



# THE VOICE

Vol 31 Issue 27 - 2023-07-14

## Minds We Meet

Interviewing Students Like You!

## Crossings

Should we Smile at People?

## Organized Crime, Part IV

The Latest National Security Threat



*Plus:*

*Music Review: The Projectors  
Ways to Prevent Burnout  
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 Kady*..... 4

Fiction: *Crossings*..... 6

## Articles

Editorial: *Hot Times*..... 3

Organized Crime: *Canada's National Security Threat, Part IV* ..... 8

Five Ways to Prevent Burnout ..... 11

Understanding Lactose Intolerance..... 12

Change Our Bad Behaviors to Good ..... 20

New Immigration Programs Unveiled..... 21

## Columns

Fly on the Wall: *All for One and One for All? Do the Math.* ..... 14

Music Review: *The Projectors*..... 17

[blue rare]: *A Perfect Saturday (a Promise)*..... 18

Beyond Literary Landscapes: *Power, Control, and Corruption*..... 19

## News and Events

Vintage Voice..... 5

Research Assistant Opportunity! ..... 7

Student Sizzle ..... 16

AU-thentic Events ..... 22

Scholarship of the Week..... 23

AUSU Update ..... 28

## Comics

The 10 Stages of a Newbie Coder ..... 10

Poet Maeve: *Moral Boundaries*..... 25

**The Voice Magazine**

www.voicemagazine.org

**Email**

voice@voicemagazine.org

**Publisher**

AU Students' Union

**Editor-In-Chief**

Jodi Campbell

**Managing Editor**

Karl Low

**Regular Contributors**

Barbara Lehtiniemi, Alek Golijanin, Jason Sullivan, Wanda Waterman, Corey Wren, Jessica Young, Xine Wang and others

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

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

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

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

Volume 31, Issue 26

© 2023 by The Voice Magazine

ISSN 2561-3634



# 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 Hot Times

Karl Low



Summer is well and truly here, as evidenced by how few events we have in the AU-thentic Events column. Folks at AU are busy with summer holidays and other activities that mean there's fewer extra activities in the university community itself.

This week, the gestalt seems to be landing upon trains, as the Fly on the Wall presents us with the classic Trolley Problem in an investigation of what creates ethics, while our latest fiction feature involves a chance happenstance on a train and the effects small things may have.

Also this week, our feature article is a Minds We Meet column where we interview Kady, a student who is pursuing her nursing degree from Prince George, BC. Find out more about what brought her to Canada and into our nursing program.

We're also finishing up our look into organized crime as a national security threat, and what Canada is doing about it. In the fourth installment Alek notes the RCMP's involvement in anti-terrorism activities and ponders the wisdom of calls to defund or disband these services because

of other problems that have been occurring. Overall, the series is a decent backgrounder on how Canada's counter-terrorism effort is dealing with the latest connections between hostile governments and organized crime. For me, the big takeaway I got is that there's a lot of interconnected committees and parts, and, surprisingly, those closest to the actual activities, the provincial forces, don't seem to have, or want, a lot of input into what's going on.

In a way, this is understandable. Terrorism, like climate change, is a 'big issue' problem, and it feels like local action doesn't have the knowledge or capability to make a serious dent in it. At the same time, trying to deal with it from only the higher-level viewpoint can mean things are a lot more difficult than they need to be. However, unlike climate change, both terrorism and organized crime aren't as likely to affect us in a direct fashion.

What brings this to mind is noting that scientists are saying that we've recently seen the hottest week on record, globally, and that, more importantly, it was actually hotter than was expected and seems to be associated with more extreme weather events than were predicted. And again, at the local level, it seems there's little we can do about it. At least not without seriously affecting our way of life.

But maybe that's not as true as some would have us believe. For instance, for your next vacation, consider a "stay-cation" instead. Or when it gets too hot, consider first opening the windows rather than turning on the A/C. These are very small actions in the face of the global problem, of course, and if you're the only person doing it, it will amount to nothing. But what if you're not? What if you start doing it and then tell your neighbour about how you saved some money on your gas bill. What if you suggested to your condo board that the temperature of the building be allowed to go up a degree in summer or down a degree in winter? What if you doing something makes you a leader, and others follow? It's a start at least.

Enjoy the read!

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

# MINDS WE MEET



*The Voice Magazine* recently had a chance to chat with Kady (she/her), a Post LPN-Bachelor of Nursing student living in Price George, British Columbia. Kady stated, “I would like to acknowledge that I am living on the traditional territories of the Lheidli t’enneh.”

On a personal note, Kady is a “39-year-old married mother of 4 children, 3 boys and 1 girl,” who hails “originally from Jamaica, and migrated here in 2008 after meeting my husband in Kamloops.” She continued, “Prior to moving to Canada, I was a small business owner, but always wanted to be a nurse. In 2011, I enrolled in the PN program at Spratt-Shaw College and successfully graduated in 2012,

my husband followed shortly after that, and we both got nursing jobs in northern BC where we are now settled in Prince George.” Post-graduation, Kady hopes to work in Primary Care.

When she is not busy studying, she likes to work full time and shop with her children. Kady also finds time to read, crediting *The Bible* as having a great impact on her life. She explained, “*The Bible* guides me throughout life and teaches me to be a kind person and make good moral choices.”

She had some great study tips for fellow students. “I best study at nighttime, when the kids are in bed, when I am driving in my car with my book playing through the stereo, or when I get together with my best friend who is also in the program. I also get motivation from my peers, my kids, and my top supporter, my husband Brian.” She credits Brian and her children with having had the greatest influence on her desire to learn.

Kady also had some advice for new and/or prospective students. “I would say try online courses before you commit to a program because most of AU tutors are not supportive, and you can get discouraged and drop or fail your courses easily. I would also suggest that you find a group of students who will support you in your journey.”

Like many students, her experience with online learning has had ups and downs. On a positive note, she stated, “I like that I can study independently and at my own pace.” However, she also mentioned, “I dislike the fact that the tutors are not supportive and AU does not listen to the students when we complain.”

Her most memorable AU course so far has been NURS 435: Professional Practice in Mental Health Promotion, crediting her clinical instructor Rose with being “knowledgeable and motivating.”

She explained, “I learned a lot about mental health and current issues surrounding homeless people.”

As for communication with her course tutors? She mentioned, “Not quick enough response time turn around and some tutors are condescending when they reply.”

*The Voice Magazine* asked Kady what her first project would be if she were the new president of AU. “I would change the course layout from you teaching yourself to the courses being video recorded and weekly meet-ups with the tutors. I would also change the assignment marking timeline to 3 days,” she stated.

We also asked which famous person, past or present, she would like to have lunch with, and why, and she chose Liam Neeson, explaining “I love watching his Angry dad action movies, and would love to discuss how he likes making movies, plus he is in *Star Wars*, which would make my husband happy.”

On a final note, Kady also shared her most valuable lesson learned with *The Voice Magazine*, namely “To do unto others as you would like to be done unto you.” And her proudest moment? “Having my children,” she stated. Best of luck Kady!

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.*



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

ChatGPT has renewed the conversation—and speculation—surrounding artificial intelligence. With some apprehension, we sifted through the archives to find what passed for current views way back when.

**Ten years ago.** S.D. Livingstone delves into the possibility that AI could man the phone lines at the customer service desk. “According to one prediction, it will only be another five years before artificial intelligence (AI) has taken over most customer service jobs.” [Primal Numbers –](#)

[Artificial Intelligence](#), October 11, 2013.

**Fifteen years ago.** Sean Steels follows up on UofA's AI research team who came up with a poker-playing program. “In the future, this type of risk-calculating program could also be applied in real-world scenarios to combat human indecision in the face of uncertain variables...” [Education News – Computer program tops Las Vegas's best pro poker players](#), August 29, 2008.

## Crossings

### Should you smile at strangers?

Lucy Djorno



Ka-thunka, ka-thunka, ka-thunka. The train's steady sound was usually soothing, but today Natalie found it jarring. She wanted the one-hour trip to be over. She also wanted to put off her arrival, put off making a decision.

Learning that the cancer was back was a gut-punch blow. Everything had been looking up. Every month since the last round of chemo had been better and better. And now...

"I can't do this again," Natalie whispered.

She gazed out the window, as weathered fence posts and empty gravel roads blurred by.

Kan't-do-it, kan't-do-it, kan't-do-it. The train clattered over the rails in sympathy.

She would phone the clinic when she got home and cancel the new appointments. She just wouldn't tell anyone else. Didn't want anyone to judge.

Am I being fair to them? she wondered, realizing she was judging herself.

The train's cadence changed as it began slowing in anticipation of the next stop. Not hers. She was only half-way. The minutes dragged by. The minutes raced by.

The train whistled and she looked up to see another dirt road coming up, with gates down and lights flashing. Unlike the earlier roads, this one had a car on it, waiting at the gate.

The train continued slowing as it passed by the road. She gazed vacantly at the car. The man in the driver's seat looked up. Their eyes locked.

Natalie instinctively began to lift her hand in a wave, a smile advancing across her face. The man smiled and waved in return.

Then the train was past the road and pulling into the station.

Why did I smile?, she asked herself. So silly! Why did *he* smile? She definitely did not know him.

He looked like an angel, Natalie thought.

The train pulled out of the station. I'm halfway home, she thought. She thought of the angel's smile. Maybe I'm halfway done chemo, too. Maybe I can.

Think-you-can, think-you-can, think-you-can. The train clapped its agreement as it got up to speed.

Yes. Yes, I think I can.

Vincent pulled up to the train crossing just as the lights came on and the gate floated down. He unbuckled his seat belt. Fished his wallet out of his pocket and lay it on the passenger seat.

He'd carefully thought this out. The custody battle was going nowhere. Two people who couldn't agree on what's for dinner without fighting certainly can't agree on what's best for a seven-year-old boy.

Everyone is suffering. Jeremy is suffering. I'm suffering more because I know he's suffering.

Vincent heard the train's whistle. He had checked the schedules online. He had even done a reconnaissance visit to check the timing and speed of the trains. This first one was a westbound commuter train, and it slowed as it pulled into the nearby station. Three minutes later, an eastbound freight train would scream by on the second track.

Vincent kept the car in drive and his foot on the brake. The gate wouldn't be up long between trains.

As the passenger train trundled past, he watched the wheels slice along the rails.

I can do this, he told himself.

Something caught his eye. A movement, a flash of light bouncing off a window. He didn't know. He looked up.

A woman stared at him from the train. Her hand came up, as if to wave, and she smiled. Without thinking, he automatically raised his hand from the steering wheel and smiled back. Then she was gone.

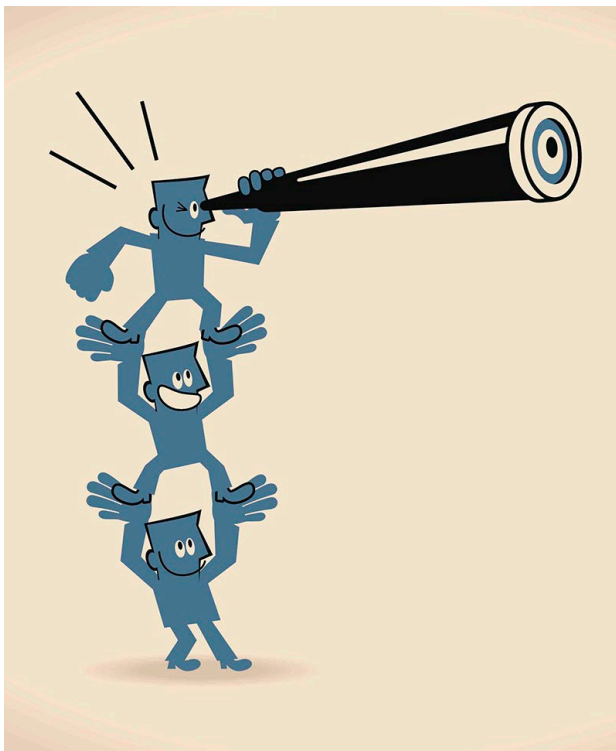
He didn't recognize the woman. But she looked a bit like his sister. Liz. Liz the peacemaker. Liz the counsellor.

Liz. She could help. She *would* help. I just need to phone her. Let her know what's going on. She could mediate and get us out of this hopeless, brittle battle.

I can do this, Vincent resolved, flexing his hands around the steering wheel.

He threw the car into reverse. Turned it around.

In the rearview mirror he watched the gates close and the freight train charge away to the east.



### Research Assistant Opportunity---Know Your Code? Now's Your Chance!

If you like computer coding and always wanted to invent a board game this is the job posting for you. Other tasks include utilizing word and language predictive software in “research areas: natural language processing, artificial intelligence, neural networks, software development”. As course material uses more complex software you'd be part of the technological vanguard for future developments. Familiarity with programs like Javascript is a necessity as is a general interest in software and software accessories. Utilizing Chatbot will also be included as will computer programs that discover “sequential behaviour patterns, extraction, grouping, and similarity calculation.”

This post is part of a larger VIP research group; those keen on this realm are asked to send transcript, resume, cover letter, and two references to Dr. Maiga Chang at [maigac@athabascau.ca](mailto:maigac@athabascau.ca). Now's your chance to work as a real live computer programmer!



## Organized Crime Canada's National Security Threat, Part IV

Alek Golijanin



In last week's edition of *The Voice Magazine*, I highlighted the Ontario Association of Chiefs of Police, their Intelligence and Organized Crime Committee, and the Criminal Intelligence Service Canada, which was comprised of one federal bureau and ten provincial bureaus, one in every province, and which included Criminal Intelligence Service Ontario, as well as covering the 2022 *Public Report on Organized Crime in Canada*. Ultimately, however, all paths lead back to the federal level of policing: the Canadian Association of Chiefs of Police, and more importantly, the RCMP.

### Canadian Association of Chiefs of Police

The Canadian Association of Chiefs of Police (CAPC) is more of a national association, and they have a total membership of 1,214 members, of which 469 are active members. Their Board of Directors is comprised of members with the highest police rank that individuals in policing can attain like the rank of Chief, Commissioner, and Director.

The CAPC list their interests as being dedicated to the support and promotion of efficient policing and to the protection and security of the people of Canada. The CAPC also had a new mandate introduced in 2013, "safety and security for all Canadians through innovative police leadership,"

and that involves everything from liaising with various levels of government and departmental ministries with legislative and executive responsibility in law and policing to all levels of policing.

When it comes to the matter of national security and organized crime, the CAPC has two separate committees: one on counter-terrorism and national security and the other on organized crime. Both committees also have their mandates and objectives clearly listed, each is co-chaired, and each has three sub-committees under each committee.

The Counter-Terrorism and National Security Committee's purpose is to ensure that the work of the Canadian law enforcement community is capable of operating in unison with regard to identifying, preventing, deterring, and responding to criminal activities related to terrorism and national security threats, with an emphasis on operational procedure improvements, legislative reforms, and specialized trainings. Whereas the Organized Crime Committee's purpose is to address the needs of the Canadian law enforcement community in combating organized crime, with an emphasis on innovative strategies and contributing towards public policy and legislative changes, but also through international partnerships.

### RCMP

The RCMP is Canada's federal police force, and they are responsible for dealing with the "baddest of the bad" that both Canada and the world has to offer. Not surprisingly, the RCMP list "organized crime" and "national security" as operational priorities "1(a)" and "1(b)", but what

should come as a shock is that they identify the greatest threat to Canada's national security as being the threat of "terrorist criminal activity" both in Canada and abroad.

A deeper look into the RCMP's approach to national security and organized crime indicated that they are leading the way with national investigative strategies and innovative policing initiatives, approaches that are worthy of applause.

One of the RCMP's more recent national investigative strategies that addresses organized crime and the trafficking of fentanyl involves a novel approach to policing that connects various stakeholders including the Canadian Border Services Agency, Canada Post, Health Canada, and both domestic and international law enforcement agencies. Partnerships like these have allowed the RCMP to gather information and data to identify shipping and manufacturing trends, international exporters, domestic distributors, clandestine labs, and criminal networks, and to collaborate with international partners to combat drug trafficking networks.

The RCMP also had other initiatives that attempted to address both national security and organized crime, and they resulted in the creation of new entities like the Canadian Integrated Response to Organized Crime (CIROC), Counter Illicit Finance Alliance (CIFA), Financial Crime Coordination Centre (FC3) and Integrated Money Laundering Investigative Teams. When it came to combatting organized crime, CIROC's purpose is to coordinate a national effort to disrupt organized crime by encouraging information sharing between law enforcement agencies, but also with the CBSA, Financial Transactions and Reports Analysis Centre of Canada, and other federal government departments. In short, their approach to national security and organized crime is to have everyone at the table.

**Warning: Anti-RCMP sentiment is on the rise**

As important as the National Security and Intelligence Committee of Parliamentarians and the National Security and Intelligence Review Agency are in preserving the promise of Canada, the RCMP is just as important, if not more. The RCMP has to be everywhere that the "baddest of the bad" are located and they have to be there at all times if the "Canadian Dream" is going to continue being a thing.

While the RCMP might not have the FBI's level of fame or their 99.6% conviction rate, the RCMP had been briefing Canada's policy makers about national security and organized crime links between organized crime groups and hostile nations more than a decade before policy makers in the United States went on record to state that the 'cooperation pacts' between hostile nations and organized crime groups were a major threat to national security. Perhaps the RCMP would have been the recipient of more global praise had Canada's federal and provincial policy makers been more proactive about the threat assessment that the RCMP provided them with, like with the RCMP's Anti-Illegal Gaming Unit (IIGET), which was defunded and disbanded after IIGET had requested for greater powers to allow them to investigate legal casinos, in addition to illegal ones, after a person connected to Asian organized crime was approved to buy a B.C. Lottery Corporation casino.

If the trailblazing work of IIGET was not enough to convince someone how good we had it with the RCMP, consider what the FBI's former lead hostage negotiator, turned best-selling author, Chris Voss, said when he gave a talk and stated a fact that would likely surprise most Canadians: that there were only two countries in the developed world that had international kidnapping strategies and who actively worked on freeing kidnapped citizens overseas. One of those countries was the United States of America, but the other country was us, Canada. And yet, somehow, some media personalities have still gone on record to disregard all the work that the RCMP does to keep the promise of Canada alive and well, by proclaiming them as "broken" and

in need of being “disbanded”, and a greater number of publications and outlets seem all too happy to platform ideas like those.

### Progress that is possible

Openness to hard thinking would likely lead us to the realization that there is room for improvement among all our democratic institutions, and that the general neglect that has affected some communities more so than others still might persist for some members. Most importantly, however, it would lead us to realize that our democratic institutions are fragile, and that those hostile countries that choose to partner with organized crime groups to carry out third-party attacks on us do so because their priority is to weaken our democratic institutions. All of this matters because our democracy and the freedoms and liberties that come along with it are not enshrined anywhere, but we have them thank to our democratic institutions and the rule of law.

Democracies are dependent on engaged societies that believe in the rule of law, self-governance, and all the other civic institutions that are involved in making them work, but they are not self-executing. The reason why children in Canada are able to inherit the freedom to pursue their dreams, instead of having to live their parents’ nightmares begins and ends with our democratic institutions and the rule of law.

However, it might be fair to say that, as a society, our greatest problem and perhaps our greatest threat, does not come by the way of any single person, group, or nation, and instead has to do with the thinking that drives us further apart from the idea honorable compromise towards hard-line militant positions, which we all stem to lose a great deal from if the ideas of defunding and disbanding police services actually came to fruition. Despite it all, no other country is better positioned than Canada for the 21<sup>st</sup> century, and much of the world would love to have our problems rather than the ones they are faced with.

### References

RCMP. 2021. *Operational priorities*. Retrieved from: <https://www.rcmp-grc.gc.ca/prior/index-eng.htm>

RCMP. 2021. *RCMP Federal Policing Annual Report, 2021*. Retrieved from: <https://www.rcmp-grc.gc.ca/en/rcmp-federal-policing-annual-report-2021#s9>

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



## Five Ways to Prevent Burnout

Marie Well



Burnout can affect anyone, including athletes, those with ADHD or autism, employees, and students. Avoiding burnout during academic studies is crucial. So, take breaks, prioritize self-care, and seek support when necessary. Burnout is no fun.

I can testify. I've recently overtrained with exercise while working, studying, cleaning, and committing to projects. I've been getting some guidance from ChatGPT lately to figure out how to prevent burnout. The responses given are okay, but I'm still feeling burnt out. So, I've made five lifestyle changes that have proven incredibly helpful so far in preventing burnout.

**Change #1:** Take reading and relaxation breaks throughout the day. I came across a free book on time management for ADHD on Kindle Unlimited, and even though I don't have ADHD, I found it fun and helpful. During my five-minute break, I like to lie down and read it. Another great way to schedule breaks is by using the Pomodoro method. Remember

to choose something relaxing to do during our breaks!

**Change #2:** Tidy up our study area for a better environment. Removing unnecessary items can help, according to the book I mentioned, which is called Time Management for Adults with ADHD. So, remove everything off our desks and only return what we need. Try giving away, selling, or throwing away the rest. Cleaning up our space every night can improve our mental well-being. And help us bypass burnout.

**Change #3:** Beautify our workspace. The same book on time management for ADHD said to beautify our workspaces. I want to display goals and add some nice pictures but avoid plants as they attract bugs. Whatever we love, place it where we work and study. It'll help prevent burnout.

**Change 3:** Physical activity is crucial, but paying attention to our body's signals and avoiding crashing is important. Lately, I've been experiencing extreme fatigue following my weightlifting routines due to taking shorter breaks between sets. Consequently, I've taken a few days off and plan to ease myself back into my workouts gradually. It's natural to feel tired after exercising, but if we're completely exhausted, we must rest and recuperate. It's important to be fit, but don't crash and burn.

**Change 4:** If we feel like a task is too much to handle, don't worry, there are ways to make it easier. For instance, I'm working on getting my sales designation and creating a sales course, but I realized I needed help balancing my workload. So, I decided to build the sales course after the designation. This way, I won't feel too stressed out or confused. Remember, setting realistic deadlines is key to achieving success!

**Change 5:** Eat more, sleep more, and prioritize. When we overtrain with exercise or get physically exhausted in other ways, we want to eat and sleep. That's because we have no energy for anything else. But a rule when we're physically exhausted is to eat more healthy food like fruit, get more sleep, or reduce the physical or mental workload. Reducing the mental workload

doesn't necessarily mean eliminating tasks. After all, we might be passionate about all our goals. It just means focusing on our priorities first.

So, those were five ways to prevent burnout. Burnout is not something that can completely stop us. We must take a break and fuel up before continuing on the right track. Taking two trips instead of one can help, too. But our ultimate destination is still—and always will be—paradise!



## Understanding Lactose Intolerance

Xine Wang



*The small amount of condensed milk was enough to cause diarrhea, upset stomach and bloating symptoms.*

Lactose intolerance is a common digestive disorder that affects a significant portion of the global population. For myself, I have difficulty digesting lactose as well, which includes milk and dairy products. The sugars found in dairy products cause a significant amount of symptoms including bloating, gas, diarrhea, and gut pain. These symptoms happen about a few hours after consuming lactose-containing foods and beverages.

Recently I went to one of my favorite Thai restaurants in the city and ordered a few dishes featuring condensed milk. The experience soon turned into a nightmare as I was sitting on the toilet for hours with significant bloating and gut pain.

### What is lactose intolerance?

Lactose is a disaccharide or sugar found in milk and milk derived products. To digest lactose, the body

produces an enzyme called lactase which breaks down lactose into glucose and galactose components for better absorption. However, individuals with lactose intolerance have insufficient levels of lactase, leading to difficulties in digesting lactose.

### What are some options for people with lactose intolerance?

**Lactose-Free Dairy Products:** Many individuals with lactose intolerance can still enjoy dairy products by opting for lactose-free alternatives. Lactose-free milk, cheese, yogurt, and ice cream are widely available in most grocery stores. These products undergo a process where lactase is added to break down lactose into more easily digestible sugars, making them suitable for individuals with lactose intolerance. In coffee I like to add lactose-free milk even



*This lactose free milk (right) tastes just like milk but without the symptoms of bloating or diarrhea from drinking regular milk.*

though the price point is moderately higher because it does not compromise the taste of milk and does not give the bloating and other symptoms.

**Fermented Dairy Products:** Fermented dairy products such as yogurt and kefir are often better tolerated by individuals with lactose intolerance. During the fermentation process, bacteria convert lactose into lactic acid, reducing the lactose content. Probiotic-rich yogurt and kefir also contain beneficial bacteria that can aid digestion.



*Almond milk makes for a great milk substitute in lattes.*

be taken before consuming lactose-containing foods or beverages. These supplements provide the body with the necessary lactase enzyme to break down lactose, enabling individuals with lactose intolerance to enjoy dairy products without experiencing discomfort. It's important to follow the instructions and recommended dosage when using lactase supplements. I find that there are certain foods that I simply crave and cannot avoid completely. This includes ice cream in the summer and cheese in a hamburger. When I can plan ahead I will take a lactase supplement to help mitigate the discomfort after the fact.

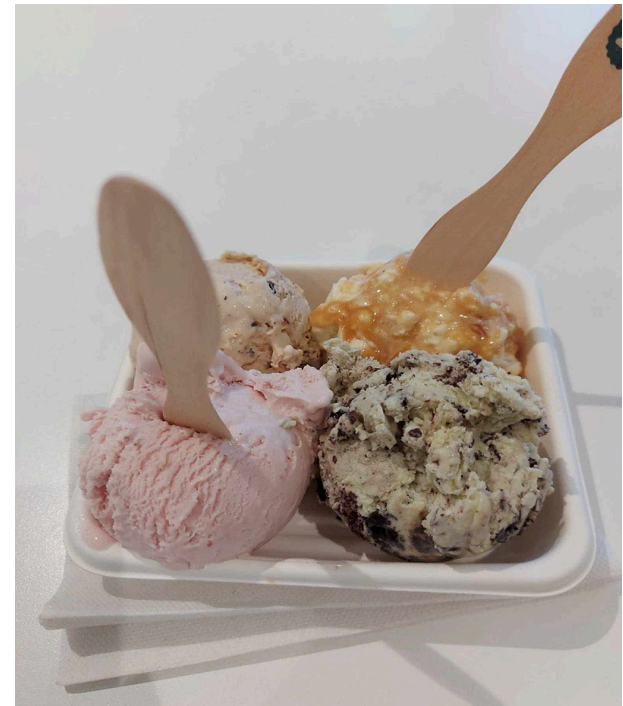
*Xine Wang is a post-graduate health-science AU student, aspiring clinician, globe-trotter, parrot-breeder and tea-connoisseur.*

**Plant-Based Milk Substitutes:** For those who prefer to avoid dairy altogether, there is a wide range of plant-based milk substitutes available. Almond milk, soy milk, oat milk, rice milk, and coconut milk are popular options that can be used as a direct replacement for cow's milk in various recipes. These alternatives are naturally lactose-free and offer a range of flavors and nutritional profiles.

**Modifying Dairy Intake:** Some individuals with lactose intolerance find that they can tolerate small amounts of lactose without experiencing symptoms. Experimenting with portion sizes and types of dairy products can help determine individual tolerance levels. Additionally, consuming lactose-containing foods with other non-lactose foods or during meals may also improve digestion.

#### **Lactase Supplements:**

Lactase supplements are available over the counter and can



*Ice cream is one of the foods I cannot stop eating and so I usually pop a capsule with lactase enzymes to help me digest the lactose in milk.*



## Fly on the Wall

### All for One and One for All? Do the Math

Jason Sullivan



D Would you push your best friend in front of a speeding CN train if it saved a group of children from being run over? Sacrificing the smaller good to benefit the social whole underpins the philosophy of Utilitarianism. A present-day example would be where a “riot involving hundreds of deaths may be averted only by arresting some innocent scapegoat and calling it punishment” or, perhaps, censoring internet news so that dissidents don’t get unpleasant ideas about their government’s policies (Smart, 206). The outcome of a society where everyone protected their loved ones first, and the anonymous mass second, would be very different than one where, like Spock on Star Trek, everyone weighed the options and erred on the side of greatest benefit for greatest number.

The question of good and bad ethical choices is one that comes up all the time: in our social media culture there’s a marked tendency to hide or nullify perspectives that disagree with hegemonic consensus. But it’s worth asking where our common sense comes from; the Trolley Problem (ie. the train mentioned above) allows us to use extreme examples to uncover problems with our beliefs. Asking where our baseline ideas come from reveals that facts, like emotions, are produced in a certain time and place to benefit some at the expense of others.

How we act is by no means a mere calculation process; it’s the summation of all the social indoctrination and private reflection that makes us who we are in a given moment. On a good day we’re proud of our choices and opinions and on a bad day we might realize that we’ve been led astray, sometimes by authority and other times by voices in the wilderness who made sense to us at the time.

University education is about seeing the processes by which we come to hold something to be true; we learn to see the epistemological germination by which reality comes to seem self-evident amid the shade that hide other forms of truth. This is the value of thought experiments like The Trolley Problem: by going to extremes we can see flaws in our fortress of righteousness and certainty. In each small moment of life we can discover how we define the notion of goodness that’s so key to how we see an act or belief as right or wrong. This notion of wrongheaded ideas is at the core of ethical philosophies; as students it’s wise to pause and reflect on where we stand on matters of interference for good intentions. Taking charge of our learning is all about delineating choices and defining priorities.

### Are We Ever Just A Number, Really?

Affairs of math seem far from the heart but where *utilitarian* thought is concerned math matters most. Do we spend a pleasant Sunday doing extra research readings on topics relevant to a cherished elective course or do we slog through some of the more dire and soul-mangling aspects of, say, an arid offering such as research methods in the social sciences. Our answers matter for marks and, even deeper, for how we see ourselves. Immanuel Kant, who would appear a polar opposite philosopher to utilitarians like John Stuart Mill, asserted that we must “act only on that maxim through which you can at the same time will that it should become a universal law (in

Smart, 208). Whatever we do, we should expect others to do the same, but what if our desires conflict with the will of the mob? Saving children is generally a great idea, even at the expense of our poor friend, right? Yet, in either case, our morals are going to be beleaguered when faced with such a painful choice. To consider an abstract extreme allows us to grapple with more mundane matters: the greatest distance, it's often claimed, is between the heart and the mind.

Even *finding* single answers implies individualism in a way that belies our unique identities. Teamwork applies even within ourselves; to have all of our predilections on the same page can be difficult, but it's part of critical thinking. The old phrase, "let not the left hand know what the right is doing," presents a paradox when we write essays: often, upon researching a topic such as racial profiling or the treatment of Lower Canada (Quebec) by their British imperial masters following the Seven Years War, we may come to conclusions that disturb the clarity of our assumptions. To argue multiple points of view effectively is part of writing a good essay; we may, for instance, abhor racial assumptions but we can still consider that a heavier surveillance of Chinese travellers might reduce the fentanyl pouring into our cities. Without sacrificing our progressive virtues, we can improve our cherished values by considering how to apply empirical data to a task at hand. One expert on America's government-funded media says that, because fentanyl enters the country through criminal gangs, "we should not shy away from indicting Chinese and Mexican officials and businessmen that are complicit either in the illegal trade or in subverting cooperation" (Felbab-Brown). In other words, drug pushers may be powerful people and to focus on their race is less important than to challenge those in positions of societal power. Solutions are more than math; they're about who is in control.

Disturbingly, even in a medical setting, fentanyl goes missing—apparently as a result of conduct by the health care workers hired to protect and preserve us. Health Canada records list 483 reported fentanyl disappearances as "unexplained," another 50 as "pilferage," two as theft and only one as a break and entry.

In the data, pilferage is defined as "theft from a site by authorized personnel" (Edwards, online). A utilitarian view would suggest that a chill needs to be put on such behavior; a Kantian would say that we might be better to just remember the good nurses we've thanked for their service and not seek any heavy-handed solutions that punish good workers to send a message to the bad. In the broader medical context, it was a utilitarian view, the view that led us to (rightly or wrongly) all wear masks and almost all get the COVID vaccine largely to protect the elderly and vulnerable.

Kant, living up the many puns on his name, would remind us that we *can't* generalize to a whole from the experiences of individuals other than ourselves. Sometimes others just plain have different viewpoints than we do and some questions have answers only knowable to ourselves. In the initial train crash problem, he'd likely point out that besides the people we'd save or allow to die, we've also have another person to consider: *ourselves*. Whatever our choices in the abstract or in real life interactions, we are going to have to live with ourselves afterward. So, we'd better not get too mathematical with our opinions or perspective and instead do what we probably learned in our initial English course at AU: be honest with ourselves and our feelings by doing and saying things that make us proud.

There's a reason that punishing people who are innocent sounds so unpleasant; our inner Jiminy Cricket is chirping with consternation because a lifetime of spidey-senses amount to more than just a series of sentiments. Although our brain might tend to assume that saving innocent children takes preference over our desire to spare the life of a cherished friend, it's clear that even this extreme case illustrates the depths of ethical complexity endemic to being human. Within our hearts we clearly have some inclinations that defy math and even logic; our cognitive processes are more complicated than an abstract dilemma can quite explain. The paradoxical



complexity of our humanity is why it's worth revisiting our core beliefs, such as that the good of the greatest number ought to naturally be the goal of social policy, before we take a collective view of society and our planet. Giving a quick response to the trolley problem is a bit like googling an easy answer to a study question rather than reading our assigned textbook chapters. The right thing to do isn't always easy; our conscience and intuitions speak a language that isn't easy to explain. Therefore, AU allows us to see ourselves and our choices in a new light, one with advanced learning not only to bolster our conclusions but also to augment our willingness to think contrary to long-held assumptions.

### References

Edwards, P. (May 19 2023). 'Canadian health care facilities report hundreds of 'unexplained' fentanyl disappearances'.

The Star. <https://www.thestar.com/news/gta/2023/05/19/canadian-health-care-facilities-report-hundreds-of-unexplained-fentanyl-disappearances.html>

<https://www.thestar.com/news/gta/2023/05/19/canadian-health-care-facilities-report-hundreds-of-unexplained-fentanyl-disappearances.html>

Ryan, E., Ermyas, T., Summers, J. (May 29 2023). 'Why One Expert Says America's Fentanyl Crisis Has Geopolitical Roots'. NPR.org. Retrieved from <https://www.npr.org/2023/05/29/1178748068/why-one-expert-says-americas-fentanyl-crisis-has-geopolitical-roots>

Smart, J.J.C. (1967). 'Utilitarianism'. The Encyclopedia of Philosophy Volumes 7 & 8 & Index. New York: Macmillan and the Free Press.

*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.*



## Student Sizzle — AU's Hot Social Media Topics

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

#### AU Facebook Page

**Degree Works Doesn't Work.** A poster mistakenly believed they submitted their course registration plan when they used the Degree Works course planning tool. The poster found out the hard way that this was incorrect now that her funding has been delayed and asks if there is any chance the student financial aid office will allow her to submit her real course registration plan late. The consensus is a resounding "no".

#### reddit

**They're Watching You.** A poster asks if ProctorU sends footage of students taking an exam to Athabasca University and if school staff watch the recordings. Responses clarify that ProctorU has a proctor watch your exam live. The recording is re-watched if the proctor suspects cheating and cheating is reported to AU. AU staff do not watch exam recordings.

#### Twitter

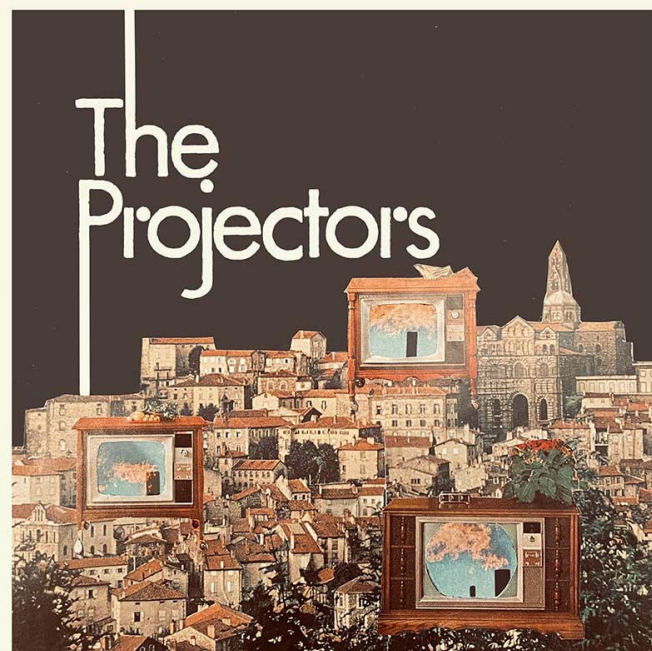
**@AthabascaU** tweets: "We are welcoming over 100 high school students from across Canada as part of the new ShadAnywhere program with [@ShadNetwork](#)! Students will work with #AthabascaU experts and learn about #STEAM topics in a fully online summer science program."

**@aulibarchives** tweets: "Interested in what borrowing privileges you have at AU Library? Have a look at our loan rules: <https://athabascau.ca/library/how-to-use-the-library/borrowing-resources.html> #borrowing"



## Music Review—The Projectors

Jessica Young



**Artist:** The Projectors

**Album:** The Projectors

Victoria, B.C. indie/garage rock group, The Projectors, have released their debut self-titled LP, with an accompanying video for the single “Golden Age”. The music video is available on [YouTube](#) and the album is available for streaming anywhere you get your music.

The band consists of lead singer/songwriter Dylan Rysstad, Robbie Shirriff on guitar, Dustin Tiljoe on second guitar, Conor Brandt on bass, and Evan Matthiesen on drums. According to the band, they “unabashedly” draw their influences from early “aught-rock” like The Strokes or Franz Ferdinand.

Of the LP, Rysstad says, “With the first couple songs, ‘When the Lights Came Up’ and ‘Golden Age’, I really embraced certain influences and didn’t try to obscure or hide the fact that it was

starting to sound like someone else. The songs I’ve been writing for this project are what I want to be playing and listening to, and somewhat ironically, I feel like it’s the most ‘me’ if that makes sense.”

*The Projectors* consists of eight tracks: You Can Only Wait; Golden Age; Lost in Spaces; Slow It Down; Concessions; When the Lights Came Up; Tired of the Small Talk; and Valentine. The songs [“You Can Only Wait”](#) and [“Tired of the Small Talk”](#) also have music videos available on YouTube.

After listening to the album, The Stokes influence is readily apparent (in the best way possible). I also hear a lot of 60’s rock influence, reminiscent of The Beatles. The vocals and instrumentals are raw and sincere, and the overall mixing of the album is very vintage.

While all the songs have a very similar light, upbeat sound, the lyrics completely change the vibe for each song. Some songs, like “Valentine” and “When the Lights Came Up” are sweet love songs, while “Tired of the Small Talk” and “Golden Age” are self-deprecating songs about loneliness. Others, like “Lost in Spaces” are vulnerable, and very accurate, descriptions of depression.

My favourite song on *The Projectors* is probably “Tired of the Small Talk”, with lyrics like “You know I wrestle with my thoughts/I can’t help but lose/To the boy who says he’s not into you/I tried to be what I know I’m not/I tried to steal but I got caught/Don’t know what I need from you.” I also love the song “Valentine” because it’s just one of those songs that will make your heart happy, with lyrics like: “Tell your lover/That they’re heard and understood/Show you can love them/Like some secret Latin lover would.”

The music video for the single “Golden Age” perfectly fits the band’s aesthetic. The video looks as if it was shot on a giant camcorder from the early 2000’s, and follows one of the band members as he packs up his car and drives to the beach to go surfing. It also features some beautiful B.C. coast. Overall, I really enjoyed *The Projectors*. You can check them out on [their website](#), [Twitter](#), [Instagram](#), and [Facebook](#).

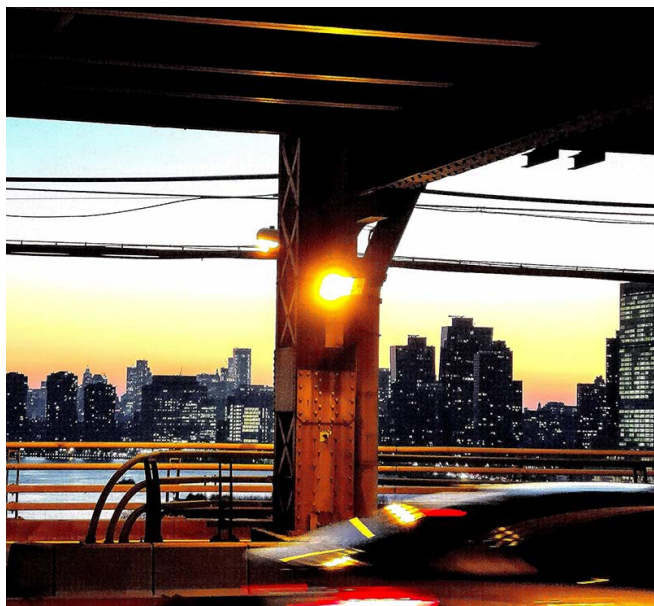
*Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.*



[blue rare]

## A Perfect Saturday (a Promise)

Oliver Moorcraft-Sykes



Have you ever felt that there is no venture in life more important than the quest to assemble the perfect Saturday? (I say "assemble, because that is the only way, isn't it? Putting it together, piece-by-carefully-chosen-piece, like a miniature, silver-plated model of the Eiffel Tower, or a beautifully crafted, hand-painted German jigsaw puzzle.) Have you ever set aside your daily cares and woes, and gone searching for its elusive essence from place-to-place all across the town?

Have you met your friends early in the morning at your favorite café, its air redolent with the smell of baking and roasted coffee? Have you laughed with your friends about past disasters, shared present fears, unearthed evidence of heartbreak, dissected mysterious dreams, admitted to secrets and to hopes and plans for future days?

Have you then taken the trolley bus to Chinatown, surrounded by random strangers who all seem unaccountably beautiful, their faces apparently lit from within, transformed by the early afternoon light streaming through the trolley's steamed up windows? Have you walked through Chinese gardens glazed with rain, and run your hand across the heads and backs of fu dogs and ancient winged dragons carved from jade? Have you wound your way down a crowded Saturday sidewalk, stopping in shops to buy curry buns, incense sticks, a paper lantern, a Moleskine sketchbook, a paper fan decorated with flowers and birds?

Have you sat on a park bench and smoked a cigarette in the shadow of a cathedral, admiring the stained-glass windows, watching starlings eating wild berries from a bush in the copse across the street, and listening to a man play a song you've never heard before on a bright silver saxophone? Have you slipped into an art gallery, and looked in awe at oil paintings of a renaissance queen with pearl white skin and a maiden with raven black hair and a neck as lovely as a swan's? Afterwards, have you ducked into a movie theatre on a whim, and sat by yourself in the dark, watching a double bill of *Casablanca* and *Blue Velvet*?

After this, have you traveled home and spent the rest of the afternoon on the bench in your backyard, filling some pages of your new sketchbook with pen-and-ink drawings of weird angels and foxes with wings, before meeting the one you love at the Greek taverna around the corner? Have you dined on dolmades and moussaka, washed down with glasses of retsina and more coffee, this time pungent and thick, served in tiny China cups?

After dinner, have you gone back across town to a blues bar, and played a game of pool where it seemed like you couldn't miss a shot? Then, did you dance to a four-piece band featuring a man whose voice sounded as if his vocal cords had been cured in a whiskey barrel, his fingers flashing across the strings of a National steel guitar? Finally, have you walked back home in the early morning hours, still a little bit drunk, across the bridge that spans a deep river that's like a long black mirror, and looked at the moon hanging like a golden ball above the glittering city skyline?

Have you thought, then, suspended between water that this was one moment in time, one day in time, to justify existence? Did you promise yourself right then that you would never forget it? And did you keep that promise? Did you?



## Beyond Literary Landscapes Power, Control, and Corruption

**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 several topics, namely power, control, and corruption throughout the centuries.

### What

Some well-known works related to power, control, and corruption include *The Prince* by Niccolo Machiavelli, *Animal Farm* by George Orwell, and *Macbeth* by William Shakespeare.

### Where

These works are set throughout the United Kingdom and Italy.

### When

These works take place during the 16th, 17th, and 20<sup>th</sup> centuries.

### Why

These topics may be of interest to POLI SCI students, who are studying various forms of government, as well as forms of political power throughout history. In particular, these works may be of interest to students focusing on Political Philosophy. These texts may also be of interest to ENGL students who would like to learn more about the extreme toll that power can take on the individual psyche.

### How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to Power, Control, and Corruption 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 [POLI 355](#): Political Philosophy: Plato to Machiavelli, a senior-level, three-credit course, which “provides an overview of classical political thinking about the best life for humankind and the best ways to live together as a community in

which members share similar aspirations.” (Please note that no prerequisites are required for this course).

Students may also be interested in [POLI 400: Governance and Leadership](#), a senior-level, three-credit course, which “provides an overview and theoretical understanding of the common elements and differences that shape leadership in the public, voluntary, and private sectors and the implications of these similarities and differences for the interaction among the three sectors on public policy issues.” (No prerequisites are required for this 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.*



## Change Our Bad Behaviors to Good.

**Marie Well**



What bad behavior might all students want to change for the better? Time spent studying! That's unless we're already maximizing our study time. Either way, here is a model to change our bad behaviors to good. It's a model that looks at changing behaviors by altering either triggers or consequences. In this example, we'll look at how to increase study time.

So, let's first look at the desired behavior: increased time studying. Next, figure out what presently triggers us to study. For me, it's the time after I shower in the morning until I start work. It's also during a random break in the workday. It's also in the evening after I exercise and complete work if there is still time. And it's Sundays after I exercise. Those are the times I study.

But I need more than these triggers to ensure I also study for an exam that leads to a professional designation. So, we can always alter or add new

triggers to motivate us to study more. My new trigger will be to spend 15 minutes studying for the designation at 5 pm every weekday. Another new trigger is to study two half-hour stints on Saturdays: one after I edit these articles and the other before bedtime.

But sometimes, altering triggers is not enough. In that case, we need to add positive consequences. The current consequences I gain from studying a course but not my professional designation is that I have more time to work, exercise, and clean. However, a negative consequence is that I will miss the cut-off date to take the professional designation exam.

So, we want to study more than we currently do. If so, we can add more positive consequences and then indicate the action we'll take to realize each consequence. One consequence I want to add is that I'd be able to make more income by studying enough to pass the professional designation exam. The action I'd take to validate this consequence is to search indeed.com to determine the salaries for careers that require this designation.

The second positive consequence I'd add is that passing the designation exam would set me up to be a leader in sales and marketing. The action I would take to realize this consequence would be to create courses for sale to accredited educational institutions. These courses I'd build would also count for professional development hours needed to keep the designation.

We must add positive consequences to make our desired behaviors more appealing. Or we can change the trigger that activates our desired behavior. Or, ideally, do both.

So, what habit would we like to improve next? Do more cleaning? Do more exercise? Be more positive? Make more money? Take more courses? Write more books? Whatever we want to achieve, there is a system for realizing it!



## New Immigration Programs Unveiled The 2023 Collision Conference

**Alek Golijanin**



Perhaps there were no greater words spoken at this year's Collision Conference, Canada's biggest tech conference, then that of Canada's Immigration Minister Sean Fraser, who had the following words of support for Canada's tech sector, "We are in a global race for the same pool of talent with competitors around the entire world. Now in my view, Canada is winning that race and we might be winning it, but I think we can win it by an even larger margin. So, today we are unveiling our new strategy to attract some of the most talented tech professionals from all over the world to come to Canada. Now, I have been given only a few minutes to share six new and improved ideas and folks fasten your seat belts because this is a big deal." The rest of Minister Fraser's presentation would see him mention three improvements to existing immigration programs and three brand new programs, and they were attempts to help Canada stay competitive in the digital age.

### Improved Programs

1. A dedicated pathway for permanent residency that is specifically available to employees and workers in STEM sectors.
2. Revamping the Global Skills Strategy program, launched five years ago and extremely successful in bringing talented people to Canada, but hampered by pandemic processing delays. Revamping resulted in speeding up processing requests so that new work permit applications would get processed in two weeks.
3. Revamping the Startup Visa Program, a pathway for permanent residency for entrepreneurs who create companies who will hire Canadians but was plagued by more applications than spaces available. Revamping resulted in programs spaces increasing from 1,000 spaces to 3,500 spaces and applications would get prioritized based on features of the applications like whether a company has capital committed or whether it has received an endorsement from a trusted partner. Better yet, for those in queue, the program would allow for the issuance of open work permits for applicants and their families so that families would not be separated while they waited for their applications to be completed.

## New Programs

4. Canada will be introducing a specific stream for some of the world's most highly talented people that will be able to come to work for tech companies whether they have a job offer or not.
5. Canada will be launching a digital Nomad strategy which is going to allow people who have a foreign employer to come work in Canada for up to six months, and if they receive a job offer while they are in Canada then they will be allowed to stay and work in Canada.
6. Canada will create a designated stream that will allow 10,000 H-1B visa holders in the US to come and work in Canada, to create a pipeline for talent to flow into Canada thus taking advantage of tech layoffs across the US.

## Bringing in talent to stay competitive globally.

For such a large country, Canada has quite a small population, but in today's globalized world, population is power. The global landscape for tech talent is such that many countries do not produce enough talent through their educational pipelines and the only way to make up for that is through bringing talent into a country from overseas. One of the countries that is likely best positioned for the digital age is China because their long-term advantage over the rest of the world is that it is reported that 40% of China's eight million annual college graduates major in engineering, which is more than the engineering graduates of the US, Europe, India, and Japan combined. This abundance of tech talent would almost guarantee that China would be better positioned to experience economic success in the digital era.

What Canada has going for it that other places do not is that people are free to live their best lives and be whatever they want to be, and our shared values are major drivers as to why organizations want to do business in Canada. Now, imagine if all of the world's biggest companies knew that there was an abundance of talent that they could hire from, then how much more enticing the idea of doing business in Canada becomes.

## Talent is in abundance. Opportunity is scarce.

Our world is full of talented individuals who are full of potential, but most of these talented individuals never get to make the most out of their potential because there is an absence of opportunities where they are located. The scope of talent is such that it can be found scattered throughout the jungles of South America, the clay mines of Africa, the rice fields of Asia, the steppes of Europe, and even in the Middle East in places ravaged by war and famine. What all these places represent is a dire situation, one where dreams and hopes are shattered by the reality of plaguing insecurities and that tomorrow might give way to a "worse today".

Perhaps the greatest example of unleashing potential might be the story of Philip Emeagwali, a Nigerian computer scientist whose humble beginnings start in a rural community and whose

## AU-thentic Events Upcoming AU Related Events

### Library Chat

Tues, Jul 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.

### Library Chat

Wed, Jul 19, 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

Thur, Jul 20, 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.

*All events are free unless otherwise noted.*

subsequent life would meet obstacles that would have sidetracked the best of us. But Emeagwali persevered, and when given the opportunity to make the most out of his potential, he did just that.

Born in 1954, Emeagwali was the oldest of nine children, and was nicknamed “Calculus” by his community thanks to his natural inclination for math. Just as Emeagwali’s high school studies were supposed to begin, civil war erupted across Nigeria in 1967 and it resulted in Emeagwali getting drafted into the army as a teenager. By today’s standard, Emeagwali would be viewed as a child soldier, but he and his family managed to survive the war, spending time in refugee camps until the war ended in 1970.

All of the circumstances that Emeagwali was faced with would indicate that he was destined to live a life of poverty. After the war, however, Emeagwali was adamant about wanting to complete the rest of his studies. Initially, Emeagwali enrolled at a school that required him to walk two hours to and from school each day, but it was financial struggles that forced him to drop out of school, not the distance he had to travel. Emeagwali decided to continue his studies through self-studying, eventually taking a high school equivalency exam administered by the University of London to earn his high school diploma. As fate would have it, Emeagwali’s educational efforts would pay off after he earned a scholarship to attend college in the US.

In the US, Emeagwali first earned a bachelor's degree in mathematics, then a master's degree in ocean and marine engineering, and a second master's degree in applied mathematics. Just as Emeagwali was accepted into a civil engineering program to receive his doctoral degree, the US government and many in academia proclaimed that there were 20 grand challenges that faced the world in the area of science and engineering, and one of those challenges was simulating oil flows for more efficient oil extraction. This challenge inspired Emeagwali to start experimenting with combining computers for “supercomputing” purposes and he came up with a formula that showed that it was more efficient to combine a greater number of less expensive smaller-powered microprocessors than it was to combine a smaller number of more expensive higher-powered processors. When Emeagwali ran his program, with the help of 65,536 microprocessors, the machine was able to carry out 1.3 billion calculations per second and correctly predict the amount of oil in a simulated reservoir.

This groundbreaking approach to “supercomputing” paved the way for other scientists to build upon the “supercomputing” idea to allow for computers to carry out more complex functions. In 1989, Emeagwali won the Gordon Bell Prize, which is the Nobel Prize of computing, but the craziest thing about Emeagwali’s idea was that it was inspired by three things: a 1922 science fiction article that suggested that 64,000 mathematicians should do weather forecasting for the world, an old analogy that suggested that a large number of chickens that were coordinated in strength and efficiency could do a better job than a small number of oxen, and the honeycomb principles of design that bees use.

What made Philip Emeagwali so special was his talent, and talent can be found in people around the world. Emeagwali’s story is an example of why we need to operate with people’s circumstances in mind, and talent seems to be reflective of our society as talent should be seen as being multi-ethnic, multi-racial, multi-religious and it can be found across countless other lines of difference. That is also why it is important for international programs to bridge into most remote regions of the world, so that if there are people that want to take on the bold challenge of making the most out of their potential then they can be afforded that opportunity. Giants starts small, like just like Philip Emeagwali did, sometimes they need a little help to start growing and to be all that they can be.

*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: Sunshine Coast Health Centre Scholarship

Sponsored by: Sunshine Coast Health Centre

Deadline: August 1, 2023

Potential payout: \$1000

**Eligibility restriction:** Applicants must be high school, undergrad, or graduate students enrolled for the 2023/24 semesters at an accredited university or college in Canada, in a program related to clinical counselling, psychology, social sciences, or medical/nursing.

**What's required:** An email with a completed application form, proof of enrolment, and an 800-1000 word essay on one of two given topics related to addiction recovery.

**Tips:** Read the [application form](#) carefully and complete all required areas.

**Where to get info:** [www.sunshinecoasthealthcentre.ca/scholarships/](http://www.sunshinecoasthealthcentre.ca/scholarships/)



**PLUG INTO  
STUDENT LIFE  
WITH THE**

Find the latest  
episodes at  
**AUSU.ORG**



**SPC**

**EVERYDAY  
STUDENT SAVINGS**

**AUSU MEMBERS  
GET THE SPC CARD  
AT A DISCOUNT!**



START SAVING TODAY

COURTESY OF **AUSU**

Brought to you by your AU Students' Union

Poet Maeve  
Moral Boundaries

Wanda Waterman





## Congratulations, AU graduates!

The Athabasca University Students' Union (AUSU) extends its heartfelt congratulations to the recent Athabasca University (AU) undergraduates who Convocated on Friday, June 16, 2023, online and in person in Edmonton, Alberta. We are tremendously grateful to have shared part of this momentous day with you.

You have worked tirelessly to reach this milestone, and the entire AU community joins us in recognizing your hard work, determination, and dedication. We want to remind you that your AU degree is not only a testament to your academic excellence but also a symbol of the possibilities that await you.

Once again, congratulations on this extraordinary achievement, and thank you for allowing AUSU to be part of your Convocation ceremony. We wish you all the very best in your future endeavours, and we look forward to seeing your continued growth in the years to come!



## Thank you for participating in our 3rd annual Pride Month at AUSU events!

On behalf of the Athabasca University Students' Union (AUSU), we would like to thank everyone from Athabasca University (AU) who attended and made our 3rd annual [Pride Month at AUSU](#) events a huge success. We are proud to have had the opportunity to celebrate the diversity, inclusiveness, and affirmation of 2SLGBTQIA+ students at AU.

*Pride Month at AUSU* provides a safe and welcoming space where diverse voices can be heard and celebrated. The participation of everyone who attended our events was inspiring, and we are grateful for their contributions towards creating an atmosphere where everyone feels respected and valued.

We firmly believe that creating a sense of belonging is essential to our mission of promoting the success and well-being of AU community members. Learn more about the advocacy work AUSU is doing for 2SLGBTQIA+ students [here](#). We recognize that queer students face unique challenges in their academic journey, and we are committed to creating a safe and inclusive environment where all students can reach their full potential.

The outstanding participation from AU undergraduates during *Pride Month at AUSU* shows that the AU community values diversity and acceptance. We look forward to doing it again next June 2024, and we hope that even more of you will join us in celebrating queer Pride!

Thank you again for your participation, and we look forward to continuing our year-round support for 2SLGBTQIA+ students at AU.



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

Please send the Athabasca University Students' Union your valuable feedback and suggestions regarding our student services. We are committed to providing quality resources for AU undergraduates and we look forward to hearing from you!

Follow us on social media!  
We are @AUSStudentsUnion



---

---

# CLASSIFIEDS

---

Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

---

---

## THE VOICE

---

Ph: 855.497.7003

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

**Regular Columnists** Barb Godin, Barbara Lehtiniemi, Corey Wren  
Jason Sullivan, Wanda Waterman, Xine Wang and others!

---

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

---

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

Contact *The Voice* at [voice@voicemagazine.org](mailto:voice@voicemagazine.org).

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

© 2023 by *The Voice Magazine*

ISSN 2561-3634