

THE VOICE

Vol 30 Issue 04 2022-01-28

Minds We Meet

Interviewing Students Like You

Groundhogs and Their Day

A Post-Mortem & Key Statistic

Council Connection

The Audited Reports

*Plus:
Building Untraceable Guns
Local Shout-Out
and much more!*



CONTENTS

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

Features

Minds We Meet: *Pénélope*..... 4

Articles

Editorial: *Reminder* 3

Council Connection: *Jan 20, 2022 Meeting*..... 5

How to Be Supportive..... 12

The 3D Printer Dilemma 15

Five Ideas for Spending Valentine's Day at Home..... 16

Agape Love is the Highest Form of Love..... 22

Columns

Fly on the Wall: *Groundhogs and Their Day*..... 10

Local Shout-Out: *Calgary and Area, Part IV*..... 13

Homemade is Better: *Chicken Caesar Wrap* 18

Beyond Literary Landscapes: *James Baldwin*..... 18

Music Review: *Decompose* 21

Dear Barb: *The Green-Eyed Victim*..... 23

News and Events

Authentic Events..... 7

Student Sizzle 9

Vintage Voice..... 14

Scholarship of the Week..... 20

AUSU Update 25

Comic

Poet Maeve: *Deepening the Fake*..... 24

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

Email
voice@voicemagazine.org

Publisher
AU Students' Union

Editor-In-Chief
Jodi Campbell

Managing Editor
Karl Low

Regular Contributors
Barb Godin, Barbara
Lehtiniemi, Angela Pappas,
Jason Sullivan, Wanda
Waterman, Corey Wren,
Jessica Young, and others

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

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

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

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

Volume 30, Issue 03

© 2022 by The Voice
Magazine

ISSN 2561-3634

LETTERS TO THE EDITOR



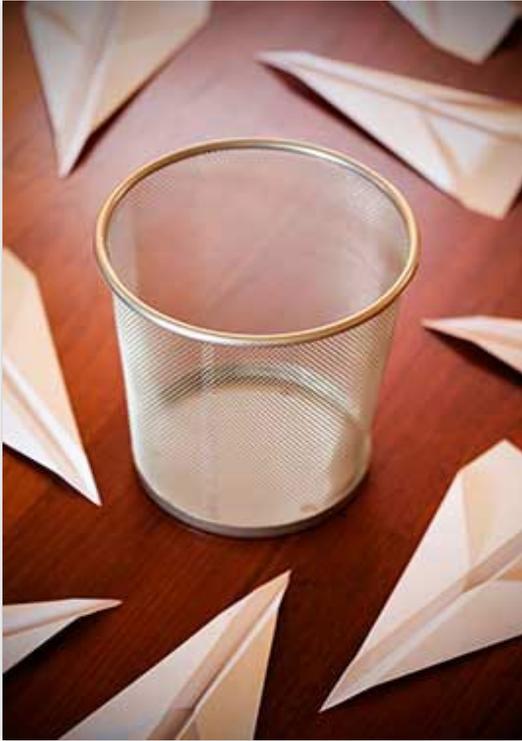
We love to hear from you!
Send your questions and comments to voicemagazine.org,
and please indicate if we may publish your letter!

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

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

Editorial Reminders

Karl Low



Since my last editorial, Jason Kenney has announced a sudden end to restrictions. And, from what reports I've seen, Albertans have started taking advantage of it, flocking to venues and restaurants and gathering in larger groups even as hospitals announced some of the highest numbers of general admittance and the highest numbers of ICU admittance for this wave.

On the flip side, waste water readings of the virus have been declining for some time, so perhaps things will work out and the virus has lowered to such levels that allowing it easier access to multiple new hosts will not cause a resurgence. That's the hope, anyway.

But even if it does, what's most concerning is that Premiere Kenney has made suggestions that the province might require municipalities to follow his lead, even while refusing to provide those municipalities with the data that he claims justifies these decisions.

Why hide the data if it supports his actions? On the flip side, if the data doesn't support his actions, why do them? These are rhetorical questions, obviously, as everybody, including those against the mandates, realize Kenney's

sudden change of heart from earlier in the month is likely much more to do with the leadership review approaching the UCP on April 9th and the convoy interfering with traffic flow down to the United States by Coutts than any sudden and new developments on the COVID front.

Given how fast this newest variant of COVID spreads, if the ICU doctors and health professionals who are actually experts in the disease are correct and this re-opening has come too soon, we should be finding ourselves approaching a complete health system collapse as that leadership review gets underway.

And given the current state of the UCP and popularity of Jason Kenney, there is a significant chance that Kenney will no longer be sitting as the leader of the UCP or the Premiere of Alberta. Which means that that position will be looking for candidates as we enter probably the worst health-care crisis we've seen yet.

Anybody signing up to be interim leader during that time will either be doing so knowing they're a sacrificial lamb and this will end their political career, or because they're not bright enough to see that. Either way, it means we can expect the governance of Alberta is unlikely to improve significantly for the next wave.

Physicians and nurses, have already let us know they are reaching their breaking points. I expect seeing us deliberately head rudderless into another wave is likely to be the one straw too many for a lot of them.

But hey, maybe I'm wrong. I hope so. Either way, Albertans will continue to get through this, one way or another—what other choice is there, after all?

I guess my point is, if you know a nurse or a physician, now might be a good time to give them a call and just wish them the best. Maybe send a fruit basket if you can. If things go bad, it will be good for them to have a reminder that they are still valued by regular people in this province. And if things don't, well, there's nothing wrong with brightening the day of someone who's trying to keep us healthy and safe. 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 recently had the chance to chat with Pénélope (she/her), who is currently living “in a little town close to Thessaloniki in Greece.” She stated, “I’m from Montreal, Quebec. I left not a long time ago because I can’t live in a cold country.”

Pénélope is currently completing her Bachelor of Arts in Psychology here at AU. Although she admits that she is not great at making future plans, she is thinking of pursuing a Master’s degree, or perhaps a PhD, although she “still [has] a lot of time to think about it.” She explained, “I don’t know where I’m gonna be at the end of my [degree] but that’s the beauty of the journey.”

When she is not studying, Pénélope enjoys taking photos and taking long walks, explaining that she enjoys finding new places in different cities. She also enjoys biking and watching sunsets. She continued, “I love being in nature and disconnecting.” She is currently “reading *Breaking the Habit of Being Yourself* by Dr. Joe Dispenza. It’s really interesting and useful. If you want to manifest something in your life you should read that book to understand the process.”

She is pleased with her online learning experience so far. She explained, “I always hated school but with this kind of learning I don’t even feel like I’m going to school. It’s like reading interesting and expensive books but having to focus more. The only thing hard is to stay motivated. Distraction is everywhere so it’s a lot of self-talk. But it’s for the better.”

When asked if she has ever wavered about continuing her schooling, Pénélope replied in the affirmative. “I never wanted to continue school after high school. I never believed in the fact that I could have a higher education. But some people believed in me when I couldn’t believe in myself.”

She finds communications with her course tutors, “not bad.” She explained that she has only spoken to one, however, the tutor did answer her question sufficiently. “Even more than [she] thought.”

If she were the new president of AU, Pénélope’s first project would be “Making sure everyone can have financial aid, no matter what. Education isn’t free but you need it to make money.”

And her pet peeve? “My pet peeve is not to know what my pet peeve[s] are.”

When asked which famous person, past or present, she would like to have lunch with, and why, Pénélope stated, “It can sound crazy but it would be with a serial killer. Probably Ted Bundy. I

just don't understand. I want to know what they are thinking." And the lunch? "Choosing only one is too hard. I would want some tapas, having different choices."

And the most valuable lesson she has learned in life? "Life goes on. With you or without you." And the proudest moment in her life? "When I finally wake up and realize that I'm the only one who can make change in my life."

When asked what distinguishes her from other people, Pénélope thoughtfully answered, "I don't like this question. No matter what I'm gonna say I know that there's a lot of people who think or act like me."

As a final thought, when asked if there was anything she would like to add about the student experience, she stated, "It's not too late." Best of luck Pénélope!

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



Council Connection January 20, 2022 Meeting

Kent Provost



The meeting was called to order at 6:32 PM by President Stacey Hutchings. Executive Director Jodi Campbell was announced as the accessibility officer for the meeting and the land acknowledgement was given by VP External Karen Fletcher: "These lands, waters, and living beings in the treaty lands within the colonial borders of Alberta have been cared for by indigenous people since time immemorial. We condemn the genocide that's been done and continues to be done against indigenous people through colonialism and we celebrate the strength and resilience of indigenous peoples and their cultures. We acknowledge that in addition to being denied access to physical spaces, colonialism also sought, and seeks, to restrict indigenous peoples' access to cultural, spiritual, governmental, and educational spaces. We acknowledge the expertise of First

Nations, Metis, and Inuit cultures and knowledge keepers have and respect their leadership. We commit to reconciliation and acknowledge this commitment cannot be kept in words only but must be lived out in the actions, processes, and procedures in this organization year after year."

She pointed to <https://native-land.ca/> as a resource for determining which historic territory any given physical location may be in. Attendance was taken with all present except Councillor Amber McDuff who was regrettably not able to attend. The agenda for the meeting and the previous meeting's minutes were approved unanimously, with the only change being an action item from October being added as the Council had not had a formal update on it.

The Money

The meeting was joined by Chad Knippel and Natalia Toth from Kingston Ross Pasnak Chartered Professional Accountants to provide details about their external evaluation of AUSU's yearly financial statements. Executive Director, Jodi Campbell wished to emphasize the third party

nature of the audit, adding, “There’s a reason why we keep coming back to KRP. At the end of the day, [it boils down to] our ability to feel confident that our audit is being done thoroughly and in a professional manner. There’s a reason why we keep coming back, and this year’s no different. You’re great people, and we enjoy working with you. KRP definitely does a deep dive; this is a robust audit when it comes to the organization. Know that what KRP is presenting today is a true reflection of the organization for the year.”

Mr. Knippel then took the floor, saying, “We’re here to answer any tough questions you may have. We don’t take shortcuts and we feel that our breadth of work experience with other clients helps us to make the SU a better organization through these audits. We’re not the bad auditors: the CRA. We’re here to make sure everything is being done properly and correctly, and, if there are deficiencies, we’re there to point them out and help the organization deal with them and become stronger.” He qualified this by pointing out that AUSU is a small organization, so there are limitations on controls for mitigating and limiting certain types of risk. Ms. Toth added, “We were able to wrap up the audit before the end of December, and everything went very smoothly.” She concluded their preamble noting that they had a long list of requests for Mr. Campbell, which he filled, and that with no documents outstanding all that remained was to present their findings and get the required approval of the statements they had prepared.

They began by explaining that there were some small year-end adjustments between documents the Council had seen internally and those prepared by KRP. Accrued benefits of tuition coverage for Executive members and vacation time were primary examples. These deviations are all explained by timing, they said. Mr. Campbell gave the case of the Simply Voting expenses for the SU election to illustrate. Simply Voting expenses are typically paid for in September, but by their nature have their effect (the running of the election) in the subsequent fiscal year. This essentially defers a portion of these expenses, since the majority of them are used the year after they are paid for.

One option that had previously been discussed by the trio was mitigating the organization’s liability in accrued vacation time by simply paying it out. Mr. Knippel pointed out the organization had made \$16,000 this year from investments and \$13,000 the previous year. He suggested that it would be reasonable to allocate a lesser amount that could be used within the budget. For the time being the organization has decided not to take this option. Mr. Campbell said, “We’ve discussed this a few times with KRP. We have two pots of money, one for investments and another that is an operating account. Funds that come in from investments are rarely put into the budget, instead being reinvested. The difficulty with using these returns as part of the budget is that they’re unpredictable: one year we might get a few percentage points more back on investment, another a few points less, and I’d hate to budget for a certain dividend amount if we don’t wind up getting it.” He concluded the discussion with the comment that the Finance Committee could reconsider this position when the opportunity arises in June or July.

This section of the meeting ended with Ms. Toth noting that there is \$182 remaining in a health and dental fund that had been discontinued. The vast majority of persons paying into this program have been repaid, however some were unable to be contacted. She recommended reallocating these monies so this negligible part of the statements could be consolidated in categories that are in active use. The Council unanimously approved the statements and the choice of KRP as AUSU’s auditors for the coming year.

The Reviews

The next major topic of discussion concerned policies and procedures regarding course reviews. President Stacey Hutchings kicked it off by noting that the Council had previously tasked the

executives with the goal of coming to a settled position on how they'd like to see the university handle reviewing course materials. The university currently does have a policy on course revisions, but she remarked that it was "light and not very prescriptive". The SU has been involved in conversations on this topic with senior university administration, but Ms. Hutchings feels that she wouldn't want to advocate a particular position on this yet as the university is attempting to bring unity and consistency across all its faculties with its One AU initiative. She pointed out that courses are now reviewed according to separate procedures depending on which faculty the courses originate from. The last thing she would want is to insist to the administration on a particular timeline when the process of unifying AU's faculties is still underway. She emphasized the administration wants to include the SU to attempt to elicit the most beneficial input for students.

Vice-President External (VPEX) Karen Fletcher added that this is part of a bigger discussion. She noted that course review is an important piece of how courses are developed but hastened to expand on that by saying that integration of equity, diversity, and inclusion considerations. In her view, it would be better to tackle these issues holistically, which aligns with the initiative described above, rather than by cherry-picking. She also expressed her view that it was good that senior administration was receptive to comments about particular courses being problematic.

Vice-President Finance and Administration (VPFA) Leah Campbell commented that senior university administration has admitted that there's a problem with how course revision is approached and they are actively working toward fixing it, including being open to partnership with the SU. Vice President Community and Wellness (VPCW) Natalia Iwanek raised the fact that AUSU is also bringing this issue up with individual faculty meetings, in an attempt to constantly keep it under attention.

A significant repercussion of this morass, as President Hutchings noted, is that some courses have been in revision for years and certain students would not be able to take them throughout their programs. Regardless of the timeline, she'd like to see, above all else, students involved in this decision-making. A few others reiterated what had already been said, and the general impression I was left with is that the council seems to agree about the general idea of the direction they want to head in here, not necessarily about the specifics.

The Executive Review

Mr. Campbell began the next section on executive compensation review by stating that the review committee is formed and does their work in the 2nd year of every council term. His work is primarily supportive in nature on this issue, providing information and perspective for the three committee members: Councillors Cassandra MacKay, Meredith Charlton, and (now VPFA) Leah Campbell (the latter having recently done some totem pole climbing).

AU-thentic Events **Upcoming AU Related Closures**

Learning to Learn Online **AU's massive open online course (MOOC)**

Feb 13 to Mar 19

Online

Hosted by AU

news.athabascau.ca/events/learning-to-learn-online-athabasca-universitys-massive-open-online-course-mooc-feb-2022/

Register through above link

MBA for Executives Webinar

Wed, Feb 16, 12:00 to 1:00 pm MST

Online

Hosted by AU Faculty of Business
news.athabascau.ca/events/mba-for-executives-webinar-20220216/

RSVP through above link

Business Undergrad/CPHR Info Session

Wed, Feb 16, 12:00 to 1:00 pm MST

Online

Hosted by AU Faculty of Business and CPHR

news.athabascau.ca/events/bmgmt-cphr-information-session-20220216/

All events are free unless otherwise noted.

Ms. Charlton wished to acknowledge Ms. Campbell's work on this committee given that she had to step down from it under the weight of added responsibilities in her new role as VP Finance and Administration. The three reviewed previous executive compensation reviews, did a comparison chart with resources from Mr. Campbell, and conducted a survey with the executive team. Their goal was to create an appropriate representation of the unique needs of the executives, while staying flexible and realistic in terms of planning.

Ms. MacKay reported the specific changes and the identified requirement and benefits in this policy. Identified: a 35-hour work week for the president, 30-hour work weeks for vice presidents, health and dental, vacation and sick leave time, overtime, and a 3 credit course compensation for each 6 months worked. Changes: the salaries increased about 6.5% (the base pay of all increasing from about 23 per hour to 24.50), an option to choose Alberta Blue Cross or the extant health and dental plan, and an increase from \$85 to \$90 per month for home office expenses. Although their raises are above a multiplicative increase of 4.04% percent over two years with standard inflation in mind, these increases were justified by Ms. Campbell having done some research on the recent increase of cost of living, which she said has "skyrocketed" due to COVID.

Executive Director Campbell answered my question about how the data for the comparison chart were collected by saying that he began collecting them annually from other student associations in 2018, and since then the chart's compilation and sharing have become a collaborative effort by student associations from across Western Canada.

The Miscellanea

The councillors' oath of office was amended to emphasize the importance of honesty and integrity, and the need to decolonize the university. Indigenous Circle Representative Jo-Mary Crowchild-Fletcher will officially take this oath during the next meeting.

Partly paid for by the SU reclaiming monies tied up in the physical space it no longer pays for, a new executive role was recently added: Vice President Community and Wellness. The primary responsibility is to foster student engagement by (non-comprehensively): chairing the Member Engagement and Communication Committee and the Equity, Diversity, and Inclusion (EDI) Committee; serving as the Executive Committee liaison with the Indigenous Circle; promoting mental health initiatives and advocacy at AU and AUSU; providing leadership and support to the 2SLGBTQIA+ and EDI initiatives at AU; promoting community wellness initiatives and social justice initiatives at AU and AUSU; promoting sexual and gender-based violence prevention initiatives and advocacy at AU and AUSU; remaining active and engaged in the wider AU community including attending AUSU events and engaging with AUSU and AU social media; and coordinating with staff to ensure overall internal and external communications promoting student well-being and highlighting student engagement opportunities.

Another change made was that if a student is elected into a committee voting position, they may now take a token of appreciation instead of pay if they don't wish to be on the SU's payroll.

There was some discussion about the SU mirroring the university's move to a near-virtual work environment. Executive Director Campbell and President Hutchings highlighted some of the benefits: reallocating rent money to new positions, and more flexible hiring and relocation practices.

VPCW Iwanek was appointed as a voting member of the finance committee.

Councillors Mackay and Councillor Dur-E-Najaf Syed put their names in the hat for a voting role on the EDI committee. Each made a statement explaining their interest in the role. Councillor

MacKay stated she has always been interested in trying to make sure everyone is heard and respected equally, regardless of their unique points of view. She is enjoying seeing different points of view on areas of AUSU, and is hoping to rejoin AUSU after the next round of elections. Councillor Syed would also like to run again, and is also interested in seeing how another committee operates. She believes inclusivity and diversity is important in every environment. In her view, this is particularly important for AU because many people can seem invisible due to the school's online nature. She noted that she has also sat on similar committees in the past.

VPCW Iwanek, heading the committee, wished to know what one project the candidates would implement if chosen for the role. Councillor MacKay said that although AUSU is small compared to other students' unions, she would like to see the EDI committee educate people about marginalized groups that don't yet get enough attention. Councillor Syed had a similar position, emphasizing that she'd like to see the committee put effort into recognizing more holidays and observances that don't currently enjoy much focus. After a technological delay for voting, Councillor Syed was declared and appointed.

The meeting was adjourned at 8:25 pm. The Council meets next on February 17, 2022 (6:30 pm MST). Please contact governance@ausu.org for information about the Council or attending the meeting.

Kent Provost gained an honourable mention in the Voice Magazine's fiction contest of 2021, and now does the AUSU Council meetings.



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Real books resonate. A student wonders if their just-enrolled-in ENGL 211 course has physical books for the readings; many students respond to praise the course, and its use of Actual Real Books.

Discord

Tuition isn't the only thing going sky-high. A discussion in the [#politics-discussion](#) channel revolves around the price (up) and availability (down) of real estate in Canada.

reddit

Exam tip. A query about a specific course exam elicits a helpful tip for all exams: take a few moments to write down all the study details you don't want to forget as soon as the exam starts.

Twitter

[@austudentsunion](#) tweets: "The 2022 Student Council General Election starts today! Nominations open for all AU undergraduate students! This is your opportunity to get involved and make a difference for fellow AU students. Email Duncan Wojtaszek at governance@ausu.org to find out how."

Fly on the Wall Groundhogs and Their Day

Jason Sullivan

A Post-Mortem and Key Statistic



Groundhog Day has come and gone and, well, it's still February and it's still Covid flu season. The most famous Groundhog, Punxsutawney Phil, forecast in "groundhogese" that Pennsylvania, at least, faces six more weeks of winter. But wait, Phil has only been right four years in the past ten! (Rice, online). Meanwhile, New Jersey's most famous marmot passed away into an eternal springtime of rodent heaven, having "crossed over the rainbow bridge" too soon for a replacement gopher to be found (Calicchio, online). Nice work, if you can get it. But, then, who said education and degrees applied to reality? Our times suggest not only that expertise is a debatable topic, but that after a solid two years of plague there's uncertainty in whether the times are changing or caught in a forever loop of disenchantment.

Groundhog Day: Conformity in a Gopher Suit?

We can be forgiven for feeling like the past two years have been one long, plague-ridden, *Groundhog Day* (the movie, that is). And just as surely as a small rodent

might scratch itself for fleas we might sense something parasitic about the way society seems to have become uncomfortably static. Some say that a poor frog can be boiled alive if the water temperature is raised slowly enough, but how awful is that?! Likewise, drudgery and repetition can seem okay if they're normalized enough. Or they can seem like a plague, perhaps of dirty dishes. At AU, too, the wash-rinse-dry-repeat cycle of studying and writing and panicking about due dates can have a disturbingly *deja-vu* feel to it.

The Furry Line 'Tween Culture and Nature

So, let's take groundhogs for what they are—and what they aren't: symbolic markers of the possible nearing of Spring *and* cultured denizens of prairie grasslands and horsey paddies. Wait, cultured? If you didn't know, perhaps because you didn't become marinated in David Attenborough's voice at some moment in your life, groundhogs (aka prairie gophers aka marmots) have a language all their own. They have words for hawk, coyote, badger, and they even have a funerary song and dance they do when one of their brethren is picked off by a predator. It's called the *Jump-Yip* and is as cultural a motion as any marmot can be imagined to engage in.

However, not all groundhogs actually know how to, *er*, speak. Domesticated zoo gophers lack the skill of rodent elocution acquired by their brethren in nature; in fact, all the captive groundhogs do is emit a series of mindless shrieks akin to the babble of toddlers. "Essentially, they're just screaming." (Gans, online). Which begs the question: can a groundhog that sees its shadow (or not) once a year, but lives in captivity the rest of the time, communicate anything different than could a taxidermied version of the same species? One Ontario groundhog is even said to have been replaced by a dummy: "the untimely death of the original groundhog in 1999 resulted in a stuffed dummy being hastily substituted for the late rodent at the festival" (Hanes, online).

Symbolically, it's clearly we humans who do the interpretation, the hermeneutic gymnastics, of affixing meteorological conditions to the slant of a gopher's shadow.

In truth, studies conducted by “the Canadian weather service have yielded a dismal success rate of around 50 percent for Punxsutawney Phil” (History.com, online) And ol Dr. Go-Phil (argh, awful!) is the most famous furry prognosticator on the planet! Apparently, this time anyway, the *idea* of expertise is more important than any empirical results.

Chirp, Beep, What Does it All Mean?

The interplay of culture and nature is not new to animal behavior; just think of all the human families who *knew* that their dog loved them—until it bit a neighbour. We're a projecting beast, we *Homo sapiens*, and rarely does the apple of our eye fall far from our desiring minds.

So too, it turns out, with prairie dogs. In captivity they may have lost their knack for language, but in these same, tame, settings it's often been found that they “behaved differently when they were being watched, and many seemed to enjoy the attention, becoming more relaxed and spending less time watching for potential dangers as the number of visitors increased.” (Edwards, online). They even kiss more passionately with an audience, as though anticipating that other rather repetitive holiday in February (Gans, online).

The take home point here seems to be that an adoring crowd diminishes one's capacity for critical thinking and dynamic awareness. If you're a gopher. But, maybe mostly we all are. I'm no geneticist or linguist but as an Interdisciplinary (MAIS) student I can see the lay of the land enough to say that we may, just *may*, conclude that a classroom setting's popularity contests and querulous discourse diminish our individual ability to really draw out the implications of our course material. And from there it's a short bunny hop to the gleeful conclusion that our best learning may be at a distance through our beloved school: AU.

So next time life seems a series of sames, recall that we at least are able to speak through the language of learning, rather than the cacophony of conformity.

References

Calicchio, D. (2022). 'New Jersey Groundhog Dies Before His Big Day: Reports'. *FOX News*. Retrieved from <https://www.foxnews.com/lifestyle/new-jersey-groundhog-dies-before-his-big-day-reports>

Edwards, L. (2011). 'Prairie Dogs Kiss More When Being Watched'. *Phys.org*. Retrieved from <https://phys.org/news/2011-02-prairie-dogs.html>

Gans, D. (2018). 'Prairie Dog Chatter: The Science Behind a New Language'. *Scientific Research Communication*. Retrieved from <https://medium.com/health-and-biological-research-news/prairie-dog-chatter-the-science-behind-a-new-language-9144ace4114f>

Hanes, E. 'Beyond Punxsutawney: Meet the Other Groundhogs'. *History.com*. Retrieved from https://www.history.com/news/beyond-punxsutawney-meet-the-other-groundhogs?li_source=LI&li_medium=m2m-rcw-history

History.com Staff. (2021). 'Groundhog Day: History and Facts'. *History.com*. Retrieved from <https://www.history.com/news/groundhog-day-history-and-facts>

Rice, D. (2022). 'Groundhog Day 2022'. *USA Today*. Retrieved from <https://www.usatoday.com/story/news/nation/2022/02/02/groundhog-day-punxsutawney-phil-sees-shadow/9303576002/>



How to be Supportive

Marie Well



Are you the kind of person who, since youth, dreamed of finding someone who would support your dreams—and then found him or her? Or was your parent or grandparent the kind of person who always had your back? Or did you have a teacher who showered you with encouragement and love, like my Miss Crilly? If so, then you know how delightful it feels to be supported.

And wouldn't you love to be the person who provides that delicious support to others, the kind that is welcomed, well-received, and sincere?

Well, here are some tips, based on The Positive Trait Thesaurus, on what makes for a supportive set of characteristics (their quoted material is in bold, extracted from the page titled "Supportive.")

Encouraging the dreams and aspirations of others.

Doesn't it make you burst with joy when someone "gets"—and encourages—your dreams? If you love hearing about people's dreams so that you can be their cheerleader, then you're supportive. And if you're a dreamer, then surround yourself with supportive people. And don't forget to be your own cheerleader. Supportive people encourage your dreams.

Using positivity to boost other people's moods.

Don't you love it when words you say makes someone feel good about themselves? Recently, I saw a little pug dog, and he was so cute that I expressed affection for him. Instantly, his tail wagged at supersonic speed and he almost skipped, he was so happy. It was like he wasn't used to compliments but desperately longed for them. Making others feel good about themselves is the best part of being supportive.

Making people feel valued and important by commenting on their best qualities.

I know someone who makes everyone feel ultra special. This person will walk into a room and say hello to an acquaintance like that acquaintance is the best treasure of a friend. And you can just see how special this person is made to feel, especially in a room full of onlookers. Supportive people make you feel good about yourself.

Offering kind words to those in need: You always make good choices, Tim.

When a person is in need, encouragement works wonders. "You will get an A because you work hard." "You will find a way because you are a problem-solver." "You will achieve your dream. I believe in you." Kind words make for supportive and loving conversations.

Trustworthiness.

Don't you love the trustworthy person who pushes you to the top? Knowing someone truly has your back—and your best interests at heart—develops trust. A sincere, trustworthy show of support can make all the difference. Trust is a treasure to be cherished.

Avoiding criticism.

Criticism, even constructive criticism, is no fun to be around. But doing the opposite—complimenting, praising, admiring—does so much more for relationship building. I have a deeply empathic childhood friend who never criticizes me nor I her—and our shared love is incredible. Supportive people avoid criticisms.

Cheering for people, no matter how small their successes.

Some people call up a parent, sibling, or friend whenever they have a win, however big or small. And this friend showers the caller with praise and encouragement. That's an ideally supportive person: one who aims to bring you up in every interaction, one who celebrates your tiniest wins and your greatest achievements.

Best of all, supportive people are often surrounded by friends. They make wonderful life partners. And they, too, by the very nature of being supportive, can better achieve their own dreams.

To be that supportive person with everyone I encounter, especially those I love, is my goal.

Local Shout-Out Calgary and Area, Part IV

Jessica Young



Amidst the COVID-19 pandemic, the Canadian Federation of Independent Businesses (CFIB) estimates potential permanent closures of up to 222,000 small and medium-sized businesses, depending on how the situation evolves. That's 21 percent of *all* Canadian businesses. The corresponding job losses would range between 962,000 and 2,951,000 Canadian workers.

While most of us are struggling financially right now, it is extremely important to support local small businesses whenever we can. Not only is it stimulating our economy, helping each other is simply the Canadian thing to do. Over the last few months, I have been trying to be more conscious of where I am spending my money. Although it's not always possible for me to support local because—lets face it—shopping at Walmart or Dollarama is often less expensive and more convenient.

So, to support local business, I have compiled a list of small and medium-sized businesses that I have personally patronized and feel that the price, quality, and customer service deserve a shoutout.

A/maze Calgary Escape Game

"People come to escape rooms for an escape from their everyday life. Each of our rooms is filled with secrets, and you will see things that no other room can provide. For example, Tesla's Study features an actual usable 1920s hotel switchboard, and all combinations in Max Baker vs The Game are entered using a 1980s computer. Our rooms seamlessly integrate cutting edge technology into antiques to get as close to magic as you can get...without practicing witchcraft, that is."

A/maze Calgary Escape Game is an escape room located on 11th Ave SE, in the historic building of the original Calgary Wine and Spirit Company—Calgary's only escape room located in a heritage building.

A/maze has three rooms: Max Baker vs The Game, Tesla's Study, and The Cabaret Voltaire, each suitable for 2-6 players. I have personally completed all three rooms and they are all equally cool. The rooms at A/maze are chockfull of antiques and nostalgia-inducing items, secret doorways,

and unique puzzles. While I wouldn't say that rooms are the most challenging I've ever done, the puzzles are very well thought out and fun.

Dark Table

"With the aid of darkness, you can rid yourself from distraction and focus your attention on pleasant conversation and savoring the flavors of your meal—the way dinner is meant to be enjoyed. Our visually impaired guide servers will help you navigate your way through your four-course meal, giving you insight as to how life would be like without relying on your vision."

Dark Table is a dinner restaurant located on 6th Ave SW, as well as another location in Vancouver, BC. The concept: you eat your food completely in the dark. No cell phones, smart watches, or anything that produces light allowed. According to the restaurant, "Without the sense of sight, the senses of touch, taste, hearing, and smell are intensified. Diners are even encouraged to eat with their hands if utensils start getting in the way."

As a visually impaired person, my favourite part about Dark Table is that they employ blind or visually impaired "guide servers". Considering there is an 80% unemployment rate for blind people in Canada, I'm happy to give Dark Table my business.

Wisp Boutique Spa and Salon

"Wisp is a full-service salon offering wide portfolio of services, including hair styling, cutting, colouring, as well as other specialty work. Our team of committed professionals are passionate about helping you find a style as unique and beautiful as you are."

Wisp Boutique Spa and Salon is smaller, adorable salon located in Marda Loop. The owner, Evi, was brave enough to fulfill her dream of opening her own salon at the beginning of the pandemic.

I have been seeing my stylist, Kelsey, for two years now and I have never been happier with my hair. Kelsey is personable, knowledgeable, and very talented. You can check out her Instagram [@kelsvickstyles](#).

I recognize that these are all based in Calgary (where I live), so if these aren't local to you, I hope this article can encourage you to research the small businesses and services available in your hometown. Let's work together to stimulate the economy, practice environmental responsibility, and support our communities.

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



Unearthing classic articles from previous issues of The Voice Magazine

Queen Elizabeth has just celebrated 70 years on the throne. The monarch's milestones often seem to trigger musings on the relevance of the monarchy in contemporary times.

What difference does it make? Mandy Gardner looks at the pros and cons of Canada retaining its ties to the monarchy. "I think it's time we take full stock of our relationship with the monarchy and make a decision that's based on all of the facts instead of the usual rhetoric." [Is it Time to Abolish the Monarchy?](#),

September 23, 2005.

A right royal cook-off. A year later, and Mandy Gardner has had a re-think upon learning of the competition for the Queen's birthday banquet. "This gimmick could only have been set up by Her Majesty, like I've said, in a moment of lunacy." [Happy Birthday, Ma'am – Queen is indifferent to birthday celebrations](#), June 30, 2006.

The 3D Printer Dilemma Building Untraceable Guns

Alek Golijanin



The debate on guns is a heated one in Canada but the conversation rarely gets beyond the idea of banning guns. I am not arguing for pro or anti-gun legislation, but I am saying that 3D printers allow criminals to build guns that would otherwise be unavailable for purchase in Canada. The potential for 3D printers to be misappropriated by criminals is real and I was told by a community resource police team in Ottawa that they are aware of 3D printers being used to create gun parts. The idea of requiring individuals to register 3D printers or having some sort of database might be something we really need to consider.

This past week I was in attendance for a community meeting that featured a community police officer speaking on policing matters affecting our community. At the meeting, community members discussed an incident where a car was pulled over

and police recovered a gun and drugs. The conversation piqued my interest and I asked about the origins of these guns. Where did they come from? Were they stolen from homes? Were they smuggled into Canada? Were they ghost guns? The police officer estimated that roughly 85% of the guns seized were traced back to the USA, and somewhere between 5-10% were either identified as stolen in Canada or were ghost guns.

The term “ghost gun” best describes a gun that was built with separate gun parts, think of it as a home-made gun. The scariest thing about these home-made guns is that they are untraceable. There is no origin story to them because these gun parts tend to be after-market parts, but they can also include older gun parts. What most Canadians are unaware of is that it is not illegal for people to buy gun parts across Canada or the USA, and they often get delivered to a person’s doorstep. For gun parts that are prohibited from sale, 3D printers are being used to create identical replica parts and they work just as good as the original parts.

Another question I later posed to the community police officer was on whether there was a tracking system for the buying and selling of individual gun parts. The answer was no. I found this quite odd. The tracking of buying and selling of certain goods is not a new idea. In the USA, the Cybersecurity and Infrastructure Security Agency proposed a regulatory program for the buying and selling of ammonium nitrate to prevent the misappropriation or use of ammonium nitrate in an act of terrorism. While ammonium nitrate is largely used by farmers to stimulate crop growth, it can also be used to create home-made bombs. The regulatory program was brought about to track the buying and selling of ammonium nitrate was an open secret and it appears to have been quite effective in its function. We need more tracking systems for goods that can be weaponized like a home-made bomb, or in this situation a home-made gun. Regulatory programs for these types of goods have no negative privacy or freedom implications but they can help identify individuals who have criminal intent.

The threat that gun violence poses is too extreme to not act on and it has affected Canadians from coast to coast. The current trends of increased violent crime mirror trends seen in most big cities

across Canada and the USA. The last 5 years in Ottawa have seen record highs for gun violence. A new record was recently set in 2021 after there were 80 shootings, surpassing the record of 78 shootings in 2018. Smaller cities should be safer but in 2020 all of Canada was shocked after the Nova Scotia attacks that saw 22 people dead plus the deranged man armed with guns who went on a killing spree. That rampage was the deadliest in Canadian history.

There is no better time to get ahead of the misappropriation of 3D printers as more technology is bound to come along that expands beyond the purview of old school legislation than now. Individuals should not be able to have the capacity to become their own weapons manufacturers. Not now. Not ever.

Alek considers himself a gentleman first, a scholar second, and a combat sports fanatic third. In that order.

Five Ideas for Spending Valentines Day At Home

Xine Xu



My date and I completed this picture at his home four years ago. Besides shopping for some art supplies at Michaels, it was a fairly easy setup and fun for the whole night.

pieces is not a priority! The memories you'll have of sabotaging your date's art or the fun of interpreting the final masterpiece is a gem you will never forget. To help set up the atmosphere, try purchasing some candles, a bottle of your favorite wine and play his or her favorite music and you'll have a night to remember.

Make dinner together

This activity always makes for a fun and engaging night. Because of the interactive nature of the activity, you can customize the dish to each other's preference. You can follow a recipe and improvise it to your liking. My favorite part about cooking with my significant other is being able to learn more about the other person. You get to hear stories about their favorite cuisines, the seasoning of preference and maybe even learn some kitchen hacks to improve on your recipes further.

With the pandemic cases rising and people's fears about going out to crowded venues, there's a lot of demand for at-home Valentine's Day experiences. Instead of taking your date to a nice dinner, try making a heartfelt dinner in the comfort of your home. Instead of taking a late night stroll in the park, you can curl up with a movie or fix your date by taking a candle-lit bath. Here are some ideas to impress your partner this year with an at-home Valentine's Day date.

Paint the night away

Regardless of whether you're an artist or not, there's many options to make paint night activity fun for you and your loved one. Having surprised my significant other with a booze-filled paint night previously, I can say that creating museum-level art



I cooked a lamb shank dinner complete with mashed potatoes and grilled asparagus for my first Valentine's Day date at home.



Mario Kart makes for a great night with friends or with a date.

Curl up with a scary movie

I am a huge fan of thriller movies and despite some people's objection to my obsession with them on dates, they create a great atmosphere for love. Here's why. Science tells us that adrenaline, a naturally occurring hormone we secrete into our bloodstream when we're in fear or shock, will naturally create attraction to another individual. It helps create a strong bond because we associate the adrenaline rush with excitement and novelty. Even if you're not a scary movie fan, there's lots of moderate level thriller shows and movies on Netflix or Youtube that will make for a great Valentine's Day date.

Play video games together

Even if you're not a big fan of video games, this can be a fun experience for you and your partner. If you or your date owns a console such as Xbox, Nintendo Switch or Playstation, there are various collaborative and competitive games you can play. Whether it's duking it out in a Mario Kart match or in one of my favorite collaborative games called Overcooked where players collaborate to run a restaurant, there's a lot of room for novelty and excitement.

Host a board game night

Despite most boardgames being a multi-player activity, there are a few boardgames that can be spiced up with a Valentine's Day theme. For example, I've played scrabble with a NSFW (not-safe-for-work) theme that has created drama and excitement in an old game. Codenames is another board game that has come out with a Duet version for two players (or more) to deduce words. Jenga is another game that can be played with two players.



This is my collection of boardgames; some of which can be excellent ideas for Valentine's Day dates.

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



Homemade is Better Chicken Caesar Wrap

Chef Corey



Sometimes I feel like we just need a quick meal; this was one of those recipes. It was a later night; we were hungry, and I tried to come up with something fast. I grabbed some chicken strips from the store and baked them in the oven. Meanwhile, I grabbed tomatoes, cheese, lettuce, and Caesar dressing. After all, it was a Caesar night in our house and you can see my article on making a Caesar beverage.

I'm watching a very delayed Olympic Hockey game with Team Canada vs Team ROC as I write this. I usually like to make quick meals when we have a busy day, and one child goes one way while another one goes another way. Sometimes we just get to dinner later than we should; my wife might be delayed at work, and the kids want to wait to eat, or we're all just tired. I know many people can relate.

Like this week's article, this is a quick meal, and it can be served with fries or salad.

Caesar Chicken Wrap

Ingredients:

- 2 Chicken strips
- 1 Wrap
- 2 TBSP Lettuce - shredded
- 2 slices of Tomato
- Cheddar cheese – shredded
- 1 TBSP Caesar dressing

Directions:

- 1) Bake the chicken strip as per the instructions.
- 2) Layout the flour wrap place the dressing on it.
- 3) Lay in the tomatoes, lettuce, and cheese.
- 4) Place the chicken strips on top.
- 5) Fold two sides about $\frac{1}{4}$ of the way over, then fold the bottom halfway up.
- 6) Pull towards yourself and roll forward.
- 7) Cut in half and enjoy.



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



Beyond Literary Landscapes

James Baldwin

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

This column serves as an introduction to the works of James Baldwin, a reminder of some of the author’s classics, and as an inspiration for further reading.

For further reading, other similar authors to consider include Langston Hughes, poet and author of works, such as *Not Without Laughter*, as well as Zora Neale Hurston, author of notable works, such as *Their Eyes Were Watching God* and *Jonah’s Gourd Vine*.

What

Some well-known works of James Baldwin include *The Fire Next Time*, *Giovanni’s Room*, *Go Tell It to the Mountain*, and *Notes of a Native Son*.

Other notable works include *Another Country* and *If Beale Street Could Talk*.

Where

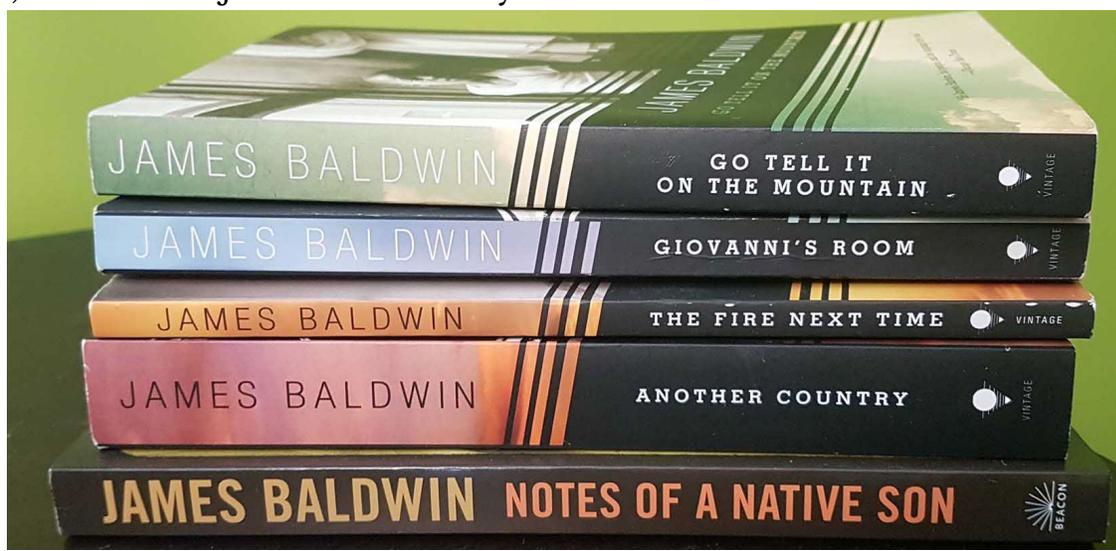
Many of these works take place in the United States, including Harlem and Greenwich Village in New York City, as well as in Paris, France.

When

These works mainly take place in the mid-20th-century.

Why

For readers interested in themes of race, class, sexual orientation, identity, civil rights, and queer liberation, the works of James Baldwin 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 the works of James Baldwin 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 may consider a broad research topic in ENGL 492: Research and Writing Projects in Literature, a senior-level, three-credit course, in which they "complete an extended research and writing project under the direction of a professor." (Note that ENGL 211 and ENGL 212 or equivalents are required prerequisites, plus two senior-level English courses, and permission of the professor.)

In addition, ENGL 491: Directed Studies in Literature is another option to consider. This senior-level, three-credit "course is designed for students who want to pursue a particular topic of study in literature, cultural studies, or both." (As above, this course requires ENGL 211 and ENGL 212 or equivalents are required prerequisites, plus two senior-level English courses, and permission of the professor.)

Finally, students may also be interested in ENGL 361: Literature of the Harlem Renaissance, a senior-level, three-credit course, which "is a genre specific study of the poetry, prose, short fiction and novels of the Harlem Renaissance." Happy reading!

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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: UCT Heaston Scholarship

Sponsored by: United Commercial Travelers

Deadline: March 15, 2022

Potential payout: up to \$6000

Eligibility restriction: Applicants must be high-school seniors enrolled and entering a university or college program in the coming academic year.

What's required: A fully completed application form along with a maximum 2-page written statement, three letters of recommendation, official high-school transcripts, and proof of enrolment.

Tips: Snail-mail applications only, and they must be received by the deadline.

Where to get info: www.uct.org/uct-in-action/scholarship-programs/



Music Review

Decompose

Jessica Young



Artist: Bring On The Storm

Single: Decompose

Calgary-based melodic hardcore/punk rock band, Bring On The Storm, has released a single titled “Decompose”. Stream the song anywhere you get your music and check out [the official music video](#) on YouTube.

The band was founded in 2016 by guitarist Brandyn Smith, bassist Josh Wallace and drummer Clayton Fandrick. In early 2017, singer/guitarist Chris Kreuger joined the group, and their debut album *Altruism* was self-released on November 4th, 2018. With a new album set to drop in 2022, Bring On The Storm now hopes to bring their fast-paced and earnest punk rock to stages across the globe.

Chris Kreuger elaborates on the heavy message behind the new single, explaining, “This tune is

about an invisible monster that burdens and even sometimes takes life away. We all know victims. We’ve named the monster depression.”

First of all, I sincerely appreciate music that is raw, real, and has a cause. After listening to “Decompose”, I have no doubt that the band poured their heart and soul into this song, and most likely have some experience with the monster of depression, with lyrics like: “Daylight dies, darkness pours over your mind. Hope drifts away, there’s no place left to go. Die alone”.

But the message isn’t the only good thing about the song. If “Decompose” is any indication of what’s to come, we should be expecting some great things from Bring On The Storm. Their sound reminds me of Killswitch Engage—specifically, “Decompose” reminds me very much of Killswitch’s “My Curse”. It’s heavy and intense without sounding noisy. The vocals are crisp. And it features a killer guitar solo around the 3:30 mark.

The music video for “Decompose” was shot in Calgary, of course, at Ill Fated Kustoms. The video was shot by Alan Bremner and features the band performing their brand of fast technical punk amongst an array of choppers. The video begins with drummer Clayton Fandrick pulling up to the shop on a motorcycle. The camera follows behind him as he walks inside and is excitedly greeted by his bandmates. He sits down at his drum set and the music begins. The rest of the video is simple—only featuring cuts of the band, dressed in matching black, from different angles and close-up shots. I especially liked the close-up shots of the guitar solos, where the musicians really got to show off their skills. The video ends with Fandrick coolly throwing his drumstick in the air and catching it.

The filming and editing of the music video looked professional and the band looked great. The simplicity of the video felt appropriate considering the heavy subject matter. I also loved that the band included the lyrics to the song in the description.

Overall, I loved “Decompose”. I can’t wait to see what Bring On The Storm does next.

Check out Bring On The Storm on [Facebook](#), [Twitter](#), and [Instagram](#).

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



Agape Love is the Highest Form of Love

Marie Well



Agape love is a term for the highest form of love. It is considered in Christian circles as “God’s Love.” It’s where God will unwaveringly love you with intense unconditional love, no matter how awful you may feel about yourself or what wrongs you might have done. God’s love, in this context, is “unconditional.”

That’s the kind of love I wish to learn how to give others, come rain or shine. The love that I feel and that I continue to nurture is the one I profess in these articles.

But no person deserves to be in an abusive relationship, whether it be a personal, professional, or any relationship for that matter. People need to protect themselves and their families from harm.

A year or so ago, a friend posted on her social media the question, “What does unconditional love mean to you?” Many people commented that unconditional love is when their partner does nice things for them. Others said unconditional love doesn’t exist.

But I’ve been searching for the meaning of unconditional love for decades now, and the closest I’ve come to finding a practical answer comes from the teachings of The Marriage Foundation. And yes, it can be dangerous. It can lead to what Christ or the Sikh gurus underwent—persecution in the name of love. The Marriage Foundation, my mentor organization, advises to focus unconditional love only on one’s spouse rather than society at large, because unconditional love can not only lead to the highest bliss--love—but also, potentially to peril, as in the case of Christ.

But it is my goal to give that highest love—which I believe is referred to as enlightenment in Buddhist circles.

For example, is a mother thinking of herself when she expresses love for her children? A child could do the worst deeds, and an unconditionally loving mother would always support the child. There is no self-interest or expectations in that depth of unconditional love.

To achieve *agape love*, we must learn to control our minds. Every thought needs to be geared for happiness and love no matter what may strike. And this truly means forgiveness, acceptance, and a refusal to blame, condemn, criticize, or judge others. Through controlling our minds, we can learn to love others, no matter what they may do or say to us, if our quest is to realize *agape love*.

In terms of relationships and attitudes toward other people, everyone is shaped by their own definition of love. But I believe all love comes from one source: God. My definition of love has evolved to a quest toward learning how to give that highest form of love.

And *agape love* isn’t a quest for everyone. It is for God, for those on the path to enlightenment, and for those who want to give “unconditional” love to their spouse. True unconditional love, from what I’ve found, by its very nature comes with no conditions, no expectations. It is never unkind. It never angers. It is always patient. *Agape love* is the goal of my life and what I believe to be the ultimate state of all existence.



The Green-Eyed Victim

Dear Barb:

I am wondering how to deal with envious people. I am an artist and I have struggled for years to sell my work. Until recently I was not very successful, but I kept at it because I love to paint. My family and friends have always been fairly supportive and encouraged me to keep trying, and recently a few of my paintings were featured in a major art show.

Much to my surprise several of them sold above the price I had posted. Our local newspaper did a write up on me and my artwork, and I have been approached by a major magazine wanting to do a story. I am flabbergasted! I thought my family and friends would be happy for me, but that is not the case. Whenever I mention anything about the show or the newspaper article, they seem uninterested and change the subject.

My mom and sister are not like that, but most of my friends are, including my best friend. I don't feel I am doing anything to perpetuate this, but I am very excited and happy to finally have my work recognized. I believe they are jealous or envious and I am wondering what I can do to change their feelings? Thanks Aleena.

Hello Aleena:

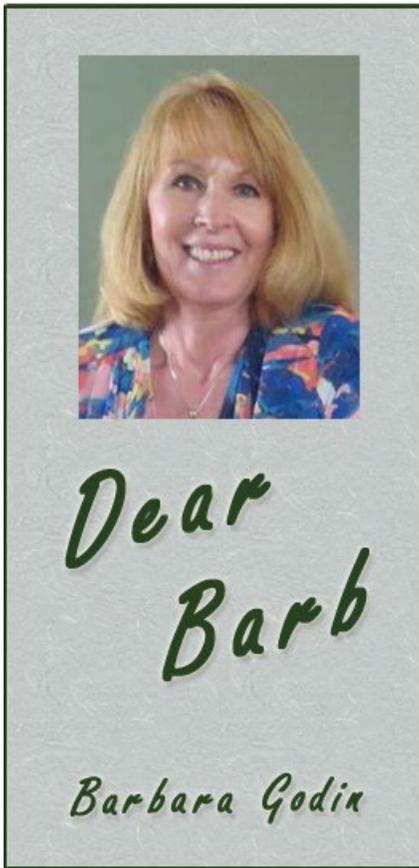
“People who will envy you the most are the ones who are in need the most of what you possess.”

-M.Farouk Radwan, MSc.

There is nothing you can do to change their feelings, but you can find a way to deal with them more effectively. It is difficult when you have worked hard to achieve your goals and the people around you are jealous when your hope was that they would be happy for you and share in your success.

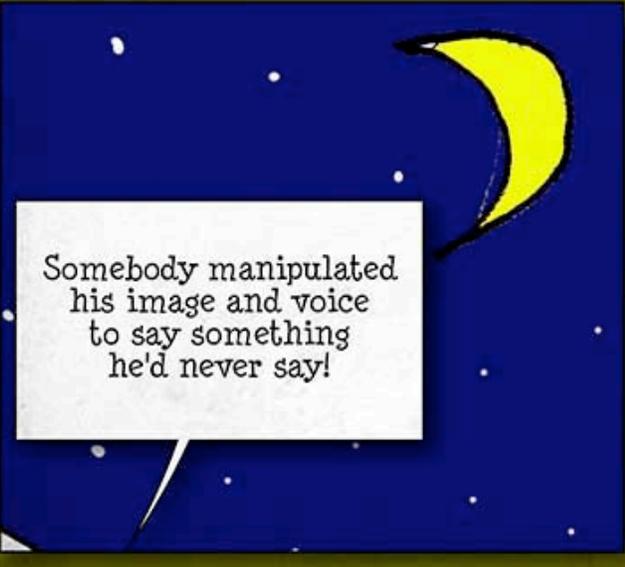
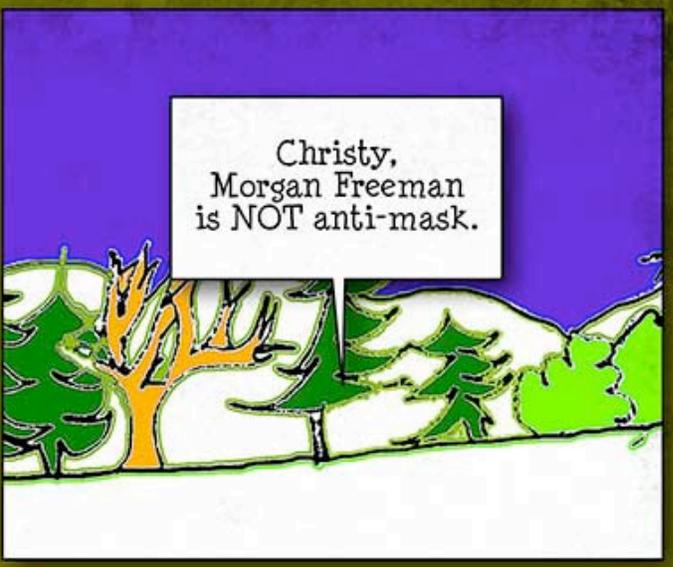
When someone expresses negativity or envy towards you, remember where they are coming from. People who are expressing envy toward us, want to be like us. Be sensitive to their feelings, but do not downplay your own success. You can remind them of some of the difficulties and hard work you have endured to get where you are. Some people will still say you were just lucky, don't engage with them, there is no point in trying to change a person's view. Jealousy does not generate good feelings in the person expressing it. It is a negative emotion and creates its own demons. Becoming upset and lashing out will only make them feel that they were right and that you do not deserve what you have achieved. Combat their behaviour by showing them sincere praise for things they have achieved, do not stoop to their level. Often times jealous people will imitate the person they are jealous of. Do not allow this to upset you. Be gracious, do not take part in any competition with them. Hopefully when they don't achieve the results they wanted, they will back off and see it as their problem and work to change it. Congrats on your success!

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
Deepening the Fake

Wanda Waterman



This update is provided to The Voice by AUSU. Contact services@ausu.org with questions.



[Self-nominate now](#) in the [2022 Student Council General Election](#)! Students will vote March 10-14 to fill 12 available seats on Student Council and, for voters who self-identify as Indigenous, up to 13 available seats on the [Indigenous Student Circle at AUSU](#), one of which will also be elected by the circle members to sit on Student Council.

This is the inaugural election for the Indigenous Student Circle at AUSU, made up of AU students who self-identify as Indigenous and who will represent their fellow Indigenous students to AUSU and the AU community. If you are an Indigenous student at AU and have questions about the election, please email Duncan Wojtaszek at governance@ausu.org to learn more.

3 reasons to GET INVOLVED and SELF-NOMINATE

- 1 Represent all AU undergraduate students, including equity-seeking individuals and groups
- 2 Enhance the overall AU student experience
- 3 Add Student Council Leadership to your resume or CV

Did we mention YOU GET PAID?



AUSU
understands AU students and supports its student leaders.

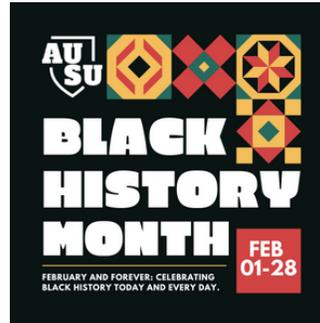
We understand the AU student experience and are flexible.

The only requirement is that you are an AU student.

We are here for you and will support you from start to finish!

You will have the support and resources you need the moment you decide to self-nominate. Interested in joining a great team of student leaders?

Email Duncan Wojtaszek at governance@ausu.org.



Black History Month: Celebrating Black History today and every day is the theme the Canadian government announced for 2022, recognizing the daily contributions Black Canadians make every day.

AUSU is excited to celebrate with Black History Month programming and events including an AUSU Open Mic Podcast, AUSUnights Virtual Student Social, and an evening with special guest Husoni Raymond (he/him), Junior Editor for The Journal of Law and Social Policy (JLSP) at Osgoode Law and anti-racism organizer.

But first, start things off with the [latest Executive Blog](#) from your Vice-President Community and Wellness, Natalia Iwanek.





Next meeting: Feb. 17, 2022 6:30 p.m. MST

AUSU Student Council meetings are open to the public and all members are

welcome! We post the meeting agenda [here](#) at least a few business days prior to each meeting. The instructions to join the teleconference are included in the agendas. The minutes from each past council meeting are on our website [here](#).

RSVP on [Eventbrite!](#)

Virtual Food Assistance Program



Did you know that you can reapply for the Virtual Food Assistance Program? Students who are unsuccessful are encouraged to apply again the following month if they still face food insecurity. Students are eligible to be awarded this voucher once per calendar year.

Check out the Food Assistance Program [on our website!](#)

CLASSIFIEDS

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

THE VOICE

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

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

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

www.voicemagazine.org

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

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

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

© 2022 by *The Voice Magazine*

ISSN 2561-3634