

# THE VOICE

## MAGAZINE

Vol 21 Issue 43 2013-11-15

### Tunisian Days

Traditional Home Health I

### Sit On It

The Science Behind

### Something's Wrong

Time Will Tell

*Plus:*

*In Conversation*

*The Writer's Toolbox*

*and much more!*



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# LETTERS TO THE EDITOR



**We love to hear from you! Send your questions and comments to [voice@voicemagazine.org](mailto:voice@voicemagazine.org), and please indicate if we may publish your letter.**

## EDITORIAL

Karl Low



## Symbiosis

Increasing the number of writers for The Voice Magazine is one of the tasks I've been set to accomplish as editor here, so you can understand my excitement when I saw an email offering original content for The Voice Magazine. Even better, it seemed the person was willing to provide this content for no cost. Of course, that's when the first alarm bells went off.

Reading more carefully, what this person was offering to do was to write content, supposedly original, that would subtly mention partners this person had and provides links to them. It seems they weren't as interested in providing content as they were for me to provide viewers for their hidden advertisements.

Now, one of the other tasks I've been set is to increase paid advertising to The Voice, with the goal being to one day be able to run completely independently of AUSU Council. So I have to admit, part of me looked at this offer and was thinking, "Two birds, one stone! I can call not paying this person for the article the fee I charged for allowing her to advertise, and I get additional content as well!" But the larger part of me found that this didn't sit right. The Voice Magazine has a responsibility to make sure that the trust you give us is earned. To do that, we need to be honest and open about when we, or others, are trying to sell you something. Calling advertising content violates that trust, in my opinion. Personally, I don't even like those "Advertising Features" you sometimes see in other magazines or newspapers, and I hate those "Brand Power" commercials that attempt to sound like they're unbiased reviews or education rather than the corporate sponsored advertisements that they really are.

This has been on my mind this week because we've had a number of advertising inquiries. Some conventional, some, like the one I just mentioned, not so much. But then there are those grey cases in between, such as recently The Voice Magazine has been contacted by a new musical group who are hoping to get PR for their first album and are willing to provide press kits, CDs, streaming or downloadable tracks, as well as be available for interviews or other things should we want.

Part of me immediately revolts. Those same alarm bells as from before warn me about letting The Voice Magazine be used by people just looking for free publicity. I certainly don't want The Voice Magazine to become the student media equivalent of Brand Power. But, on the other hand, they can't control the reviews we write, and who knows, maybe they are a really excellent group that's attempting to get started on their own, without having to restrict themselves to the dictates of the traditional music publishers. Getting interviews and reviews with the group at this stage may turn out to be a scoop if they happen to become the next big thing. Also, if I'm being honest, I want the content, and who doesn't like a free CD or two?

This brings me face to face with the symbiotic relationship between the publisher and the advertisers. We need each other in a sad, desperate fashion. I'm just lucky to have it easy right now. With AUSU providing funding for The Voice Magazine, I have the luxury to look at these offers and not have to balance them against

being able to pay writers and staff. So while I probably will take the musical group up on its offers, I'll do so because I know I can afford to have any review be an honest one. And because I have that luxury, you won't find any advertising masquerading as an article here.

What you will find, however, are the honest experiences of Wanda Waterman in Tunisia, and her interview with Matt Zimbel of the group Manteca, whose album she reviewed last week. You'll also find Hazel Anaka with too much time on her hands, S.D. Livingston exploring the finer points of sitting around, Christina M. Waterman providing examples of, well, exemplifying, and a number of other small goodies throughout the magazine. What you will not find, yet, is our Reader's Survey. I haven't forgotten, but it's going a little slower than I hoped it would. I'm currently projecting that it will be ready by the next issue.

However, I do have an idea about the prizes I talked about, and have gotten tentative approval on them. I'll just say that if you're going to be a student at AU for a few more years, then you'll probably want to fill out both the Reader's Survey next week (fingers crossed) and the larger student survey that will come after that to maximize your chances.

Until then, happy reading.

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## INTERNATIONAL NEWS DESK



### **At Home: A Third of what was taken from Alberta Post-Secondary Returned.**

The Alberta government has provided new funding of \$50 million dollars to post-secondary education reports the Edmonton Sun. This is just over a third of the \$147 million cut in the spring of this year.

Advanced Education Minister Thomas Lukaszuk said that the cuts in the spring were necessary, but that the government always intended to put some money back as "this is our number one priority". In unrelated news, the funding for the twinning of Highway 63 south of Fort MacMurray, which must be some priority other than number one if Mr. Lukaszuk is telling the truth, was never threatened, and the accelerated development plan is still fully funded.

### **Around the World: Austerity Cuts in Italy Cause Student Protest.**

Cuts aren't just happening here. In Italy, the BBC reports that students are protesting loudly against spending cuts that have been proposed in the 2014 budget, with some scuffles even breaking out with riot police during some protest marches. The unrest is so severe that five students in Madrid are now on a hunger strike, one of whom has been accepting only liquids for over a month.



## Writer's Toolbox

Christina M. Frey



### For Example

“Support your statements with examples,” my fourth grade teacher told us. And while it might have sounded scary to an elementary school student, adults will recognize how commonly we do this in everyday speech. Whether we’re complaining about the obnoxious drivers on today’s commute or clarifying exactly what kind of flour we want at the grocery store, we use illustrative examples all the time.

When it comes to writing them down, though, things can get a little confusing. This week’s Toolbox will explore the difference between *i.e.* and *e.g.* and offer a quick way to figure out which abbreviation to use.

One of the most common writing errors is based on the assumption that *i.e.* and *e.g.* are interchangeable. In fact, each one has a distinct meaning--and using the wrong abbreviation can actually alter the statement you’re trying to make.

The abbreviation *e.g.* means “for example”; it comes from the Latin *exempli gratia*, which basically means “for the sake of example.” It is used to introduce a few examples; in other words, a sample of possibilities, a limited list, a few examples out of several others that could have been chosen. You could mentally substitute “like” or “such as” and have the same meaning.

Example A: *I’m going to bring some food to the party, e.g. cookies and cupcakes.*

This sentence means that the speaker will bring some food, like cookies and cupcakes--maybe she hasn’t decided what she’s bringing yet, so she’s just giving examples, or maybe she’s bringing several items, including but not limited to cookies and cupcakes. Note that this sentence does not mean that the (only) items she’s bringing are cookies and cupcakes.

The abbreviation *i.e.* means “that is”; it comes from the Latin *id est*, which means “that is to say” or “in other words.” It is used to describe by explaining; it does not specifically list examples, but rather clarifies the word being described.

Example B: *I’m going to bring some food to the party, i.e. cookies and cupcakes.*

This sentence means that the only food items the speaker is bringing are cookies and cupcakes. The phrase beginning with *i.e.* just further narrows the options (food) that the speaker is talking about.

***When in doubt, substitute “such as” and “in other words” in your sentence and see which one makes the most sense for the meaning you’re trying to convey. Then swap it out for the appropriate abbreviation.***

The abbreviations *i.e.* and *e.g.* are common in all kinds of writing, from essays to correspondence. Learning how to use them properly will make your writing clearer and your examples stronger.

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



## Something's Wrong

If my eyes aren't burning and my butt isn't numb, if the pain in my forearms almost disappears and my neck doesn't ache, it feels like something's wrong. If I have time to prepare a meal and take an hour break to eat it, it feels like something's wrong. If I have time to gather my thoughts, or reach out to friends, or read for pleasure, then there's really something wrong.

Or, if I can orchestrate a sleepover with Grady, including pick up and return, something's amiss. If I have time to make a necklace, watch three movies in a row, or play hooky in Edmonton, something's wrong.

If I have time to do my banking, get a massage, and keep medical appointments—in other words, put me first—there's assuredly something wrong.

And, of course, by wrong I mean out of the ordinary, unusual, and foreign. We're talking once-in-a-blue-moon territory.

But up until the last few days that's exactly what was happening. I was the one pacing, visiting the fridge, feeling a little lost. Because, you see, I didn't have umpteen projects on the go. I wasn't sitting at my desk for butt-cramping hours on end. I wasn't making and taking dozens of calls. Or writing a million e-mails, or prepping for important meetings.

I was in that limbo, black-hole state of suspended animation. I was "between projects." Of course, there was the post-festival paperwork required to prepare a final report and to justify the grant money received. But the

adrenalin pumping, crazy-making, deadline driven activity had skid to an abrupt halt. The Festival had been a success. Harvest was over. The municipal elections were over.

Stuff was happening. Just not at the frenetic pace I was used to. A bucket-list trip to New York was booked. A one-day job of assisting at a big Edmonton event was landed. The odd meeting took place. I even chaired a meeting with the Premier, for heaven's sake.

So, in classic "watch what you pray for" irony, I didn't quite know what to do with myself. Even though my less busy state looks hyper compared to how some people live, I couldn't quite enjoy it. It felt like something was wrong—was missing. It seemed I should be doing something. How could I just veg out? Or take time to visit my mom? Make Thanksgiving dinner for twelve? Visit my sister in Hinton? Watch movies with Grady?

Am I an adrenalin junkie who enjoys the 'rush' of doing exciting, challenging stuff even if it affects my health? Did I miss the life lesson that says it's enough to simply be? How do I avoid the wild swinging pendulum of extremes? Should I be saying "no" more often? Will life be easier the second year of the festival? Do I grab life with both hands while I can because there's time to rest when I'm dead?

Great questions, these. Now I just need to focus on the answers, from where I sit.

Hazel Anaka's first novel is *Lucky Dog*. Visit her [website](#) for more information or follow her on Twitter @anakawrites.

## CLICK OF THE WRIST

The Month of November is coming to be known internationally as Movember, with moustache growing being used to raise awareness about prostate cancer, and generate funding to help research this deadly disease. In honour of that, here are some links to help you finish your Movember in style.

### The Jargon

Pencil, Toothbrush, Horseshoe, Burnsides? What are all of these things? Oxford Dictionaries has a site to help you identify the species of moustache you might encounter out in the wild.

### The Idols

For inspiration, here are 35 men who wear the facial hair so well it will make you wonder why anybody wouldn't want a mustache on any day of the year

### The Unfortunate

Sadly, growing a winning moustache isn't simply a matter of willpower. There are genetics involved. This link from the CBC has an interview that not only explains that, but also takes a look at how that moustache might affect a man's sexual attractiveness to women.

### The Reason

We would be remiss if we didn't include at least one link to why Movember exists in the first place. Here you can learn all you ever wanted to know about prostate cancer, and probably a good number of things you really didn't want to know either. Also, you can find recipes and healthy living tips to help deal with and avoid this disease from affecting you or the ones you love in the first place.

Think you can put together an interesting set of links with a theme like this one? If so, let us see it at [voice@voicemagazine.org](mailto:voice@voicemagazine.org). We pay \$20 for short submissions like these.

## Face the Hair





# MAGHREB VOICES

Wanda Waterman

## Tunisian Days: Traditional Home Health, Part I



*"The universe is full of magical things,  
patiently waiting for our wits to grow sharper."*

Eden Philpotts

*"We produce from it greenery from which We produce grains  
arranged in layers. And from the palm trees— of its emerging  
fruit are clusters hanging low. And [We produce] gardens of  
grapevines and olives and pomegranates, similar yet varied. Look  
at [each of] its fruit when it yields and [at] its ripening. Indeed in  
that are signs for a people who believe."*

Quran, 6:99

Tunisia boasts a host of highly skilled medical doctors. Sadly, the costs of such care—as well as the expense of prescription and over-the-counter medications—places mainstream medical care beyond the reach of many Tunisians. As a result, many of them are still in the habit of turning to the kitchen to treat everyday ailments like headaches, colds, flu, and stomach aches, and for supplementing the care of family members suffering from chronic illnesses like diabetes, heart problems, and arthritis. A combination of traditional cures and an ounce of prevention are sometimes just what the doctor ordered.

In comparison with most North Americans, Tunisians have a very nutritious diet whose only weakness is a bit of overdependence on French bread, bought fresh each day and copiously consumed at every meal. But the freshness, variety, and quality of the fruits, vegetables, seafood, poultry, and dairy products tend to cancel out some of the gluten. And the time and care taken to prepare meals results in yummy repasts that leave you healthy as heck.

Cold-pressed virgin olive oil is an integral part of the famously healthy Mediterranean diet and not only because of its resistance to heat, which makes it one of the few oils that prevent the proliferation of free radicals in the body. Tunisians also ascribe to olive oil the same range of healing powers my Irish grandfather used to ascribe to whiskey.

I can't help but think that many of the healing properties claimed of the olive oil here stem from how most families own their own trees and produce all the oil needed in their households, selling the extra. The trees, so old and beloved, are almost family members themselves.

I've personally witnessed that, warmed and placed in the ear canal, olive oil soothes earache, and that, mixed with lemon juice, it's very effective in treating coughs and sore throats. It makes an amazing hair conditioner (but it must be shampooed out, not just rinsed). It's often used as a vehicle for herbal poultices for external use—both cosmetic and curative. Tunisians also use it to treat trachoma. And I've heard it's also used to treat wounds.



**Bsisia is a delicious drink made from finely ground grains & spices. High in protein and an excellent energy booster.**

Beyond olive oil, *Bsisia* is a scrumptious drink used for many years by Bedhouins, Sephardic Jews, and Berbers, especially while travelling in the desert. The version I've been drinking is made from wheat, chickpeas, and a mélange of spices, all very finely ground. The simplest way to drink it is to add sugar, olive oil, and water and stir, but I've seen the powder made into a paste with olive oil, dates, and sugar, with hot milk stirred in to concoct a rich meal-in-itself. The complementary proteins make it an excellent source of energy as well as a great sleep aid and cure for constipation.

Large bottles of orange blossom water are a common sight in Tunisian kitchens and are used to flavor coffee, baked goods, and desserts. Drops of the perfumed water are dotted over the entire head for alleviating headaches and sunstroke.

The little kiwi-like cactus fruit that Tunisians call *hindi*, the French call *figuier de Barbarie*, and Americans call "prickly pear," is regarded with some caution by Tunisians. They warn you not to eat them first thing in the morning and never to eat more than four at one sitting. You're well advised to listen because too much *hindi* can cause diarrhea, stomach cramps, and nausea. On the other hand, the fruit and the plant from whence it comes show strong evidence of being helpful for diabetics.

Every street and *souk* (marketplace) boasts at least one spice stall, selling culinary and medicinal herbs. In most cases the two categories are one and the same. For example, rosemary is used to treat muscular stiffness and pain as well as a range of diseases including malaria and chronic conditions like hypoglycemia. These shops also sell herbal tinctures and strictly medicinal herbs. A few even sell dried animals and animal parts— usually tiny reptiles such as chameleons— touting the pseudo-magical properties of ingesting them, but these are rare and normally only sold to tourists.



**Rosemary, sold in bulk, is commonly used to treat muscular pain, hypoglycemia, and malaria**

I've noticed that Tunisians don't especially like the taste of cinnamon— remarkably, the people with the hottest food in the Middle East feel that cinnamon is too hot— but they do use it as a tea to reduce swelling.

*Please do not attempt to use any of the above folk medicines without first consulting a medical professional.*

*(To be concluded next week)*

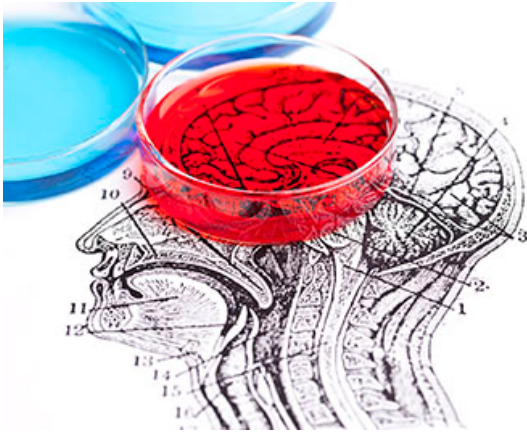
#### Sources

Various informal discussions with Tunisian laypeople

Maria Lucia Leporatti and Kamel Ghedira(2009). Comparative analysis of medicinal plants used in traditional medicine in Italy and Tunisia. Journal of Ethnobiology and Ethnomedicine 5, 31. doi: 10.1186/1746-4269-5-31

## PRIMAL NUMBERS

S.D. Livingston



## Sit On It

It's a conundrum of our technology-driven life that people are putting in longer hours on the job and are available 24/7 on phones and computers, yet we're also more sedentary than ever before. Whether it's typing in a cubicle, staring at a PowerPoint presentation, or getting some downtime in front of our laptop screen, it seems that all we ever do is sit. Which makes me

wonder—is adding more technology to our chairs really the answer?

There's no doubt that many serious health risks come with all those hours of sitting. An [article](#) at the Mayo Clinic reveals that it's not just a few extra pounds we should be worried about. Extended periods of sitting can lead to such serious ailments as cancer and cardiovascular disease.

In fact, a recent study “compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time.” Along with other health risks, the group who spent more time in front of a screen had “a nearly 50 percent increased risk of death from any cause.”

When the demands of school or work often mean long hours parked on our derrières, the obvious solution is to offer more creative options for the objects we sit on. After all, the basic chair hasn't changed much over several hundred years. Yes, there are different materials, different colours, and even adjustable parts, but the basic form—seat, legs, back—would still be recognizable to a medieval peasant.

One modern update is the Steelcase Gesture. David Pogue has a fun [video review](#) of it in *The New York Times*, and I have to admit that if it's as cool as it looks, I'd probably spend the first hour just spinning around in it. The Gesture won't get you off your butt, but it will give you a lot more options to change position.

Then there are the alternatives to a traditional chair, as you can see from this Mashable [slideshow](#). Things like a saddle chair or balance ball chair. There's also something called an “active dynamic stool.” While most alternative chairs still keep users in one position, a dynamic stool encourages movement. One such stool is called the [Swopper](#). It's a bouncy, swivelling, swaying chair that lets you stay in constant motion, even though you're still seated. There's a smaller version for kids, too.

Still, I'm not so sure that finding more ways to cater to a sedentary life is the way to go. It's one thing to shift or bounce around on your chair—it does go some way toward alleviating the ills of sitting motionless. But it doesn't address the many benefits we're losing by not walking, bending, lifting, or running.

Aerobic exercise, for example, is known to release endorphins. It affects our mood in a proven, positive way. In a business or school setting, that affects everything from attendance to the way we interact with others and make key decisions. Weight-bearing activities (yes, walking is one) bring their own health benefits.

So, yes, let's build more ergonomic chairs. But let's not forget that they can't replace the normal physical movement that undeniably keeps us healthy. Instead of finding more ways to keep us sitting in comfort, we should look at the outdated cubicle farms that are still the norm in most businesses. Indeed, why not build an indoor playground for workers? I bet that a swing, a slide, and a few monkey bars would have great appeal. The idea might seem fanciful—but a hundred years ago, so did the notion of sitting virtually motionless and staring at screens all day.

The bottom line? Modern technology is fun, useful, and engaging. But if we're going to spend that much time sitting down, eyes focused on our screens, I hope we don't forget about the amazing machinery of the human body and the very real need to keep it moving.

*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 [website](#) for information on her writing.*

## DID YOU KNOW?



### Aeroplan Enables Higher Ed

A firm called [Higher Ed Points Inc.](#) has recently launched that lets Canadian students fund their education through the use of Aeroplan miles.

Aeroplan members can redeem miles in \$250 denominations which then can be transferred to Higher Ed Points partner institutions. While this is currently limited to the University of New Brunswick, and Centennial College in Toronto, Ontario, Higher Ed Points hopes to expand this network rapidly.

The founder, Suzanne Tyson, explains, "We're a nation of dedicated loyalty program participants, so even if students themselves haven't collected a lot of loyalty points, they still have a very good chance of knowing someone who would be only too happy to make a "donation" toward their higher education."



## IN CONVERSATION

Wanda Waterman



## Audiences Gasping in the Silence

*"Music washes away from the soul the dust of everyday life."*

Berthold Auerbach

*Manteca is a nine-piece Toronto-based jazz ensemble that generates music notable for its buoyant enthusiasm, broad spectrum of influences, smarts, and incredible listening appeal. Monday Night at the Mensa Disco, their ninth album, was released in September. Via Indiegogo, fans helped Manteca exceed its financial goal. Recently, composer, drummer, and founding member Matt Zimbel took the time to tell Wanda Waterman about his musical influences and the joy of performance.*

## From the Big Apple to Green Gables

Matt Zimbel grew up in Tarrytown, New York, but when he reached his early teens the family moved to Prince Edward Island. He describes his childhood as "a combination of a very suburban, urban, and rural upbringing."

Matt credits his creative parents with preparing him well for the artistic life, "My parents taught me much about work and art and life;" he says, "they've been a tremendous influence and support."

One of the best things they did for Matt was to provide a stimulating context for his own artistic life. "There was a lot of creativity and many interesting people around the house."

The Canadian experience granted his life a more introspective quality. "Moving to the Island was at once invigorating and interesting. But also at times quite solitary compared to the peeps I used to run with in New York."

## Musical Influences

"I recall early on hearing the music of Dave Brubeck and the Swingle Sisters and Marian McPartland at our house. My parents also bought the Beatles' *White Album* and played that a lot."

"I'll never forget my mother coming home from substitute teaching and telling us about this incredible song all the kids were talking about at school— 'Good Vibrations' by the Beach Boys," explains Matt. "I heard that song again recently after many years of never coming across it, and it really is an astonishing pop song— the arrangement, the innovation, the craft . . . amazing."



"After I became a musician, groups like Osibisa really had an impact on me. You can hear Gino Vanelli's 2<sup>nd</sup> and 3<sup>rd</sup> records in elements of what Manteca does, and Eddie Harris and Les McCann transformed my world."

### **The Impact of a Collective Shot**

"I love the joy of being on stage with Manteca and feeling the impact of a collective shot made by nine people, feeling the lighting cue and hearing the silence between the notes and sometimes even hearing the audience gasp in the quiet."

"When the band is really tight, which is almost always and we feel grounded on stage it means that we're playing the tunes (because sometimes they play us). Those moments are really special. They've happened all over the world and it's an experience very close to my heart."

"The thing people say most often after our shows is, 'Wow, I wasn't expecting that!' That said, I've also seen some remarkable concerts. I love to see innovation, things I wasn't expecting. Recently a show from the French artist Camille brought me there."

### **Biggest Regret**

"I left school in grade 10, but I should have left earlier; it was just getting in the way of my education."

*(To be concluded next week.)*



# ANTBOY IN: JOINING FEMEN



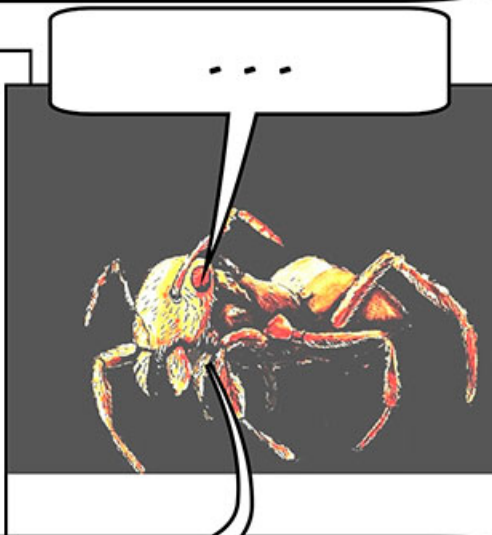
HEY, ANTBOY, MY GOOD BUDDIES DOWN AT THE COMMUNITY CENTRE JUST TOLD ME ABOUT A SUPERHERO SQUAD I'D ACTUALLY FEEL COMFORTABLE JOINING.

THEY'RE CALLED "FEMEN!" OH, YEAH! THEY'RE STRONG, SMART, BEAUTIFUL, AND DEDICATED TO FIGHTING INJUSTICE.



UM, CAPTAIN, FEMEN IS A LEFTIST MILITANT ACTIVIST GROUP. THEY STAND FOR EVERYTHING YOU DESPISE.

NOOOO, FEMEN IS A NICE BUNCH OF GALS! HOW STRAPPING I'D LOOK FIGHTING CRIME WITH THEM IN MY WAKE!



THESE "GOOD BUDDIES"— WERE THEY TITTERING JUST A LITTLE?

WRITTEN BY WANDA WATERMAN

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

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# CLASSIFIEDS

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

## THE VOICE

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