

THE VOICE

MAGAZINE

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City of Lights

Secrets of Paris

Ford Girls

Made in Dagenham

Media Mourning

Rethinking groupthink

*Plus:
Voix du Maghreb
Cruiscin Lan
and more!*



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***The Voice
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LETTERS TO THE EDITOR

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indicate if we may publish your letter.



THIS WORLD: HOME AND AWAY, PART II

S.D. Livingston

This is the second of a two-part series on the author's recent jaunt to two of the most enduring cities on travellers' lists: London, England and Paris, France.



Gardens surround the Palais-Royal in Paris, France.

The majesty of Windsor Castle and the mysteries of Stonehenge can be hard to leave behind. But what better way to depart than with the lure of Paris ahead?

It was the next stop on our itinerary and, with London souvenirs packed, we headed for the coast.

The most obvious choice was the Channel Tunnel, the 50-kilometre undersea tunnel that links the UK and France. Quick and efficient, yes. But scenic? Hardly.

And that's why we found ourselves at the White Cliffs of Dover, boarding a ferry to Calais. After all, if you're going to one of the

most romantic cities in the world, a more leisurely mode of transport is the perfect way to arrive. A short train ride, an even shorter cab ride, and suddenly we were there: the City of Light.

At nearly 644,000 square kilometres (including territories) and just over 65 million people, France isn't as densely populated as the UK. But at the height of tourist season the streets of Paris still rival London's for crowds, and that can actually be a blessing in disguise.

To escape the clamour, we opted to wander along the many narrow side streets. Little did we know that it's also a great way to encounter the fascinating artwork that fills the city—a bonus we might not have discovered by sticking to the tourist hot spots!

One we stumbled across was the Fontaine Molière, a striking bronze and marble monument to the comedic playwright. In parks, on government buildings, in public spaces: there are enough sculptures to keep you busy without ever setting foot in one of the city's famed museums.

Still, a trip to Paris wouldn't be complete with seeing the Louvre. So we dutifully headed up Rue Vivienne to make our way there—and found another unexpected treasure waiting. The Palais-Royal (originally the Palais-Cardinal) was once the home of Cardinal Richelieu. And while the building itself holds a fascinating history, the gardens were the real treat. Rows of carefully groomed trees flanked flower beds and fountains, and we momentarily forgot the Louvre as we lingered in the romantic little oasis (the shops and restaurants lining the garden definitely added to the appeal!).

The Louvre, though, was worth the wait. Originally built in the 12th century, this famous edifice has been everything from a fortress (complete with moats), to the palace of the Sun King, Louis XIV, to one of the most famous tourist spots in the world. The massive building houses 35,000 works of art, a collection that would take months, or even years, to see in its entirety. Definitely not something you'd achieve in a day trip!

From the *Venus de Milo* to ancient temple walls, every corner you turn seems to present an impossible array of art. But none holds a candle to *La Gioconda*—better known as the *Mona Lisa*.

Painted in Florence between 1503 and 1506, it's perhaps the most recognizable image on earth. Most people are so familiar with her that it's easy to assume that viewing the real portrait would be no different than seeing the *Mona Lisa* on a postcard or your computer screen. But the reality is far different. Somehow, whether it's her enigmatic smile, or the mystery surrounding the portrait's past, a certain magic captures the viewer from inside the frame. If you've stood in front of *La Gioconda*, you'll know what I mean. If not, your first encounter will be one to remember.

Outside the museum, we were surprised by some other Parisian sights—ones not quite as enchanting as Leonardo's painting. Whether wandering the streets or strolling through the Jardin des Tuileries, we were repeatedly approached for money. Some people held cardboard signs asking for donations, while others simply walked up and asked for cash. Wearing practical clothes, and not even carrying a purse, we hardly looked like rich tourists. But it seemed that everyone was fair game for the insistent demands, something that, by contrast, we didn't see once during our walking, bus, and subway travels through London.

Another striking difference between the two cities? Smoke. And I mean *lots* of it. That cliché about the French loving their cigarettes holds a lot of truth. A *Time* article quoted one source in 2006, noting that as many as "40% of 12-to-25-year-olds" smoke. Things improved when the French government introduced a public smoking ban in 2007, but smokers are increasingly flouting the rule and lighting up in offices, restaurants, and subways. As well, sidewalks are still fair game and you won't go more than a few feet without passing the glowing end of a Gauloises.

So what does this mean for visitors used to a relatively smoke-free environment? Imagine a charming little French café, a sidewalk table—and a steady stream of smokers passing just feet away from your chair, or stopping to wait for a green light. That delectable croissant and espresso lose a little something in the haze of second hand smoke, so be prepared to find a spot inside.

On the Mona Lisa: "[I]t's easy to assume that viewing the real portrait would be no different than seeing [her] on a computer screen. But . . . whether it's her enigmatic smile, or the mystery surrounding the portrait's past, a certain magic captures the viewer . . ."



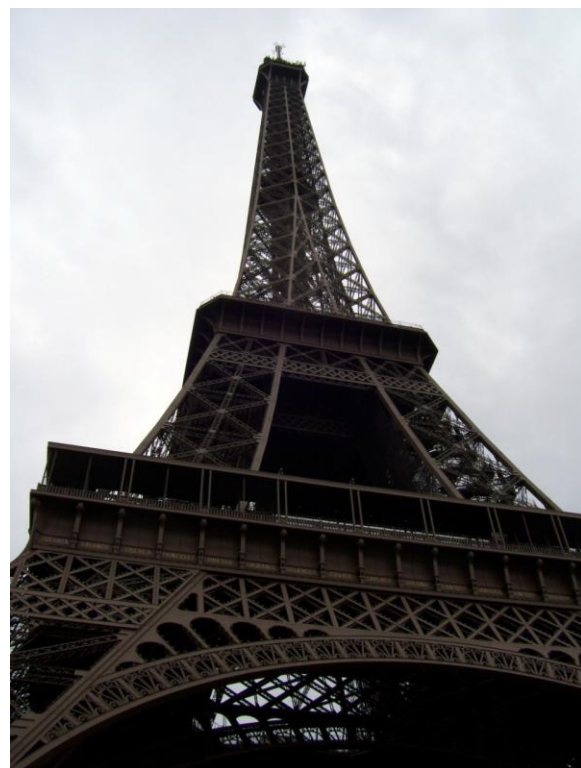
Paris is full of art, and not just in its museums; sculptures and monuments abound.

It's a small price to pay, though, for the stunning architecture, sense of history, and world-class sights the city offers. And perhaps nothing represents the true Paris sightseeing experience like the Eiffel Tower.

Much like the *Mona Lisa*, the Eiffel Tower has become so familiar that we may not appreciate how striking it can be in person. For our first glimpse of this icon we approached on foot, strolling along the banks of the Seine.

From a distance the Tower looks just like it does on T-shirts and postcards. But up close it's surprisingly massive, with a solidity that belies its lace-like appearance. If you're planning a visit, the best advice is to buy your tickets online in advance (you can find details at the official [Eiffel Tower site](#)). And make sure you devote plenty of time for the trip. With a champagne bar, restaurants, shops, and even its own post office, the Tower could easily keep you busy for the day!

Before we knew it, our time in Europe had drawn to a close and it was time to enjoy one last café au lait before heading for Charles de Gaulle airport. The London Tower, the *Mona Lisa*, Stonehenge: we'd seen them all and then some, and made memories we'll enjoy for a lifetime. But as we tucked our euros and pounds away and pulled out familiar Canadian dollars, we smiled as our car pulled onto the Trans-Canada Highway. Because without saying a word, we agreed that there truly is no place like home.



The Eiffel Tower, up close.

DID YOU KNOW?

Student ID Cards



Studying by distance? You can still get student discounts at the movies, bookstore, or train station! According to the [AU Student Calendar](#), every “active Athabasca University student” is eligible to request a photo student identification card.

To apply, you need to complete the required [form](#) and submit a photo. Acceptable photos are “taken by an Athabasca University staff member whenever possible.”

However, if circumstances require it the Registrar's Office will accept a digital photo together with a copy of your driver's license, or a passport photo. If not taken by AU staff, photos must be signed by a guarantor, someone “who can attest to your identity.” Further instructions can be found [here](#).

Still have last year's ID card? Don't throw it away, as AU students are only eligible for one card during the course of their studies. To keep the card current from year to year, active students may “request a date sticker from the Office of the Registrar, AU Edmonton, or AU Calgary.”



Ne Plus Entendre le Mot Sous-traitance

L'article qui suit est composé d'une entrevue avec Bachzoul Machilyes (un pseudonyme), un ingénieur Algérienne travaillant avec Sonatrach, une société pétrolière multinationale en Algérie. Il est l'auteur de Hout Yakoul Hout [Le Poisson Mange le Poisson].

Quelles circonstances vous ont amené à écrire *Hout Yakoul Hout* ?

La marginalisation au sein de l'entreprise : l'hébergement, le poste de travail, la carrière, la façon dont on a été traité concernant la distinction entre nous et nos collègues SONATRACH(SH).

Quel est votre emploi ? Quelles sont vos fonctions ?

Je suis ingénieur, j'assume le poste de maintenance des équipements au niveau du CPF (l'usine) et des puits, ainsi que la planification des nouveaux équipements; mais, dans la pratique, on peut assurer les tâches refusées par nos collègues SH (c'est ce qui se passe dans quelques entreprises, pas toutes).

Comment êtes-vous traité dans votre travail ?

On est traité injustement depuis notre recrutement; pourtant on a la même nationalité, diplôme, niveau - sauf qu'on a été recruté en tant que sous-traitants, puisqu'on n'est pas pistonné [ils n'ont pas d'appui ou de recommandation pour les aider à obtenir un poste ou de l'avancement (NDR).]. Donc, de cette manière, on perd tout ce qui nous revient de droit. À votre avis, si on ne partage pas le même restaurant, la même chambre et qu'on n'a même pas le droit d'accéder à la salle des sports et aux formations (c'est ce qui se passe dans quelques entreprises, pas toutes) . . . ? Et si on fait des essais ? Comme il est arrivé à plusieurs de mes camarades, un jour où on a pris notre déjeuner avec nos collègues de SH, on a eu directement un avertissement par email qu'ils prendront des mesures disciplinaires, si on n'obéit pas.

Etes-vous autorisés à former un syndicat ou à adhérer à un existant ? Pourquoi et pourquoi pas ?

Impossible, si on fait quoi que ce soit on est facilement licencié. Ils n'ouvrent pas le droit à plusieurs choses tant qu'on est des sous-traitants.

Mais les sous-traitants n'ont pas croisé les bras sans rien faire aux niveaux de ces entreprises; ils ont adressé plusieurs demandes écrites à différents niveaux et ils n'ont reçu que des promesses verbales de leurs responsables. Et juste avec les mouvements au Moyen-Orient, la situation change de plus en plus puisque les sous-traitants ont fait plusieurs types de revendications tels que : renversements de badge, rassemblements (devant le resto, l'administration, la base de vie . . .), ports de banderoles, boycottages de repas, etc.

Comment sont les problèmes avec la sous-traitance, par rapport aux problèmes politiques de l'Algérie et du reste du Moyen-Orient ?

Ce problème n'est pas relié à une société en particulier; mais il est exactement lié à la sous-traitance en Algérie, qui existe surtout au niveau des sociétés pétrolières.

D'autre part, le problème de la sous-traitance est purement politique puisque le président et son premier ministre ont essayé à plusieurs reprises de mettre fin à cette méthode de recrutement illégale mais sans résultat et ça depuis 3 ans. Les responsables sont à mon avis désignés dans *Hout Yakoul Hout* par « l'ensemble des complexes », qui est une ligne rouge dont il ne faut pas savoir la signification - « très connue en Algérie, la sous-traitance est gérée par des ALGÉRIENS (toutes en majuscules) ».

Je ne pense pas qu'il existe une relation entre la sous-traitance en Algérie et le Moyen-Orient; sauf qu'il y a une ressemblance dans l'inégalité entre les citoyens dans ces pays, puisque ce que je nomme comme l'ensemble des complexes dans « H.Y.H » existe, bien sûr, dans tous les pays du Moyen-Orient et de l'Afrique du Nord.

Dans *Hout Yakoul Hout*, vous faites référence à une situation d'inégalité. Qu'est-ce qui se passe si cette situation perdure ? Comment les inégalités pourraient-elles être corrigées ?

Si cette situation perdure, on arrive à une situation pire, comme actuellement en Tunisie, en Libye, en Égypte, au Yémen, en Syrie . . .

Mais heureusement cette situation sera presque régularisée à cent pour cent à partir du 1^{er} juillet 2011 : cette forme de recrutement n'existera plus, comme il a été décidé.

Que souhaitez-vous voir arriver dans le futur ? Avec les sociétés en Algérie ? Avec l'Algérie ? Avec les pays arabes ? Dans votre propre vie ?

Je souhaite l'égalité, le statut de mérite ; qu'on mette les moyens nécessaires pour l'évolution en étant en même temps stricts dans le travail; que chacun assure ses tâches; que ces sociétés se développent de plus en plus avec l'Algérie; que chaque Algérien ait sa part, puisque l'Algérie appartient à tous les Algériens. Elle a été libérée par tout le peuple, donc il est temps de reprendre nos droits et richesses pour pouvoir nous développer.

Donc, je souhaite ne plus entendre le mot sous-traitance en Algérie et dans le monde entier, puisque c'est un esclavage moderne rendu légal par des tours de force, par la création de sociétés de sous-traitance qui sont gérées, comme je l'ai cité dans « H.Y.H », par l'ensemble des complexes.



AUSU UPDATE: SEPTEMBER 2011**Bethany Tynes, President****Update on AUSU awards program**

AUSU has long had a student awards program to recognize outstanding students and assist those in need. Over the course of the last couple years, though, we've sought to revamp and revise our awards portfolio to improve existing awards and add new ones! We now have a wide array of bursaries to support students in need (including our popular computer and travel bursaries), scholarships to recognize students' outstanding academic achievements, and merit-based awards to recognize students' exceptional abilities and extra-curricular activities. Some awards are open to application at any time of year, while many have semi-annual deadlines. Our next major awards deadline is November 1st, so make sure you check our site for more information and get your application in by then!

AUSU newsletter hitting mailboxes near you . . .

Every four to six months, AUSU publishes a printed newsletter full of helpful information for students and updates on what the Union is working on. The newsletter is drafted by AUSU's Executive Director with assistance from the AUSU Media Committee. Our most recent newsletter has been mailed out, and if it hasn't reached you yet, keep an eye on your mailbox, because it should arrive soon. If you just can't wait to see it, though, you can also e-mail our office for a PDF copy.

Watch for a new AUSU website coming soon!

Our website has served us long and well, but it is starting to show its age in some areas, so we're preparing to give our site a full facelift! We are currently just in the planning stages, but we're hopeful that within the next couple of months, we'll be able to announce a grand unveiling of our new site. We'll be making sure that our new and improved site is easier to navigate, with slick new menus and a contemporary look and feel. We want our site to provide dynamic content and updates so that it's a place that you, as an AU student, WANT to visit regularly! If you have suggestions on content you'd like to see on our website, please get in touch with us to share your ideas.

Have you heard . . .

Have you heard that we still have some of our awesome 2011 AUSU Handbook/Planners available? Some of the information in these little books is priceless when it comes to helping AU students navigate the University and our services—but they're free for you, just for being an AUSU member! We even mail them right to your door. All you have to do is ask!

And have you heard about our SmartDraw program? We've been arranging for a license for our students to use this software for the last few years. It lets you create detailed charts and insert them into your assignments (even ones you submit as Word or PDF documents). The company has warned us, though, that there will be a massive price increase next year, so we want to know if our students feel that the software is a help to them, or if they'd rather have us look into other options. [Get your copy today](#), and let us know what you think.

Get in touch with us

Have comments or questions about AUSU or anything in this column? Feel free to get in touch with AUSU President Bethany Tynes at president@ausu.org. You can also e-mail our office at ausu@ausu.org or call 1-800-788-9041 ext. 3413. We'd love to hear from you!

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CLICK OF THE WRIST

Hand Over the Cash

Whether you're headed out for one final weekend at the cottage, or spending Labour Day in town, odds are good that you'll be making a stop at an ATM for some fast cash. And how appropriate: today marks the anniversary of the first magnetic stripe-based ATM's opening way back in 1969. Click through these links for a tour of ATMs, past and present.

Tour of History

Written upon his death, this *New York Times* news article focuses on ATM inventor John Shepherd-Barron. Who knew the history of a cash dispensing machine could be so interesting?

Scammed

No one wants to be the victim of an ATM scam. But in some cases, the scammer is the originator of those "It could happen to you" chain emails. Will entering your PIN in reverse summon the police? Can a scammer trap your card and get your PIN with an easy tweak to the card reader? Check out Snopes.com's database of ATM-related stories to find out what's a real threat, and what's not.

Protection

Legitimate ATM scams do exist, though, and it's good to be prepared. The New York State Banking Department has hype-free advice for safe ATM use.



THE MINDFUL BARD

Wanda Waterman



Books, Music, and Film to Wake Up Your Muse and Help You Change the World

Film: *Made in Dagenham* (Paramount Pictures 2010)

Screenplay: Billy Ivory

Director: Nigel Cole

Cast: Sally Hawkins, Bob Hoskins, Miranda Richardson, Geraldine James, Rosamund Pike, Andrea Riseborough, Jaime Winstone, Daniel Mays

Genre: Docudrama

“In June 1968 women sewing machinists in the Ford car plant in Dagenham took a stand for equal pay in a strike that stopped production for three weeks. They succeeded in getting abolished their lower ‘women’s rate’ of pay and precipitated wider action: there were

other equal pay strikes that year and the National Joint Action Campaign Committee for Women’s Equal Rights (NJACCWER) was formed by women trade unionists, who organized a demonstration for equal pay in 1969. Without the Ford women, there would have been no Equal Pay Act of 1970.”

Alliance for Workers’ Liberty

How Many Female Sewing Machinists Does It Take to Bring About Equal Rights for Women?

You’re not in labour activism long ere you discover a network of opposition. It starts small: you endure or witness injustice and you decide it has to stop. At first you think it’s just the boss, so you appeal to the company and to the union. Then you discover it’s the boss *and* the company, and maybe even the union. So you appeal to the media, the general public, the government, and even other workers in your industry, only to realize that all of these entities that had seemed to support you (or at least to be neutral) are secretly opposed to your human rights and pursuit of happiness. Why? Simply because they may stand to lose something if you get what you’re after.

You may even face opposition from your family members, who didn’t sign on to your altruism but who are nonetheless dragged along for the ride because your decision to risk your livelihood in order to create necessary change is having or could have a negative effect on their means of support.

There will of course be benefits to your actions: long-range, far-reaching benefits that will extend not only to the other workers in your local but also to workers in the industry as a whole, to workers in other industries, to labour reform in general, and to the public.

But your local may or may not benefit from your struggle, which makes labour activism, for all the adventure, a risky business, one that many in the end choose to abandon if not out of necessity then out

of a sense of helplessness and despair. If you do choose to remain in the fray, it will often be simply for the pleasure of seeing social change occur, while knowing that you yourself may not personally benefit.

I watched this occur again and again in my own brief involvement with labour action. Workers in one sector of the industry would go without in order to raise standards and pay, meaning that workers in other locals and sectors in the same industry would also get raises—even if they had never touched a picket sign. Workers fired during collective action (of course not *explicitly* because of their union activities) lost out on benefits they'd worked hard to achieve, left with only the satisfaction of watching their former colleagues enjoying concessions for which they themselves had fought.

In 1968 the female sewing machinists at Ford's Dagenham plant in England decided to oppose management's decision to devalue their jobs by downgrading their skill level. Although the women lost the struggle in the end, their actions had a ripple effect upon their industry and in labour in general.

As their sense of purpose deepened, the women ended up demanding equal pay for work of equal value. Although this goal was not in fact achieved until 1984, it could not have been reached without the work and sacrifices made by the women at the Ford Dagenham plant, and the legal precedents set created in the wake of their actions.

For these women to stand up for their rights in a preposterously sexist industry and society was truly audacious, and the film *Made in Dagenham* brings that out in a way that's hugely entertaining. Here we have a bunch of cheeky English birds with their easy flippancy, crude jokes, and cockney accents gutsily calling to task their own union, management, and the Ford Company. It's a thing of beauty.

In spite of the risk and inevitable wasted efforts it's hard to deny the sheer challenge and excitement of a workers' struggle. There's something about knowing that you're a mouse facing a lion and that because of all the brave little mice who came before you (and who are now ready to join you if you show yourselves sufficiently brave and good), you just might win.

The film loses points for being a bit too self-conscious and schmaltzy in spots but gains them back for great period dress, hairstyles, and music and a remarkably accurate portrayal of a momentous bit of labour history.

Made in Dagenham manifests six of the Mindful Bard's criteria for films well worth seeing: 1) it is authentic, original, and delightful; 2) it poses and admirably responds to questions that have a direct bearing on my view of existence; 3) it harmoniously unites art with social action, saving me from both seclusion in an ivory tower and slavery to someone else's political agenda; 4) it's about attainment of the true self; 5) it displays an engagement with and compassionate response to suffering; and 6) it renews my enthusiasm for positive social action.

"For these women to stand up for their rights in a preposterously sexist industry and society was truly audacious, and the film . . . brings that out in a way that's hugely entertaining. Here we have a bunch of cheeky English birds with their easy flippancy, crude jokes, and cockney accents gutsily calling to task their own union, management, and the Ford Company. It's a thing of beauty."



From Where I Sit

Hazel Anaka

If Jack Mattered

I was as sad as the next person to learn of Jack Layton's death from a second, unnamed cancer. Not totally surprised given his emaciated appearance at what would be his final press conference in late July. I couldn't help wondering whether the rigours and demands of the election campaign and his dogged determination to plow ahead anyway shortened his life.

On second thought, could such an ambitious man have done otherwise? His resulting but fleeting grasp on glory, power, and success may have meant more to him than any other activity he could have undertaken in his final months.

But I'm guessing, and therein lies the danger. Through instant media, television, newspaper, and analysis by so-called experts, we are led to believe that we really know the person behind the public persona. I don't know Jack Layton any more than I know Kim Kardashian. Or Barack Obama, or Charlie Sheen.

I do know that Layton's publicly stated beliefs and policies were contrary to what I believe. There is a naïveté and delusional aspect to what the NDP stands for, and in my mind, it's lucky for the country that it hasn't been more than a passing curiosity.

Still, one has to admire Layton's optimism and the work ethic he demonstrated to the very end. And while the national scope of the mourning seemed disproportionate to the occasion, we do live in a post-Diana world—one in which memorials, vigils, candles, and shrines seem to spring up overnight.

The bigger question is this: how does any of this change anyone for any length of time? Yes, it is better to adopt Layton's last urgings than follow the extremist rantings of some cornered dictator. But how does the advice to be loving, hopeful, and optimistic manifest itself in the real world?

I'd like to believe it's possible. But I fear the effect is no more lasting than the patriotic warm fuzzy glow of the Vancouver Games or the inflamed anger of senseless rioting in London. It is groupthink. It is flash mob on a national or even global scale, brought to us through instant messaging.

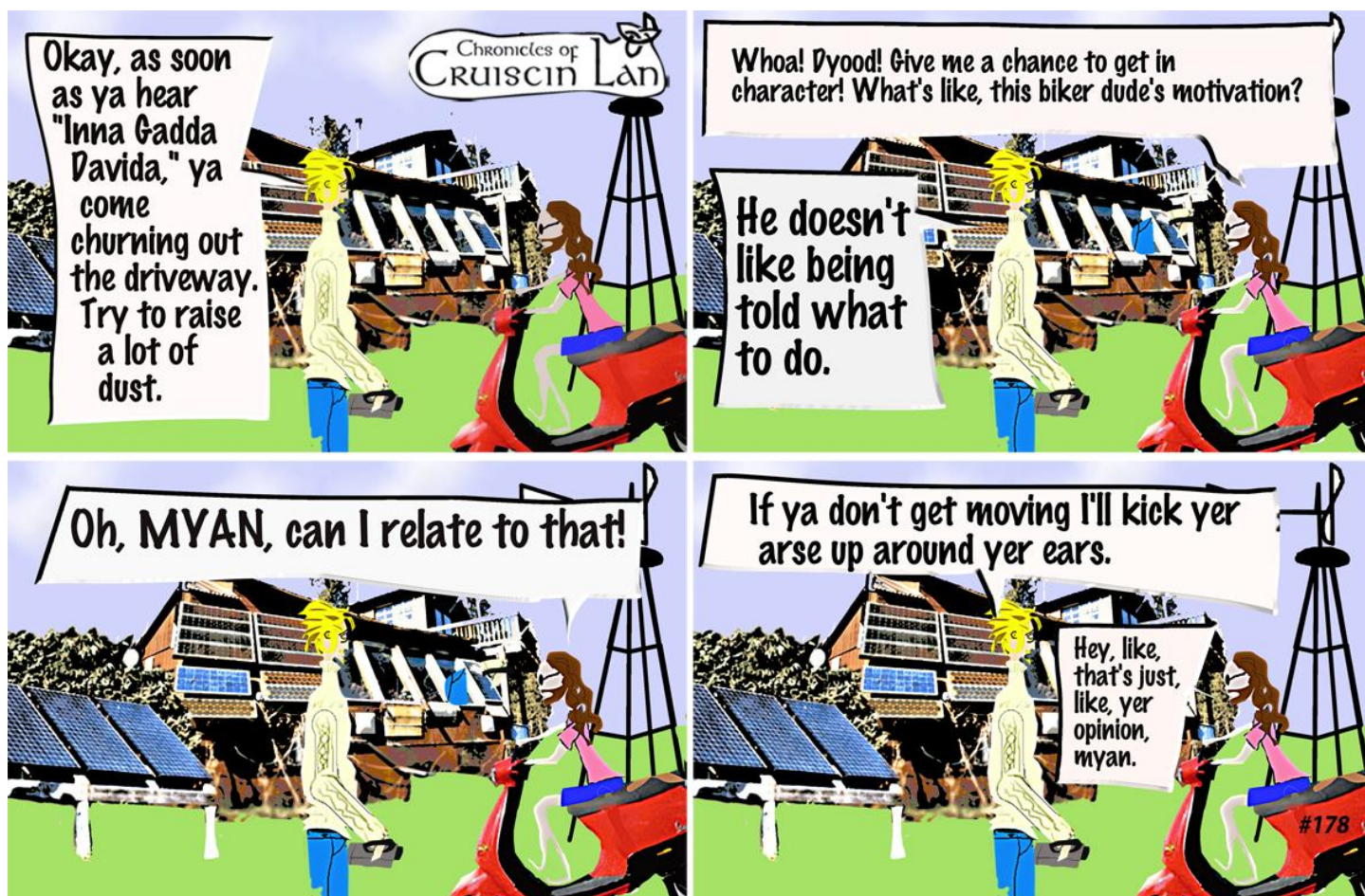
Are the thousands who filed past Layton's coffin any kinder, more optimistic, or more motivated than they were last week? Have they taken substantive steps toward doing as he requested, or did they just add a trendy new update to their Facebook status?

I don't doubt the transformative power of death, grief, and mourning. But tell me; how this is any different than those who still mourn Elvis or Michael Jackson? None of us knew any of them.

Our power lies in the ability to change our interactions with the people within our reach—in our homes, workplaces, and neighbourhoods. Not people we didn't know except through a media filter. If Jack's life and death truly mattered, demonstrate it in ways that make a difference, from where I sit.

CHRONICLES OF CRUISCIN LAN

Wanda Waterman



Green Light



Headed out for one last trip to the cottage before school gets underway? While spending the weekend a little closer to nature is a great thing, nature's often overlooked when we carry our city practices to cottage country.

Good news, though: the Canadian Parks and Wilderness Society has put together an excellent resource in its [Green Cottager Guide](#), freely downloadable in PDF format.

The Guide itself is on the longer side, but the page also contains links to a shorter, downloadable PDF list of tips.

Although some of the suggestions are basic enough—obviously, leaving empty beer bottles on the shore is a no-no—others might make us a little more conscious of resource use. A weekend at the lake is loads of fun. Who wouldn't want to preserve that for the future?

On Vacation

INTERNATIONAL NEWS DESK



At Home: Farm Brew

Nothing makes soil rich and productive like a good fertilizer. Nothing revives a tired person like a good strong cup of coffee. Put them together, and what have you got? A concoction that enriches the earth in the short term—while protecting it for future generations.

As the CBC [reports](#), Newfoundland farmer Jim Lester is “using old coffee grounds to fertilize his fields and reduce his greenhouse gas [emissions].”

Over the past two years, Lester has “collected 2,000 loads of coffee grounds from Tim [Horton’s] stores.” He then adds straw to the grounds, allowing them to compost into an excellent fertilizer.

The project has saved Lester money, since “the price of conventional fertilizer is tied to the cost of oil,” and it saves the local Tim’s the costs of disposing of the grounds. Better still, it’s minimizing the carbon footprint both of Lester and of the many coffee lovers whose

leftovers fuel his project. Old coffee grounds are “a [resource] that’s normally wasted,” Lester told reporters, one that “would have gone to the landfill otherwise.”

Currently, Lester estimates that he’s reduced his fertilizer-caused greenhouse gas emissions “by about 25 per cent,” and hopes to nearly triple that in the future.

Around the World: Chocolate Hearts

Heart-shaped chocolates are particularly popular on Valentine’s Day, but during the rest of the year chocolate is a panacea for broken hearts, weary hearts, and romantic hopes and fears everywhere. Recent research, though, suggests that it’s not just the emotional core to which chocolate speaks: it may be beneficial to cardiac health.

As the CBC [reports](#), Cambridge University scientists found that “[eating] more chocolate could reduce . . . the risk of developing heart disease by 37 per cent.” The risk of suffering a stroke could also be 29 per cent lower.

While dark chocolate is frequently touted as healthy, the study examined other forms, including milk chocolate. A common ingredient in many cocoa-based concoctions, flavanol, can potentially “lower the risk of cardiometabolic disorders.”

More studies are needed to show the quantities required to maximize heart health benefit. In addition, the study authors note that “moderation is . . . key,” reminding chocophiles that “eating too much chocolate can still have harmful effects, especially in popular, commercialized products that contain high sugar and fat . . .”

CLASSIFIEDS

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

THE VOICE

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