

Maghreb Voices Tunisian days III

A Very Good Place to Start Writing Done Right

Breaking Bad (Habits) Resetting Your Brain

Plus: Mindful Bard From Where I Sit and much more!

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LETTERS TO THE EDITOR



We love to hear from you! Send your questions and comments to <u>voice@voicemagazine.org</u>, and please indicate if we may publish your letter.

EDITORIAL

Karl Low



For the Time, it is A-Changin'

On Sunday morning, we change from Daylight Saving Time back to normal time. Spring forward; fall back, as they say. We all get an extra hour of sleep as what was 7am becomes 6am. But aside from that single extra hour (which we pay for come March when we get shorted an hour) does anybody prefer normal time? Supposedly, the reason for it is so that when we get up to go to work in the morning, it's not dark out.

There are two problems with this line of reasoning, in my view. The first is that whoever came up with this scheme obviously didn't live in Canada, because that extra hour doesn't seem to make it any lighter in the morning anyway, but it sure does make it darker when coming home. The other problem is that most of us now live in an urban setting, so whether the sun is up on the way to work is completely irrelevant, as we have street lamps and headlights. After work, however, when you might want to do something outside, that's when you want it light.

But maybe I'm wrong. Maybe you're the type of person who prefers it to be dark when you finish work. I'm not sure why that would be unless, perhaps, you're a vampire, and having the stores open when its dark out suits you, but who knows, crazier things have happened. If you've a reason why we need to change to normal time at all, I'd love to hear it. Write me at <u>karl@voicemagazine.org</u>, and let me know. The best or craziest reasons folks can come up with, I'll print. With bonus points if it's done in haiku form—just because.

Speaking of haikus, did you know that The Voice Magazine could pay you \$25 for your poetry (16 lines minimum)? If you didn't, it's not surprising. They're not mentioned anywhere in our policies, and I only found out myself when completing my first batch of invoices. Obviously, one of the things that I have to change very soon is The Voice Magazine's writer policies. After all, I can hardly expect to attract you to write for The Voice unless you know what we accept and what you'll get in return.

Fortunately, those who do write for the Voice already have brought you an excellent issue this week. S.D. Livingston gives us advice on how to change our habits, while Hazel Anaka has identified some changes in her personal preferences, and the Mindful Bard brings us a look at Shakespeare changed up for the modern audience.

I'm especially proud to feature the third part of Wanda Waterman's exploration of Tunisia. In this installment, Wanda brings a personal look into the political changes afflicting the nation after the Jasmine Spring uprisings. It's a story that not only gives us some insight into an area the media has mostly forgotten, but also with some ramifications for us here in the western world, and definitely worth your time reading.

One of the biggest changes at the Voice this week is the reason we're happy to welcome back our previous editor, Christina M. Frey. Her new column, "The Writer's Toolbox", will be running weekly and provide help and suggestions on a variety of writing topics. Having had Christina edit my own work, I can confidently say that making her column a weekly stop is likely to change your marks on any essay you have to write—for the better.

Finally, I have to admit, I've been looking at whether it might be time to change the name of the Voice Magazine. In this age of social media, having a name that sticks out isn't just important to help people remember you, but to make sure that they're contacting who they mean to. Look up The Voice Magazine on Facebook, for example, and you'll find things ranging from a horse fancier's magazine, to fashion, to even an international student newspaper that isn't this one. This is too big a change to make on my own, though. So I'm going to ask you, dear readers, to think about whether you think The Voice Magazine should change its name, and if so, to what?

When you've figured it out, you can tell me on our reader's survey which will be out sometime this month. As Dylan says, "Come writers and critics/Who prophesize with your pen/Keep your eyes wide/The chance won't come again"

For the Voice may be a-changin'.

DID YOU KNOW?



Athabasca University Students' Union has just unveiled its long awaited new <u>website</u>. Built in a much more modern style, the new website has been designed with new touch-screen technology in mind and includes the new logo graphic for AUSU. This logo is supposed to convey the core values of open, electronic communication, peer support, and creativity wrapped in a cover that suggests the books, laptops, and e-readers that are the key learning materials available to AUSU members.

AUSU Site

AUSU is in the process of updating many of the online services it provides including the course surveys and mentor system, but has already introduced a new live chat system on its front page. This

system, requested by students, provides an option to ask a question of AUSU without ever having to be on hold or call internationally.

Upcoming events and polls for students are now shown prominently on the front page, and using the traditional AUSU colors, AUSU has divided its' offerings into three categories: Governance, Services, and Members. These divisions have been made to make it easier and faster for students to reach the things they most often use, whether they're at home at their desk-top or on the go with their smart phones.

Writer's Toolbox

Christina M. Frey



A Very Good Place to Start

"Let's start at the very beginning," Julie Andrews warbles in *The Sound of Music*, telling the von Trapp children that it's "a very good place to start." And in the academic writing world, whether you're putting together your first university paper or creating your doctoral thesis, the beginning is always, always a very good place to start.

Unfortunately, it's often left until the last minute—or overlooked entirely—at the expense of the entire written work.

A good, strong opening paragraph is crucial to a cohesive paper or essay. In some ways it is the most important part of

your paper since it sets the tone for the rest and provides both you and your audience with an outline of what you are going to say and how you are going to say it. It is the first time your audience will see not only your writing style but also the structure and quality of your arguments.

What?

What should a good introductory paragraph look like? Many describe an opening paragraph as a road map to the rest of the essay, and that's an excellent model to follow. A strong introduction should introduce the topic, flowing from general to specific; describe the argument; and outline the steps (analysis) that will prove that argument.

The style should reflect the nature, tone, and content of your paper, so while an opening paragraph has elements of an outline, it shouldn't read like one. "First I will do this. Then I will do this" is a good outline strategy, but an opening paragraph should be interesting and engaging, looking to argument strength and sentence variation to make it stand out.

But don't get too hung up on creating the perfect "hook," either. Engaging your reader is important, but a flashy lead-in is unnecessary (and diminishes your argument). Instead, focus on creating a good link between the reader and the topic or argument, keeping the tone even and professional. As one former English teacher I know puts it, "Don't overdo it. You're not selling used cars, you're writing a paper."

When?

The best time to start writing the opening paragraph is, well, the beginning. While some advocate holding off until later in the writing process, making the introductory paragraph your very first task offers benefits that you'll miss if you skip the introduction and move directly to the rest of the essay.

Why?

When you're ready to write your essay, you should have a good idea of what you want to say, but you may be less clear about how to get it out of your head and onto the paper (or screen). Forcing yourself to summarize everything into a single paragraph is an invaluable exercise that will require you to organize your ideas—crucial to a cohesive paper. It will also provide you with a good plan to guide you through the structure of your paper. You'll be grateful when you get to argument number three and aren't sure in which direction you should be heading.

Last Words

When you've completed writing out your analysis and arguments, it's always worth a second look at your introductory paragraph. Frequently you'll find that your approach has shifted slightly, whether in terms of argument or analysis. If your opening paragraph is no longer an accurate road map to your essay, then go back and revise it—even if you're technically ready to write your conclusion.

The opening paragraph is an introduction not just to your paper but to your argument. Keep it concise, cohesive, and even, and make sure it reflects your argument, analysis, and the main point you're trying to get across. If your opening paragraph lays out your argument in an understandable, engaging, and informative way you won't need anything else to keep your audience reading.

Christina M. Frey is a book editor and a lover of great writing. Chat with her on Twitter about all things literary @turntopage2.



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The Watches Aren't Bad

Are you as scandalized by the cover price of magazines as I am? Oh, intellectually, I get it. Printing and postage costs are sky-high when you compare them to putting out digital editions of the same product. Subscriber numbers are probably down. But surely ad revenue has kept pace?

Whatever. The business case doesn't really concern me. I'll only buy magazines from the stand at Walmart where they have a buy three for ten dollars deal running on most titles. I have saved an incredible amount of money doing that and gotten some of those one-off magazines I don't regularly read.

But sometimes it's hard to find three worth buying, because, you see, I beat the cover price blues by subscribing. The subscription deal can be fifty percent or more off of the cover price, often with a free gift thrown in. I've scored two watches that way and I still cannot believe that I can wear them.

Normally I pay through the nose for a pure, stainless steel, designer watch. Anything of less quality makes my skin break out in a rash. Yet these two freebies don't. They may not be my first choice style-wise because they are circular in shape while I prefer square or rectilinear ones, but, hey, free is free.

Now, I have to admit I have so many magazines coming into the house I can't keep up with reading them all. There is a foot high pile on the side table near my living room chair and another bunch stacked in the bedroom. I read them if the content grabs me, or just absorb the visuals if the text is too much: too much like I've already seen, too of-the-moment hip, or too pretentious. And that can be true whether it's a design magazine or a fashion one.

It seems that my tastes or the value I place on content is changing. I've actually torn out recipes; though I'm not quite sure why. I've saved those illustrated exercise routines that are guaranteed to whip me into shape. Right. More frequently I seem to be clipping pieces on health or financial planning.

Sometimes I just jot down a product name or a domain name to remind me to look for more information. Sometimes I even find the scrap of paper again to do it. And some publications are so superfluous to my real life on a farm near Andrew, Alberta that there isn't a single take-away from an issue.

Then, if the magazine is still intact, I rip off my address label and take it to the nail salon so others can enjoy it. Goodness knows how I've spent many a happy hour there reading and being pampered. But the next batch should go to the walk in clinic. The wait is longer, there is no pampering happening, and the reading material is abysmal.

Magazines can educate and inspire or, if you let them, they can demoralize and defeat you. They're cheap entertainment if you do it right, and the watches aren't bad, from where I sit. *Hazel Anaka's first novel is Lucky Dog. Visit her <u>website</u> or follow her on Twitter @anakawrites.*

MAGHREB VOICES

Wanda Waterman

Tunisian Days III: Same Crazy Kitchen, Just Different Cooks



"Comme aux pires moments de la colonization. Mais cette fois, la colonization est interne." ~Soufiane Ben Farhat, *La Presse de Tunisie,* 24 October 2013

"By time, indeed, mankind is in loss, except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience." [Quran, Surat Al-Asr]

Tunisians often ask me what I think of Tunisia. My response usually goes something like this: "I love Tunisia. I don't love what Tunisia is doing to you Tunisians," to which I receive somber nods and downcast eyes.

A recent study marked Tunisians as the unhappiest people in the Middle East. The jubilant anthem of the Jasmine Revolution was followed by a blues song. You can see it in their eyes, hear it in their conversations, and witness it in businesses and cafes; there's a dark cloud blocking out the Mediterranean sun, a "why bother" attitude that runs the gamut from apathy to surliness to desperation.

The Lurking Dragon

The interim ruling party, Ennahda, which appeared at first to have been a moderate Islamic party, has revealed a salient weakness—if it truly is weakness and not covert cooperation—in its dealings with the country's biggest enemy, terrorists. This, coupled with a perceived effort to monopolize power and an unfinished (and democratically lackluster) constitution has lead to a loud call for this government's resignation.

Ben Ali, the second President of Tunisia, is gone, having taken with him his corruption, excess, and worldliness. But now that the boulder has been moved aside we can better see the lurking dragon: a network of zealous Islamists with an appalling lack of respect for the teachings of Islam.

Down: Leaders, National Guard, and Police

Since the revolution, Tunisia has witnessed the assassinations of two liberal leaders and Tunisian security forces have lost more than 25 members to terrorist attacks that also wounded over a hundred more. Eight of these murders occurred in the last few days. All attributed, so far, to <u>Salafist</u> extremists.

Security forces have been fighting a losing battle trying to control the terrorism menacing the country. The information network that enabled Ben Ali to remain mostly on top of the Islamists is now dismantled, leaving police and soldiers at times woefully unprepared. In the current economy, the resources necessary to launch a successful crackdown just aren't there.

Sexual Jihad

Unemployment, ignorance, and hopelessness have left many young women prey to an atrocious proposition: serve God by providing physical satisfaction to Syrian jihadists.

The Ministry of the Interior has recently succeeded in stopping 6,000 young women from going to join the jihadists in Syria. Unfortunately, countless before them were recruited, with the aid of brainwashing and dollar-waving, as part of a "sacred" mission to provide sexual favours to jihadists.

Many of these girls are returning pregnant to Tunisia, a country that doesn't tolerate out-of-wedlock births. Ennahda has promised to help them but one must question any such promises coming from a country that doesn't have the resources to aid these girls in raising their children.

How does this happen? Raised in a country that frowns on bare arms and public romantic displays, how is a girl talked into servicing Islamists in a foreign country? How is her brother talked into planting a bomb in an elementary school? The answer I get is always the same: the young have no future and are easily persuaded, while the terrorists are brilliantly persuasive.

Suspicions

The accusation that rings in the media and in the mouths of the more savvy citizens is that Ennahda has, at best, failed to provide security forces the resources they need to protect the people from terrorism. At worst, it is deliberately giving free rein to the terrorists to foster instability they can exploit for more power.

If the terrorists ever carried a scent of glamour, it's gone rancid. The growing unrest in the streets is fearless and adamant. Protests are populated by Tunisians of all ages—some obviously traditional Muslims, some not. They're angry at the deaths of guards and police. Guards and police who also happen to be their family members, friends, and neighbors. Maybe Ennahda believes the instability is exploitable, but the people look pretty stable to me, and I don't think that at this point they'll be easily cowed into submission.

Fight Smarter, Not Harder

As much as the West may live in fear of Islamist terrorist attacks, the threat of terrorism within Middle Eastern countries, Muslim against Muslim, is far greater.

Islamophobia has somehow persuaded the West to withhold aid to Middle Eastern countries living under the threat of domestic terrorism. But helping Tunisians to fight smart and providing security forces with logistics experts and adequate resources (medical care, technology training, and safety—not weapons) can only help us. The alternative is to watch the downward spiral, and it won't be pretty.

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Wanda also penned the poems for the artist book <u>They Tell My Tale to Children Now to Help Them to be Good</u>, a collection of meditations on fairy tales, illustrated by artist Susan Malmstrom.

CLICK OF THE WRIST

November Finds

Changing Times

In the wee morning hours of November 2, the time officially turns back an hour and we get to relive the time between two and three a.m.. For most of us, this means sleeping. CBC gives us a brief history of how this extra hour came about, and some of the debate that still surrounds it.

Movember Registration

30 days hath November, which means people (not just men) have 30 days to join the movement for men's health. Whether that's through growing a mustache, donating to the cause, or simply encouraging others to get involved. You'll find everything you wanted to know about the Movember campaign at the above site.

Day of the Dead

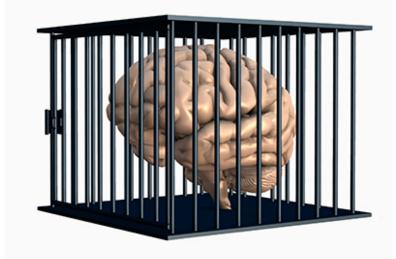
For some, Halloween marks the start, not the total, of a period for thinking about spirits on the other side. For although it's generally thought of as a single day, Dia de los Muertos really starts Halloween night and continues to its' culmination on November 2nd. USA Today has an article about how you can make this celebration of lives lived a little more authentic.

Do you think you can write up a set of links like this? The Voice Magazine will pay you \$20 for it.



PRIMAL NUMBERS

S.D. Livingston



Breaking Bad (Habits)

Bad habits. We all have them, and most of us find them nearly impossible to break. Is it because we're lazy, or lack willpower, or have some other character fault we could overcome if only we tried a little harder? The bad news is that our brain's habit-making centre tends to shut itself off from the rest of our brain. The good news? You can harness that knowledge to create good habits instead.

In this *Los Angeles Times* <u>article</u>, Wendy Wood, a professor of psychology, and David Neal, a psychologist specializing in behaviour change, note that "about 45% of daily behavior is repeated regularly and is thus susceptible to habit formation."

In other words, we're running on autopilot about half the time—repeating actions and behaviours simply because they've become ingrained, not because we're deliberately choosing them. Engaging our brains to think about those habitual actions would use up nearly twice the mental energy we already spend. Who has time for that, especially when it would take some of our finite daily energy away from all those other decisions we're busy making? It's no surprise that resistance becomes even harder "when people are distracted, tired, or drained of willpower."

To make things worse when it comes to breaking bad habits, Wood and Neal write that "habitual behavior implicates parts of the brain that have relatively sparse connections to other brain areas involved in conscious decision-making (willpower) and goal setting. In effect, our bad habits represent neural islands, pretty much cut off from our thoughtful planning."

Beyond the question of willpower and potato chips, those findings raise some potential legal issues. Habitual drunk driver? Sorry, Your Honour, but my client's neural islands have robbed him of his ability to make responsible decisions. That scenario might seem farfetched—until you consider that New York State's highest court is currently weighing a <u>landmark decision</u> on whether a driver can be too drunk to be held accountable for killing someone.

But if you're tempted to use Wood and Neal's research as an excuse for that failing grade in English, don't expect your professor (or that judge) to buy it. That's because the same processes apply to good habits, things like waking up early to go to the gym every day. Good or bad, once we create a

pattern of behaviour and allocate it to the automatic parts of the brain, it becomes very hard to turn that pattern off.

So how do we get those good habits started, and then happily relax while they run on autopilot? It's a word most of us don't want to hear: self-discipline.

No, not in a grinding, hate-the-gym-but-force-yourself-to-go kind of way. The trick seems to lay in simply getting those good habits off the ground. And too often, we tend to give up before our brain's autopilot response starts to kick in.

Say, for instance, you want to start exercising. You decide on walking and give yourself six weeks to make your virtuous new routine an automatic part of your life. The problem is that, four weeks into it, you discover that you don't like walking nearly as much as you thought you would. So you spend the next two weeks of your overall new goal (more exercise) trying out some other activities.

You finally hit on cycling, but you've only gotten on your bike a handful of times. And that means your brain hasn't had a chance to put that particular (highly enjoyable) habit on autopilot.

If we're going to incorporate desirable habits into our lives, we need to remember to hit that invisible reset button. If you start with a general goal but fail, simply do a mental reset: adjust the specifics and restart your timeline from the beginning. If Wood and Neal's research is right, your brain will eventually get it. And who knows? Maybe all that perseverance will become a habit without you even thinking about it.

S.D. Livingston is the author and creator of the Madeline M. Mystery Series for kids, as well as several books for older readers. Visit her <u>website</u> for information on her writing.

Wanda Waterman



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

Film: <u>Much Ado About Nothing</u> Director: Josh Whedon Genre: Comedy

Lovers, Liars, and Tongue-Lashings

"I had rather hear my dog bark at a crow, than a man swear he loves me." ~ Beatrice, *Much Ado about*

Nothing

THE MINDFUL BARD

At times this film reminds me of the *Seinfeld* episode in which, after some carefully laid plans have once more gone awry, Elaine finally admits the truth we've all been witnessing, not only in *Seinfeld* but in all the sitcoms we love: "What kind of life is this? I'm not a woman! I'm a child!"

In this play, Shakespeare delivered a deceptively lighthearted portrayal of what it's like when children play God. We observe an enchanted world, the domestic lives of the upper crust, polished to a sheen by years of tradition and improvements in quality control. This version of *Much Ado about Nothing* makes salient the sense of immaturity coupled with the arrogance and entitlement that plagues ruling classes, especially during periods of cultural decadence. In it, we're audience to a houseful of the rich and powerful of Messina, the men having just returned from battle, and all they can do is engage in tricks and romantic intrigues.

When Don John convinces Claudio that his dream girl, Hero, is unfaithful, Claudio guards his rage until his wedding day, when he spews out a rant that would sound like a WWF diatribe if it weren't expressed in such richly metaphoric Elizabethan English. The families are shocked by news of Hero's infidelity. The crisis is believable not because these people are so virtuous, but rather because Claudio's love for her is so intense and romantic that allegations of her infidelity turn him quickly into a raging cuckold.

Hero's own father believes the rumour and is ready to kill her for her "crime." The friar, a sweet soul, comes quickly to the rescue, delivering the reminder that human life must never be sacrificed to moral outrage. He cautions truth and patience, two things all Shakespeare's characters might note, considering that most of the crises in his plays result from swift overreactions to false information.

Hero's cousin, Beatrice, is a classic example of the female whose desire for masculine power causes her to despise her own sexual identity, an identity that nonetheless has granted her a tender and faithful heart. Her desire for power draws her into endless battles of wit with Benedick, a ladies' man whom she secretly admires, while her desire to avenge the besmirching of her cousin's name makes her demand Claudio's death.

The magical soundtrack brings out the playful transcendence of the script, especially the song "Sigh No More," a lovely modern rendering of the song in the play "converting all your sounds of woe/into 'Hey nonny nonny'".

Is there a downside? The decision to make this a black and white film seems to have been a bit of a flub especially when we see the lovely estate (the director's) which appears to be at the apex of summer greenery. Whedon said he wanted a film noir look, which is a bit incomprehensible for both the setting and the script.

Much Ado about Nothing also loses points for some awkward acting; yes, it's a feat doing Shakespeare in modern English but some of these lines transpose easily to a modern accent and phrasing. If better said they would have sounded more natural—and more humorous. However, Amy Acker, who is easily the best actor in the film, plays Beatrice remarkably well. She's charismatic, believable, and unfailingly charming in every scene.

It's always fun to see what directors do with Shakespeare in modern dress, and no less here. The film is well informed by the television experience of Gen X, and not just *Seinfeld*. For example, the director admits that *Law & Order: SVU* inspired the filming of the police scenes. There's also a nice touch at the end where Don John's arrest is shown on a smartphone. So, in that respect, it's a good vehicle for introducing Shakespeare to a new generation

Like it or not, at least in Shakespeare's view, love is heavily dependent on context. But is that such a bad thing? Does it make love less marvelous? Apparently not.

Much Ado About Nothing 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 provides respite from a sick and cruel world, a respite enabling me to renew myself for a return to mindful artistic endeavor;
- 4. It inspires an awareness of the sanctity of creation;
- 5. It displays an engagement with and compassionate response to suffering;
- 6. It makes me appreciate that life is a complex and rare phenomena, making living a unique opportunity.

INTERNATIONAL NEWS DESK



At Home: Sex-attacks at UBC Campus

The Globe and Mail <u>reports</u> on the sex-attacker that is believed to be responsible for six recent sex assaults on the UBC campus. Unfortunately, the size of the campus, some 400-hectares, much of which is forest, is hindering the search for the suspect. Also making things more difficult is that the campus itself is somewhat isolated, being 10km away from downtown Vancouver.

Security is, of course, at a very high level currently, with security guards at the main residences and school staff

now available to accompany students walking at night. But students at the campus are still nervous, and have adjusted their activities in response to the attacks.

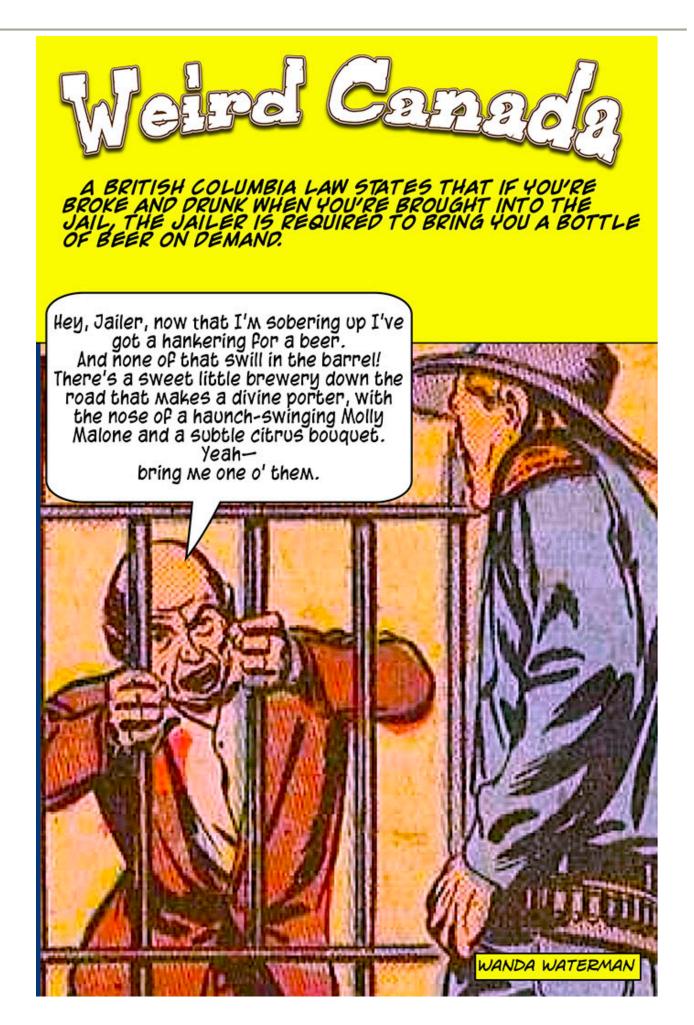
Around the World: UK University staff on Strike

Alberta is not the only place that university personnel are feeling the crunch. The BBC <u>reports</u> that both support staff and the lecturers at several UK universities are planning to go on strike as they say their pay has failed to keep up with rising living costs and that a 1% pay offer is not acceptable.

Unions say that the rejected 1% pay offer represents a 13% pay cut in real terms since 2009. Students are already starting to be affected by the strike as many university libraries have been closed due to lack of staff, and some universities have cancelled all teaching during the strike.

University employers, on the other hand, are saying that fewer than 5% of the total higher education workforce had chosen to vote for strike action, and that "The vast majority of staff think this is a fair offer. No pay levels in any sector have kept pace with inflation."

While we haven't seen action of this type taking place in Alberta, yet, it is known that the Alberta government is expecting 0% raises in upcoming negotiations, so how these strikes play out in the UK may be informative as to what we can expect here.



AUSU UPDATE



Dear Members,

You may have recently seen information on the internet speculating about the future of Athabasca University. These reports suggest that the Alberta government may broker a merger between AU and University of Alberta, and that this may result in drastic changes to the services and programs offered to students AU students.

We want you to know that AUSU is aware of these rumours and is actively investigating the source – we will keep you informed as we know more.

We can tell you that AU is governed via a bicameral structure with two main governing bodies: the General

Faculties Council (formerly Academic Council) and the Board of Governors (formerly Governing Council). AUSU has representatives on both of these governing bodies and we can confirm that there has been no formal discussion of a university merger among these groups. The AU president, Frits Pannekoek, has also assured the press that there is no truth to the rumour. On behalf of our members, we are seeking more information from the Board of Governors, the minister, and AU executives.

At this time we simply have no evidence that a merger is being seriously considered by AU, the U of A, or the Alberta government, and we note that among the many committees and working groups of AU, planning and development for the future continues as usual.

We know that our members are worried and want more information. We will update you as soon as we know more. At this time we do not feel there is any reason for students to worry or make changes to their study plans.

Do not hesitate to contact our office if you wish to talk about this or any other issue affecting AU students.

AUSU.

This column is provided by AUSU to facilitate communication with its members. *The Voice* does not write or edit this section; all content has been exclusively and directly provided by AUSU, and any questions or comments about the material should be directed to <u>ausu@ausu.org</u>.

CLASSIFIEDS

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THE VOICE

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