children, Sydney (23), Addison (16), and Andrew (15), and a wife to my wonderful husband Matt. I have worked full time in a management position in the hospitality industry for over 15+ years, and recently celebrated my 40th birthday.”

When she is not studying, Tamara enjoys “reading for pleasure” and is “a huge Stephen King fan,” recently reading “his newest release, Billy Summers.” She continued, “I am also a foodie and enjoy cooking meals for my family to enjoy and love exploring different cuisines from around the world!” She is currently “reading Stephen King’s The Stand for the third time and binge-watching holiday baking competitions on the Food Network to the point that [her] oldest said once Christmas is done [they] are 100% absolutely not watching any more shows with holiday baking on them.”

When asked who in her life had the greatest influence on her desire to learn, Tamara chose herself! She explained, “Though this may seem an odd answer to this question, the person who had the greatest influence on my desire to learn was me! I have always had a thirst for knowledge. I love learning about different people, and cultures, and what makes individuals the way they are.”

As for her experience with online learning so far? “Online learning has been an advantage to me that words cannot explain. My oldest daughter was born when I was 17 years old, and school was put on the back burner for many years thereafter as I concentrated on providing for and building

my family. At many points in my life, I considered going back to school, but there was no realistic way I could balance studies at a brick and mortar school with my full time employment. Online learning gave me the ability to pursue my educational goals without compromising my family's current needs. Though it took me many years to build up the courage to go back to school after 20+ years out of school, I took the leap and became a full-time student in online studies in 2018. Since then, I have received a diploma with honors with distinction and am currently on track to receive my degree with that same distinction. The flexibility that online learning provides allows me to live my dream of pursuing higher education."

As for dislikes? "If I had to dislike one thing about online learning it would be the fact that I don't have classmates to chat with about all the interesting things I learn on a daily basis, though my husband is a great sounding board and never tires of me telling him those interesting points, and for that I am grateful!"

The Voice Magazine asked Tamara, if at any point, she had wavered in continuing her schooling and what made her persevere. Tamara replied, "Currently I have had to sit back and reflect on how much I am taking on, along with the out-of-control stressors COVID has created. I have experienced multiple stops and starts to my employment these last couple of years due to COVID, and my children have also struggled with mental health issues, as well as an epilepsy diagnosis in my son. I recently had to stand back and say to myself, 'Tamara this isn't a race,' and though I have gone to school full time year-round for four years if I can't graduate that exact second, I thought I would that I have to be alright with that. AU has been very good about recognizing the impact that COVID has had on its students, and because of that I have been able to explore options that allow me to continue my studies, but perhaps not at that record setting pace I had previously held, and instead at a pace that once again works best for my family and our current situation."

Since it was difficult for Tamara "to pick just one [most memorable AU] course" she chose two! She stated, "English 211: Prose Forms was one of my first courses at AU and I was so nervous as I had never taken a university level English course prior to that! It was amazing! The literature that you get to read, the short stories, and the novels were incredible. To critically analyze these amazing works of fiction and dig for a deeper understanding to the meaning behind the words was so impactful."

She also chose CRJS 360: The Psychology of Criminal Behavior, stating that it "was one of the most interesting courses [she has] ever taken." She continued, "As I mentioned previously, I love learning about how people work, and why we do the things we do. This course enlightens you to all the different reasons that an individual may engage in crime and it is truly enthralling!"

She has found communications with her tutors "to be great." She stated, "I have been able to reach out to all of my tutors through email and have received communication back in a timely manner. Some are quicker than others, but I have never had a question I asked left unanswered."

When asked about pet peeves, Tamara chose closed mindedness, believing that "we are such a unique species and I feel that being unable to open yourself to other individuals' perspectives on things prevents us from learning and growing with one another."

As for which famous person, past or present, she would like to have lunch with, and why, Tamara chose The Queen. She



explained, “I find the monarchy absolutely fascinating and rich with history and a lifestyle that I cannot quite comprehend!” And the lunch? Tamara “would probably just let her decide.”

When asked about the most valuable lesson that she has learned in life, Tamara stated, “You are never too old to pursue your dreams, and if you give yourself the chance you just might surprise yourself. If you had asked me 5 years ago where I would be now, six months after my 40th birthday, I wouldn’t have imagined I would be able to tell you that I am so close to degree completion that I am pondering a master’s program as my next educational pursuit!

As for the proudest moment in her life? “I would like to humbly suggest that where I am right now in life, all that I’ve accomplished thus far, and what I’m planning for my future, is my proudest moment in life!”

And the one thing that distinguishes her from most other people? “I can come across as cold, or indifferent. You know that resting face they suggest some people have, I invented it! But, I actually have a huge heart, and extreme empathy and sensitivity for those around me, and as cliché as it sounds, will move mountains for those I care about.” Best of luck Tamara!

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



Helping Kids Cope with Worries

Jessica Young



All kids (and grown-ups!) worry sometimes. Helping our children learn how to effectively cope with their worries is arguably one of the most important skills we can teach them. As the mother of a self-proclaimed worrywart and classic over-thinker, here are a few tips and tricks that have worked for us.

Make A Worry Box

Help your child decorate a box, jar, or any kind of container that they can open and close themselves. My daughter painted a wooden box that we purchased from Michaels, but even something as simple as using an empty tissue box could work. Explain to your child that this is their Worry Box. When they feel worried about something, no matter how big or small, they can write or draw a picture about their worry, and then put it inside the box—naming and containing it. This is a physical representation of taking the worry out of their head and setting it aside for later.

The most important part of this technique is scheduling a time to go through the Worry Box with your child when you can give them your undivided attention. Let them share with you what they feel comfortable with. By the time that they sit down with you to talk, they may even find that many of their worries seem much smaller!

Talk Back to The Worry Monster

Teach your child about The Worry Monster. The Worry Monster is a little monster or creature that lives inside your child's mind. The Worry Monster likes to snack on your child's worries, so he says things to trick them into worrying. This helps your child to visualize their worry as something outside of themselves. You can even have your child draw a picture of what they think their Worry Monster looks like and give him/her a name.

Then, teach your child how to talk back to their Worry Monster when he is trying to trick them. My daughter thought it was hilarious that I was giving her permission to be sassy to her Worry Monster. Phrases like, "you're not the boss of me" or "I'm not listening to you" help empower your child to defy their worries.

Practice Breathing and Mindfulness

There are *so many* kinds of mindfulness techniques that are suitable for kids. For kids of all ages, breathing is probably the most simple and effective method. Dr. Dawn Huebner has [a wonderful guide](#) on teaching your child how to use their breath to calm their body. She says, "It might seem silly to practice breathing with your child, after all, she breathes just fine most of the time. But learning to take long, slow breathes in the midst of a highly emotional state is a skill that doesn't come naturally. An added bonus: it will work wonders for you, too". Both of my kids respond very well to the visual of smelling a flower and then blowing out birthday candles.

Another go-to mindfulness technique in our house that will work for older children, is the idea of "changing the channel". Talk to your child about how their brain is like a TV, and their thoughts are like the different channels or TV shows. When they are watching a "worry show", they can change the channel to the "unicorn show" (my daughter's favourite) or whatever topic makes them feel happy and positive. This technique will only work if your child is able to acknowledge their worry before they change the channel—otherwise they are just stuffing down their emotions—so encourage them to utilize their Worry Box, talk back to their Worry Monster, or ask for support from an adult before changing the channel.

Validate—Don't Accommodate

As parents, we want to protect our children, so of course our instinct is to accommodate our child's worry. Maybe that means giving your child constant reassurance about their worry or allowing them to skip activities that are causing their worry. However, accommodating only perpetuates the worry because it affirms to your child that you agree—whatever they are worried about is a real threat.

Instead, you can validate your child's worry by letting them know that you can see they are feeling scared—maybe sharing with them a time when you felt worried about a similar situation. Focus your validation on how your child is *feeling*, not on the event causing the worry, and support them in utilizing tools to calm themselves. For instance, "I see you're feeling very nervous about the first day of school tomorrow. That sounds like your Worry Monster talking. What could you say to your Worry Monster?"

Talk To Your Family Doctor

According to [KidsHealth.org](#), "Sometimes worries become worse with time. When kids worry too much, it's hard to enjoy school, activities, or friends. Worries can start to affect sleeping or eating. They can lead kids to feel anxious or afraid, and to avoid things they might enjoy. Worry like this could be a sign of an anxiety disorder. If your child has worry, stress, or anxiety that seems too hard for them to handle, talk with your child's doctor or a mental health doctor. Childhood anxiety can get better with the right treatment and support".

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

Leveraging Technology for What Already Exists Bringing Existing Resources to Marginalized Communities

Alek Golijanin



Earth’s greatest challenges have historically been pollution, whether in the form of greenhouse gasses or waste disposal, but tech leaders are leading that fight and may have us on a path to a fully sustainable world. From the mass introduction of electric-powered vehicles to ocean clean-up systems, technology has contributed to an increasing quality of life around the globe. As technology takes a greater hold of our lives, it also has the potential to solve smaller-scale systemic challenges that have held back marginalized groups such as accessibility barriers to public services.

The most important element for new-generation entrepreneurs that are eager to right the wrongs of our past will be to gain exposure to different schools of thought and to better understand the diversity of life.

The reality of life is that people from different walks of life will all have different life experiences, and realities will greatly differ from person to person. The starting point for a community-oriented technology-based solution has to be rooted in the understanding of the nature of the problem.

When it comes to accessing different public services, the largest barrier has to do with individuals not having knowledge on how to navigate the public services available. For new-generation entrepreneurs that live in countries that guarantee access to health care services, there is the opportunity to leverage tech to bridge those services to marginalized communities.

Poverty is perhaps the single largest determinant of quality of health, and poor health is an obstacle to social and economic development. While poverty has many dimensions, poverty and health are inseparably linked. The social determinants – like education, healthcare, and child development – are of great importance to impoverished adolescents.

I remember hearing the World Health Organization state that the biggest threat facing adolescents had to do with mental health and wellbeing, and that had me thinking. While tech solutions are often portrayed as complex systems that work in real-time to provide solutions, not every solution requires a high degree of complexity. One way to leverage tech to bridge health care services with marginalized communities can be to focus on facilitation.

Even though Canada guarantees access to health care services, there are still adolescents that grow up without family doctors. The adolescents that are without a designated family doctor in today’s Canada tend to have at least one of these two commonalities: they are living in low-income communities, or they are members of racialized groups. These adolescents face many barriers and the only way they will experience success in life is through education. However, they are also more likely to go down the dark path of self-medication and addiction. That is how the starting point for a web-based tool that paired adolescents with family doctors based on distance came about, and is one that I’ve now been working on for some time.

The world we live in is changing faster than at any point in time, and we seem to be on a path towards a more sustainable Earth. While everyone's goal should be a better earth, to get there, tech solutions will need to trickle-up and make sure that no one is left behind.

A combat sports fanatic, Alek is a fourth year business student who like to read research papers for fun.

Plan Your Days Like a CEO or PhD

Marie Well



Calendars and scheduling are absolutely essential for high-performing students. I watched my calendar like a hawk prior to grad school. Doing so ensured I met deadlines necessary for top grades.

It may take some time to adapt to the system—at first. But once you get used to it, you'll benefit a thousand-fold. It's like when my professor introduced to me the idea of using cue cards for writing essays. "Too hard and too time-consuming," I thought. But I forced myself to try it, and my essay-writing skills improved so much that I was able to get into grad school.

The first thing to do is get pumped about a big goal. For me it was to get a PhD, and though I only made it to the master's level, now it's to earn a six-figure salary. Choose a school or work-related goal that gets you excited. Dwell on it daily.

Next, prior to each new month, journal answers to the following questions. "What will make me a huge success this month and what steps do I need to achieve these successes?" Also think, "What challenges will I face and how can I tackle them as my best self?" (You will need to repeat this for each week, at the start of the week, and for each day, at the start of each day.)

After that, write down the name of the month and draft three major goals and all key events for the month. Mark them in your calendar. Next, at the start of each week, do the same: draft three major goals and all key events for the week. Mark them in the calendar as well. After that, take the same approach to the start of each day: draft three major goals and all key events for the day. Mark them in a calendar or to-do list.

Also, in your calendar, schedule the tasks you excel at during your most productive time of the day.

Each day, schedule buffer time where you can bump unfinished tasks. As well, each day, if you have a career, schedule time for work-related learning. But be sure to also schedule work-or school-related activities that excite you. After all, excitement makes work fun.

Another important step is to write down all the leisure activities that put you at peak performance. These could be eating healthy, exercising four days a week, getting enough rest, spending time with loved ones, or meditating. Schedule time for activities that help you be your best.

Also, delegate tasks that you don't personally need to do. For instance, if you can afford one, hire a cleaning lady. Or assign cleaning tasks to family. This will free time for studies and work. As

well, cut back on administrative, time-wasting career tasks by delegating them to an assistant or hiring someone overseas.

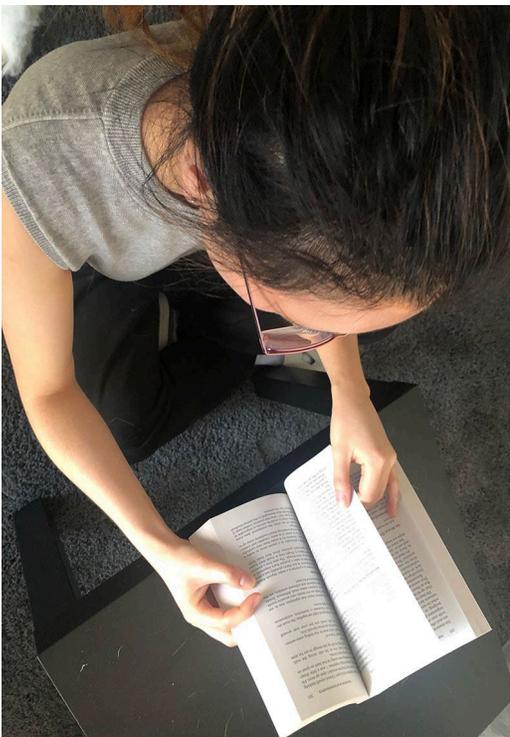
Do all of the above and track how much better you perform.

The above system is based roughly on a more polished planning process outlined in the book *The Effective CEO* by Byron Morrison. I highly recommend reading his book to get a clear blueprint of how to plan your time like a star performer.

After all, you've got the potential to be a CEO or PhD, if the idea of becoming one gets you pumped.

Four Keystone Habits to Adopt Into Your Life

Xine Xu



Currently reading the "7 Habits of Highly Effective People" by Stephen Covey.

Good habits shape good decision making. It means that once we continue a behavior, our brain can be on autopilot and focus on bigger priorities. For example, the routine of brushing our teeth before bed saves our brain-space from worrying about it as a task. The same goes for many other good habits such as meditating, exercising, and eating healthy. When these habits stick, our bodies and minds benefit. There are particularly important habits, known as keystone habits, that, once adopted, can spiral into more positive lifestyle changes. For instance, depression and anxiety is a common condition many people face, but adopting a single keystone habit such as exercising can not only help reduce anxiety and depression, but also keep us more energized throughout the day and physically stronger. Here are four of them.

Reading

It may come as a surprise to many that reading can have such a big impact on our lives. Reading can provide us with stress reduction and tranquility from the technology-heavy lives we read. The blue light from computer screens can create strain and fatigue overtime. When I read online, I sometimes am prone to headaches and migraines. However, reading words on paper has always been a calming activity before bed. Moreover, reading expands the vocabulary and increases analytical thinking. Since reading is an active activity, it keeps the mind sharp.

Exercising

This one is a no-brainer. When I first started exercising, it felt like an immense chore. The inertia to start exercising always seemed greater on days when I'm exhausted from other commitments. However, once this became part of my daily routine, I felt stronger, more energetic, and happier. The mood effects were significant. As



My favorite exercise is nature walks and hikes such as in Canmore, Alberta.



Early morning meditations help me focus and get ready for the day.

someone who is prone to anxiety, exercising helped reduce negative thoughts. Especially before bedtime. I also started eating healthier as well. If there was a keystone habit I'd recommend more than the others, exercising definitely tops the list.

Meditating

Another habit that has stuck with me since my teenage years was meditating. The bustle of school, work, and life took a toll on my mental health. I found I had racing thoughts before bedtime and physiologically my heart rate and blood pressure w going up. Meditating meant I could learn to cope better with multiple commitments. I separated the anxiety from myself and it offloaded the unhappiness that led to months of insomnia. Meditation has other benefits too, such as making meaning of the day's activities and refocusing our energy on self-care.

Eating a healthy breakfast

Despite my advocacy towards healthy eating as a whole, eating a healthy breakfast is a simpler first step than simply eating healthy. Healthier breakfasts help me look forward to waking up and keep me energized throughout the day. On days when I skip breakfast, I feel my mood is poor and I am fatigued before lunch. Set the pace of the day with a balanced breakfast. This could be an omelet or a breakfast panini with a cup of dark roast coffee.



A healthy breakfast filled with nuts and veggies are my favorite way to start the day.

Xine Wang is a post-graduate health-science AU student, as piring clinician, globe-trotter, parrot-breeder and tea-connoisseur.



Fly on the Wall

This is Still Not a COVID Article

Jason Sullivan

Facts of The Matter in the Representation of Culture



What matters most and how do we represent it? Not COVID; COVID doesn't matter most, not in our sense of ourselves as AU students. We are bigger than our times. The tragedy of propaganda, whether true or false, as George Orwell reminded his readers, is that propaganda reduces our minds as it claims to represent our ideas: "I do not believe that the kind of society I describe necessarily will arrive, but I believe (allowing of course for the fact that the book *1984* is a satire) that something resembling it could arrive. I believe also that totalitarian ideas have taken root in the minds of intellectuals everywhere" (Orwell, 262).

As therapists used to remind me and others during, er, more dogmatic days of yore: it's better to be happy than to be right. And the rightness of some aspects of reality, as represented by the powers that be, can always be augmented by the discovery of slints and chinks and cracks in the edifice of so-called truth. Truth congeals as it represents; the whole truth would leave a hole where unpopular opinions were denied a voice. Remember, we only live in enlightened times to the extent that we tolerate the abhorrent.

Without patience towards the wrong-headed or the asinine, ideas become living caricatures, life as a caricature, a farce most fun with a fresh food truck hot dog draped in wet onions and sexy sauerkraut. At best representation, even the best and most beloved, equates to a well-intentioned lie. And, anyway, no one knows where history will go (think here of how it often takes a half century or more for the government to apologize about Residential Schools or Japanese internment camps in beautiful podunk towns like Salmo, BC). We never know what ideas are coming next and whose reality will prevail as right or just or true; all we can be sure of, as students, is that the reality we're being fed is, in part, a mere pablum of our particular epoch.

And Now For A Couple of Cogent Examples.

We don't know how lucky we are, at some level, being the first among equals as distance students. Try carrying a pencil behind your ear and a stethoscope around your neck; take a selfie and thank the real heroes. We represent ourselves to others in whatever manner aids and abets our sense of reality.

Ceci n'est pas un pipe was the caption Rene Magritte used for his painting of what looks like a simple tobacco pipe (Magritte in Pound, online). Representation is a challenge to the viewer, if s/he uses her interrogative faculties. To feel represented as our authentic selves, a task we must do if we are to believe in our education during a time when we fear for the sickness of our elders, we are all held in quivering anticipation. Like a grouse about to be shot. And so it was put to me, be my high school art teacher who was patient with my utter indolence and pothead preposterousness, to consider Marcel Duchamps classic urinal painting. R. Mutt, was how he signed it (Duchamp, online).

So who now are the dogs of war and more importantly who are we really trying to butterfly as we please to succeed at AU. It's about you. We all, we online students who are a great vanguard of a generation of youngsters who will have known so much of their pedagogy online and so much of their scholastic sense within the imperious lockdown of plague-like conditions, will be the leaders we want to see in the world. Well, it's up to us.

Not to Be a Dilettante, But...

What do we say when we represent something with words? What is it to re-create reality as though it always-already happened? Here even your humble *Fly on the Wall* struggles to convey what he means when he says what he says. It seems as though a moment ago, December of 2003, I began my first AU course. It was the basic English course 250 and I sat in front of the fireplace in my picker's cabin home and read the crap out of it. But now I wonder, is representation the same as reality and are we living in a fake world that would make those stupid pill binaries in *The Matrix* cringe?

Plato's Allegory of the Cave illustrates the idea of pain and joy as illusory, but don't we all know that? Plato believed that all of life was about being chained in front of a screen while comparing interpretations of the representations on offer. In other words: social media. So, what alternative? Maybe ham-fisting a keyboard allows us each to express ourselves as needed. As a kid I didn't have a guitar but I wore my fingers and fingernails sore strumming a tennis racket. Maybe it's all a racket, this alarming thing, maybe we each of us are wasting our time if we don't apply ourselves directly to something that makes moolah or pipelines. On the other hand, I recall Herr Heidegger who noted, "Wood' is an old name for forest. In the wood are paths that mostly wind along until they end quite suddenly in an impenetrable thicket. They are called 'woodpaths.' Each goes its peculiar way, but in the same forest. Yet it only seems so. Woodcutters and foresters are familiar with these paths. They know what it means to be on a woodpath." (Heidegger, 34)

The twists and turns of life and education will for each of us one day cohere into an exploration diverging and cresting in ways we couldn't have hitherto imagined. It remains only for us to write and consider our own life narratives over and against the straight-and-narrow interpretations of reality as represented by the powers that be. Maybe. Or perhaps we will find ourselves on the trail of truth along with all the non-students out there; the magic is in the discovery and AU is inseparable from this delightful process.

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AU-thentic Events Upcoming AU Related Closures

Pride Student Lounge

Mon, Jan 31, 12:00 to 1:00 pm MST

Online via Zoom

Hosted by AUSU

www.ausu.org/event/pride-student-lounge-2/

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Virtual Student Lounge

Wed, Feb 2, 10:00 to 11:00 am MST

Online via Zoom

Hosted by AUSU

www.ausu.org/event/virtual-student-lounge-2/

Email ausu@ausu.org for Zoom link

All events are free unless otherwise noted.

Homemade is Better Popovers

Chef Corey



I think many of us enjoy Sunday dinner. I'm talking about the spread that is usually a little bit fancier. The kind that you often visit relatives for or invite family over to have. At least, a few years ago, that's what it meant. We've had to adapt and change some preparation methods over the last few years of the pandemic. But if you're local health authority and the government still permits you to gather, then I hope you've been able to have one meal with your family.

When I make roast dinner for Sunday, I usually make popovers. You might also know them as Yorkshire pudding. There is a slight difference between these dishes, though; it could be challenging to see depending on the recipe you look at. The difference is the fat you use; Yorkshires use the fat from roasted beef, whereas popovers use oil or melted butter.

Yorkshire pudding is claimed to be named after the Yorkshire area in England because of the local coal area, and this gave cooks a higher heat and made for the crispier outside. Another reference I came across discerns a Yorkshire and being at least 4 inches tall (Royal Society of Chemistry, 2008). Thus, suggesting that if it is not at least 4 inches, it cannot be a Yorkshire pudding, and I assert that it would make it a popover. Popovers are also an American invention, and I could not find any hard and fast rules about when to eat them. In contrast, Yorkshire Pudding is eaten before the main course so that guests don't eat as much beef (the more expensive part of the meal).

I like to use my blender and a muffin tray when I make my popovers. I spray six of the holes but alternate so that there is room to grow. I like higher heat, and I set my oven to 400F. I put everything in the blender, mix it up, pour the batter into the six sprayed slots, put it all in the oven and wait until they are done.

Well, let's get to making those popovers!



Popovers

Ingredients:

1 tablespoon of melted butter or oil
 $\frac{3}{4}$ cup plus 2 tbsp (135g) of All-purpose flour
 1 $\frac{1}{2}$ tsp of Kosher salt
 2 large eggs
 1 cup of whole milk

Directions:

1. Preheat your oven to 400F.
2. Spray six slots of a twelve-slot muffin tin, alternating holes.
3. Blend all the ingredients in a blender.
4. Fill each slot until about $\frac{1}{4}$ of an inch from the top.



5. Bake in your oven for 35 – 45 minutes, but do not open the oven until after 35 minutes.
6. Pierce each popover through the top to allow steam to escape.
7. Enjoy!



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

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Overlapping Degrees A student wonders if it's possible to start a Masters program while still finishing off the undergraduate degree. Students respond noting that the program can't be entered, but the graduate level courses can be taken as a non-program student, but that probably wouldn't qualify for funding.

reddit

DegreeWorks Difficulties People are noticing difficulties with the DegreeWorks system crashing while entering their plans and losing all the information within. Solutions suggested included saving often and simply not using DegreeWorks, and doing the plan on paper instead.

Twitter

@austudentsunion tweets: "Out Now! Episode Four of Keeping up with Karen!"

Vice-President External Karen Fletcher interviews Eva Embree who is a student councillor as well as one of the undergraduate winners of Athabasca University's research conference in 2021.

@AthabascaU tweets: As part of our ongoing effort to support mental health and wellness, and to recognize the impact the pandemic is having on our learners, AU is temporarily allowing a flexible grading option for one course per academic year.



Beyond Literary Landscapes Poetry: Part II

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.

From one bookworm to another, this column will be underscoring and outlining various literary genres, authors, and recent reads and 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

While last week’s column focused on 21st-century poetry, this week’s section considers several poets predating this era. This week, those interested in an introduction to the vast genre of pre-21st-century poetry, a reminder of some genre classics, and as an inspiration for further reading, may choose to begin with two major poets, namely Khāwje Shams-od-Dīn Moḥammad Ḥāfeẓ-e Shīrāzī, more commonly known as Hafez, and Jalāl ad-Dīn Mohammad Rūmī, more commonly known as Rumi.

What

As stated last week, poetry can be defined as “literature that evokes a concentrated imaginative awareness of experience or a specific emotional response through language chosen and arranged for its meaning, sound, and rhythm,” and is broken down into various types of poems.

Specifically, Rumi’s works can be classified as epics, lyrics, ghazals, and robā‘iyāt (quatrains), while Hafez’s are considered lyrics or ghazals. (Ghazals are “a genre of lyric poem, generally short and graceful in form and typically dealing with themes of love.”)

For non-Farsi speakers, collections of English-(and various other) language translations of both Rumi’s and Hafez’s works are widely available.

Where

Considered to be Persian poets, Rumi was born in Balkh, in present-day Afghanistan, and died in modern-day Konya, Turkey, while Hafez was born and lived in Shīrāz, Iran.

When

These works mainly take place in the 13th and 14th-centuries.

Why

For readers interested in themes of love, faith, unity, Sufi mysticism, Islam, as well the Persian Empire, Rumi and Hafez are a start.

How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to Poetry 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 last week’s mention of ENGL 212: Poetry and Plays. In addition, those who would like to try their hand at writing

poetry themselves may consider ENGL 380: Writing Poetry is a senior-level, three-credit course, which focuses “on expanding poetic technique through guided practice, close reading, regular use of a writer’s notebook, constructive interaction with peers, and informed instructor responses.” 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 Reading List January 2022

Karen Lam



Happy New Year! The start of a new year is always exciting as we make new goals, plan new fun adventures, and start fresh. For me, January has been filled with puppy training and catching up with all tasks at home. Whether you’re relaxing in January, working, studying, or taking care of others, pick up one of these recommended reads!

Are You Fully Charged?: The 3 Keys to Energizing Your Work and Life by Tom Rath

As we begin the new year, many of us want to change up so we can tackle all the new challenges that may come up in work and life. This book is recommended if you’re looking for

ways to recharge yourself as you try the new goals you have for yourself and your family. Remember, you all have the power to accomplish your goals! Make sure to charge up and get started!

Don't Overthink It by Anne Bogel

As we start the new year, lots of stressful things from the previous year or even new challenges from the new year can leave us feeling negative or discouraged. This book, written by Anne Bogel, reminds us that not only do we have to power to overcome negative thoughts, but we can also replace these thoughts with more positivity. These positivities can help us live happier, healthier, and more peacefully. If you’re looking for some new year motivation, this is a must read!

How to Love Your Neighbor by Sophie Sullivan

Grace Travis is completing school, working multiple jobs, obtaining her dream degree and career. It seems like she has it all. Grace found a home she wants to fix up and live in until an unprecedented neighbor moves in next door. A funny, quirky, and worthwhile to read as we all have had interesting neighbors at one point in our lives! A must read for everyone!

Lucky Leap Day by Ann Marie Walker

For those looking for a romantic comedy, this one for you! Cara had drunk too many whiskeys and gets tangled in the Irish traditions on Leap Day, and although it all felt like a dream, she realized it wasn’t the moment she woke up. The moment she woke up, she found a man beside her and a ring made of tin foil on her finger. While everything else in her life continues to wait for her, her life dramatically changes overnight. Interested in knowing how Cara handles the rest? Read this book!

This Is How It Always Is by Laurie Frankel

A beautiful story about family, secrets, changes, and fairy tales. It reminds us of how challenge change really is and why we are afraid of change. Whether the change is from being a new parent or raising a child to not become who you want them to be, or simply encountering new challenges and not being able to overcome them. I picked up this book to read as we got a puppy over the holidays and I felt some puppy remorse. This book reminded me the challenges we all face and why we're afraid of facing challenges, along with how to overcome them. A must read!

Happy Reading!



Unearthing classic articles from previous issues of The Voice Magazine

Tensions are escalating between Russia and the Ukraine—again. Long-time *Voice* columnist, Hazel Anaka, penned a pair of columns back in 2014, voicing her concerns about that year's Russia-Ukraine tensions.

Ukrainian at heart. Hazel Anaka expresses her concern and outrage at events unfolding in her beloved Ukraine. "I'm sick of the corruption, the entitlement, the insanity, the big talk and the impotence of civilized society to fix things." From Where I Sit – I'm Sick, April 18, 2014.

A key to understanding. Hazel Anaka finds solace and relevance in Tim O'Brien's *The Things They Carried*. "Because of my own ethnic background and heightened awareness of all things Ukrainian, I have been watching the actions of Russia's Putin with horror and revulsion." From Where I Sit – The True Price of Freedom, April 24, 2014.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Stacey Levitt award

Sponsored by: Parachute

Deadline: February 27, 2022, 11:59 EST

Potential payout: \$2500

Eligibility restriction: Applicants must be Canadian citizens or landed immigrants currently attending a Canadian secondary school.

What's required: A completed application form, along with a letter of recommendation, and a 2- to 3-page essay addressing a specified topic on injury prevention, plus two others topics.

Tips: Read the Submission Components section carefully for info about the essay.

Where to get info: parachute.ca/en/program/stacey-levitt-award/application-process/



How to Be an Ultimate Female Valentine

Marie Well



If you have an angel who loves you unconditionally, who'd do anything to keep you safe, who bursts with infinite joy at every good deed you do, and who weeps with you and holds you during your every heartache, wouldn't you feel truly loved and understood?

To become the ultimate Valentine, it's time to become that unconditionally loving angel—to your life partner.

But why listen to me? I've been studying relationships and marriage principles from The Marriage Foundation for five to twenty minutes every day for the last four years. I spent around a thousand dollars on their courses and books. I am about to take their certification in relationship coaching, once their marriage counseling program becomes available. And I also rank high on love as a character trait.

But most of all, I want you to experience life-long, ever-increasing love and happiness with your Valentine. After all, I believe everyone's biggest purpose on earth is to learn how to love others

unconditionally.

With that said, here are some ways you as a woman can make yourself the ultimate Valentine from what I've learned at The Marriage Foundation:

Smile at your Valentine non-stop. Never complain to him. Never nag him. Never criticize him. Never tease him. Never confront him on any issue. Only dwell on his strengths.

Don't have male friends. Not a single one. Male friendships signal trouble. These types of friendships easily go down the wrong path, which can destroy all hopes for a happy marriage.

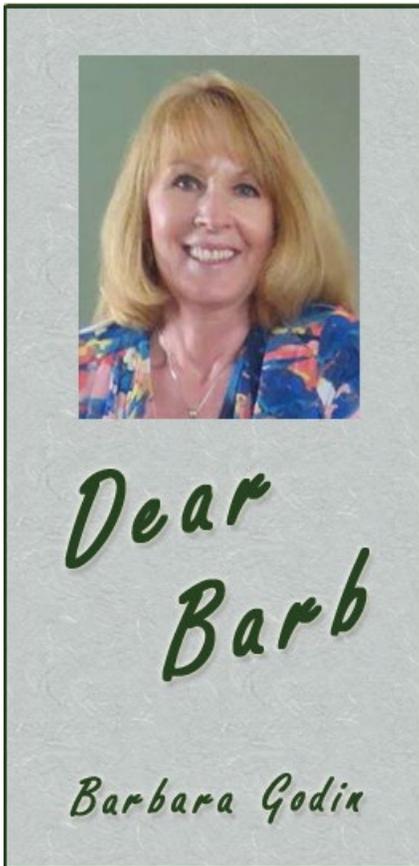
If your Valentine is your husband, never withhold his desire for intimacy from him. If withheld too long, it can crush his self-esteem. If he's not yet your husband, try to wait until you are married before getting physically intimate. Sexual intimacy before marriage can cause many serious issues, such as possible pregnancy from a male you may not want as a life partner.

Never allow a negative thought about your Valentine enter your mind, not even for a second. Instead, replace all negativity with thoughts of how much you love and admire him. If you can, allow no negative thoughts about anyone to enter your mind.

Act as excited and as eager to please him as you were when you first courted him, only put more love and more effort into your revived courting with each passing day. Make sure you look your best. Give him 1000% of your heart. Do only beautiful things that make him smile and feel great about himself.

If he gets upset with you, don't react. Just shower him with even more love and joy.

And best of all, give him every bit of positivity you've got, which is truly infinite. But expect nothing in return. That, you special, ultimate Valentine, is the meaning of unconditional love.



Grand Parenting

Dear Barb:

I am the grandmother of a three-year-old. Her mother (my daughter) has a drug problem and I do not feel she is taking proper care of my granddaughter. I have gone to her apartment in the middle of the afternoon and my granddaughter is alone in her room still in her pajamas, while my daughter is obviously high and laying on the sofa. I have tried to talk to my daughter about this, but she denies that she has a problem. It is heartbreaking for me to leave my granddaughter in that situation. I have offered to take her to my house but my daughter refuses to allow her to go with me. I don't know what my rights are, but I do not feel leaving my granddaughter in harm's way is the correct thing to do. What do you think I should do? Caring Grandma in Nova Scotia.

Hello Caring Grandma:

This a heartbreaking situation and as the opioid crisis escalates, this is not going away. Many grandparents find themselves in similar situations and must change their entire lives to accommodate their grandchildren. It is a very difficult situation, but until your daughter gets better, you will have to take your granddaughter in, or risk her going into the foster care system. Taking on complete care of your grandchildren is a huge undertaking, but one that

most grandparents are willing to do.

As a grandparent you do have rights. You can look at the [Canadian Grandparents Rights Association](#) for some information.

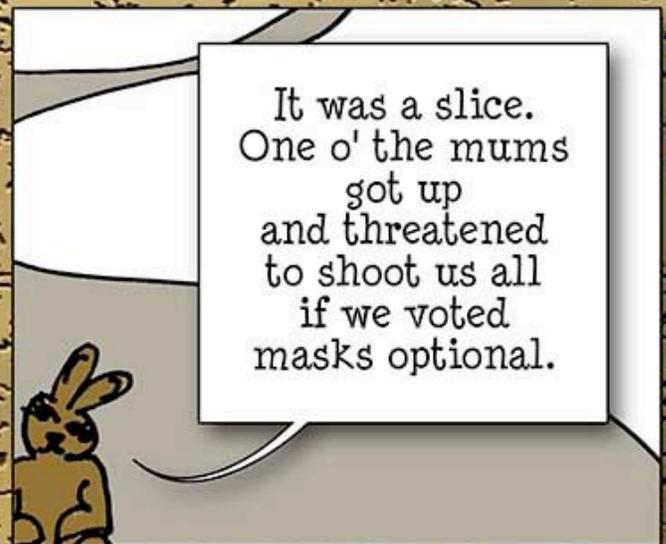
If you cannot get your daughter to relinquish care to you, I would suggest you contact the Children's Aid Society and see if you could get a social worker involved. If your daughter does not recognize that she has a drug problem, she may react quite negatively to a visit from a social worker. Be prepared for this possible outcome.

On the other hand, this intervention may help her to realize there is a problem and possibly get help. If your daughter goes into a treatment facility, you will most likely be given custody of your granddaughter, depending on the father's situation. While your granddaughter is in your care there are ways that you can help her to adjust to the temporary loss of her parent. Discuss family counseling with the social worker. You and your granddaughter are both experiencing this loss and you need skills to navigate the journey ahead. Hopefully, it will be a short one and things will get back to normal. You may have feelings of anger towards your daughter, but you need to put them aside and not speak negatively about her to your granddaughter, as that will impact her self-esteem. When you speak of your daughter's addiction, describe it as a disease of addiction, this way the child will perceive it as an illness, which is what it is. Good of you Grandma for stepping forward for the sake of your grandchild.

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

Poet Mave
The New Gun-Toting Normal

Wanda Waterman



CLASSIFIEDS

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

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