

THE VOICE

Vol 31 Issue 12 2023-03-24

The Gift of Surrender
When Fighting isn't Helping

Streakin' For a Reason
Baring it All for a Cause

The Soldier Boys
Kids Doing the Dirty Work

*Plus:
Blix and You'll Miss It
Meals as Nostalgia
and much more!*



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LETTERS TO THE EDITOR

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 Spoiled for Choice

Karl Low



This week's issue is one that I think a lot of the Best of articles are going to end up coming from at the end of the year. It's that good. To start with, Elisa Neven-Pugh has come back with a brief tale about her tribulations with long COVID and what she gained from it. Making it our feature article may be a bit of a personal choice on my part because there's some backstory here.

Elisa actually sent something in a few weeks ago which you've never seen. I was confused when I received it because it wasn't a text file. It was audio. Since then I've mostly transcribed it, but made a decision somewhere along the way that I didn't want to publish it.

The reason is because that piece of audio, which she obviously recorded when she was just starting to deal with the effects of COVID on her, is so raw, so personal, and so incredibly heartbreaking that although it's an amazing piece, putting it on paper doesn't do it justice. There's no way that I can make you, as a

reader, understand the emotion and fear and effort she was putting in to simply being able to voice her thoughts and feelings. There's just no way that I can make it come through from the text, and the text is such that without being able to hear that emotion, it comes off as almost simple or trite. This shouldn't be surprising or thought of as a point against the piece because, in reality, our most honest emotions usually come from places that are very simple: the desire to avoid pain, to be loved, to survive, to be happy or accepted. It's just rare that any of us see or hear them in such a raw form. I feel very privileged, and humbled, that she allowed me to hear it, but there was no way that I could make it work in text form.

So instead, this week, we have her back in text having gained some distance from that time and being able to tell us how she came through it and what she gained from it, and for that I've made it the feature of this week.

Also being featured this week is Alek Golijanin's look at child soldiers. It's informative, personal, and absolutely worth the read, bringing attention back to a problem that most of us heard about, expressed our concern and horror, and then, if you're like me, promptly forgot about because, let's be honest, it doesn't really affect most of us. And then I absolutely had to include Barb Lehtiniemi's article on streaking, not only because it's a fun read but because it's obvious click-bait, and, like everyone else on the internet, if you have an easy way to bring up the viewers, why wouldn't you?

Unfortunately, I only get to put three articles in the featured slot, and this week deserves more. Take a moment to read Natalia Iwanek's article "Meals As Nostalgia." It's one of those reads that I expect will give you some feels, and then don't forget to check out Alek's other article where he revisits the issue of recycling phone numbers in a digital age. Once you've read all those, head to the Fly on the Wall, not only for the read, but also for the serendipitous connections it has with the other articles in this week's *Voice Magazine*. And already I'm running out of room to talk about this stuff but there's more. Marie Well has an article about assisted dying that I absolutely disagree with, but it's still a decent read, there's a look from Jessica Young about Attachment Theory and how you can use it, plus, of course, scholarships, events, reviews, recipes, advice, and more. Really just too much to talk about this week. So go and enjoy the read! I certainly did!

The Gift of Surrender

Elisa Neven -Pugh

Well, it's been an interesting few weeks. I've experienced long COVID, realized I have pressure points that I need to watch otherwise I may get an infection, and have had trouble finding research participants, and dreamed I got euthanized. I love it! It means freedom!

It may sound crazy but having COVID for the second time and finding these pressure points that make me have to stop and rest for at least 10 minutes so my skin doesn't break under pressure is one of the best things that's happened to me. Not the circumstances itself. Obviously being dizzy sucks, and no one likes the idea that your seatbelt being too tight and sitting up too long could cause a hospital visit. And I certainly do not like the fact that, yet again, I'm having trouble finding my perspective in inclusive courses. It's not that I love to suffer, but I am finally coming to

understand the gift of suffering, and I love the transformation.

I don't love the fact that I had to ask for yet another extension on some of my courses to get back to normal. I love the fact that I was willing to show my weakness to them, and also the boss of this magazine and received their compassion.

I don't love the fact that my work time has been cut into smaller chunks to take the pressure off my body, especially when the finish line is right there. I love the fact that I can be honest that I don't like it and then just move on. Also, I am making more time for friends and my life is richer for it.

I hate waiting and wondering if I'm going to get enough people on time for the project. But I can't tell you how happy I am that the panic is more manageable staying inside my head and not spilling over into relationships. But it's more than that.

A couple weeks ago I made a recording of my worst fear based on the rejection to try exposure techniques to help with my perfectionism. I won't traumatize you with the details, but I subconsciously saw myself as trash. Not because of my family, of course, but because of one man in Saskatchewan euthanizing his daughter a couple years before I was born (S. Neven, [personal communication] September 15, 2015). I woke up after having a dream where I was her and then as myself, he stabs me in the throat.

I woke up smiling. Not one of those fake, "I'm fine" smiles, but real. Because it's over—he can't hurt me anymore.

Why? Because I surrendered. Because I know I'm loved and I'm safe.

This is the greatest gift. I invite you to try—it's worth it.

I'm Elisa. I have cerebral palsy quadriplegia. More importantly, I have a great family, wonderful opportunities, and a deep faith. I'm inspired to write to help others learn and conquer invisibility syndrome.



Streakin' for a Reason Baring it All for a Cause

Barbara Lehtiniemi



When Casey Hatherly, who also goes by the name Ever, appeared topless at the Juno Awards show in Edmonton March 13, she breathed new life into the practice of streaking as a form of protest.

Hatherly disrupted the awards show by hopping up on stage, naked from the waist up except for a pair of heart-shaped pasties. Slogans including "Save the green belt" and "Stop logging old growth" were written on her bare skin. The stunt was planned to draw attention to [On2Ottawa](#), a protest demanding climate action in Ottawa planned for April.

Streaking as a form of protest is not a recent phenomenon. In 1903, for example, a group of Doukhobors known as Spiritual Christian Freedomites marched in the nude in Saskatchewan to protest Canadian immigration policy changes. In 1941, a Dutch man, wearing nothing but socks, shoes, and a hat, strolled around Amsterdam to protest clothing rations.

More recently, the annual [World Naked Bike Ride](#) has been held in various cities around the world to protest against oil dependency and promote "alternative transportation options." This protest on wheels began in 2003 and now cycles through dozens of cities worldwide. (This year, Canadian naked rides include [Toronto's](#) on June 10, and [Montreal's](#) on July 15.)

In the early 1970s, streaking became a popular lark for university students. Whether for drunken motives or for dares, students ran buck-naked alone and in organized groups just for the apparent fun of it.

Streakers at sporting events became common during that decade, with naked men—only occasionally women—running across sports fields and pitches during soccer, cricket, rugby, and golf matches. Even cold-weather sports saw their share of streakers, who donned skates—and nothing else—for a breezy glide across frosty rinks.



The height of the streaking fad appears to have been reached in 1974. In that year, a streaker ran across the stage behind David Niven during the 46th Academy Awards, a Peanuts comic strip showed Snoopy's "Joe Cool" streaking after removing his sunglasses and collar, and Ray Stevens recorded the novelty song "The Streak":

"Oh yes, they call him the streak
Fastest thing on two feet
He's just as proud as he can be
Of his anatomy
He's gonna give us a peek."

By the mid-1970s, the popularity of streaking—whether for fun or for protest—seemed to have run its course. The novelty of nudity had worn off, and streakers no longer attracted prime media attention.

Streaking protesters had to up their game to convince the cameras to swing their way. In the 1980s and later, nudity-based protests variously featured celebrities or massed groups of naked volunteers to draw media and public attention to their causes.

Nudity has developed into one of the many tools in the protester's toolbox. A 2012 article on the Waging Nonviolence website offers would-be protesters "Five reasons to get naked (in protest.)" One of the five reasons given is "being naked emphasizes our connection to nature."

The nature connection was surely considered by organizations such as Greenpeace and PETA, both of which have used nudity in conjunction with protests. World Naked Bike Ride similarly rides on the tails of the nature connection, cheekily featuring event slogans such as "Less gas, more ass."



Juno-stage protester Hatherly may have also intended her au naturel stage stroll to invoke parallels with the natural world she endeavours to protect through protest. However, in media interviews following her March 15 Edmonton court appearance, Hatherly stripped the rationale supporting her toplessness down to the essentials: a news article involving nudity gets more clicks and, therefore, more exposure.

Barbara Lehtiniemi is a writer, photographer, and AU graduate (BGS 2018.) She lives on a windswept rural road in Eastern Ontario.

The Soldier Boys of the Americas

Alek Golijanin



Almost every “child soldier” story that gets told on the big screen makes it seem that child soldiers are exclusive to Africa, but child soldiers can be found around the globe, including the Americas, and their stories are just as terrifying. The biggest challenge to telling their stories is that there are a very small number of people that have had access to the specific communities that create these soldier boys and the rehabilitation centres that attempt to help these little boys reintegrate into society.

One of the leading voices on the topic of child soldiers is retired Canadian General Romeo Dallaire, who wrote a memoir on the phenomenon titled, *They Fight Like Soldiers, They Die Like Children*, after peacekeeping in Rwanda. Another voice worth listening to is a freelance journalist by the name of Luis Chaparro, who recently spent a year in Mexico documenting the dangers of the narco-world, and one of the by-products of that world: soldier boys. Although I have experience interacting with soldier boys in Colombia, my experience is on the rehabilitation side while both General Dallaire and Chaparro have been to the frontlines.

Rwanda

Prior to his arrival in Rwanda during the Rwandan civil war, General Romeo Dallaire had never seen a child soldier, and he described the experience as something he was not trained on. This experience drove General Dallaire to create a new approach to addressing the issue of child soldiers, and he has been directly responsible for the creation of both international policies and international programs that aimed to improve the child soldier situation. In his book, *They Fight Like Soldiers, They Die Like Children*, General Dallaire highlights the dilemma that many adult soldiers are faced with when facing child soldiers, “*when children are shooting at you, they are soldiers, but as soon as they are wounded or killed, they are children once again.*” He also discusses how many of those children are desperate boys and girls who are cheap to sustain and who have no real sense of fear, and they are unbound in the perverse directions they can be manipulated through as they have yet to develop a concept of justice. As well, many are ripped away from their families and forced into becoming child soldiers. The book is a must-read, and it provides great insight into a horrifying reality that many children are forced to endure.

Mexico

One of the most shocking stories that Luis Chaparro shared after spending a year in Mexico documenting the dangers of the narco-world was on the [Koncrete podcast](#) and it was about a nine-year-old sicario, a child hitman for the cartel. That child had killed quite a few rival cartel members, and it was said that a rival cartel had stated that they were going to kill the child as a means of revenge, and they did not care that this “sicario” was in fact a nine-year-old boy. Outside of that boy committing weapon violence, he was described as liking things that other elementary-aged children his age would like including sweets and toys, and there was even a photo of this little “sicario” and their mom celebrating his ninth birthday. Chaparro also explained the dynamics of the situation and how the parents of these little sicarios, often single

moms, knew what was occurring and how it was a problem that disproportionately affecting rural communities. Although this specific story focused on Mexico, Chaparro did mention that the soldier boy phenomenon was not exclusive to Mexico and similar situations could be found across the Americas.

Colombia

Back in 2017, I had a chance to spend some time in Colombia and it was an eye-opening experience. Very little of what we see on narco-themed TV shows reflects modern-day Colombia, but that does not mean it is not dangerous. During my stay, I spent time between Bogota, Capital District and San Gil, Santander, taking part in different activities depending on the city. In Bogota, I had the chance to work alongside support teams that specialized in taking care of elderly women with mental and physical disabilities, recovering substance users, but also soldier boys. The latter was the most shocking. In San Gil, I got introduced to the world of child trafficking for drug and sexual purposes, an experience that had me in a state of limbo.

The boys' orphanage in Bogota was a place that focused on rehabilitating elementary-aged boys, all of whom were removed from their environments and for extreme reasons, including being soldier boys. It is important to know that Colombian child protection services typically do not get involved in cases that involve children in low-income communities who need to be removed from their families. Not unless the children are arrested by police agencies for weapons violence and drug trafficking. In the case of weapons violence, the go-to weapons were almost exclusively small calibre low-recoil handguns, but knives were not uncommon either.

One outcome that nobody has seemed to discuss about how soldier boys would be rewarded beyond just candy, toys, and drugs for committing weapons violence and delivering drugs, and that reward was having sex acts carried out on them by female sex workers also linked to the cartel. That is how one of the boys at the orphanage had "fathered" a child, in his preteens, and with a woman that was over the age of thirty.

AU-thentic Events

Upcoming AU Related Events

Library Chat

Tues, Mar 28, 10:30 am to 2:30 pm MDT

Online

Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on home page

Writing Forum: Grammar

Tues, Mar 28, 12:30 to 1:30 pm MDT

Online via Microsoft Teams

Hosted by AU's Write Site

www.athabascau.ca/write-site/writing-forum.html

No pre-registration needed; access through above link

Library Chat

Wed, Mar 29, 10:30 am to 2:30 pm MDT

Online

Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on home page

Library Chat

Thur, Mar 30, 10:30 am to 2:30 pm MDT

Online

Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on home page

Troubling Access: Ableism & New Movements in Philosophy of Disability

Thur, Mar 30, 2:00 to 4:00 pm MDT

Online

Hosted by AU's Justice Webinar and Speaker Series (J-Series)

news.athabascau.ca/events/troubling-access-ableism-new-movements-in-philosophy-of-disability/

Register through above link

Solar Stories from rural western Canada

Fri, Mar 31, 10:00 to 11:30 am MDT

Online

Hosted by AU Communities in Transition

news.athabascau.ca/events/solar-stories/

Register through above link

All events are free unless otherwise noted.

Although these were all highly traumatized and troubled boys, the structure that was provided to them through the orphanage, something that none of them had experienced, changed all of them into high functioning boys. However, the structure that was provided by this orphanage was only temporary, because most of these boys would be removed from the shelter around the age of sixteen and would end up returning to their original environments—reverting back to being the “boys of old”.

My introduction to the world of child trafficking for drug and sex purposes occurred in San Gil, a town known for its extreme sports including white-water rafting, paragliding, and bungee jumping. I had arrived at the bus station in San Gil a few hours past midnight, and I was another fifteen-minute drive away from the town centre where I was staying. From the moment I got off the bus and until getting to my hostel, the entire place had a unique “smell” to it, a rather unpleasant one. The vibrant town centre that was advertised was a ghost town, and every single door and window had steel bar coverings that made breaking into a place impossible. I had to wait a good fifteen minutes before the hostel’s clerk felt comfortable enough to come and open the gates for me. I remember thinking, “Why?”

In the morning, the ghost town centre had been revived into the festive place advertised, and the town center’s mini park was full of youth and occasional police officers that made their “presence felt” rounds. The change was something that one could expect to see on an episode of the *Twilight Zone*, it was that crazy.

When I went for my morning walk, it did not take long for preteen boys to approach me and say things like, “blanco” and “coke...cola”, essentially trying to sell me drugs. There would also be a few occasions where some “rico suaves” would try start up conversation and offer girls, who looked like they were in their early twenties, and when I passed on their offer, the option to have underage girls was provided. Once again, I passed on the offer, but that is all I could do because fighting the *cabrones* was not an option, nor was going to the police officers, so there was no way to help any of those girls. I was left in a state of limbo.

The Child Soldier Initiative

Few countries are involved in the global betterment of developing nations to the degree that Canada is involved. One of the latest global betterment programs focuses on implementing the Vancouver Principles on Peacekeeping, and the prevention of the recruitment and use of child soldiers, through the Dallaire Centre of Excellence for Peace and Security (COE). The importance of the COE can not be understated. They collaborated with the International Criminal Court to create its first ever Policy on Children for the Office of the Chief Prosecutor; they deployed the first ever Child Protection Advisor to an African Union-led peacekeeping mission; they contributed to the first ever Joint Doctrine Note in the world on child soldiers, and they were instrumental in the creation of the Vancouver Principles on Peacekeeping and the Prevention of the Recruitment and Use of Child Soldiers. Despite all the progress that has been made since the 1990s, a multifaceted approach to addressing the issue of child soldiers is still required.

The United Nations has adopted the COE’s action-oriented plan, known as Children’s Rights Upfront Approach, which seeks to prioritize the well-being of children by focusing on international peace and security and making it a priority for all stakeholders in conflict settings. This approach makes it so that there is an exchange of information, resources, strategic objectives, and programs with all stakeholders, all with the intention of preventing the recruitment and use of children as soldiers. While the United Nations has previously highlighted that one in six children, approximately 357 million, live in areas of the world affected by war or conflict, it is important for us not to forget that armed conflicts are not the only environments where children

are weaponized. That is why it is important for us to remind ourselves that life outside of Canada and a few other places is not the nice and happy place that we might imagine it to be. The experiences we create when we go on vacation to some of these countries are fairy tales that are not afforded to the children in those very same places, and that is something we must always remember.

Alek Golijanin is an AU alum who considers himself a gentleman first, a scholar second, and a combat sports fanatic third. In that order.



Meals as Nostalgia

Natlia Iwanek



The semi-desert of Northwestern Mexico

It is said that the smell of certain meals can trigger nostalgia, and, for myself, I can say with complete certainty that this is very much the case.

After moving across cities, countries, continents, and—at times—oceans food has been one of the few constants, the one thing that always brings a sense of familiarity and comfort. These are often childhood meals, but, over the years, new comfort foods have made their way into my subconscious.

Nostalgically, I sometimes attempt to find ingredients closely resembling those of my family's traditional foods wherever I happen to be in the world, combing through small market stalls in the highlands of Guatemala for that ever elusive dill—the one ingredient that I cannot live without—or coming across Guatemalan Sazon

Completa, which is an almost perfect substitute for the often used Vegeta spice in Eastern European cuisine.

This year, after hitting submit on my last essay of the term and packing a small backpack full of warm clothes, I found myself spending the winter holidays in the high altitude, semi-desert region of northwest Mexico in Durango and Coahuila states, with carne asada, gorditas de deshebrada, lonches, tortillones, caldillo duranguense, and tamales con frijolitos bringing me solace.

An ocean away, a war continues to rage, and for the first time in my life, I cannot bring myself to eat the traditional foods of home. I cry over Chebureki, traditional Crimean Tatar foods so loved in Ukraine. I do not have the heart to spend hours rolling flour and dough before painstakingly pinching together my potato and tvorog cheese varenkyky. I cannot bring myself to grate endless beets staining my fingers a wine red before adding handfuls of chopped dill.

Instead, I head further into the desert, knowing that almost an entire year has somehow passed, an unbearable year in many ways. In the desert—with its vast empty spaces,



Northern Mexican eats - Tortillones



Northern Mexican eats - Gorditas

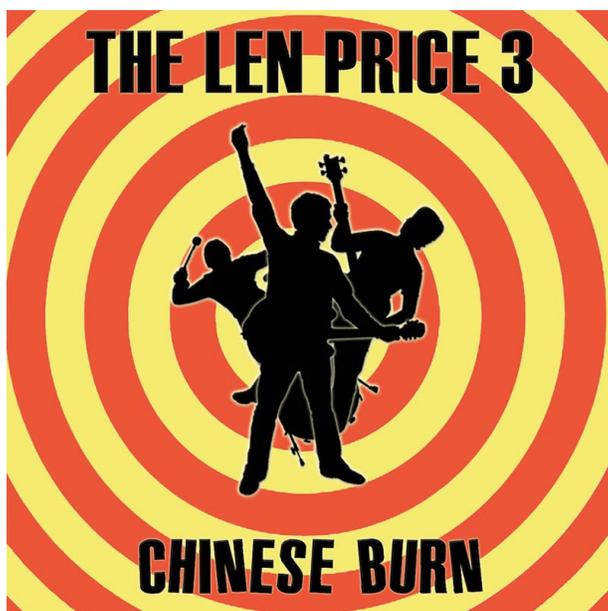
ghostly white shrubs, endless nopales, craggy rock outcroppings, and dusty highways winding through endless twists and turns—the one place in which, for one brief moment, I can forget everything—I create a new tradition. As I cover myself in endless wool blankets and layer upon layer of clothing against the frigid cold, I hope that, many years from now, I will pass by a food stall with the smell of masa dough and refried beans, topped with Chihuahua cheese, and remember that somehow it was possible to make it through another difficult year, and that beauty remains in this world. It is the only way to survive this endless fear, worry, and guilt—albeit in privileged safety—an insignificant experience in comparison to those experiencing this daily lived reality on the ground.

And one day, perhaps, I will feel comfortable to take out the rolling pin again and roll out some dough without tears in my eyes, and will once again bring a mix of home to wherever in the world I happen to find myself.

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

Music Review—Chinese Burn

Jessica Young



Artist: The Len Price 3

Album: *Chinese Burn*

UK garage rock band, The Len Price 3, is re-releasing their 2007 album, *Chinese Burn*, on April 7th 2023. The album will be available for streaming anywhere you get your music, as well as available for purchase on vinyl.

The re-release will include four songs not previously included on the digital/CD. One of these songs, "Break Your Neck", is available for streaming and vinyl pre-orders today.

The Len Price 3 comprises Glenn Page on guitar and vocals, Steve Huggins on bass, and Neil Fromow on drums.

Front man Glenn Page says, "'Break Your Neck' is a song about an infamous 17th-century executioner. It was recorded during the sessions for the 'Pictures' album. We left it off the record because it seemed like an odd one out at the time. We had fun recording it and I think we played it live a few times. It's got a touch of the gothic about it - maybe a Cramps vibe. I was also channeling Thee Mighty Caesars."

Of the re-release, Page says, "We've been really excited about 'Chinese Burn' coming out on vinyl for the first time. A lot of people that come to our shows are vinyl heads - me and Neil are too! It's great to finally have all our albums in this format and we're really grateful to Wicked Cool for making it happen."

Chinese Burn consists of fifteen tracks: Christian in The Desert; Chinese Burn; Lai-Ha Lam; Viva Viva; The Last Hotel; Swine Fever; Amsterdam; Comanche!; Chatham Town Spawns Devils; Hard Times Forever; Shirley Crabtree; She's Lost Control; Medway Eye; Heavy Atmosphere; and Fire In My Heart.

The Len Price 3 have a classic garage rock sound—think The Strokes or The White Stripes. “The Last Hotel” has more of a folk-rock feel, while “Break Your Neck” reminds me of The Sex Pistols.

Almost all of the songs on the album clock in between 1:30 and 2 minutes, which, in my opinion, is just way too short. While I did enjoy most of the songs, they all felt half-finished. I wish the band had spent more time writing and developing fewer songs instead of trying to put out as many songs as possible—quality over quantity. For instance, “Break Your Neck” spends most of its two minute running time repeating the phrase “I’m gonna break your neck” over and over again.

Additionally, the title *Chinese Burn* simply did not age well. The term “Chinese burn” (also known as “Indian burn”) refers to someone grabbing another person’s wrist with both hands and twisting in opposite directions, causing a burn on the skin. Obviously I can’t speak for Chinese or Aboriginal people as I am neither, but I personally don’t use phrases that refer to other races or cultures in a potentially derogatory or offensive way. I would wager that The Lens Price 3 did not do any research on the term “Chinese burn” to see if it was appropriate to use as their album title.

Overall, I wasn’t a fan of *Chinese Burn*. But you can check out The Len Price 3 for yourself on [Facebook](#) and [Twitter](#).

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



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Keeping ProctorU computer changes contained. In a post asking for exam advice, a reply includes a tip to set up a separate login for ProctorU, so that any changes they make to a student's computer will be restricted to that user.

reddit

Final-day exam plans. A student wonders if there will be issues with scheduling an exam for the final day of the course; responses suggest the only concern is technical issues, and offer Plan B scenarios.

Twitter

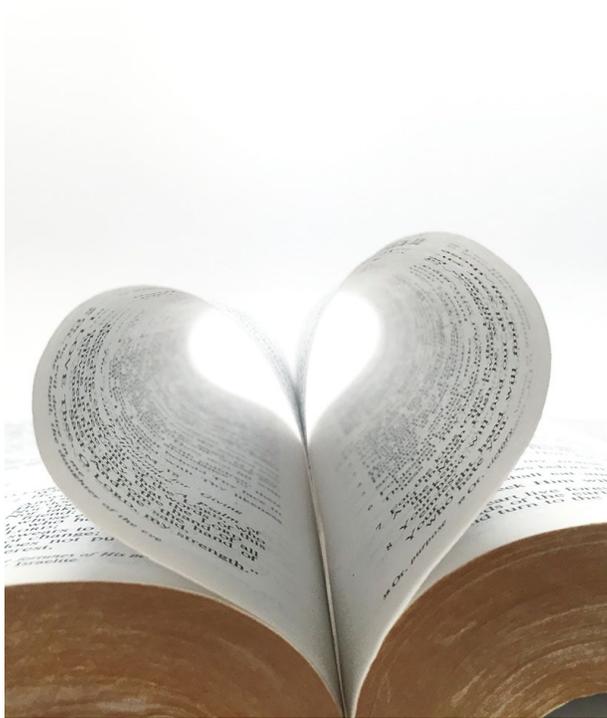
[@AthabascaU](#) tweets: "Help AU celebrate our outstanding students and alumni! Our new Lifelong Learner Award recognizes students who've committed to learning through formal and informal pathways for more than 5 years. Nominations are now open. <https://athau.ca/3ySBbgr>."

[@aulibarchives](#) tweets: "Are you a new Psychology student in need of help using the library? Check out our new Psychology Research Guide for all the help you need: https://libguides.athabascau.ca/psychology_guide."



The Quran and Christian Bible Are as Close as Kin

Marie Well



I went to church as a teen but, shortly after that, left Christianity. Then, in grad school, I started reading religious texts and books from all traditions. Reading these sacred texts, self-help books, and books by various spiritual and religious authors was essential to my finding happiness. I consider myself Christian, but I genuinely love all religions.

Years ago, I read two pages of the Christian Bible every night, without fail, for over two years. I read it cover to cover. I hadn't been going to Church, so, at the time, the Bible was my only real exposure to Christianity.

And to my delight, I recently began reading the Quran. And what a beautiful, holy text! I found it astonishing that the Quran is almost the same as the Old Testament in the Christian Bible, but with Allah replacing the word Lord. I've only read maybe 5 to 10% of the Quran. But so far, the Quran is magnificent and very similar to the Christian Bible's Old Testament. The joy of reading multiple religious texts

is discovering the common bonds that unite us all.

I believe the Quran and Christian Bible depart ways regarding the life of Jesus and Muhammad, although I need to confirm this. To me, these two religions are like family. There is no need to fear the Quran or the Christian Bible, as they are both profoundly beautiful.

But there is also credit due to Judaism, who came first, so I hear, as the originator of the Old Testament. So, I'm awestruck that anyone would not love all three religions. They are all marvelous—and have many cross-overs.

One friend had multiple near-death experiences and saw both Catholic and Muslim religions in heaven. She said they coexisted nicely, and they were all beautiful. But, of course, all religions, as all people, are stunning. This thinking must happen in Religious Studies at universities, although I've yet to confirm this.

Eastern religions have their own unique set of similarities, especially about reincarnation. For instance, Buddhism and Hinduism are similar, although the oldest religious texts, I believe, are the Indian Vedas.

In my view, everyone is a creation of God, and all people are equally beautiful but in their own ways. And this life is intended to put us through hardships and highlights to bring us all to a higher place of love. And if we can love and respect all religions and people, we've accomplished life's most incredible goals, in my opinion. I've developed a profoundly deeper respect for our Muslim friends. And that common thread that joins us with them is a ribbon of love.

So, read the Quran if you get the opportunity. It demystifies the beautiful, holy book and gives a profound respect for our Muslim community. The Quran is indeed akin to the Christian Bible. And I believe every beautiful religion is meant to be loved like every soul.



Five Fictional Employers Ranked from Best to Worst

Savannah Ugo



We all appreciate a kind employer. That boss who bothers to properly outline all our responsibilities. That boss who makes sure that all the employees are getting along with each other. That boss who pretends he doesn't notice the raccoon we accidentally let into the supply shed.

However, as far as literary characters go, fictional employers are a pretty mixed bag. Here are five fictional employers ranked from best to worst.

1. Thorin Oakenshield. General stress factors relating to epic quests permitted, this guy is actually a decent employer. Thorin believes in fair compensation and will likely honour his commitment to pay you in however much dragon gold he thinks your services merited. And if he does suffer the

occasional bout of dragon sickness and attempt to murder you despite the fact that he considers you his friend (it happens), at least he's humble enough to make amends with you before he dies a glorious line-of-Durin-worthy death.

2. Aunt March. This crotchety spinster loves making random helpful statements along the lines of "Your Pa and Ma have no more worldly wisdom than two babies." However, she's always one for a helpful offer to her impoverished relatives. Oh, you suddenly lost your fortune in the process of trying to help someone? Even better than a loan, how about I take one of your children? Ease that financial burden of yours. Endowed with "the art of rousing the spirit of opposition in the gentlest people," she enjoys being opinionated and prickly. But her pockets are deep and she's a great first employer for a young lady determined to make her own way in the world.
 - Aunt March frequently gets in disagreements with her family members. Nonetheless, these arguments generally blow over. And after she's forgiven you, she'll secretly gift you an expensive pile of linen as a peace offering. Can't ask for much better than that. Well, obviously you can. But you won't, or else you're not invited to France.
3. King Oberon. No one said that working for the King of the Fairies would be easy. Oberon orders Puck to anoint the eyes of a certain man in order to right the course of true love. Then, he realizes that this might be difficult to do without a clear description of the man. So, he tells Puck that he will "know the man by the Athenian garments he hath on."
 - And undoubtedly, this would have been a fantastic description. Except for the fact that literally everyone in the play except for the fairies is wearing Athenian garments. Because the play is set in Athens. So, when Puck mistakes one Athenian man for another, I don't really think he's to blame. On a scale of one to ten, I'd give Oberon a nine for providing interesting employment opportunities, but a three for his ability to clearly outline required tasks.

4. Don Quixote. Full credit to this knight-errant-wannabe for intending to compensate his squire. He's mostly a reasonable employer, because even after he's dragged you across the countryside, and gotten you blanket-tossed/beaten numerous times, he still believes in fair remuneration. This means that as long as you are a loyal squire, he will make you governor of an isle.
 - Unfortunately, Don Quixote is literally insane. Like, first-class, straight up, banana-bread, crazy! He is not a real knight. There is no isle. And even if the isle did exist, Don Quixote would *not* have the authority to give it to you! Forget about being a governor, you probably won't even get paid a modest sum, despite all that time spent following him around as he picks fights with inanimate objects. And in the rare event that you do actually get paid, it will probably be due to some outrageous accident. Definitely not the kind of employment opportunity that you want to rely on for your pension.
5. Miss Havisham. This old lady is just the worst. Not only has she raised her adopted daughter to break men's hearts for the sake of her weird vendetta, but she singles out an eight-year-old as the victim of her revenge. She'll invite you over for a creepy play date surrounded by super-old memorabilia from her failed wedding. Also, she'll only pretend to be paying you. She won't actually be paying you. Then she'll essentially screw up your entire love life. And she won't repent until you finally save her when her ancient wedding dress catches on fire. So, it's not just that Miss Havisham is a terrible employer. She's actually a terrible person.

Savannah is an aspiring animator, baseball player, and pyromaniac (actually she just really loves s'mores).



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Gung Loy Jim Scholarship

Sponsored by: BC Cattlemen's Association and the Jim Family

Deadline: April 15, 2023

Potential payout: \$2000

Eligibility restriction: Applicants must be BC students who plan to enter their first year of post-secondary education (any field of study) within the next twelve months. Preference is given to those who are from rural areas where cattle are raised.

What's required: A completed application form, along with a transcript of your grade eleven marks, a copy of your most recent report card, a statement from your school principal or school representative summarizing your character and academic record, and a letter in which you describe how you dealt with a significant difficulty or obstacle in your life, as well as describing your interests, experiences, and career aspirations.

Tips: Application packages must be mailed or delivered; there are no email or online application options.

Where to get info: www.cattlemen.bc.ca/awards.htm



Homemade is Better Caprese Salad

Chef Corey



I am under the weather again. At the time my writing, three of us in the house tested positive for COVID. So, this week is going to be a short article, for an easy recipe, one you might even be able to make while your sick.

It's Caprese Salad. It's delicious, colourful, and simple to make as an appetizer. It is theorized that this salad was created after WWI as an ohmage to Italy. It is, after all, the colours of the Italian flag. Green, white, and red.

I chose to use bite sized ingredients for this recipe and used toothpicks to put it all together. Drizzle some balsamic dressing on it to add some extra flavour.

Since my head is pounding right now, here is my recipe.

Caprese Salad

Ingredients:

1 package of cherry tomatoes
1 package of mini bocconcini cheese
1 package of basil
12 toothpicks

Directions:

- 1) Add one of each ingredient to a toothpick.
- 2) Drizzle salad Balsamic vinegar on it OR dip in the vinegar.
- 3) One bite and enjoy!

Corey Wren is a student at AU's school of business management and a stay-at-home-parent of three who graduated from NAIT's culinary arts program in 2007.



Council Connection January 19th, 2023

Jana Menard

President Karen Fletcher called the meeting to order on January 19th, 2023, at 6:01 PM MT, calling attendance; Councillors Allie Wojtaszek and Rebecca Wuebbolt were absent with regrets.

Financial Audit

President Fletcher introduced Chad Knippel and Natalia Toth from Kingston Ross Pasnak (KRP), who completed the 2021-2022 financial audit. As the representatives from KRP may only like to attend part of the meeting, Vice President of Finance and Administration (VPFA) Dur-E-Najaf Syed proposed their presentation be moved to the next item, which was passed unanimously.



Chad and Natalia presented their audit, explaining any adjustments and noting that they received full cooperation from Athabasca University Student Union (AUSU). KRP completed the audit last year and had comments related to prepaid expenses that were booked incorrectly, and concerns with vacation kept accumulating; however, this year, these have greatly been improved. Overall, they declared that there were no significant issues with AUSU's accounting procedures.

Councillor Amber McDuffe had some questions including why does AUSU's budget still have a Leaseholds Improvement Reserve Fund when AUSU is virtual and staff work from home? Executive Director Jodi Campbell explained that at one point, AUSU was looking at moving into a building on Athabasca University (AU) campus. Since AU moved to a virtual environment and reduced campus, this could be eliminated. President Fletcher agreed but noted there is a process, and it is likely a decision for the finance committee. An action item was made to look into this.

Following the presentation, the previous meeting's minutes were adopted, and President Fletcher reviewed the action items. An action item she had completed was to restructure retreats for accessibility, efficacy and cost; she explained they had selected two dates. Council's retreat will be held in the same location as the Executive Council (EC) retreat, which will occur the days following, and this is also in the same location as a CAUS conference which some of the EC will have to attend. By grouping these retreats and conferences, AUSU can save on costs.

Policies

Many policies were apparently discussed at the informal session, which occurs before the council meeting, to improve efficiency and manage time. The results were that, in the meeting, two policy changes were voted on and passed unanimously: Changes to the Alternate Dispute Resolution policy, which was discussed in the last meeting, and a policy regarding awards, which was updated so that applicants must be members on the date of the application unless the award specified otherwise. The last policy change was to simplify the expenditure policy; the new process states expenditures overages, regardless of whether they are budgeted or not, up to \$1500 approved by EC, over \$1500 approved by Council. Councillor Cilhane Ahmed objected; the motion passed.

SPC Update

Exec Director Campbell discussed passing on the \$2 to AU students as a discount with Student Price Card (SPC), they are still working on the logistics of this, but they seemed optimistic. Council agreed that this would be an excellent win for AUSU, and if they can achieve this, Council would be in favour of moving forward with the agreement, "If we are able to get this locked down, look at us, we are going to be leading the way, we're not going to be looking to other organizations to see what they are doing, we are going to be raising the bar and setting the standard and being like we got this discount for our students, instead of pocketing the money we are passing it on directly to the students and I think that is amazing, thank you for doing the work on this, Jodi, and I am all for this if we can get this worked out" Councillor Amber McDuffe stated. President Fletcher suggested the following amendment: AUSU council approves the SPC student discount card as a new service at AUSU, provided that we can secure the \$2 per student discount. The motion carried.

Selection of Auditors for 2023

With the 2021-2022 audit concluded, Council had to choose to appoint a firm for next year. Council motioned to appoint KRP as AUSU's financial Auditor for the 2022-2023 fiscal year. Exec Director Campbell spoke on the merits of KRP, their professionalism, and thoroughly detailed work. Councillor Blake Collett, who has extensive experience with budgets, wanted to congratulate Council on a well-balanced budget for the last three years "When you look at

budgets, you are going to see fluctuation, you're doing to see downs, you're going to see up, you're going to see everything, and you gotta look at big pictures with budgets, I have to say this organization is in tremendous shape because when you look at 2020 to 2022, I have never seen a budget go over the three year period and only fluctuate by less than 3%," he continued, "the fact that you kept it within 3% is virtually unheard of, so it's clear that good decisions are being made and I wanted to compliment everybody on that, consistency is what you want in a budget." KRP was awarded the appointment with a unanimous vote.

Bylaws

AUSU is currently updating its bylaws, which require two readings. Any substantive changes to the bylaws require membership notice and restart the process. During this first reading, there was much dissent over clause 4.16 subsect D "Conviction on charges levied against the Councillor for violation of the Athabasca University Code of Student Behavior, provincial law, or federal law."

Many councillors, including Councillor McDuffe and Councillor Ahmed, were concerned about this clause being unfair and discriminatory. Councillor McDuffe cautioned that this clause could be enacted for trivial things like traffic violations that fall under the Highway Traffic Act, which is a federal law; she also pointed out that some charges are subjective "Kidnapping is subjective, if a parent is caught "kidnapping" their child because they are trying to save them from an abusive parent and they get kidnapping charges, are they removed?" Councillor Ahmed also weighed in, noting that some students live outside of Canada, and it would be difficult to enforce and verify this clause for these students; therefore, this could be discriminatory for students who do reside in Canada. The discussion turned to how laws differ in other countries and students who are in insecure environments, "a woman living in an insecure environment and got in trouble with the law for not wearing her hijab properly, that could be breaking the law in another country", Councillor McDuffe reminded the group.

Vice President External and Indigenous Circle Representative (VPEX & IC Rep) Trishtina Godoy-Contois warned how this clause could unfairly target vulnerable populations, such as indigenous, who tend to be disproportionately charged with crimes. President Fletcher recognized these concerns but argued that she did not want this clause removed entirely in the event a councillor committed a serious crime, "I never want to be in the situation where we have like - speaking really frankly - someone who raped another student and we can't get them off council, I don't think that's a safe place."

The discussion then moved into the details of the clause, and whether it was necessary or whether other clauses provided them with the options they were looking for.

It was pointed out that this clause does not require them to remove the councillor, just gives them the option, and it will still require a resolution, and that this would only be effective if the person were convicted of the charges, not accused. Councillors argued on whether other clauses allowed them to remove a councillor and if the removal of this clause would impact their options. Councillor McDuffe reminded them that there is an attendance policy that allows a councillor to be removed for missing three council meetings. If a council member were convicted of a serious charge, they would be unable to attend meetings and therefore be removed.

It was clear that this would need to be amended and require another first reading. Fletcher suggested they have meetings to workshop these bylaws and motioned to table this item; the motion passed unanimously.

The usual reports were then presented, and councillors spoke on the acknowledgements of each other's work. President Fletcher provided updates on the AU community, acknowledging the

passing of AU President Dr. Peter Scott's wife and passing along AUSU's and her own condolences. President Fletcher rounded out the meeting with some good news she received upon returning from the holiday break: AU is giving \$5000 to the AUSU food bank, which has been received and will be a great benefit in helping food-insecure students.

Check out what Council is up to at www.ausu.org on their news page and find upcoming events on their events page.

Jana Menard is a Bachelor of Arts student majoring in Political Science and minoring in English. She enjoys photography, watching documentaries, and hiking, all the while drinking too much coffee.

[blue rare] Nothing Doing (In Praise of Laziness)

Oliver Moorcraft-Sykes



In 1962, in the context of the American-Russian space race, then-U.S. president John F. Kennedy famously proclaimed, "We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard." I have always found these words inspirational, extolling as they do the qualities of commitment, visionary determination, and selfless loyalty to a cause; virtues that I have always vicariously been impressed by.

I, on the other hand, would much prefer to dedicate myself to something less challenging, like attending a luau, for example. I mean, it's all very well to accomplish things and whatnot, but at some point, do we not have to know when to say "when"?

Setting aside the space program for now, let's be honest with ourselves here: people are far too concerned with the notion that work is the be-all and end-all of existence. Admirable as it may be to dedicate time and energy to such worthy pursuits as software programming, neurosurgery, or building oil rigs, I believe I speak for most of us when I say we would generally

be happier to spend our fleeting lives sipping daiquiris.

And it's not as if we haven't (I'm speaking collectively here) achieved quite a lot since the dawn of time. On an *individual* level I may have accomplished bugger all, but as an integral member of the human species, I've been busy, busy, busy for quite a while now. I mean, it's *exhausting* to think of all the boxes we, as humanity, have ticked. Discover fire? Check. Build Rome? Yep. Develop Renaissance art, invent jazz, land on the moon, organize a Spice Girls reunion? All done and dusted. And, more important, all without me, personally, having to break a sweat.

Of course, there are one or two of you who may raise an objection here. Where would the world be, you might say, if everybody were to adopt such a *laissez-faire*, layabout approach to life? Who would design our leisure wear, manage our banks, and drive our busses? Would buildings not fall into decay and planes not fall from the sky?

These are all valid questions, for which I can't be bothered to provide an answer. Suffice it to say that if goats started mating with cats, or everybody in your city suddenly took it upon themselves to visit the same 7-11 to purchase a certain brand of chocolate bar, calamity would surely ensue.

But the fact is, these things simply don't happen. Society does not need all of us to be busy all the time.

Most people, brainwashed automatons that we generally are, are hopelessly in thrall to the "work ethic" that has shaped the rise and fall of human civilizations. So, on the whole, the majority of us will continue to lead lives of both quiet desperation and loud productivity.

I see this as a very positive thing. I like to sleep in late, assured of the fact that others are performing important work, be it quotidian, heroic, or visionary. Keeping the wheels of the world rolling smoothly along, and leaving some of us to engage in more esoteric but equally important pursuits, such as eating hallucinogenic toad venom and reading Romantic poetry, or organizing a costume party themed around the revels of Ancient Babylon.

Also, let's not forget that commitment, visionary determination, and selfless loyalty to a cause have brought more gulags and mushroom clouds to fruition than they ever have utopian visions. For this reason alone, I choose to take naps, watch movies, and order out for Chinese food. Not because these things are hard, but because they are very fucking easy.

Four Dishes to Try at a Thai Restaurant

Xine Wang



Thai cuisine remains one of the most memorable and flavorful cuisines I've tried. I have been meaning to travel to Bangkok to experience Thai street food, but have yet to have the chance. Before the COVID-19 pandemic, I had a lot of time to travel but since I've become swamped from both my personal life and my career. Luckily, as I am currently living in Calgary there are plenty of Thai restaurants to satisfy my cravings. And at every Thai restaurant there's a few staple items I order.

Mango Sticky Rice

This is a traditional dish that is made of glutinous rice, coconut milk, and fresh mangos. I love how simple this dish sounds but has such delicious flavors and is a favorite among the streets of Bangkok. In the evenings at night markets there are vendors selling this traditional dish, usually wrapped in a bamboo leaf. The rice is al dente and creamy with the coconut milk. The mango adds a tangy flavor to the dessert that makes the perfect combination.

Recently I ordered mango sticky rice at a new Thai restaurant in town, and I was not disappointed. After I had this dish as a snack, I was no longer hungry as it had satisfied my cravings for something sweet!

Green or Red Curry

This aromatic dish is made with various herbs such as lemongrass, chilis, kaffir lime leaves, and coconut milk. My favorite part about Thai curries is that it uses fresh ingredients that give such a strong aroma. I've tried to make this dish at home with pastes and pre-made sauces, and the dish simply doesn't taste the same. Green curry is made with green chili peppers and is milder than a red curry but is still spicy. Red curry is made of a blend of red chili peppers simmered with vegetables like carrots, peppers and onions. A variety

of proteins may be added including chicken or beef. Both these types of curries are usually served over rice and is so heart and filling.



Green curry is both delicious and healthy as it contains a variety of vegetables and proteins.

Pad Thai

Another classic dish that has been Westernized by many fast-food restaurants. Traditional pad Thai is served as a street food in many cities in Thailand. Pad Thai translates directly to “fried” Thai referring to the stir-fry technique used to make the dish. Pad Thai noodles are made of rice noodles that are cooked to perfection and soak up some juicy spices and sauces used. While I’ve tried making pad Thai at home using store bought sauces, it simply cannot compare to that found in an authentic Thai restaurant. You may find a variety of toppings within the dish including bean sprouts, egg, shrimp, tofu, and peanuts. It is served with lime wedges and chili flakes. For those who are new to Thai cuisine, this is a must-try.



A classic tom yum soup with customized spices (I like it extra spicy).

Tom Yum Soup

This is a staple at every Thai dinner I’ve attended. Tom yum is a sour and moderately spicy soup made of mushrooms, sliced chicken, or shrimp. The soup is so flavorful and is a perfect way to start your dinner. I usually drink this soup as an appetizer that gets me excited for the main courses.

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

Fly on the Wall

Blix and You'll Miss It: The Iraq War Remembered

Jason Sullivan



No One Ever Claims That Peace is a Tragedy That Could Have Been Averted

There's no better time to deploy our AU critical thinking skills than when public opinion seems to be kneaded into a consensus by the media. After all, if education can't teach us to see a broad picture of current events, then we might as well just go around wearing a T-Shirt that reads: "I have opinions, about *Things!*" Twenty years ago the Anglo-American invasion of Iraq served as a litmus test for public policy in the new millennium and to this day it's an opportunity to dig past the superficial nature by which authority presents current events.

Leading up to the invasion, emotions were triggered to produce a relatively compliant population who were at once fearful and angered about a dictator in a distant country. Served on a platter of inevitability and menace, uncritical TV coverage created an environment where word of mouth dissent seemed unreasonable because it wasn't being echoed by experts on television. It didn't take long, though, for everyone to see that things were unravelling faster than a demon mummy in some Indiana Jones remake. Tragedy met comedy and emerged as farce as innocent civilians were slaughtered and a nation was mutilated based on false pretexts of an imminent threat from nonexistent weapons of mass destruction. The New York Times even suggested the royal *we* to falsely and retroactively imply that we had *all* been wrong, even while claiming that they personally were misled. They admitted that they'd taken authority's word for too many statements and these were "allowed to stand unchallenged" (Cozens, online).

So there were no weapons of mass destruction to be found in Iraq and invading Anglo-American troops weren't treated like liberators. Jubilant crowds tossing flowers was the ultimate fantasy that the powers that be had propagated, either cunningly or foolishly or both. Instead, an insurgency threatened to create the worst nightmare imaginable: a long quagmire of a war that drained resources and prestige from the free world while further emboldening Islamic Fundamentalist terrorism.

Unpleasant realities during the years of the Iraq War made even the staunchest hawk quiver in his well-feathered, middle-class nest. We Canadians were relieved to have not entered the fray. Many a Canadian politician thanked their lucky night owl that Jean Chretien had, as a lame duck Prime Minister in his final years, kept our troops out of Iraq. Not so lame after all! Many other countries had joined the so-called Coalition of the Willing including, famously, Morocco, who helpfully sent some trained monkeys to remove land mines.

Smug Canadian opposition to unnecessary wars was by no means universal. The Kootenay town of Nelson, B.C. became embroiled in a huge controversy that drew media from across the continent into the fray: a proposed statue commemorating Vietnam war resisters was too much for those who believed that not suiting up for war after being drafted against one's will was a criminal act to be punished accordingly (CBC News, online). In fact, American Iraq war resisters (though they had enlisted without a draft) were deported from Canada during this time and immediately arrested by US authorities (CTV News, online). History was on trial, it seemed, and even in the greenest of smoky green regions of British Columbia, the town of Nelson caved into pressure and refused to allow the statue to be erected. Instead, nearby Doukhobours (famous for

anti-war protests earlier in the 20th Century where they presented themselves naked in a manner that would make many a hippie blush) allowed it to be presented on their property.

War is a paradox in that each one is presented by its perpetrator as simultaneously a wise choice and an absolute necessity. Like dodging a rock falling from a mountainside, war's propagandists lend an air of inevitability to the proceedings. Despite all efforts, wars come to appear as bugs on the windshield of a nation as it hurtles forward in time and space. Yet few of us have lived in a country truly devastated by war, and this is partly why the UN had sought to avoid war in Iraq by deploying weapons inspectors to search for those legendary weapons of mass destruction. Chief among them was a Swede named Hans Blix: he checked Iraq and was continuing to do so when he realized that media pretexts for the invasion meant that "it was a puppet show" (online). In a recent interview he claimed that "Analysts and policy makers fell victim to mirror imaging because they tended to focus on what was most important to us – the hunt for WMD – and less on what would be most important for a paranoid dictatorship to protect"; that is, the regime keeping its grip on power within a crumbling country. At the time, countries like France and Germany opposed the invasion, the former's President even claiming that "the intelligence agencies all intoxicate each other." in the scramble to corroborate their theories by manufacturing facts (Chirac in Neroth, online). This view drew heavy American ire; symbolically french fries were in President George W. Bush's White House kitchen renamed freedom fries.

Flash Forward Twenty Years

Probably Putin wanted to invade resource-rich Ukraine and needed a scary pretext, not unlike Bush with resource-rich Iraq. We can imagine how Russia's media would have presented partial truths to incite support for Putin's atrocity of a war. One can be sure that the Russian people are told fractured versions of reality about Zelensky and his regime; they'll be reminded of historical facts such as the "holocaust by bullets" where 1.5 million Ukrainian Jews were shot by NAZI-collaborators in the Ukraine and they'll be prodded to recall how many Ukrainians in power collaborated with invading Germans during that war (National WWII Museum, online). Finally, they'll be reminded how Ukrainian NAZI collaborators (in Canada this includes the Grandfather of Trudeau's cabinet member Chrystia Freeland) morphed through history into Zelensky's pro-US government (Puglieth, online). Combining all this with the larger reality of World War II where NAZIs nearly destroyed Russia before, 80 years ago, being heroically defeated by the original Teenage Mutant Ninja Turtles (like TMNT, resistance fighters and civilians alike took to the Stalingrad sewers to exact their revenge) and you have a picture of how a perceived threat comes to appear as a clear and present danger (National WWII Museum, online). If everyone has open access to more facts, people's fears would have a different tone. Not that those living under a regime like Putin's have an equal say to we in full democracies, but the parallels remain. After all, virtually every US politician voted for the war in Iraq despite polls showing a degree of opposition.

Even a cursory inquiry into the last fifteen years of politics (war is, as the saying goes, politics by other means) in Ukraine show a gathering storm of aggression between major powers akin to what happened in Vietnam between China and America. And just like didn't happen in Iraq, where a pariah of a regime did not have a great power backer, a longer and larger war is threatened now that the US supports its client regime in Ukraine. History can seem like a series of little puppets in search of big puppet masters even as ordinary people suffer.

As students, our critical thinking allows us to gain some historical perspective on current events. Simply recounting daily occurrences, suitably hoisted onto a backdrop of moral righteousness, does not an in-depth analysis make. Likewise, our essays must quote sources and show that we've researched a topic enough to say something new for ourselves. The struggle to assert our identity amidst a sea of information allows us to evolve into a better person and student; crucially, this

process functions to allow us to speak to and about current events from a place of education. Ours may be opinions but, as AU students, they are opinions hopefully formed by studying how to study a topic. It's this final rejoinder that, regardless of social context, we can at least quietly give to ourselves if and when we disagree with others on whatever hot topics of the day arise.

One certainty from the Iraq War is that the media played a role in reporting what authorities stated without adequately questioning the company line. Group-think had set in and no one wanted to seem unpatriotic or to potentially be giving comfort to terrorists and tyrants. From our viewpoint, the war in Ukraine likewise appears as another unnecessary and avoidable conflict caused in part by a powerful country using fear and falsehoods to convince itself that war was the only option. When it comes to a Commander in Chief ordering an invasion, democracy is secondary to power aided and abetted by the media.

In the end, though, war is about death and suffering, and that is something that no media portrays with such zeal as the way in which they cover murder trials and celebrity muckraking. History shows that before and after a war, leaders and their stooges in the media deploy fear and ideals to justify wars and repression, yet during war those involved are subject to unimaginably awful conditions. Twenty years ago was a dark time in history, especially for the people of Iraq, and we today live with the consequences as neighbouring Syria and other countries are still unsettled and sending refugees.

As AU students, our learned critical faculties can be well displayed by considering the causes and consequences of conflicts, rather than seeing history as a series of reactions in real time to events as they unfold. Likewise, if we keep our eyes on the academic prize (our peaceful rise to scholastic success) we won't allow distractions and setbacks to mire us in crisis after crisis. Our studies depend on a tranquil setting, and we're all privileged to live in such a peaceful country. Yet we do have a responsibility to think cogently about events in our times that we may better lead others to avoid the pitfalls and calamities of history. Perhaps some wars are unavoidable but hey, no one ever says peace is a tragedy that ought to have been averted.

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



Beyond Literary Landscapes Survivalism

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 week’s column focuses on the lesser-known genre of Survivalism in literature.

Survivalism can also be seen in cinema, television series, music, as well as video games. It is believed to have originally been influenced by fears of nuclear crisis during the Cold War.

Examples of Survivalist authors include William Golding, Stephen King, Ayn Rand, and Waubgeshig Rice.

What

Examples of Survivalism in literature include *Lord of the Flies* by William Golding, *The Stand* by Stephen King, *Atlas Shrugged* by Ayn Rand, and *Moon of the Crusted Snow* by Waubgeshig Rice.

Where

These novels are set throughout the United States, northern Canada, and Great Britain.

When

These works take place during the 19, 20, and 21-centuries.

Why

These novels may be of interest to AU students who would like to learn more about protagonists defeating all odds to survive in a harsh world, as well as the human condition under extreme duress.

How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to Survivalism 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 enroll in ENGL 460: The Ecological Imagination, a senior-level, three-credit course, which “considers topics such as climate justice, wilderness, birds, metaphor, technology, the limitations of language and imagination, environmental racism and inequities, Indigenous representations of the environment, decolonization, the Anthropocene, pandemics, hope, grief, and visions of the future.” (Please note that this course requires several prerequisites, including ENGL 211: Prose Forms and ENGL 212: Poetry and Plays. Students are also encouraged to take an intermediate English course.) Happy reading!

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

Choose Life: Medical Assistance in Dying

Marie Well



A beloved *Voice Magazine* writer (and they're all beloved) brought my attention to Medical Assistance in Dying. I'm happy she is against it because her life, my life, your life—everybody's life—is incredibly meaningful.

I don't want to delve into who "qualifies" or how "to apply." But I agree with Elisa who said, "One life lost is one too many." That's because our lives, especially our sufferings, are treasures. So, in sum, I believe Medical Assistance in Dying is assisted suicide—the unnecessary killing of precious and needed life in this world. And every soul is precious and necessary!

I heard a true story about a fellow who will use medical assistance in dying in six years. He is aging and doesn't want to be dependent on others. But he's physically fit and sound of mind. He exercises a lot. But he seems more excited about dying than he does about the next six years of life. This broke my heart.

In 2024, people with mental illness and another incurable condition may be "eligible" to die. I may have been "eligible" to die. And there were many down-points in my life where I couldn't face another day and believed I had no hope for a moment of happiness. One such period went on for over a year straight, and I dreamed of just a few minutes of joy. But had I "checked out," I wouldn't have gained the wisdom and the joy I'm experiencing today. As a wise soul told me, around every brick wall are brilliant rays of sunshine.

My life now is so phenomenal—so spectacular—that there is no way I'd want it to end, even if extreme hardship struck, even if everything and everyone was taken away and I had nothing. That's because I believe our hardships are treasures intended to help us grow. And that intended growth, I believe, is toward becoming a more unconditionally loving and wiser soul.

The whole reason we are born is to live our life. It makes sense, doesn't it? Chronic illnesses, mental illnesses, Lyme disease, disabilities, total paralysis, aging, everything is intended to help us grow. Nothing we experience in life, good or bad, isn't a gift for us to somehow become better human beings. And everything can be overcome, whether physically, psychologically, or merely, but most importantly, spiritually.

Our existences contribute beautifully to this world. Whatever we do, good or bad, triggers beneficial karmic responses for everyone involved. And the whole purpose of karmic reactions is to help us all do the right thing, which is to love all others. We can even learn to transcend hardships or negative karma by entering that higher consciousness of unconditional love.

I wouldn't trade this life for anything. And if hardship strikes so hard that I don't know if I can go on, I'll take comfort. Hardship is a treasure in disguise—an opportunity to become more glorious and beautiful. Being pushed out of our comfort zone sometimes takes extreme hardship. It's an essential component of growth. But the rewards that hardships promise far outweigh the immediate experience. In fact, the rewards are blossoming at this very moment.

If you are set for medical assistance in dying, I hope you would please consider reading *Consciousness Beyond Life* first. Your existence—and your hardships—have a higher purpose. Don't choose to die. We are all too precious—every one of us—no exceptions! Not one exception! And we all have a purpose—no exceptions! Even when life feels purposeless—or even unbearable—it's imbued with meaning. So, choose life!



The Growing Importance Telephone Numbers in the Digital World

Alek Golijanin

Exploring the Policies Around Recycling Telephone Numbers



Shortly after writing about the practice of recycling telephone numbers, “The growing importance of telephone numbers in the digital world”, I reached out to different stakeholders so that I could write a follow up piece. These stakeholders include privacy commissioners at the provincial and federal level, “the big three” telecom providers, and oversight bodies including the Canadian Radio-Television and Telecommunication Commission (CRTC) and the Canadian Numbering Administrator.

While I wait to receive the last remaining responses to the questions I submitted, I thought it would be a great idea to introduce readers to the Canadian Numbering Administrator and to explore the current policies around the practice of recycling numbers.

What is the Canadian Numbering Administration Consortium?

The Canadian Numbering Administration Consortium, Inc. was started in 1998 and it operates under the regulatory oversight of the CRTC. Their primary role is to administer Canada's telecommunications numbering resources via the selection and funding of a neutral administrator, known as the Canadian Numbering Administrator.

The Canadian Numbering Administrator is responsible for providing numbering administration service to the Canadian telecommunications industry under the regulatory oversight of the CRTC. Its primary functions revolve around Canadian numbering resource administration, and processing applications for North American Numbering Plan resources and other

telecommunications numbering resources. Another important function involves being a key contributor to the CRTC Interconnection Steering Committee's working group called Canadian Steering Committee on Numbering.

The CRTC Interconnection Steering Committee is an organization established by the CRTC to assist in developing information, procedures and guidelines as may be required in various aspects of the CRTC's regulatory activities, and they have a working group called Canadian Steering Committee on Numbering.

The Canadian Steering Committee on Numbering is where numbering issues are actually addressed, and it is comprised of one member from the Canadian Numbering Administrator and one from the CRTC as well as other working group participants who are not publicly listed on their website, but who can be identified by submitting a formal request.

So to sum up, the CRTC oversees the Canadian Numbering Administration Consortium, which selects and funds the Canadian Numbering Administrator, which has a member on the CRTC's own Interconnection Steering Committee's working group called the Canadian Steering Committee on Numbering, which is where the work gets done, no doubt in a similarly efficient and timely fashion.

The Canadian Steering Committee on Numbering hosts a public forum where both members of the public and telecom providers can contribute towards policy changes by filling out Task Identification Forms and describing proposed changes to the current guidelines. After submitting a Task Identification Form, the form is reviewed and voted on by members of the committee. If the vote passes, the recommendations are shared with the CRTC, and they are included in the new guidelines that get published by the CRTC.

The easiest way to think about all of this is to simplify everything by saying that there are quite a few stakeholders that are involved in the creation of policies and all of them have to be onboard, and they need to have a thorough understanding of the issue for the matter to be addressed accordingly. However, even if everything makes perfect sense, like updating the guidelines around the practice of recycling telephone numbers, if something like that did not align with the immediate priorities of any of those stakeholders, then it is unlikely that the recommendations would be approved.

The policies around the recycling telephone numbers.

Out of all the interactions I had with the stakeholders who I had identified as having a role to play in the practice of recycling telephone numbers, my interactions with the Canadian Numbering Administrator were by far the most valuable. In addition to having a ten-minute chat with them, they essentially drew out a web of connections for me, they shared a document that addressed the practice of recycling telephone numbers titled, *"Aging and Administration of Disconnected Telephone Numbers"*.

The *Aging and Administration of Disconnected Telephone Numbers* document dated back to 1998, and little seems to have been updated regarding the guidelines around recycling telephone numbers. What I refer to as "recycling" the document refers to as "reassigning", and "aging interval" is the term used to describe the specific period of time that a disconnected telephone number is temporarily unavailable. A number is considered "disconnected" when it is no longer used to forward calls to a customer. The "aging interval" begins on the date that the number is disconnected and ends after the specific interval is met. However, the document did not consider "suspended telephone numbers" as "disconnected telephone numbers" for the purposes of this document.

Once we get to the “aging intervals” section of the document, the limited number of months required to pass before a telecom provider is allowed to “re-assign” the telephone number starts to become concerning, as it seems to be more reflective of a non-digital world, and without a consideration for how important telephone numbers have become. Both a residential wireline (home phone) and wireless (cell phone) numbers are required to be aged for a minimum of one month and a maximum of three months. Whereas, a business wireline (business phone) number is required to be aged for a minimum of three months and a maximum of twelve months, although a special extension may be granted for three extra months, for a total maximum of fifteen months. However, those are the only policies around the recycling of telephone numbers, and there is nothing in that document that would indicate that it addresses the digital world we now find ourselves in, and the unique circumstances that arise from within that landscape.

The future of recycling telephone numbers.

After looking over the *Aging and Administration of Disconnected Telephone Numbers* document, it becomes clear these guidelines are reflective of the pioneer era of telecommunications, back when cell phones were becoming a thing – but not today. Personally, I feel any “guidelines” that have not evolved in accordance with the evolution of the telecommunications landscape, should not be passed off as guidelines, since there has not been an examination of all the grandfathered clauses. However, that is exactly the problem we have on our hands: the guidelines around the practice of recycling telephone numbers have not been revisited in a very long time.

In order to get this right, any future review of the existing guidelines around the practice of recycling telephone numbers will need to expand to also consider a variety of factors including whether the recycling of previously suspended telephone numbers can bring about unintended privacy breaches for the past owner of the number given how interconnected numbers are with a person’s digital identity, whether the “aging intervals” for telephone numbers are still adequate for today’s digital world, and whether current industry practices provide individuals struggling with financial security enough time to get their accounts in good standing. These aspects are important from a digital identity perspective because both the public and private sector are moving toward making telephone number verification a requirement. Although Ontario’s Privacy Commissioner has proposed a digital identity program that might relieve telephone numbers from playing a major role in the digital world, we are probably some time away from a designated digital identification number.

Although I intend to complete a Task Identification Form regarding the matter of recycling telephone numbers, a document which is more suited for individuals that have a legal background, I also intend to submit a trickle-down ask, one that starts with the CRTC and that calls for the simplification of all forms that are associated with the general public, one of the biggest stakeholders in all of this. The complicated nature of the Task Identification Form that the oversight bodies require to be filled out by members of the general public makes it a systemic barrier, where there is no distinction made between the general public and legal experts, and where contributions may get discarded for failing to meet the “standard” required for it to be considered valid.

This is not the end of the issue, however. I am still waiting for some of the stakeholders to respond to my questions. Where those answers, and the implications of those answers, leave us in the grand scheme of privacy and identity in the digital age will have to be the subject for a future article.

Alek Golijanin is an AU alum who considers himself a gentleman first, a scholar second, and a combat sports fanatic third. In that order.





Unearthing classic articles from previous issues of The Voice Magazine

The [pension protests in Paris](#) got us thinking about that that "city of light." Apparently Paris has been on the minds of many of our writers, as we found a wealth of references to Paris in the archives.

On the Paris beat. In one of a series of articles, Tanja Ahlin describes her discoveries while on a student exchange in Paris. "As the custom is in Paris, where parties often end when it is time to catch the last metro at one o'clock

in the morning, all concerts stopped at midnight. But on our way back home, we bumped into a group of drum players. Their beat seemed to be addictive for we not only stopped to listen, but even followed them up the Rue Mouffetard again." [Photo Feature – Pleasures of Paris](#), July 13, 2007.

In the room sans Zoom. Bill Pollett applies his trademark wit to the revival of the Paris-style social salons. "Shedding their isolating technological cocoons, they meet face-to-face in convivial surroundings, enjoying the peculiar music of the human voice and sharing important ideas about topics as diverse as theology, flamenco dancing, experimental haberdashery, and marsupial husbandry." [How to Conduct a Successful Salon](#), August 20, 2003.



**Congratulates by-election candidates:
Chantel Bradley and Manmeet Kaur
on their successful election to AUSU Council.**

**We also want to recognize the rest of the field
for taking the time and interest to run!**

You who stand up, stand out!

Attachment Theory

How Your Attachment Style Impacts Your Life

Jessica Young



Attachment theory was first described in the 1950's by psychologist John Bowlby and was further expanded upon by Mary Ainsworth (and many others) over the years. Bowlby focused on the bond between mother and child (or permanent mother-substitute). He believed that disrupted, cold, or distant relationships with caregivers could cripple the healthy emotional and social growth of a child—which, at the time, was a highly controversial concept.

What Is Attachment Theory?

According to attachment theory, there are four elements of attachment that are considered to universally occur in relationships across cultures:

1. We seek out, monitor, and try to maintain emotional and physical connections with our loved ones.
2. We reach out for our loved ones when we are uncertain, anxious, threatened, or upset. Effective connection teaches us how to regulate our own emotions and trust others.
3. We miss our loved ones and become extremely upset when they are physically or emotional remote. Isolation is inherently traumatizing for human beings.
4. We depend on our loved ones to support us emotionally and provide a sense of safety. The more we sense that we are effectively connected to and supported by our loved ones, the more autonomous and adventurous we can be.

There are two ground-breaking experiments that support Bowlby's ideas.

The extremely disturbing Harlow experiment demonstrated the importance of comfort, companionship, and love in promoting healthy development. In this experiment, psychologist Harry Harlow took infant monkeys away from their mothers and provided them with two surrogate mothers: One cold, wire "mother" that provided the monkeys with food, and one warm, soft, cloth "mother". The poor little monkeys clung to the warm cloth mother for comfort—even hanging off her when trying to eat from the cold wire mother. When these monkeys were reintroduced to their peer group, they were distressed, unsure of how to interact, engaged in disturbing behaviours, and were completely unable to effectively connect with others.

The second experiment, the Strange Situation, was conducted by Bowlby and Ainsworth. In this experiment, toddlers and their mothers were brought into an unfamiliar room with toys. After a few minutes, a researcher enters the room and the mother exits, leaving the toddler alone with the researcher. Three minutes later, the mother comes back.

Almost all of the children were visibly upset by their mother leaving; crying, throwing toys, or rocking back and forth. However, Bowlby and Ainsworth observed three distinct patterns of behaviour from the children when the mothers returned. They also noted that the patterns were dictated by the type of emotional bond that had developed between mother and child. The labels

of secure, anxious, and avoidant attachment styles represented the children's strategies for dealing with emotions in relationships.

1. The first group of children were resilient, calmed themselves quickly, easily reconnect with their mothers, and quickly went back to exploring and playing after their mothers returned. This group usually had warm, responsive mothers. These children were labeled securely attached.
2. The second group of children remained upset and nervous after their mothers returned, and became hostile, clingy, and demanding. This group usually had mothers who were emotionally inconsistent (hot and cold). These children were labeled as (insecure) anxiously attached.
3. The third group of children showed no anger, distress, or happiness in their mother's departure and remained distant when their mothers returned. This group usually had mothers who were cold and detached. These children were labeled as (insecure) avoidantly attached.

Attachment in Adulthood

Today, "attachment parenting" and the concept that children require close emotional and physical contact with their caregivers is the cornerstone of Western parenting practices. However, many of us still believe that this need ends with adolescence. Western society says that adults must be completely and totally independent; we must be capable of dealing with our problems on our own, capable of soothing ourselves when upset, capable of having casual sex and "situationships" without "catching feelings", and above all, we must love ourselves before we can love someone else.

In contrast, Bowlby, the founding father of attachment theory, maintained that the need to be close to others persists through adulthood and shapes our adult love relationships. Bowlby believed that adult relationships, specifically intimate romantic relationships, are an attachment bond similar to the bond between mother and child. Although Bowlby passed away before he was able to assemble evidence of his ideas, in the decades since his death many psychologists have researched the connections between attachment theory and adult relationships. Hundreds of studies have shown that attachment styles work as mental models for the way that we view ourselves and the world. They form our expectations in love relationships, assign meaning to our partner's actions, and give us templates for how to interact with others.

Securely attached adults have learned to reach for others when they need comfort or care. They are generally calmer, emotionally balanced, and comfortable with closeness. They are able to trust that the person they love will not betray or abandon them. These adults generally have the most successful relationships with lovers, friends, family, and even colleagues, because they see themselves as generally good and worthy of love. They view others as generally trustworthy and reliable. They are open to learning about love.

Insecurely attached adults—whether they are anxious or avoidant—have learned that love is conditional, unpredictable, or dangerous. Anxiously attached adults have ramped up emotions because they are inclined to worry that they will be abandoned. These adults tend to idealize others while devaluing themselves as an individual and partner. To deal with these emotions, anxiously attached adults will habitually seek closeness, reassurance, and proof that they are loved. Dr. Sue Johnson describes this style as asking, "Are you there? Are you? Show me. I can't be sure. Show me again."

Avoidantly attached adults push down or shut out their emotions and longings for closeness to protect themselves from being hurt by others. Allowing themselves to love—to be emotionally dependent on another person—is too vulnerable, too dangerous. These adults generally view others as inherently unreliable and untrustworthy and they tend to suppress any self-doubt about their own acceptability as an individual and partner, leaving them shut off to learning about love. Again, Dr. Sue Johnson describes this attachment style as saying, “I don’t need you to be there for me. I’m fine whatever you do.”

Why is Attachment Important?

Learning to love and be loved is also learning to tune into our emotions and balance them—staying in touch without being flooded by them. As Dr. Sue Johnson says in her book, *Love Sense*, “Once we are balanced, we can turn to the world and move in it with flexibility, open to learning and able to look at the choices available to us in any situation. Nothing makes us stronger and happier than loving, stable long-term bonds with others.”

Understanding attachment styles can also help us to understand both our own and our partner’s behaviour. Anxious partners are more likely to show rejection sensitivity—whether this rejection is real or perceived—and are more likely to respond with increased aggression. Particularly, anxiously attached male partners are more likely to respond to perceived rejection with violence. The overt anger hides the underlying anguish of feeling unsafe. Avoidantly attached partners are more likely to shut out their partner when they feel rejected. They hunker down and turn inward, not reaching out to family or friends for support either. Understanding the real reason behind confusing or hurtful behaviour can help solve problems and manage conflict in our relationships.

Furthermore, studies have shown that the effects of attachment styles extend to the workforce, and (perhaps unsurprisingly) adults with secure attachment styles make better leaders in business and the armed forces. In one study of Israeli Defense Forces, psychologist Mario Mikulincer found that securely attached leaders were more tuned in and responsive to subordinates—they gave guidance, offered challenges, supported initiatives, and fostered self-confidence. Meanwhile, anxiously attached leaders were rated as deficient in providing direction in task-oriented situations, and avoidantly attached leaders were rated as deficient in building morale and team cohesion. Many soldiers with avoidant leaders reported feeling nervous strain and becoming depressed.

Moving Toward Love

So you’ve determined you may have an anxious or avoidant attachment style. What do you do now? Thanks to neuroplasticity—our brains ability to modify neural networks—we can actually change our attachment style. Recognizing the underlying reasons why we behave a certain way gives us the power to change those thought patterns and resulting behaviours.

Recognizing attachment styles can also give us the power to determine compatibility in our relationships. Some attachment styles simply are not very compatible. Relationships between two avoidant people or two anxious people are generally difficult—the first because both partners are determined to reject emotional involvement, and the second because both partners are too consumed by their own worries. One anxious and one avoidant partner is a common pairing, but one that is often toxic. Stepping away from relationships that trigger our emotional fight or flight response and turning toward what Dr. Sue Johnson calls “safe-haven relationships” can help to heal and revise our childhood model.

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





Dear
Barb

Barbara Godin

The Mow you Know

Dear Barb:

I have lived in the same neighborhood for 30 years. We raised our family here and never had any problems until recently when a family moved in next door. They are a family of both parents, plus three teenage boys. When they moved in my wife brought a casserole to them. I know that is old school, but we are old-school people.

These people moved into this home from an apartment, therefore they had no landscaping tools, such as lawnmowers, trimmers, etc. They often asked to borrow our tools and initially, I didn't have a problem with that. But now we are six months later and it doesn't seem like they are buying any equipment of their own. In fact, when I cut my lawn, most of the time I have to go to their house to get my lawnmower. I am not the type of neighbor who wants any kind of conflict, therefore I have been allowing this to slide in the hopes that they will get their own stuff.

My wife is becoming frustrated with me and says if I don't talk to the neighbors, she will. My wife can get pretty aggressive, and I would rather she not talk to them. I don't know how to approach them without causing problems between us. After all, we live next door to each other, and if we can't get along it could lead to a very uncomfortable situation. How would you advise me to deal with this issue?

Thanks, Gord.

Hi Gord:

Interesting topic. To begin I don't think many people realize if a person borrows an item and does not return it they could be charged with theft and end up with a criminal record. However, that is not a situation most neighbors want to resort to. The best way to avoid getting yourself into this predicament is to say "NO" when asked to borrow tools or other items. You can explain, but you really don't have to. Simply say that you are becoming frustrated with not having your lawnmower or other items available when you need them, therefore you have decided to stop allowing people to borrow your equipment. Another option would be to not lend him any more equipment until he returns what he already has. For example, if you want your lawnmower and he has your edger, tell him when he returns the edger you will lend him the lawnmower. This way it will not be so easy for him to do his landscaping and hopefully, it will cause him to go out and purchase his own items. Also, when you see these items on sale bring the flyer over to him, possibly promoting him to buy his own. You must take a stand. These are your items that you bought and paid for, and he is adding to their wear and tear. I would suggest you get this done before your wife goes over there, as it sounds like she will be a bit more forceful than you.

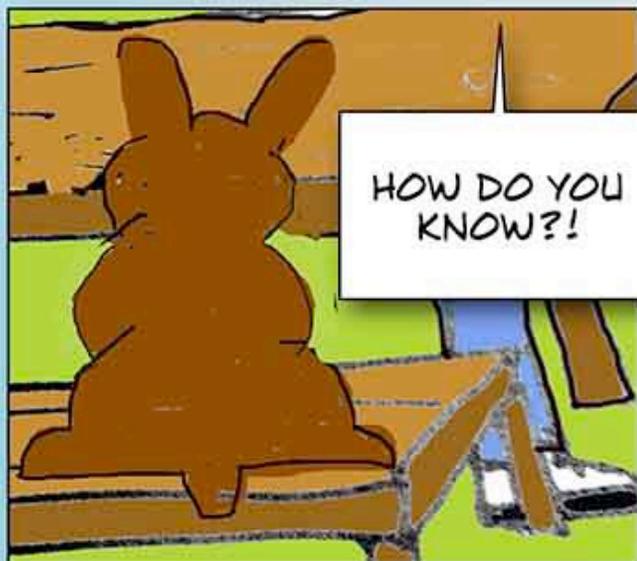
Thanks for writing and hopefully this situation gets resolved quickly.

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
What to do About the Refugees

Wanda Waterman





"In the end we will remember not the words
of our enemies but the silence of our friends"

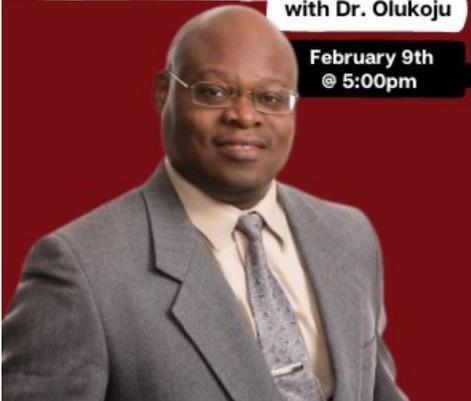
- Dr. Martin Luther King Jr

**AU
SU** February Events

**RSVP On
Eventbrite**

Politics, Voting, and Inclusion of the Black
Community in Canadian Governance
with Dr. Olukoju

February 9th
@ 5:00pm



Join us on Feb. 9 at 5 p.m. MT
on Zoom and celebrate Black
History Month with Dr. Olukoju
from AU as he discusses [Politics,
Voting, and the Inclusion of the
Black Community in Canadian
Governance](#). Dr. Olukoju holds a
Ph.D. in Public Policy and
Administration and a second in
Theology.

[RSVP on Eventbrite!](#)

Velma Morgan on
OPERATION 

February 15
@ 5:00pm



Then return Feb. 15 at 5 p.m.
MT to celebrate with Velma
Morgan during [An Introduction
to Operation Black Vote
Canada](#). OBVC works to ensure
that equity is activated in our
democratic institutions in order
to create opportunities for
Black Canadians to fully engage
civically at all levels in Canada.

[RSVP on Eventbrite!](#)

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**2023 By-Election
BECOME A
LEADER
ON STUDENT COUNCIL**

Nominations Open February 13

**Council By-Election Nominations
Open Feb. 13**

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the 2023 Student Council By-
Election with nominations opening
for all AU undergrads like
you. Voting will take place March
16-21 to fill two (2) available seats
on AU Student Council. More
details to come! Questions?
Email us at ausu@ausu.org.

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