

THE VOICE

Vol 30 Issue 16 2022-04-22

Minds We Meet

Interviewing Students Like You

The Reading List

Student Picks for April 2022

Three Vitamin Supplements

You Probably Need These



*Plus:
Local Shout-Out
A Beginner's Guide
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: *Shannon Miller* 4

Articles

Editorial: *Out with the Old*..... 3

Three Vitamin Supplements You May Need 6

Optimize Your Time 8

How to Be a Happy and Productive Worker Bee 18

Columns

The Reading List: *April 2022* 7

Fly on the Wall: *Atoms Among Us, Atoms As Us* 9

Music Review: *7 Billion People*..... 12

Beyond Literary Landscapes: *Canada Reads, Part I*..... 14

Homemade is Better: *Latin Rice*..... 16

Local Shout-Out: *Calgary & Area, Part V*..... 17

Dear Barb: *End Times*..... 20

News and Events

Scholarship of the Week..... 11

Authentic Events..... 19

AUSU Update 22

Comics

A Beginner's Guide: *To Surviving Frostbite*..... 13

Poet Maeve: *The New No-Romance* 21

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, Alek Golijanin, 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 16

© 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!

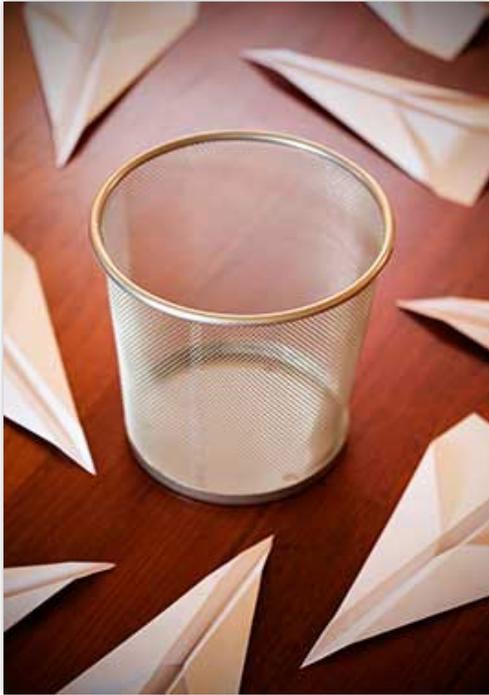
Hey! Did you know the Voice Magazine has a [Facebook page](#)?

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

Editorial

Out with the Old

Karl Low



The new AUSU Council was sworn in last night, along with the new executive group. Brought in by acclamation, there remain empty seats on the Council that, if history is any guide, will have to be filled later as the current group thins out over the next two years.

One interesting new development I noted, however, is that the current executive contains a person who didn't run for AUSU Council. The new Vice President External and Student Affairs, Trishtina Godoy-Contois, was acclaimed to the Indigenous Circle and selected by that circle to be their representative on Council.

At first, I admit I was a bit unsure about this. As much as I like Trishtina—having worked with her before when she submitted an article for *The Voice Magazine* that I later chose as one of our Best Of 2021 articles—it seemed a bit strange to me to have someone that wasn't chosen by the students to be a member of AUSU serving as one of its top people.

She was, of course, chosen by the students who chose to vote for the members of the Indigenous Circle, but that was for that group. Could there be a distinction between students

who thought a person might be a fine representative for one group, but have a different opinion for the other? And if so, shouldn't AUSU acknowledge that distinction?

Now, there are some very good things about this, notably that AUSU has taken on the goal of reconciliation with the indigenous peoples, and part of that is ensuring that they have every opportunity to attain power that the majority population does. This, at least to me, demonstrates that AUSU has every intention of walking the walk beyond just talking the talk—as doing this opens the group up to criticisms, kind of like what I'm writing now—so it's not something they're doing just to pay lip service to the notion. Another benefit is that, from what little I know of her, she's well suited to the role and not just because, let's be honest, her status adds extra weight to her voice, especially when it comes to issues surrounding reconciliation and making things better for AU's indigenous students.

But I still understand that some people will see this as some form of thwarting democracy.

It's not.

When I thought about it further, I remembered that students don't pick the executive anyway, and for good reason. In a small group like AUSU, the entire group needs to have a good working relationship, because bad ones can easily make the entire group dysfunctional. So it's important that the group has leadership it feels it can follow. That's why AUSU doesn't have students elect its president or other executive members, doing that internally, instead.

While I'd be leery if council chose someone completely unvetted by the student body, Trishtina, in running for the Indigenous Circle that any student could vote for, effectively passed that bar. And, being honest again, most students really don't know or care who is in what position, so long as there are effective results. So, if she's the person Council feels will help lead them to those results, then why not?

Meanwhile, I'd be remiss if I didn't mention all the good stuff this issue, student interviews, music and book reviews, recipes, advice, scholarships, events, even an extra comic this week from a newer writer, and more! Enjoy the read!

MINDS WE MEET



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

The Voice Magazine recently had a chance to chat with Shannon Miller (she/her), currently residing in Edmonton, Alberta. A 41-year old student currently enrolled in a Bachelor of Arts in Psychology, Shannon has goals of “get[ting] into graduate school to become a counsellor.” She continued, “It is my dream to help people with similar experiences as me. You see, the reason I’m going to school again so ‘late’ in my life is because I’ve struggled with depression and anxiety most of my life. I’m finally feeling good, and I want to get out there and help other people.”

Although “born and raised in Edmonton,” Shannon mentioned, “I’m not sure where my family is from, but I learned several years ago that my grandfather on my mother’s side was adopted by an Irish family. His birth parents were Ukrainian and Polish.”

When she is not studying, Shannon “like[s] to read (Sci-Fi, and self-help), watch TV and movies, go for walks, go swimming, play some video games (The Sims 4), and hang out with friends.” She also finds time to read, currently working on *The Time Travelers Wife* by Audrey Niffenegger, “a story about a woman who falls in love with a man who can randomly travel through time” and is binge-watching *Weeds*.

Her “amazing boyfriend” has had the greatest influence on her desire to learn. She explained, “I cannot imagine being where I am now without him. We have been together for almost 6 years, and I’m looking forward to many more. He has been such a huge support, so loving, so caring, and so incredibly positive.”

As for her experience with online learning so far? “I absolutely love not having to commute far. I dislike not being able to connect fully with other students. How do I know there isn’t someone else like me out there?”

However, like many AU students, Shannon did waver at one point about continuing her schooling. “Before this year I wavered, figuring I couldn’t do it. I’ve been raised in a negative family, so I gravitate towards that myself. But lately, I’ve been focusing on being positive and believing in myself. Years of therapy has certainly helped,” she explained.

As a new student, Shannon does not yet have a most memorable course, but there are definitely courses that she looks forward to. She stated, “I’m a new student, so I can’t really answer this question, but the course that I’m most excited about is Criminal Justice Sex Crimes. I want to

focus on sexual abuse in my practice, because I've been sexually abused in my past and feel no shame, and I would like to guide people into being in the same place as me."

If she were the new president of AU, Shannon mentioned that although she "think[s] they are doing a wonderful job," her first project would be to give "the teachers and tutors what they ask for, as they work hard."

As for her pet peeve? "I really hate people who don't respond to texts, like ever. I understand that people are busy and can't get back to you right away, but a response would be nice! Ghosting is cruel."

When asked which famous person, past or present, that she would like to have lunch with and why, Shannon chose "Kevin Smith before he had a heart attack and lost a ton of weight." She explained, "He was a lot more fun and chattier with his fans back then. But his work helped me out of a dark place once." And the lunch? "Nowhere vegan. I would suggest the Olive Garden, as it is my favourite restaurant."

Shannon's proudest moment in life has been "when, after thirty-plus years, [she] came out of a depression and decided to go back to school," explaining "I never thought that I would be here, and sometimes I worry I won't finish, but I will do the best I can." And her most valuable lesson learned in life? "To never say never."

As a final note, *The Voice Magazine* asked Shannon what distinguishes her from most other people. Shannon let us know: "I'm an open book, I tell people everything about me, and I don't think I'm very distinguished from other people. I mean, my age would distinguish me from other students in this school, but maybe not. The closest I can think of is my pale skin. I'm so pale, I make a ghost look sunburned." Best of luck Shannon!

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: Emmy Duff Scholarship

Sponsored by: Emmy Duff Scholarship Foundation

Deadline: May 27, 2022

Potential payout: \$2000

Eligibility restriction: Applicants must be residents of, and currently residing in, Canada; have undergone treatment, or are currently being treated, for cancer; and are currently attending or will be attending a Canadian university or college program for the 2022-23 academic year.

What's required: A completed application form, along with a statement from your oncologist or current physician confirming your treatment for a cancer diagnosis, information on your volunteer activities, and a 300-500 word essay describing your personal life experience and your future goals.

Tips: Read the Application Process section of the [Instructions](#) carefully.

Where to get info: www.emmyduffscholarship.org/



Three Vitamin Supplements You May Need

Xine Wang



An assortment of vitamins and supplements I take each day.

One of the questions I get a lot as a pharmacist is what vitamins should I take? Do I just take a multivitamin and call it a day, or do I need more than that? Vitamins are essential micronutrients for our bodies. They help protect us from free radical damage, are integral to our metabolism and daily function. And although many of us are not actively taking vitamin supplements, there's a lot of vitamins we derive from food. If you have a balanced diet it could be argued that one does not need vitamins. On the flip side, if you don't have a healthy diet or have certain dietary restrictions, taking vitamins may be an essential addition to your daily routine. So which vitamins do you need and where can you get them from?

Vitamin C

Long ago, seafaring sailors sent on expeditions overseas were plagued with vitamin C deficiency that causes gums to bleed underneath the skin and slow wound healing. Many sailors would die on these expeditions without understanding what happened to them. They were sick even though they ate canned meat and fish. It was later discovered that they were deficient in vitamin C, or ascorbic acid, an essential vitamin required for normal immune function, wound healing, absorption of iron and tissue growth. If you have a balanced diet with fruits and vegetables, you will likely have enough vitamin C to prevent you from symptoms of scurvy. If you're not following a balanced diet or have trouble absorbing iron, taking vitamin C supplements may be effective. Vitamin C 500 mg or 1000 mg are both effective at ensuring normal bodily functions.



Vitamin C supplements are usually 1,000 mg or 500 mg. It's water soluble, so gets eliminated from the body quickly, meaning taking a higher dose has negligible side effects.

Vitamin D3

This is another common vitamin that is recommended for adults over age 50. Especially women, as our bone densities are typically lower than that of men. Vitamin D is the vitamin responsible for absorption of calcium. Deficiency of vitamin D in childhood causes rickets, a condition where bones are soft and malformed. Vitamin D deficiency in the winter has also been associated with seasonal affective disorder (SAD). The recommended vitamin D3 amount per day is 600 IU for adults. In those with osteoporosis and other bone related problems, higher doses may be recommended.

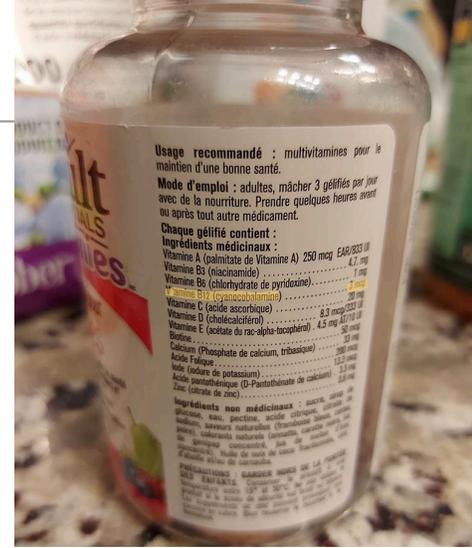


I take a stronger Vitamin D supplement. Typically, higher doses are only recommended for older individuals (50+ years old).

Vitamin B12

This is one of the key vitamins that vegans need in their supplement routine. Vitamin B12 is important in metabolism and proper red blood cell formation. Deficiency of Vitamin B12 absorption or intake can cause problems such as anemia as blood cells are not formed properly. Fish, eggs, meat and dairy products contain vitamin B12. Hence a normal balanced diet will typically mean you're getting enough Vitamin B12 (unless there's absorption problems in your gut lining). Vitamin B12 comes in an injectable form as well. Some of my patients will receive Vitamin B12 injections due to inability to absorb the vitamin in their gut.

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



This is a multi-vitamin bottle containing Vitamin B12. If absorption is an issue through the gut, then an injectable vitamin B12 is recommended.

The Reading List April 2022

Karen Lam



Happy April! I can't believe winter is coming to an end. The warm weather is slowly creeping up on us as all the snow melts away. Many of us are planning for spring and summer plans while managing school and work. For me, I've been busy keeping my six-month-old puppy busy while I try to keep up with everything else!

Whatever you may be up to this month, don't forget to take a moment and pick up one of these recommended reads!

***Burnout: The Secret to Unlocking the Stress Cycle* by Emily Nagoski PhD and Amelia Nagoski DMA**

For me, the past few months have been quite stressful with managing school, research, work, and a new puppy, I decided to look for some de-stressing books and came across this one. I recommend this book because I found it really breaks down the stress we experience, especially how woman feel, and how we can each feel burned out differently. This book examines the different ways we can reduce stress, manage our emotions, and feel less burned out. I can't say this works for everyone, but I found reading this book helped me feel a bit lighter overall!

***Leave the World Behind* by Rumaan Alam**

While I was searching through my local library for new books to read, I came across this one. This book is about a couple, Clay and Amanda, who head to an island for vacation with their son and daughter. However, a random couple ring their doorbell and suddenly everything changes. The novel examines parenthood, class, and race in a very intriguing and suspenseful way. A must read!

***The Candy House* by Jennifer Egan**

The Candy House is a story about a tech entrepreneur Bix Bouton who is constantly looking for new ideas. Bix came across a professor who is playing around with the idea of downloading memories. Not long after, Bix invented the newest technology known as Own Your Unconscious which allows us to access every memory we've ever owned and the ability to exchange with others. The story examines the benefits and consequences through the various characters in the story. An intriguing read!

***True Story: What Reality TV Says About Us* by Danielle J. Lindemann**

We've all likely watched some sort of reality TV show at one point of our life. Have you ever thought about what we actually see when we watch reality TV? The book is written by a sociologist who examines the genre of reality TV. It examines the key factors of popular reality shows from those such as the Bachelor to COPS and brings readers a new perspective of what messages reality TV is teaching us. A must read!

***Zak George's Guide to a Well-Behaved Dog* with Dina Roth Port**

I picked up this book in efforts to find new ways to train my puppy. Don't get me wrong, I've tried puppy class, YouTube videos, etc., and many are very helpful, but Zak George was one of my favorites! I found his videos and books very helpful as many of the suggestions really helped my puppy. This book examines all essential topics that you need to know when getting a puppy. So regardless if you're a new, existing, or potential dog owner, I recommend this book to you!

Happy reading!

Karen's taking her Computing Science degree at AU, learning French, and enjoys going on adventures with her dog!

Optimize Your Time



Marie Well

Tired of spinning your wheels but getting very little done? Sooner or later, we all face these lulls. But with time management skills, we can optimize our time and spend it on high-value activities. That means, we get more done with more bang in less time.

Here is an introduction to time management. Some of these skills I found from a site called mindtools.com, which invites the viewer to sign up for \$1 for the first month—which I did. And I didn't regret it.

Time and record all your tasks. This way, you'll be able to assess how much time tasks will take. Once you know how long a task takes, you can more accurately schedule your day.

Schedule. Mark on a calendar all your assignment and exam due dates. Then break the most pressing tasks down into the first actions needed to get them in motion. Perform those first actions as soon as possible.

Then, break down the task into many mini-tasks and create your own deadlines for each step. Lastly, aim to finish your assignments at least a week in advance of the due date, if possible.

But eliminate time-wasters. My employer said to me, “Don’t work so hard. Expect that some tasks may never get done.” One system I found says to prioritize tasks from A to F, with A being the most high priority. The F ones, possibly the “time-waster,” are completed only after the A to E tasks are finalized.

Start on high-priority tasks as soon as they get assigned. But to do this, first rank your tasks priority levels according to the A to F system. Be sure to also have your professor or employer let you know what your top priorities are.

But consider the time a task will take in relation to how much benefit it will provide. Some tasks take a long time to complete but don’t give much benefit. I’m wanting to create YouTube videos using a screen recorder tool. But the YouTube topic I chose will take a lot of work with little gain. Instead of drudging through the task, I decided to change the topic to something more relevant to my work.

Make your environment highly organized. Keep your implements close at hand. When studying at my work desk, I would have a cup filled with plenty of sharpened pencils, several pens, an eraser, whiteout, and a ruler. I’d always have a good cheap, easy-to-use calculator. I had plenty of paper, too, and a backup ink cartridge for my printer. The rule is, whenever you take time away from studies to “find” something, aim to have backups of that something always within arms reach. Doing so will save you time.

Let your goals drive what tasks you focus on. But don’t just pick any goal. Choose ones that excite you and that serve your highest priorities in life. Exciting and relevant goals will motivate you to achieve success. Then present a case for that goal to your significant other. This will help you determine whether your motivations for the goal are sound. Once the goal seems golden, make a step-by-step action plan to tackle it. An exciting goal is motivating.

I found a system on mindtools.com that is a to-do list on steroids. I aim to try it out. Perhaps the biggest time saving rule I’ve learned at the university is “when there’s an opportunity to try a new study-related system, adopt it.” Such systems may improve our performance most every time.



Fly on the Wall

Jason Sullivan

Atoms Among Us, Atoms as Us

It’s been said that no person is an island, but could it be we’re each grains of sand forming a luscious beach? The philosopher, Democritus, of Ancient Greece, suggested that all the world was made up of atoms, tiny particles that Lego®’d themselves into semblances of order as rocks, trees, and humans. “The atomists argued that since atoms and the void are infinite, there are innumerable worlds” and, presumably, endless possible configurations of each person’s atoms and thus their identity (Lloyd, p. 448). This sense of possibility and creativity pervades non-human nature and underpins educational possibility; learning opens infinite opportunities for growth.

Individuals, like physical reality, are many things in many seasons. “Nothing exists except atoms and empty space; everything else is opinion” (Democritus, online). The paradox of his view, or any totalizing narrative (such as democracy versus autarky or the trades versus academia) is that it binarizes itself into a box, like a sudoku of the soul. Whatever remains from an explanation, in this case the bizarre mystery of opinion, remains to be explained!

Opinions rarely seem a mystery to we who hold them, however. Often, we take our opinions to be self-evident truths, like assumptions about who and what composes our identity. Yet, meanings are replete with contextual factors and, unlike phonetics and words and sentences, meanings are actions dependent upon external evaluations. Language likewise holds meaning only when imparted by its users. In isolation, a word is only a sound. The same holds true with shallow physical stereotypes about identity: flannel jacket (stump-dumb lumberjack) or Lululemon pants (yoga floozy). William P. Aston states that “a word is a common possession of the linguistic community” and perhaps this is why we can feel maddened or saddened when we are misunderstood (Aston, p. 238).

Indeed, the very act of speaking often appears to be about an audience more than ourselves. Soliloquies in a silent forest perhaps have personal meanings all their own but when a human audience is involved our sense of awareness is implicated. We might ask ourselves, then, what we most want to do and say with our education?

Social Soup and The Quest for Uniqueness

A few millennia after Democritus, in the late 1800s, the sociologist Emile Durkhem famously noted the corollary of an atomistic outlook: *anomie*. Modern life, where we are easily reduced to statistics and categories, consists of envisioning our selves as individuals each swimming in a social soup. And if you’ve ever wished you had a snorkel for culture and other people in general, AU might be the place for you. To find one’s place within mass society can feel like swimming against a current; so how do we know what our authentic composition consists of? The nature and potential of internal atoms as a metaphor for personal evolution might hold potential for evaluating our unique selves.

Atoms are often in motion, and so are our hearts and minds. Friction, and the ecstatic *frission* created when we generate a new idea, produces excitement in our minds. Education is the elixir that triggers wonderful blooms of insight. Meanwhile, internal tensions are also the stuff of philosophy and education: few if any learner is fully embroiled in a singular discipline that emanates all that their being, imagined or otherwise, has to offer. We might be social scientists with a dose of poetry, or nursing students with a dash of psychology. In the end, all that we feel and learn is loosely linked together within our identity as an individual.

Meanwhile, from Italy’s Boot: The Eleatic Peninsular Philosophers

Eleatic philosophers, predating Democritus, had suggested that the universe (atomistic or otherwise) amounted to a great big One. This One could contain no space within itself because absence, or a void, are impossible because a person *cannot think of nothing*. Imagine, if you will, a completely blank mind. Meditational guru videos aside, the fact is that mental images and words always creep into our thoughts and form ideas; like a seawall holding back the ocean for a short time in the eyes geology, our mind can never be truly blank. Training our mind is thus a process of selecting which beliefs and paths of inquiry we choose to privilege; without hierarchies of thought we might find ourselves adrift in the stew of culture and the me-me-me narcissism of memes. We’re not entitled to wisdom any more than to sympathy for our circumstance; it remains for us to identify how we wish to conceptualize our identities.

Such a process is not a matter of right or wrong answers, because each person's compositions, atoms of self and experience and preference, are as unique as is our private DNA sequence. This contrasts with, say, a word game App on social media where shrieks of jubilation accompany the successful completion of one monkey game or other. Recall that, in its vulgar form, learning is a matter of rote memorization, like rats in a cage, or dull problem solving, when there are a limited number of answers or options within a highly rarified landscape of rules and borders. Democritus might not have liked such strict games or such a mechanistic worldview as the atom suggests; after all, philosophy is literally the love of individual acquired wisdom, not the love of conforming mental sameness.

Authors of Authenticity

To address our own authenticity implies a definition of who and what we are. While Democritus suggested that we are each individual particles, the fact of our inner realm suggests that we are composed within our whole self of many lesser and perhaps conflicting inner selves. Ambivalence and ambiguity go hand in hand whenever we are stumped or stymied or confused. In fact, uncertainty itself is a form of being that implies that a coherent whole is preferred to a diverging series of thought paths. To accept all of our self, including the contradictions, might be a ghost theme in many a course. After all, education teaches us to account for a variety of points of view on a given subject.

Erwin Schrödinger, famed for his cat in a box that may be thought of as simultaneously dead and alive, suggested that the heritage of philosophy lacks something crucial to the maintenance of a balanced view of the carnival labyrinth of self and reality:

“Our science — Greek science — is based on objectivation, whereby it has cut itself off from an adequate understanding of the Subject of Cognizance, of the mind. But I do believe that this is precisely the point where our present way of thinking does need to be amended, perhaps by a bit of blood-transfusion from Eastern thought. That will not be easy, we must beware of blunders — blood-transfusion always needs great precaution to prevent clotting. We do not wish to lose the logical precision that our scientific thought has reached, and that is unparalleled anywhere at any epoch.” (in Popova, online).

Perhaps the best education is one that remains open to conflict even as we gain footing and understanding within the comforting realm of knowledge. We're on a special journey at AU and who knows what configuration our atoms will form when the process is complete...in fact, learning to see life as a learning opportunity means that we will never cease to evolve and discover new facets of ourselves and our environment. An epistemological break with our prior sense of who we are and what we know is ever in the offing.

References

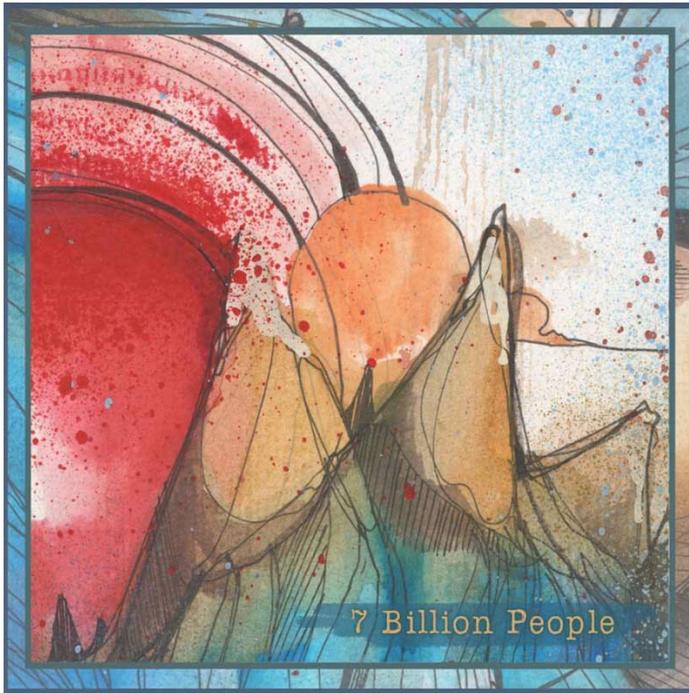
- Alston, W.P. (1967/1972). 'Meaning'. *The Encyclopedia of Philosophy Volumes 5 and 6*. USA: Macmillan.
- Democritus. (4th Century BCE/2021). 'Top 40 Democritus Quotes'. Retrieved from <https://graciousquotes.com/democritus/>
- Lloyd, G.E.R. (1967/1972). 'Leucippus and Democritus' *The Encyclopedia of Philosophy Volumes 3 and 4*. USA: Macmillan.
- Popova, M. (2022). 'The Atom and the Doctrine of Identity.' *The Marginalian*. Retrieved from <https://www.themarginalian.org/2022/02/23/schrodinger-mind-and-matter/>

Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.

Music Review

7 Billion People

Jessica Young



Artist: Steve and Ginie Jackson

Album: *Colder Than the Sea*

Single: "7 Billion People"

Montreal acoustic folk duo Steve and Ginie Jackson have released their new single, "7 Billion People," available anywhere you get your music. The single is from Steve and Ginie's upcoming album, *Colder Than the Sea*, available on May 26th, 2022. The duo will be going on tour through Canada, the USA, and Europe.

Steve and Ginie Jackson are an adorable couple who got to know each other during a joint concert of their respective previous musical groups. Together, they started to dream about traveling and playing music, and they fell in love. Their common dream came true when they built a camper van and left for a 60-day tour across North America. They released their debut

album, *Leaving For Today*, in 2017.

According to Steve and Ginie, their forced confinement during the pandemic turned into the writing of *Colder Than the Sea*. They believe this album is more mature, more thoughtful, and includes new compositions that has allowed them to grow as musicians. "7 Billion People" is a love song about how the couple realized during lockdown that they don't need anyone else to be happy—it's the story of how they helped each other to grow and become better humans.

"7 Billion People" follows the duo's usual style—a guitar, a mandolin, and two voices, inspired by folk pop, bluegrass, and Irish/Trad influences. Their sound is reminiscent of Mumford and Sons or Peter, Paul, and Mary. In other words, pretty typical folk music. While it's not the most unique song I have ever heard, it sounds nice and it's catchy. I can see why Steve and Ginie are popular in the indie scene.

The lyrics are also extremely cute. The main line of the chorus goes, "seven billion people and all I see is you." Another portion of the song has the lyrics, "I used to be a mess, I never really cared, I was never at my best, I was never really there, [...] before I met you, babe." So sweet, and something I among many people can surely relate to in their own relationships.

Overall, "7 Billion People" isn't anything revolutionary, but it's a sweet, catchy song with a lot of heart, especially when you know the band's story. It's always nice to see a couple who went into quarantine together and made it out the other side better than before. The pandemic has been an incredibly difficult time for many people—genuine, feel-good love songs are certainly needed right now. I'm definitely excited to listen to the rest of *Colder Than The Sea*.

Check out Steve and Ginie Jackson on [Facebook](#) and [Instagram](#).

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

A Beginner's Guide

Savannah Ugo

A BEGINNER'S GUIDE TO SURVIVING Frostbite

Disclaimer: Neither the author nor the Voice magazine endorse the questionable, reckless, and overall definitely not first-aid approved behaviour portrayed in this infographic. Any terrible advice accepted by the reader is very much at their own risk.

Plan weather-wise activities...



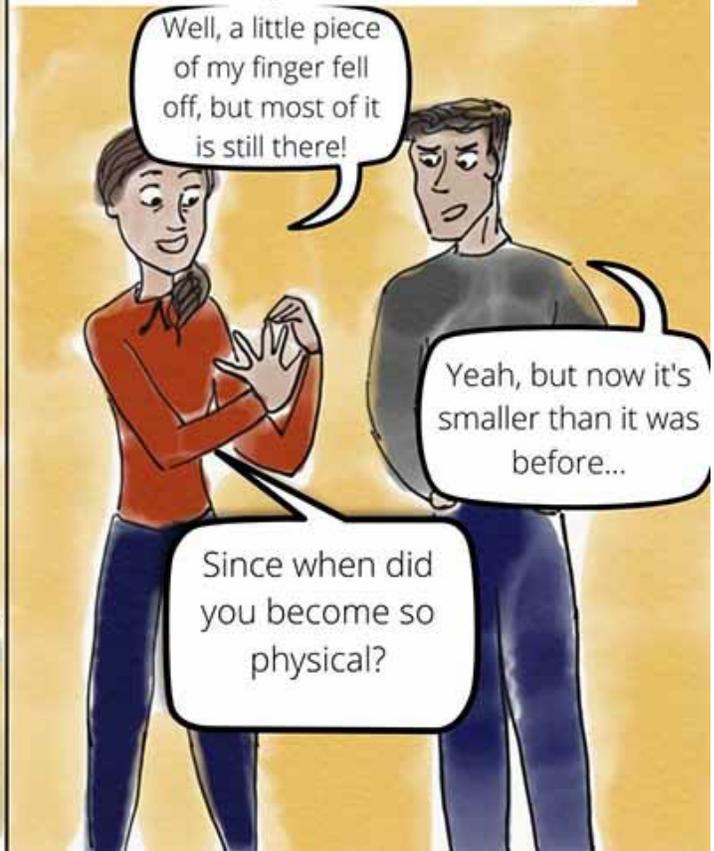
Listen to your body...



Use cutting-edge first aid procedures...



If all else fails, take a glass-half-full view of things!



Beyond Literary Landscapes Canada Reads 2022, Part I

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

Typically, this column serves as an introduction to the works of novelists, educators, and scholars, certain countries, or certain literary themes. Continuing on my

previous weeks’ shift of this column, I will be focusing on my personal reads of the season. This week, I have read several selections from Canada Reads 2022, including Michelle Good, Clayton Thomas-Müller, and Vivek Shraya.

Canada Reads is a yearly literary competition by the CBC that has been taking place for the past 18 years. Books are chosen by a rotating panel of judges, with suggestions by the CBC Books Team based on their preferences and profiles.

This year’s winner, Michelle Good “is of Cree ancestry, a descendent of the Battle River Cree and a member of the Red Pheasant Cree Nation.” A graduate of the University of British Columbia with a Master of Fine Arts Degree in Creative Writing, Good is also known for her short stories and poetry. The author’s award-winning works can be found on her website.

Author and well-known activist Clayton Thomas-Müller “is a member of the Treaty #6 based Mathias Colomb Cree Nation also known as Pukatawagan located in Northern Manitoba, Canada.” The author has campaigned for climate justice and “has campaigned on behalf of Indigenous peoples around the world for more than 20 years.”

Vivek Shraya “is an artist whose body of work crosses the boundaries of music, literature, visual art, theatre, and film.” The award-winning artist is also an Assistant Professor of Creative Writing at the University of Calgary and “the founder of the award-winning publishing imprint VS. Books, which supports emerging BIPOC writers.”

What

Some of my current reads from Canada Reads 2022 have been *Five Little Indians* by Michelle Good, *Life in the City of Dirty Water* by Clayton Thomas-Müller, and *People Change* by Vivek Shraya.

Where

Many of these works are set throughout Canada.

When

These works take place during the 20 and 21-centuries.

Why

These works may be of interest to readers who would like to know more about resilience, change, transformation, family, connection, and Canada's colonial past and present.

How

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

AU students interested in learning more about this topic may consider [ENGL 308: Indigenous Literature in Canada](#), a senior-level, three-credit course, which "begins with the origins of Indigenous literature in the oral tradition and leads to contemporary Indigenous writing in English." It "also examines related areas such as findings of the Truth and Reconciliation Commission (TRC), released in 2015." (Note that this course requires [ENGL 211: Prose Forms and ENGL 212: Poetry and Plays](#) as prerequisites.)

Students may also consider [ENGL 211: Prose Forms](#), a junior-level, three-credit course, which "examine a variety of fictional works in prose." (No prerequisites are required, although students are encouraged to take [ENGL 255: Introductory Composition](#).) Happy reading!

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

Homemade is Better Latin Rice

Chef Corey



This week, we were making tacos, and I decided I would try to make some Spanish rice. I couldn't stop there, though, I had to make it my own. So I added a few extras, thus no longer making it Spanish rice. I was happy with the flavour, but the heat could have been dialled up slightly. However, my kids would not have eaten it if it was spicier.

In truth, recipes like this are more closely related to pilaf. On top of the multitude of names, when you look up what a pilaf is, it is generally a rice dish cooked in a broth or other liquid, with vegetables and spices added. Some more famous pilafs include Paella, biryani, and Mexican or Red Rice (though it's not called Mexican rice in Mexico). Because I was using a base of Spanish rice, I knew I was essentially making a pilaf. I will cover a basic recipe for rice pilaf in a future recipe, but trust me, it's easy. My kids can already make a very basic pilaf.

So, where does Mexican rice or its alternative names come from? According to Chelsie Kenyon from Spruce Eats

(2019), there isn't a clear history. One suggestion is from the Spanish invasion of Mexico. The Spanish, being worldly travelled, brought rice from Asia to Mexico. It then evolved into a dish with the addition of tomatoes, peppers, onions, garlic, chicken stock, and spices. The Spanish may have already had Paella by this time and, working with what they could find locally, could have started adding ingredients native to Mexico to form a new dish. That is speculation, but I'm sure it's not entirely far off. Many dishes in history have benefitted from a change by a different culture, after all. Like pizza.

While pizza is not a new dish, it is relatedly young in its current renditions. Some historians tell of pizza being a meal for the mass of Neapolitans when it was created—a flatbread with various toppings meant to be eaten on the go. Pizza took off once these Italian masters brought their creation to the Americas! Now pizza is regional in the USA with Detroit, Chicago, and New York styles. With toppings that range equally, such as ham and pineapple, created in Chatham, Ontario.

Rice dishes have a similar variety, with many countries in Europe, Asia, Africa, and the middle east having a variation of a pilaf. There was likely influence from one region or another with so many types to choose from.

Let's get to how to make this dish.

Latin Rice

Ingredients:

1 tbsp butter
1 tsp canola oil
1/2 onion diced
2 cloves garlic minced
1 cup long-grain rice
1/2 cup tomato sauce
1 1/2 cups chicken broth
1 red pepper diced
1/2 tsp coriander
1/2 tsp cumin
1 Bay Leaf
1 tsp kosher salt

Directions:

- 1) Heat a saucepot with medium-high heat.
- 2) Add the butter, oil, onion, and garlic to the pot and sweat them.
- 3) Next, add the rice and stir it until it smells toasted, maybe three minutes.
- 4) Add the red pepper and continue to stir.
- 5) Add the tomato sauce, chicken broth, coriander, bay leaf and cumin.
- 6) Bring to a boil, then turn the heat down to low and allow the water to simmer until absorbed by the rice.
- 7) Once you can no longer see liquid in the bottom of the pan (you'll need to use a spoon to move the rice around), take it off the heat.
- 8) Allow the rice to rest for five minutes, then taste and add salt if needed.
- 9) Enjoy!

Local Shoutout Calgary and Area, Part V

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.

Meat & Bread

"It's simple. We make sandwiches."

Meat & Bread is located on 1st Street SW. They also have several locations in Vancouver. Their menu is small—featuring only six sandwiches, a feature soup, and a feature salad—but they are so good at what they do. Sometimes keeping it simple is the way to go. The sandwiches from Meat & Bread are hearty, full of flavour, and you walk away feeling like you got your money's worth.

Escape 60

"Escape60 YYC Calgary's highest rated escape room experience. We offer a professional atmosphere & licensed lounge with wet bar our specialty is hosting corporate team building activities & fun occasions for any guests. We believe that we are a true 'disruptor company' having changed the escape room/experience industry by bringing innovative approaches, enabled by technology, movie set designs/quality, enhanced social atmosphere that has made us the leader in delivering the best line of products & experiences."

Escape 60 is an escape room owned by two brothers, located on 10th Ave SW. As someone who visits escape rooms frequently, Escape 60 was one of the best experiences I have had in Calgary. They have an array of themed escape rooms, including The Office, Mean Girls, Jurassic World, Breaking Bad, and Harry Potter. The rooms are clean and well maintained, the puzzles are challenging, and the owners are extremely personable. There is also a lounge area with delicious cocktails that match the themes of the rooms. So fun!

Poached YYC

"The classic breakfast is going through a revolution!!! Cliché it may be but breakfast is the most important meal of the day which is why we bring you Poachedyyc. Established for the Urban Dweller. Established for the Lazy Dad. Established to Start Your Day off Right."

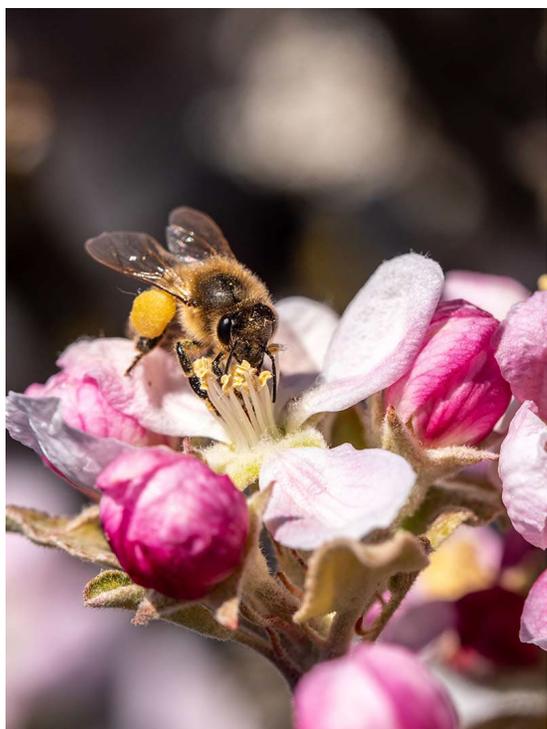
Poachedyyyc is an amazing little breakfast spot. The baby blue walls and quiet atmosphere are welcoming and calming. The service is quick, and although the food menu is on the smaller side, everything is delicious. They also partner with a local coffee roaster, Paradise Mountain, to provide quality coffee, lattes, cappuccinos, and other speciality drinks.

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.

How to Be a Happy and Productive Worker Bee

Marie Well



Today I saw a quote that changed my life. It was a job description that went something like, "You must have a long list of failures and at least as many strategies for bouncing back." What kind of an employer would want to hire someone with a long list of failures? A highly successful one!

I believe that's the first clue on how to be highly productive: innovate, take big risks, and bounce back from failure! If you keep throwing stuff at the wall, eventually something's going to stick.

But how do you achieve this on a day-to-day level?

Begin with pleasure. Start your day with a healthy breakfast, a cold shower (for a boost in energy), meditation, and a fun fifteen minutes. Yes, do whatever tickles your fancy for fifteen minutes of pleasure. For me, that's watching marketing videos, Masterclass lessons, or unconditional love courses. What fifteen minutes of fun might you choose?

After that, prioritize your most important and most urgent tasks. It feels amazing to get the most critical tasks behind you. Record your time spent on the difficult task and what you achieved. A timer and tracking system helps turn it into a high-performance race.

Do high-value, fun tasks when your energy is highest. Build into your day tasks that excite you and that have high value. Try to schedule these activities during times of the day when your energy piques. It'll make your workday passion-filled and productive.

Build in breaks. At least every two hours take a break. I've found that taking a 5 minute break every 30 minutes to learn a work-relevant skill or to research new strategies helped me the most at work. Since I've stopped taking these breaks, I tend to have a lethargy kick in by 1 pm. Best to keep the energy high by taking frequent work-beneficial breaks. By "work-beneficial," I mean taking enjoyable breaks that advance your work objectives.

Journal. Keep an ongoing journal where you jot down thoughts, to-do items, and other random ideas. I color my most pressing tasks in pink highlight and my completed ones in grey. The pink highlighted to-do list ensures I rarely hesitate between tasks. And then I report the completed activities in our weekly corporate meetings.

Write out goals every week. But don't just write out goals, schedule time to implement strategies for achieving those goals. Make it a game. For each strategy you create, write the strategy down and put it in a jar. Once your jar fills, why not reward yourself with something extra special? But if you're shy on rewarding yourself, perhaps reward someone you love or donate to a worthy cause?

Do mundane tasks with love and loved tasks with excitement. When I did math problems for nine hours a day, life wasn't very exciting. But a shift in one's posture to enhance alertness, along with thoughts of gratitude for the task, can make a world of difference. Being positive all the time is similar to building muscles. It takes effort and repetition, but the more we are positive, the more joy we experience over time. And positivity pays off in the workplace.

Peer at people on LinkedIn who have career titles you want to achieve. I looked at female CxO's of energy companies, and frankly, they didn't look like celebrities, models, or highly polished people. Some of them looked quite average, even mousy, or obese, like a friend next door, even unkempt. If that doesn't make us more productive—like we can do it, too—then perhaps a look at their educational background might.

Create a playbook whenever you face a win or loss. Write down your win or loss, what went right or wrong, and how you could improve your performance next time. But celebrate both your wins and your strategies for improvements. What kind of celebration or reward would you find most motivating?

Avoid Microsoft browsers and opt for Google Chrome instead. The news stories on Microsoft's browser that pop up cause me to forget what I was about to search. "Another story on Will Smith's slap?" And then I spend up to 5 minutes trying to figure out what I was intending to search. Save yourself the lost productivity and make Google Chrome your primary browser.

It's our duty as human beings to give life our best effort. But when motivation dwindles, simply remember, every point of defeat is meant for new strategies and risk-taking. And the more defeats you face—while throwing solutions at the wall until one sticks—the more likely you'll earn six-figures, gain a PhD, climb the ladder, gain fame, win love, and the list goes on.

AU-thentic Events Upcoming AU Related Events

CHAT with AU Library

Tues, Apr 26, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library

library.athabascau.ca/page/ann

No pre-registration necessary; access through CHAT link on home page

CHAT with AU Library

Thur, Apr 28, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library

library.athabascau.ca/page/ann

No pre-registration necessary; access through CHAT link on home page

All events are free unless otherwise noted.



Dear
Barb

Barbara Godin

End Times

Hi, Barb,

I have a situation and I don't know how to resolve it. My husband and I have been married for 9 years and, honestly, the relationship has never been easy, but we stuck with it. But now it is becoming draining.

We can't talk about anything. Everything I bring up is a trigger for him. He is constantly defensive, and we always end up in an argument. Even when I try to tell him how I feel about something, he gets defensive and takes it as criticism. I am getting to the point where it's easier not to speak to him, but I realize that doesn't lead to a very healthy marital relationship. Our intimacy is almost nonexistent. When I told him I wasn't happy, he agreed that he is not happy either. Nothing more was said. I thought maybe that would initiate a conversation, but it didn't.

I am feeling that the relationship is coming to an end. Early in our marriage we went for counseling, and it seemed to help for a bit, but we quickly slipped back into the same patterns. Do you think it is time to end this marriage and move on? Looking forward to your response, Kim.

Hi Kim:

Sorry to hear you and your husband are going through this. It is always hard to end a marriage and it should not be taken lightly. When you told your husband how you feel, he obviously was feeling the same way. Maybe you were

hoping he would respond differently, but now you know how he feels. There is no point in being angry with him, he is not happy and obviously does not want to work on the relationship or find ways to bring some happiness to the marriage.

A marriage cannot work with only one trying and a relationship cannot work if the communication is not there and without physical intimacy, there is no closeness. Intimacy does not have to be sexual, but it must include physical touching and caring for the other person. Marriages without physical contact tend to become cold and distant. Most people do not want that kind of marriage. When we attempt to share our feelings and they are met with a cold uncaring response, it really is difficult to connect as a couple.

I can't say for sure whether it's time to end your marriage, that is for you to determine, but it can't hurt to go for some counseling, even if it's to ease the effects of ending the marriage.

Hope this helps Kim.

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



Poet Maeve
We Have Met the Enemy

Wanda Waterman



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



In the latest Executive Blog, VP Finance & Administration Leah Campbell talks about the importance of in-text citations, what plagiarism is, and how to avoid it. Writing assignments are part of the academic experience, so knowing where to go for guidance is a big help. Leah writes: "Although the potential consequences of improper citations are scary, there is a lot of support out there to learn how you can avoid plagiarism altogether." Read the full blog [here](#).

ENJOY FREE ACCESS



[In this Learner Pathway](#) curated by AUSU, you will learn about the valuable craft of leadership and how you can enhance your leadership skills to empower yourself and others. By developing yourself as a leader, you can take on a wider scope

of challenges and responsibilities, including establishing a strategic vision, taking mindful steps towards it, and inspiring the awesome power of your colleagues and network to achieve it as a team. Check it out!



Our Spring awards application period ends April 30, so [visit our website today](#) and check out the awards and bursaries open to AU undergrads.

Remember that the number of awards and bursaries is doubled!

Academic Achievement Scholarships (6 available) reward excellence in scholarship to AU students.

AUSU Bursaries (10 available) aid students with exceptional life circumstances in financial need.

Balanced Student Awards (8 available) recognize the effort of students balancing multiple commitments.

#Igo2AU Awards (4 available) celebrate student diversity and allow students to express their joy for knowledge.

New Student Bursaries (8 available) aid students just beginning their studies at AU and have < 6 credits.

Returning Student Awards (8 available) recognize students returning to university after 2+ years away.

Student Volunteer Awards (6 available) recognize students volunteering in their community.



Following the General Election on March 14, the 11 successful councillors-elect held an internal election to determine who steps into the four executive positions on Council. Meet your new Executive Team!

We look forward to seeing what this new team will accomplish together. Congratulations to Trishtina and Dur-E-Najaf on their new roles, and to Karen and Natalia on their re-election!

Please send your valuable opinions, feedback, and suggestions regarding our AUSU Update to ausu@ausu.org. We are committed providing quality content and look forward to hearing from you!

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