



# THE VOICE

Vol 31 Issue 17 - 2023-05-05

## **Minds We Meet**

Interviewing Students Like You!

## **Plato's Mom is Calling!**

Thinking about our First Teacher

## **To Hell with Wellness**

Just Live!



*Plus:  
The Master Psychologists  
Homemade is Better  
and much more!*

# CONTENTS

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

## Features

Minds We Meet: *Interviewing Marianne van der Ahé*..... 4

## Articles

Editorial: *The Mother of Invention*..... 3

The Mount Rushmore of Master Psychologists..... 9

Combatting Chronic Fatigue ..... 12

Book Review: *How to Win Every Argument*..... 17

Places to Go..... 20

## Columns

Fly on the Wall: *Plato's Mom is Calling!*..... 5

[blue rare]: *To Hell with Wellness*..... 8

Homemade is Better: *Ham and Swiss Breakfast Wrap*..... 14

Music Review: *Ripped Jeans*..... 15

Beyond Literary Landscapes: *Folk Tales*..... 16

Dear Barb: *Mom, Me, and the New Guy* ..... 21

## News and Events

AU-thentic Events ..... 10

Scholarship of the Week..... 11

Vintage Voice..... 13

Vintage Voice: *Mother's Day Special* ..... 13

AUSU Update ..... 23

## Comic

Poet Maeve: *Pinkos and Nutbars*..... 22



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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

### The Mother of Invention

Karl Low



A quick reminder that Mother's Day is right around the corner (or you just missed it depending on when you read this). To that end, this week we've got a couple of articles loosely connected to the theme. Starting with the Fly on the Wall that looks at our learning journey's start with our very first teacher.

Also, we have an interview with a student and mother as the subject of our Minds We Meet article, read up on why she's taking her AU courses now and how she's found her first few.

Our third feature is an installment of [blue rare] that speaks to my cynical self. While we often have articles right here in The Voice Magazine that try to provide inspirational advice or ways to become your best self, I often find myself wondering just how applicable is that advice to the wealth of differences that make up who humanity is. Sure, maybe something worked great for you, but does that mean it'll work well for anybody else who isn't in your exact situation and headspace? Still, these articles tend to be popular, so who am I to judge?

But getting back to Mother's Day, in the past, each year I've remembered far too late and then, guilt being what it is, sent an Edible Arrangements fruit basket to my mom, usually spending far too much in the process for what you get (though I do love their pineapple's dipped in chocolate). Last year though, mom mentioned that she didn't feel it was worth it either, and let us know that she'd be just as happy with a phone call or a visit. Still, the expectations of industry and society have their hooks in, and there's no way I'd feel comfortable showing up empty handed, even though I'm sure she'd be just fine with that.

But, with prices the way they are, money's been tight lately, so finding that 'just right' Mother's day gift, a challenge at the best of times, is nearly impossible now. Fortunately, one of the things about my mother being very staunchly conservative, anti-masking, anti-COVID vaccine, etc. is that it means I'm pretty sure she doesn't frequent the many small Asian stores in the neighborhood. Which means she likely doesn't know about the Asian florist and the insane deals that can be had there. So, I can grab an expensive looking Mother's Day gift while not breaking the bank.

But the question remains, should I still feel guilty? You can say 'it's the thought that counts' all you want, and even if that's what both you and the other person believes, our society still pushes in with that annoying notion of "yes, but isn't it better to show your thoughts by spending commensurately?" After all, if it was only the thought that counted, we wouldn't see such massive pushes by florists and Hallmark to make sure you're providing the proper celebration. We wouldn't see special Mother's Day brunches on offer, typically for a significant markup from a normal brunch. After all, thoughts are personal, private things, what does being able to show copious spending have to do with that?

When you think about it rationally, of course it's just the thought that counts. Your mom is going to love you (or not, I don't know your situation) regardless of what gift you provide, if any. Sure, nicer gifts will tend to create momentary expressions of joy or gratitude, but, overall, it's not going to change how they really feel. Still, our society excels in instilling guilt or envy. Which means that maybe the real gift we can give for Mother's Day, is acceptance, first of ourselves, and then of what feelings your loved ones have for you. Trust them to accept you the way you do them. Let that guide your consumerism, and who knows where we all might end up. Enjoy the read!

A handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the letter 'l'.

# MINDS WE MEET



*The Voice Magazine* recently had a chance to chat with Marianne van der Ahé (she/her), a Bachelor of Anthropology student currently located in Edmonton, Alberta. “This program is covering all my areas of interest, and so far I’m loving it. I have no career plans once I finish; I would like to be done by the time my husband retires. I’m doing it to learn new things about the world and understand people better. I guess if anything I’ll feel smart when I’m done,” she explained.

On a personal note, Marianne is a “born and raised” Albertan. She continued, “I would classify myself as a mature learner. I did a year of university after high school but was entirely unmotivated and distracted by other things, mainly my boyfriend. He soon became my husband, and we had three kids, who we home-educated through high school. They all moved on to post-secondary and then I figured it was my turn! I felt as though I had unfinished business and I want to keep my brain sharp and active, as well as use the second half of my life to accomplish something big.”

*The Voice Magazine* asked Marianne for some of her best study tips, and she had some great ones for fellow students. “This is a long-term project for me. I’m taking two courses at a time since I’m also

teaching piano and looking after my grandson. One thing that’s been important for me is to obtain hard copies of all the textbooks. I study with my yellow highlighter handy and answer all the study questions on paper. I’m old-school for sure,” she let us know.

She also had some important advice for new students and/or prospective students. “Casting my mind back in time to when I went to university the first time, I would say don’t go to university because other people think you should. Do it for the love of learning and to prepare yourself for a future that you’ll love. That’s very motivating!”

When she is not studying, Marianne enjoys gardening, camping, travelling, walking, spending time with friends and family, as well as mountain biking in Jasper National Park and Edmonton’s River Valley.

In terms of travelling, Marianne let us know about a fairly recent vacation to Australia a few years ago. “I finished my scuba diving certification on an overnight trip to the Great Barrier Reef which was pretty epic,” she mentioned.

And speaking of life changing experiences, *The Voice Magazine* also asked Marianne which book has made an impact on her life and she chose The Bible. “It has given me peace and joy beyond anything this world can ever give,” she stated.

She considers herself the greatest influence on her desire to learn, however, she also mentioned her husband as her “biggest support” and her children as her “cheerleaders.” “They think it’s so great that I’m getting a degree now,” she stated.

As for her experience with online learning so far? It “has been really good.” She continued, “It’s flexible and I can fit it into my schedule with no problems. I haven’t had a lot of contact with other learners but that’s my own choice since there are opportunities given to network.”

Her most memorable course so far has been ANTH 272: Introduction to Archaeology. “It was a heavy course but lots of excellent readings and the garbology research paper was definitely memorable,” she explained. In addition, she has found her course tutors mostly “available and very helpful,” although this “varies from course to course.”

*The Voice Magazine* asked Marianne what her first project would be if she were the new president of AU. “To turn the focus of the university back to learning and away from political correctness,” she stated.

We also asked which famous person, past or present, she would you like to have lunch with, and why. While Marianne acknowledged that many “interesting people in history” have existed, she ultimately chose “Corrie ten Boom, who survived the concentration camps of WW2,” because “her story is amazing and she lived a life of service.” As for the lunch? “I’d let her pick the lunch!”

Marianne also let us know about her most valuable lesson learned in life. “One thing I’ve learned over the years is to stay humble. Everybody is on a journey and it’s not the same as mine. Be kind and remember that nobody’s perfect, including myself,” she explained.

And her proudest moment in life? “When I have all my three kids together and I look at the quality humans they have become (in spite of my parenting) I feel pretty good!”

As a final note, Marianne added, “As a mature learner I can say that no experience in life is ever wasted. Give yourself fully to the task in front of you and don’t sweat it if things don’t go perfectly. There are lessons in that, too.” Best of luck Marianne!

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

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



## **Fly on the Wall Plato’s Mom is Calling!**

**Jason Sullivan**

### **She Wants you to Get Your Critical Thinking Skills Back!**

For many of us, long before we were students at AU, our very first professor was our Mother! For others, mother figures have appeared in different forms, but each of us began life with at least one crucial caregiver. Mother’s Day is a chance to show gratitude to the women who raised us and the principles of inquiry that guide our life’s learning. Those who saw our first steps and abetted our abilities to become who we are represent invaluable components as we strive toward graduation.

We’re in good company as we develop our minds; in Ancient Greece Plato described Socrates’ methods of reasoning through a series of questions about life as a form of midwifery; the Socratic method of hypothesis testing is “inspired by maieutic principles” (Sedley, online). Education thus appears as an extension of physical life: we give birth, as our Mother’s did, to new selves.

So our first teacher, our mother, set us toddling in the direction of enlightenment. A thinker named Pierre Grimes notes that many of our key learning methods are acquired and repeated from learning experiences in childhood; he notes a client who recalled that the most beautiful attention he received from his mother was during times his mother warned him not to be injured playing with his friends (she'd say, I don't care if you come home with your sword and your shield, I just want you to come home safe): "that's love, that's caring, I'm acting it out again and again" by remaking crucial childhood instances through adult pedagogical experiences (Grimes, online). Patterns of learning, like other aspects of our psyche, we have our dear Mothers to thank for.

Broadly speaking, the first crucial human contact of our pre-conscious years forms us in ways immeasurable and fundamental long before we went to school and experienced peer pressure. We are literally born into awareness in contact with caregivers. As we deliver flowers or cherish memories, we know that we owe so much to our mothers, even if, as the old teenage saying goes, we didn't technically *ask* to be born. Learning's like that too; maybe we didn't expect to be captured by a particular academic discipline, but nevertheless we find ourselves living a scholastic life. Our mothers are unique in that they literally teach us as we develop, even before we're aware that we're students in life.

### **Plato as a Boy Going Outside to Play**

Society, however, sometimes teaches a less personal and nurturing method of interaction than do our mothers. Competition and gossip lead to a more fluid social hierarchy than a child typically experiences in the home. Social ideology tends to divorce adult work from its childhood origins and yet, hidden but certain, the fact remains that every thinker down through the seedy centuries of history had a mother or mother figure: Plato of Ancient Greece would be no exception. Whatever led Plato to evolve into a philosopher who germinates his ideas—such as the idea of Forms, whereby each element of reality available to our senses is merely an imitation of an Absolute original archetype—began in the Athenian home of his youth. His most famous *Allegory of the Cave*, where a prisoner escapes a cave and finds enlightenment, was perhaps an echo of his childhood Athens when he'd go outside and play with his friends and meet new people. Certainly, the story has modern parallels, as we shall see. Perhaps we can recall in our youthful days of yore being implored by our mothers to not spend so much time as zombies in front of one or many television, computer, or video game screens.

### **Exploring the Womb-y Origins of Plato's Cave**

Plato's cave story illustrates how culture can distract us from higher callings such as education and personal development. In his allegory, he imagines an instance where all of humanity lies chained in a dark cave with flames from a fire providing flickers of light against the wall. The fire is behind the prisoners so that the only thing they can see are a series of shadows playing out against the rockface. Life for these prisoners becomes an eternal trivia game; each is expected to shout out the familiar names of images created by shadows. (There are echoes in the cave too, leading to an image of life as an endless parade of karaoke singers on a televised talent competition.) Existing only as vague simulations of reality, these shadow figures nevertheless *come to mean the world* to the prisoners; having no other access to reality, the realm of shadows takes precedence in their minds and they imagine nothing beyond what they are shown.

One can imagine such a cue card approximation of such a game today, with contestants shouting out familiar culture icons matched to shadowy-figure faces:

Kim Kardashian!

George Floyd!

George Takei!

Jagmeet Singh!

Plato then describes how a single convict manages to grapple his way free of his chained entanglement. Crawling hesitatingly to the cave entrance he manages to stand and is stunned by what he encounters: sunlight! Emerging into the bright light of day, like a newborn lamb tumbling out of a ewe, at first all he can do is blink. Then, gathering courage, he begins to explore this new realm of living things and dazzling light and natural sounds. Shortly he is unalterably changed, like a would-be student who ceases an evening of Netflix to watch a documentary about Marshall McLuhan. Like the famous 1960s Toronto sociologist, the convict realizes with a start that the “medium is the message” by which reality is moulded, clay-like, according to the will of those with the power to hold us in place. Reality itself has brought him to be born anew, as he sees the stultifying nature of the social reality he’d inhabited. Hurrying back to his peers, the convict is greeted by their dulled out faces still entranced by the guessing game where all of reality is about giving the proper answers to anodyne questions. “They have no idea what awaits them!” he thinks. Alas, tied into their realm where smarts and knowledge are about saying what they’ve been told to say, and thinking in ways that stimulate only certain methods of inquiry, he finds no audience of inquisitive minds. It’s as though everyone is sure that expert answers have already been provided by the paradigm of the cave wall. Their senses and minds are closed off to revolutionary new possibilities. Momentarily he’s stunned at being stonewalled, and then, disconcertingly, he realizes that he cannot go back to the repetitive realm of repeating the same game over and over. What’s more, he can no longer play effectively because the bright light of reality has meant his eyes have difficulty adjusting to the murky conditions hitherto seen as normal. Soon the prisoners are distrustful of him and feel threatened; the enlightened convict becomes a pariah among his peers.

### **Knowledge Need Not Be Competitive, It Can Be More Like Love**

Happily, our life’s learning need not make us feel like an outsider or a superior being to others. Thanking our mothers for the gift of life reminds us that we are always learning just like everyone else; AU is a boon for this journey but no matter how much we gain we are not becoming better than others so much as different. There’s a reason that mothers love their children for the unique natures they contain; the phrase “I love you because you’re mine,” comes to mind. Mother’s love is a reminder that the best things in life and learning transcend the rat race of regular social reality. And as distance students, we know that Athabasca is a means to maximize ourselves and our special natures as learners.

Life, like education, need not merely be a race or a competition. It’s a journey that transcends normal social interactions because essentially we are giving birth to new versions of ourselves each time we write an assignment or read a textbook. We become, in a sense, midwives to ourselves, even as we recall that we owe so much to the mothers that set us loose from the cave of unconsciousness to begin with.

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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.*



**[blue rare]**  
**To Hell With Wellness**

**Oliver Moorcraft-Sykes**



For some reason, the theme of wellness has been cropping up with depressing regularity on my Google news feed of late. Articles with titles like "Seven Tips for Living a Longer and Healthier Life," "Ten Lifestyle Changes That Will Help You Achieve Your Potential," "36 Habits of Successful and Annoyingly Smug Twats." I know that the Cyber Overlord is always watching and listening, but I'm not quite sure why this digital tidal wave of "life hacks" (Jesus, I hate the terminology of the day) would be rolling across my screen these days. After all, "wellness" is not a subject I spend a whole lot of time or energy talking about or researching. I like to think this trend is down to the universe's concern for my happiness and well-being. Only a cynical person would think it has anything to do with marketing and commerce.

I do take basic care to keep myself between the ditches, I suppose. I floss my teeth, sometimes choose the fish or chicken instead of the beef, try to avoid martinis before lunch, and pay my gambling debts on time.

But the truth is, I don't really give much thought to all this clickbait-y, pseudoscientific, regurgitated lifestyle nonsense. Has anybody's life actually been significantly improved by reading this shite? I would argue that far more people are negatively impacted by the stress and feelings of inadequacy brought on by worrying about all the ways they and their lifestyles don't match up to some unrealistic ideal. Human beings, in my experience, are wildly inconsistent, and our psyches are a mess. Most of us carry about more psychological baggage than Air Canada loses on any given day. The best and most interesting people I know do not lead well-balanced, purposeful lives. They, like me, like most of us, are frequently sad, crazy, neurotic, dysfunctional, inappropriate, discontented, self-destructive, and lost. They stay up too late, talk too loudly, eat and drink too much, and make poor choices. But, also, now and then, they are inspired, transcendent, incandescent. Even beautiful. To paraphrase Othello, they may live none too wisely. But nevertheless, they live pretty well.

There are those people, things, and activities that enrich the quality of life, and those that diminish it. For me, porterhouse steaks, slide guitar, thick novels, Wild Turkey, the occasional cigar, and hanging out around a campfire with family and friends would all fit nicely into the former category. Small talk, bureaucracy, telemarketing calls, shopping malls, therapy, and unsolicited advice all belong in the latter. According to my extensive and scientific analysis, an hour or two spent walking my dog or playing pinball and catching the hockey playoffs with a friend in a dive bar will do more for me than a month and a half of counseling or lifestyle coaching.

In the end, all that really matters is that you find a way, hopefully often, to get a charge of joy out of the world. "Would You Like to Achieve a Growth Mindset?" The fuck I would. I just want to be left alone, so I can devote myself to the important business of living the hell out of life.



and human relationships and he even promoted the idea of group-led support sessions. Rogers believed that therapists existed to support the client instead of judging or challenging them, because the purpose of the therapist could only be achieved by enabling a deep and intimate exploration of a person's self, and with the therapist creating for an empathetic environment of self-understanding rather than self-judgement.

### **Everett Shostrom 1921-1992**

Everett Shostrom was a well renowned psychotherapist, but also a decorated World War II veteran and film producer. Shostrom is best known for his Personal Orientation Inventory test that measures the attitudes and values of adults related to self-actualization, which can help provide a picture of an individual's level of positive mental health and is applicable in research, employee development and consumer behavior situations. Shostrom is also responsible for producing a first-of-its-kind film called, "The Three Approaches to Psychotherapy", also known as the Gloria Tapes of 1965, which brought together three psychologists, including Carl Rogers, to work with an individual that agreed to have the sessions taped. There would be two subsequent versions added to the series and Shostrom would be one of the featured psychologists in the 1977 version, known as the Kathy Tapes of 1977.

### **The Three Approaches to Psychotherapy – The Gloria Tapes 1965**

The Gloria tapes may be the most important footage ever filmed in relation to psychology. The film revolves around Gloria, a divorced mom with a young daughter and who is struggling with finding love while also managing the expectations her daughter has of mom. Gloria is interviewed by three separate psychologists, Carl Rogers (Person-centered therapy), Frederick Pearls (Gestalt therapy), and Albert Ellis (Rational emotive behavior therapy), each with distinct approaches to providing therapy.

Each of the three psychologists had a unique session with Gloria, interactions that are worth watching, even though there are some psychologists that disregard the film. One podcast that is dedicated to psychology, hosted by two Californian psychologists, took offence to the film, and they

## **AU-thentic Events**

### **Upcoming AU Related Events**

#### **Library Chat**

Tues, May 16, 10:30 am to 2:30 pm MDT  
Online

Hosted by AU Library

[www.athabascau.ca/library/index.html](http://www.athabascau.ca/library/index.html)

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

#### **Library Chat**

Wed, May 17, 10:30 am to 2:30 pm MDT  
Online

Hosted by AU Library

[www.athabascau.ca/library/index.html](http://www.athabascau.ca/library/index.html)

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

#### **Faculty of Business Undergrad Program Orientation for New Students**

Wed, May 17, 12:00 to 1:00 pm MDT  
Online

Hosted by AU Faculty of Business

[news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20230517/](http://news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20230517/)

RSVP through above link

#### **MBA Application Webinar**

Thur, May 18, 10:00 to 11:00 am MDT  
Online

Hosted by AU Faculty of Business

[news.athabascau.ca/events/online-mba-application-webinar-20230518/](http://news.athabascau.ca/events/online-mba-application-webinar-20230518/)

RSVP through above link

#### **Library Chat**

Thur, May 18, 10:30 am to 2:30 pm MDT  
Online

Hosted by AU Library

[www.athabascau.ca/library/index.html](http://www.athabascau.ca/library/index.html)

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

#### **AUSU Student Council Meeting**

Thur, May 18, 6:00 to 7:00 pm MDT  
Online via Zoom

Hosted by AUSU

[www.ausu.org/event/ausu-student-council-meeting-10/](http://www.ausu.org/event/ausu-student-council-meeting-10/)

RSVP through above link

*All events are free unless otherwise noted.*

called the three psychologists “cliché” therapists, misogynistic, and practically purposeless. To my surprise, the pair seemed to miss out on the fact that the film was just as much about therapy sessions as it was an experiment, akin to the Miligram Shock Experiment of 1963, to identify the complexities of an individual.

Although some have argued that this film was a very bad idea, there might be even more value in what was not said, observations of Gloria’s demeanour and her subsequent reactions, as there was with what was discussed. To start, the audience gets to see the idea of the “persona”, proposed by Jung, by seeing how Gloria reacts differently in her interactions with each of the three psychologists. This is important because it also provides us a glimpse into understanding a person’s true self, and the ways that a therapist may try to uncover it. In some ways, the three psychologists are intentionally trying to get Gloria to act out of character, or to determine the degree of her true character and how it has manifested. There are so many nuances to the Gloria tapes that viewers could rewatch them over and over and reasonably expect to come to more enhanced realizations.

Personally, I would not be surprised if the group of psychologists was in on the experiment, that the two subsequent therapists watched the session with Gloria in real-time, and that they were tasked with specific goals when it came to interacting with the patient. What leads me to believe this is the quick words that Rogers says to Gloria at the start of their session, “Well now, we have half an hour together and I really don’t know what we’ll be able to make of it, but I hope we can make something out of it.” It was quite odd, and it seemed to indicate that Rogers had given up on the session before it even started. Furthermore, it was how Rogers would go on to treat Gloria many years after the film that leads me to believe that perhaps Rogers had felt guilty about the experience, where the primary goal may have been to use Gloria as a “guinea pig” to help advance psychology research rather than provide her with a constructive therapy session.

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



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Progressive Automations Scholarship Program

**Sponsored by:** Progressive Automations

**Deadline:** June 15, 2023

**Potential payout:** \$2500 CAD

**Eligibility restriction:** Applicants must be enrolled in the September 2023 semester at a recognized Canadian or U.S. post-secondary university or college in a full-time engineering program.

**What's required:** An online application, along with a description or design of an inventive application, and a 700-word essay detailing why you think you should receive this scholarship. Applicants must also join the [Progressive Ideas & Realization](#) Facebook page.

**Tips:** Read the Requirements section carefully for details on the application requirements.

**Where to get info:** [www.progressiveautomations.ca/pages/scholarship-program](http://www.progressiveautomations.ca/pages/scholarship-program)



## Combatting Chronic Fatigue

**Marie Well**



I could not work for many years due to chronic fatigue syndrome and severe anxiety. But I have since overcome these conditions and am back in the workforce. The workforce offers enormous opportunities for growth and self-development that government assistance could never provide.

We all have something to contend with, whether disability, poverty, or some other "limitation." And many of us may have fatigue-related syndromes, such as chronic fatigue, fibromyalgia, or various other conditions. In this article, I aim to indicate that any limitation can be overcome.

Here is a reverse chronology of the steps I took to combat chronic fatigue syndrome such that I am now healthy and living my happiest days:

Present day: I am taking three supplements for chronic fatigue. First, I'm taking cordyceps, a fungus that grows on the backs of caterpillars. Not only does it help with chronic fatigue, but it also increases oxygen intake for exercise performance and heightens energy. Second, I'm taking Acetyl L-Carnitine, which helps with chronic fatigue and boosts exercise performance. I noticed a boost in power

from the Acetyl L-Carnitine instantly. Lastly, I'm taking Ashwagandha. This supplement reduces anxiety and stress, increases energy, and benefits chronic fatigue. I exercise a lot, so these three supplements also help my workouts.

2023: I nervously change my diet to a high-protein one. Due to the high protein diet, my workouts are leading to significant gains in muscle development. I start swimming once a week, too. Surprisingly, I now rarely experience fatigue.

2022: I stop eating anything with "added sugar." I start exercising again in response to my "life force leaving me."

2021: I've re-entered the workforce in a positive career that pays very well. I start paying off credit card debt. I stop exercising due to time constraints.

2019-2020: I keep exercising and eating healthy, despite limited grocery funds. There is a significant improvement in my health, and I actively seek employment.

2018? I discover a diet book that is very similar to the diet I created. It's called *How Not to Die*. I finally find research on the Web that confirms my view that cold showers are beneficial for autoimmune diseases.

2017? I start lifting weights, and my diet has changed incredibly. I read books on diet and disease and record every calorie I eat on a diet app called Cronometer. I cut out almost all sugar, salt, and unhealthy fats. I start eating a lot of probiotic-rich foods. I max out my credit cards to buy the healthiest foods, mostly organic. The goal is to get healthy enough to re-enter the workforce and pay down debt.

2016? I discover that ice-cold showers significantly relieve chronic fatigue. I can't find anything on the Web to support this claim. I eat a leaf of home-grown kale, which surprisingly boosts my health. I long to grow an indoor garden.

2016? A mentor tells me to change my eating habits by reading books on diet. I start exercising by walking back and forth in my hallway. Unfortunately, there is very little dietary advice on chronic fatigue on the Web.

2015? I'm so sick one to three days a week that I often vomit and curl up beside the toilet, exhausted but unable to sleep. I cannot work a career because sickness makes me unable to perform a typical workweek. I estimate I have two years to live.

We can overcome or wisely manage any limitation. It might take extreme lifestyle changes, but 100% effort is more effortless than 99%. And when we rise above, we can better envision the infinite opportunities that awaited us all along.



## Unearthing classic articles from previous issues of The Voice Magazine

With Mother's Day coming up on Sunday, May 14, we combed through our (tidy and organized) archives to retrieve a pair of articles reflecting different facets of the role of mothers.

**An unapologetic love song.** Carole E Trainor pens a lyrical tribute to her mother. "With a fistful of wooden pins and a mind intent on reorganizing the world, she stood up to the wind and the rain on the worst of our days—and not for the sake of enslavement or female servitude, but for the sake of that which burned inside her—for the sake of her love..." [Holding to Her Artistry – \(...for Mother's day\)](#), May 4, 2005.

**The currency of motherwork.** Carole E Trainor again, this time demonstrating that Capitalism lacks the capacity to recognize the value of mothering. "Capitalism doesn't concern itself with fairness. It doesn't promote an ethical conscience and it, in reality, has very little to nothing to do with the principles of fair exchange." [Mothering and Capitalism](#), August 18, 2004.

## Doubling Up!

A Japanese journalist's camera turns up sixteen years after he was killed covering protests in Myanmar (formerly known as Burma). After you read the [story](#), check out our coverage of 2007 events.

**The Saffron Revolution.** Mandy Gardner looks back at the Burmese protests and other world events in this news feature. "[T]he ruling Burmese junta (formally known as the State Peace and Development Council) did away with gas subsidies in a move that saw prices rise 100% in some cases. This led to massive protests not only by average Burmese citizens, but most notably by Burmese monks." [International News Desk – A look back at the major news events of 2007](#), December 21, 2007.

**Seeing the world from the other side.** Then-editor Sanda Livingston observes that our perspective of the world is limited. "The story wasn't widely covered, but it was a tiny glimpse from the other side of the looking glass. 'There' could be anywhere—Fiji, Bangladesh, Morocco, Estonia. Places most of us form opinions about through the filter of our national media; opinions that can become dangerously narrow if they're always from the same vantage point." [Editorial – The View From There](#), May 16, 2008.

## Homemade is Better

### Ham and Swiss Breakfast Wrap

**Chef Corey**

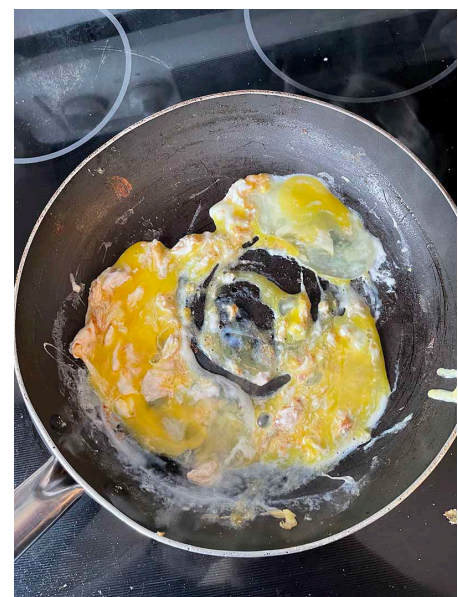


I have been running around like a chicken with its head cut off! Spring has sprung, and May rolled in like a lion! This pace has prevented me from getting these recipes done for a while, but here is another entry into my compendium of culinary delights. This week I made myself a delicious breakfast wrap.

I had some leftover large tortillas from a taco night, and we also had some Swiss cheese. I was trying to think of something to write about, so I grabbed some ham and warmed it up. I then melted the cheese slightly and added some scrambled eggs to a tortilla. It turned out well, and thus I got a recipe.

Cooking seems intimidating to some, but it is very effortless for others. Creating recipes is a whole other world to many, though. Creating recipes is easy enough. If

you find a recipe you like, you work with it. Try it in its original written form a few times, then change an ingredient. If you, for example, always use iceberg lettuce for your tacos, try romaine. If you make mac n cheese according to the package directions, add some shredded mozza. These little changes are what make recipes unique. Soon you can try putting things that might not belong together and try them. Many recipes in history were discovered this way. Caesar Cardini is one example. You might know him from his most famous recipe, Caesar salad, invented in Mexico. Another recipe that we might not realize was pure luck was the chocolate chip cookie. The inventory added broken chocolate, thinking it would melt, and voila, we have the chocolate chip cookie. Sometimes playing in the kitchen can invent a dish that makes you rich!



I know this won't make me millions of dollars, but I hope you enjoy it a million times.

### Ham and Swiss Breakfast wrap

#### Ingredients:

- 2 large tortillas
- 4 slices of black forest ham
- 2 pieces of Swiss cheese
- 4 scrambled eggs

#### Directions:

- 1) Heat a medium frying pan over medium-high heat.
- 2) Add the 2 slices of ham overlapping each other slightly.
- 3) Add 1 slice of Swiss cheese broken in half.
- 4) Place the ham and cheese onto the center of a large tortilla.
- 5) Scramble the eggs and season with a bit of salt and pepper.
- 6) Place the scrambled eggs on top of the ham and cheese.
- 7) Fold two sides in, roll the unfolded side, or eat like a taco.



## Music Review—Ripped Jeans

Jessica Young



**Artist:** Riyah

**Album:** *Ripped Jeans*

Riyah (also known as her real name, Maria Kjær) will be releasing her debut EP *Ripped Jeans* on June 9<sup>th</sup>, 2023. The album will be available for streaming anywhere you get your music. If you can't wait that long, Riyah has already released two singles from the EP: "Dead Rose" and "Perfect". Both songs have music videos and stripped versions available on YouTube.

At only 16 years old, Riyah started out with the band Ivy Crown, which accumulated over 3 million streams, a national tour, and a spot at Copenhell music festival. Unfortunately, the COVID-19 pandemic put a stop to the band's momentum, and Riyah struck out on her own. She describes her music as fast paced dark songs about her tumultuous personal experiences, with Billie

Eilish inspired hooks and rock riffage that sounds both familiar and fresh.

*Ripped Jeans* consists of five tracks: Outset; Make It Rain; Speechless; Dead Rose; and Perfect.

After the listening to the album, I personally didn't get Billie Eilish vibes. To me, Riyah sounds like Olivia Rodrigo meets Evanescence—a unique mashup that somehow ends up sounding very cool.

"Dying Rose" deals with the pain of finding out someone you cared about isn't who you thought they were. With lyrics like: "Cause you are nothing but a dying rose/The one that burns the most/You are the ashes from a dead rose/No you are nothing but a dying rose/The one that burns the most/Hurts the most/You are nothing but a dead rose." It's raw and honest while still managing to be incredibly catchy. The music video for the track also seriously channels Evanescence, with Riyah dressed as a dark angel.

"Perfect" deals with toxic love—self-deprecating idolization of the person you have feelings for. Riyah sings: "I am created by/Your perfect/Your worth it/Always trying but I keep on hurting/Your perfect is disturbing/That's how it is to be perfect for you". The music video for the single features Riyah under a blacklight with glowing handprints all over her body.

My favourite song on the album is definitely "Make It Rain," with lyrics like "You always make it rain/You're drowning in your pain/You make me wear your shame." If you've ever had the unfortunate experience of someone going down a bad road and trying to drag you down with them, you'll probably relate to this song.

My only complaint about *Ripped Jeans* is a small one. The track "Outset" is giving "I'm not like the other girls" vibes. In fact, Riyah specifically sings: "Don't pull off my clothes/I'm not one of those women." Listen—I'm all for women staying true to their own personal values, asserting boundaries, making their own decisions about their body, etc.—but this can be done without putting other women down. Just my two cents.

Overall, I enjoyed *Ripped Jeans*, and you can check out Riyah on [Facebook](#), [Instagram](#), and [TikTok](#).

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





## Beyond Literary Landscapes

### Folk Tales

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

Following up on last week’s brief overview of fables, folk tales, fairy tales, and everything in-between, this week, we take a closer look specifically at folk tales.

A folk tale can be defined as “a traditional story that people of a particular region or group repeat among

themselves.”

Historically, folk tales across various cultures were oral, passed down through storytelling from one generation to the next. Unlike later written works, folk tales were often anonymous. In addition, when considering early folk tales, they may be difficult to differentiate from mythology, especially when concerned with “tales of tricksters and heroes, [and] they presuppose a background of belief about tribal origins and the relation of men and gods.”

There is currently no consensus on the exact difference between folk tales and fairy tales, apart from the fact that fairy tales “grew out of folktales once they were written.”

#### What

Some notable folk tales include “Bluebeard” from France, “Domingo’s Cat” from Brazil, “Baba Yaga” from across Eastern Europe, “Anansi” from Ghana, and the “Banshee” from Ireland.

#### Where

These works take place in various countries around the world, including France, Brazil, Ghana, Ireland, and throughout Eastern Europe.

#### When

These folk tales occur throughout history.

#### Why

These works may be of interest to AU students who would like to learn more about different types of folk tales around the world, as well as those who would like to read about the origins of various fairy tales common in modern day. In addition, many folk tales often offer life lessons, which are still relevant to this day.

## How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to Folk Tales 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!)

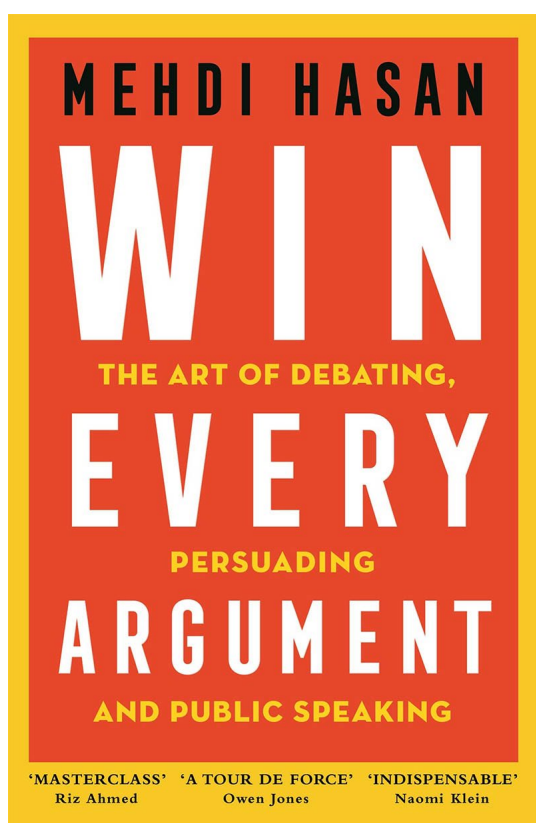
AU students interested in this topic may consider enrolling [ANTH 354: Language and Culture](#), a senior-level, "three-credit course that investigates topics found in the field of linguistic anthropology and linguistics—one of four subfields of anthropology." (Please note that while no prerequisites are required for this course, [ANTH 275: Faces of Culture: An Introduction to Cultural Anthropology](#) is recommended.) Happy reading!

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



## Book Review: How to Win Every Argument by Mehdi Hasan

Alek Golijanin



Every now and then I come across a book that I know will be an interesting read, and Mehdi Hasan's "How to Win Every Argument – The Art of Debating, Persuading, and Public Speaking" is one of those books. There are four parts to the book and each part provides a solid road map to help the reader get better at communicating, in whatever manner they choose to do so. Although I would definitely recommend the book to other readers, it is not without a little bit of criticism. Here are my thoughts about each part.

### Part 1

Out of the book's four parts, the first section was the only section where I had outright rejections for some of the proposed suggestions.

The first bit of advice in this section is arguably the most important and that is that it is important to know your audience and who you are addressing. Your approach needs to be reflective of the demographics you are addressing. Another bit of advice that is quite important is the emphasis on listening, which reminded me of a Stephen Covey quote, "*Seek first to understand, then to be understood.*", and how what people are saying is just as important as what they are not saying. Without listening, you are almost guaranteed to miss

your mark and the effectiveness of your message will drop drastically.

Nevertheless, there are suggestions that I thought were downright ineffective. Things like feelings outweigh facts, or that it was important to tell people what they wanted to hear so that they could feel good, and a quote that suggested "*Only an idiot would dismiss ad hominem arguments.*"

Personally, when it comes to feelings, yes, they matter, and, no, they are not always rational, but a person is better served using emotional labelling techniques, that is telling the person what emotion you believe they are feeling, than they would be stretching truths. The benefit of emotional labelling includes demonstrating to the other party that you have in fact heard,

---

understood, and acknowledged their feeling, and it builds rapport without making concessions that would otherwise require you to risk your credibility and authenticity.

What identifying and vocalizing does is it applies a label to peoples' emotions, and it demonstrates insight and empathy on the speaker's part. By labeling peoples' fears and anxieties, it brings them out into to the open and it demystifies them, which makes the entire experience easier to digest, and it becomes possible to replace negative emotions with positive ones that are more solutions-driven. These are less my thoughts and more what the FBI most famous hostage negotiator, Chris Voss, suggests that we all do when it comes to addressing the elephant in the room.

But are we doing people a favor when we tell them what they want to hear to make them feel good? I say no. If we are talking high-stakes situations with real ramifications, then it is important that we tell people what they "need" to hear, not "want". It reminds me of Chris Voss' story about his first time working suicide hotlines and how he thought he did amazing on his first call, only to find out that it went terrible. The explanation that Voss provides is that he focused on making the other person on the other side of the phone feel better about themselves, but that positive feeling quickly dissipates when the person hangs up and is all alone again. In short, it is far more important to lead people to a necessary outcome than it is to tell them what they might want to hear, and you demonstrate a level of respect for them when you choose to be direct with them.

The start of chapter 4 begins with a quote by Tom Whyman, "Only an idiot would dismiss ad hominem arguments." Among other things, the chapter also goes on to talk about 'challenging' another person's character, but really the focus is on attacking. These suggestions are poor advice because what we tend to see is that people will try to destroy another person's reputation under the guise of elevating character, in order to get what they want. However, none of us is ever a complete judge of another person's character because every person is the product of their environment and a sum of their experiences, with far more to them than our eyes can see. Two people can chase the same objective and be effective at it without ad hominin attacks. Go after the idea, not the person.

## Part 2

The second section will likely be the most insightful part for people who are trying to get a better idea on debating, persuading, and public speaking because it goes over the basic building blocks and leaves readers with a blueprint for how to proceed. The "rule of three" is a key concept for those unfamiliar with the science behind public speaking and Hasan did a great job providing readers with specific scenarios that relates to the skills he is referring to including a references to John J. Rambo.

The only chapter that I somewhat disagreed with was chapter 9 and the use of two quotes to emphasize the importance of "zingers". Zingers are quoted as being important because they can "*help establish one's superiority over a rival,*" and "*by making our enemy small, inferior, despicable, or comic, we achieve in a roundabout way the enjoyment of overcoming him.*" However, for those of us lucky enough to live in Canada and America, the question we need to ask ourselves is whether we actually have enemies or if these are just people with opposing views. The answer to that question should be the latter, then we need to ask ourselves whether people with opposing views are inferior and despicable, and if we should aim to have superiority over them or if we want to work with them to help them overcome the intellectual error that has us standing across from one another. Once again, the answer to that question should be the latter, because there is no bad thinking that can not be fixed with better thinking.

### Part 3 and 4

The second half of the book was the best part of the book because Hasan discusses the importance of confidence and preparation. To my surprise, Hasan also touches on the RAMF (Resting Angry Muslim Face), a problem that I thought that only people from Eastern Europe struggled with, more commonly known as RBF (Resting Bitchy Face). So, be prepared for some laughs that are squeezed in between solid advice.

When it comes to discussing confidence, it is a gamechanger. But nobody is born with confidence, since there is nothing inherent about it and it is something that is developed over time. As babies, all of us enter the world anxious and crying before we develop an extreme attachment to our mothers. Over time, we gradually start to get comfortable with being away from our parents and become confident being on our own, but that takes time. Similarly, whether someone wants to become a better debater, persuader, or public speaker, confidence does not magically enter into our body but it does arrive when we work on becoming experts at whatever it is that we are chasing.

One suggestion that is made by Hasan that I disagree with is “faking confidence”. Although faking stuff may work for some people, like Steven Seagal and his claims about his martial arts prowess, we are better off acknowledging any shortcomings we see in ourselves and working on them than we are by trying to act as if they do not exist. In fact, I would argue that every public figure who says “fake it till you make it” only does so because they are insecure about sharing the “insecurities” that they had to deal with before they got to where they are now, because doing so would make them vulnerable. It might have something to do with “society” telling us that being vulnerable is a sign weakness, but Superman has always recognized his vulnerability to kryptonite, and it has never stopped him from saving the day.

Instead of “faking it”, I would recommend that readers listen to what [UFC champion Jon Jones said about fighting Francis Ngannou on Steve-o’s podcast Wildride](#), all of which is a synonym for developing confidence. *“It’s very simple, get comfortable with the worst-case scenario.”*, *“You get really comfortable with that idea, and it becomes real easy.”*, so drop the fakeness and embrace authenticity. Ask yourself what you are willing to do, address whatever challenge you may be facing and how far you are willing to go to overcome it.

Another important point touches on preparation and the different levels to preparation that exist. For instance, there is preparing your speech, which involves researching, writing, framing, and memorizing, but then there is also preparing how you connect with your audience, which involves how you look, sound, and speak, and knowing your opposition, which involves knowing how they think, what they believe, and what they have said. To sum it up, there are so many levels to preparing that we will never see our favorite speakers engage in because it happens behind the scenes and when nobody is watching.

#### **An excellent starting point.**

Mehdi Hasan is one author who quotes movies and popular culture more than I do, and I sure did enjoy the references throughout his book. Overall, this is one book that definitely delivers, just like the title says, albeit I do not believe that anyone wins an argument. One person may lose less, but they still lose. If our goal is to build a more inclusive society and to make it so that everyone feels like they belong, then our goal should be to build consensus, and not taking “winning an argument” in the literal sense.

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



## Places to Go

Marie Well



The places we go have huge implications for our wellbeing. Some places are likely to cause conflict; others, harmony. And one step into the wrong place can lead to fifty more into despair. Similarly, one step in the right place, can lead to fifty more into happiness. We make the choice. So, with that said, here are ten places I recommend we go, followed by several we should consider avoiding. First, here are my favorite hangouts:

**Swimming pools.** Not only is swimming a terrific exercise, but the lifeguards are willing to provide free swimming advice, especially if we're on the waiting list for private swim lessons. It's a great way to learn a skill for \$10 a day. In two months, a person can go from water wings to the front crawl and flip turns.

**High school sports fields.** Fields are great places to do calisthenics and aerobics in the sunshine. We can time ourselves for forty-five minutes, doing two running laps around the field followed by push-ups, sit-ups, planks, and any other predetermined exercises. And then repeat.

Complete the endorphin rush with a picnic in the park for maximum pleasure.

**Bookstore or Library.** Bookstores and libraries are a great way to entertain ourselves while learning a skill or reading for leisure. And they're free. They're the cheapest ways to take someone on a date, too, if lifelong learning is a mutual value.

**University campus.** We can enjoy the best of both worlds: AU for academics and a physical university for leisure, if one is nearby. Universities have wonderful libraries, recreation centers, and food courts. The grounds are beautiful, and we can sign up for a class or enroll our kids in a camp.

**Church, Temple, or Mosque.** Churches and mosques have more in common than one might think, as Christianity and Islamic faith have a lot of crossovers. And at a Sikh temple, we'll receive a free meal and a warm welcome. That's because our Sikh friends are happy accommodating guests of all cultural backgrounds.

**Graveyard.** Some of us may not like graveyards. But when we visit a cemetery, we can sit on the bench, feel the sunshine, and enjoy wilderness surroundings with hardly any people but lots of friendly animals. The modern tombstones can look exquisite, too, and some have breathtaking poems, pictures of the deceased, and spiritual statues. Best of all, most everyone at the cemetery is happy to engage in a spiritual discussion on the afterlife.

Those are places I love to visit. Now, here are places I recommend we never go:

**Casinos.** Casinos are breeding houses for addictions, drunkenness, fistfights, sexual overtures, chronic gambling, relationship conflicts, prostitution, and other ills. Casinos are not environments that yield the most positive outcomes and can make us susceptible to the darker side.

**Pubs, bars, and nightclubs.** Frightening events can happen at these venues, such as knife fights or fist fights, being hit on by ex-cons or shady characters, alcohol overdose, drug abuse, and one-night stands. And one negative event often culminates in another. And relationships born in these venues bring these vices with them.

The places we go have implications for our wellbeing. A venue can wind us down the wrong path or take us to positive, healthy heights. But the best route to a happy life is to adopt the big three: academics, athletics, and wisdom.

## Mom, Me, and the New Guy



Dear  
Barb

Barbara Godin

*Dear Barb:*

*I am in my early twenties, and I live with my single mother. We have always gotten along great. Since my parents divorced my mom has dated a few guys, but none seriously until recently. She has met a guy who is ten years younger than her, but that's not the issue.*

*Mom has been dating Gary for 6 months and they are talking about moving in together. I am not comfortable with Gary moving in with us, for the simple reason that he makes me feel uncomfortable. At times he looks at me in an inappropriate way and often brushes against my breasts. These are not things I can prove, or even say for certain that he is making a pass at me, but my gut is telling me he's not a good guy. The problem is I don't know how to bring this up to my mom. She has waited so long for the right guy to come along, but I feel if she lets him move in it will not turn out well. Also, if he moves in, I am considering moving out. I don't believe Mom has any idea how I feel or that Gary has been acting inappropriately toward me. Do you think I should mention my feelings to my mom, or should I just move out? Thanks, Cassie.*

Hi Cassie:

Thank you for your email. You are in an awkward situation, but I don't believe you can just move out without mentioning this to your mom. Women often ignore signs of trouble until it's too late. If you are having these feelings about your mom's boyfriend, you need to trust your gut

and tell your mom. If you don't mention it to her, she may end up very hurt by this fellow. Plus, he may try something similar with other members of your family, perhaps younger girls who would not know how to handle a situation like this.

You obviously want your mom to be happy and it sounds like this guy may just bring her heartache. Have a heart-to-heart talk with your mom. It may turn out that she was already aware of what he is doing but didn't want to acknowledge it. By you bringing it up it will cause her thoughts to become a reality. If she becomes angry and says you are overreacting, then you need to make a decision. I hope you will decide to move out and inform other females in your family of what you have experienced. That is all you can do. You will have provided your mom with the information; the rest is up to her. I am happy you chose to write to The Voice with this information. Best of luck.

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



Poet Maeve  
Pinkos and Nutbars

Wanda Waterman

HOW WAS COUNCIL MEETING?



AWFUL!  
NOTHING BUT  
PINKO LEFTIES  
WHINING ABOUT  
THEIR  
FEELINGS!



TORTURE!  
ALL THOSE  
RIGHT WING  
NUTBARS  
CRYING  
ABOUT  
A WITCH  
HUNT!

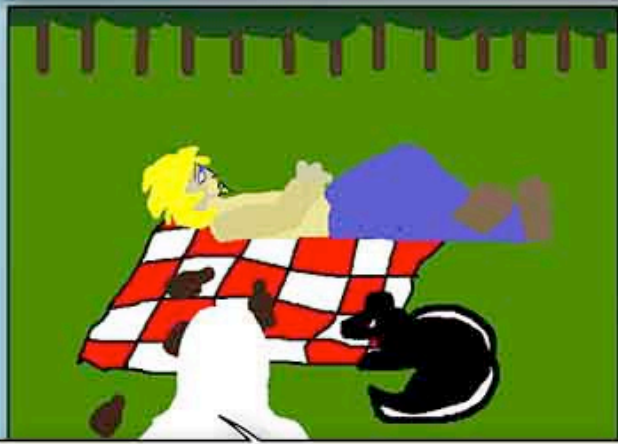


YEAH. 50/50.  
WOULDA  
SHUT IT DOWN  
IF IT WEREN'T  
FOR THE PINKOS.



DID YOU VOTE ON THE  
AFFORDABLE HOUSING BILL?

COULDA STARTED  
CONSTRUCTION  
TODAY IF NOT FOR  
THE NUTBARS.



SO BASICALLY THERE'S  
NO POINT IN HAVING MEETINGS.



SURE THERE IS! ONE  
DAY THE GOOD SIDE  
WILL WIN!

# AU SU

# UPDATE

COMMUNITY. RESOURCES . SERVICES

AU  
SUNights

Apr. 13, 2023  
5 p.m. MT  
on ZOOM

Building Momentum

Networking 101

Looking for to build a professional network?  
Want to learn how to network more effectively  
with others in your field?

Join us on April 13, 2023, at 5:00 p.m. MT for a  
Hot Topic session on networking in any  
profession. Host Trishtina Godoy-Contois, VP  
External at AUSU, will kick off the hour with a  
presentation on **Building Momentum:  
Networking 101**. Afterwards, attendees can  
participate in an informal, collaborative  
discussion on tips that students can use to build  
a professional network. [RSVP on Eventbrite!](#)

## Spring Awards & Bursaries Cycle Coming Soon!

The AUSU spring awards cycle will be open and accepting  
applications from **April 15-May 31, 2023**.

AUSU's Awards & Bursaries Program promotes and  
celebrates academic achievement and community spirit  
among AU undergrads, and provides aid to students  
encountering financial hardship. You're eligible to apply if  
you are an undergrad student taking any AU course at  
the time of the application period. Please [visit our  
website](#) for more on AUSU awards and bursaries.

Just starting out? Check out the [New Student Bursary](#).  
Not sure you'll meet specific criteria? The [#lgo2AU Award](#)  
is open to all undergrads who—yup—go to AU.

AU  
SU  
AWARDS & BURSARIES

Spring  
Awards  
Cycle

Coming  
Soon

April 15-May 31

We are **CLOSED** for the stat holiday **April 7 & 10**,  
**RETURNING** to regular business hours **April 11, 2023**.

Provided by

[ausu@ausu.org](mailto:ausu@ausu.org)

AU  
SU Athabasca University  
Students' Union

Please send us your valuable opinions, feedback, and  
suggestions. We are committed providing quality  
content and look forward to hearing from you!



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Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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[www.voicemagazine.org](http://www.voicemagazine.org)

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