

# in edition

 The UNIVERSITY of WINNIPEG

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## The Best Prevention is Early Prevention

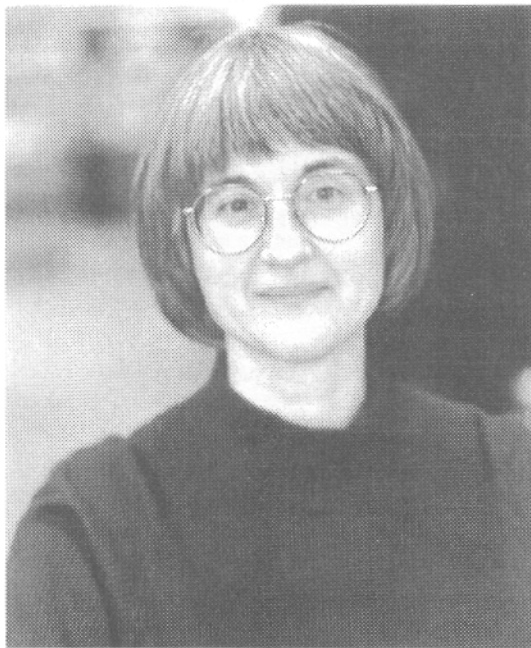
Psychology professor Wendy Josephson has spent the last two years evaluating young people's attitudes toward violence in their relationships. She and Joselyn Proulx, from the University of Manitoba, have been working with a research team to deliver a violence prevention program to students in Grades 7, 8 and 9. "We believe the best prevention is early prevention, which in this case means before young people have well-established romantic relationships," says Josephson.

In the early stages of the project, all students participated in a questionnaire that was designed to evaluate attitudes toward and behaviour within various kinds of relationships. Students in each grade level were then divided into two groups: the control group and the program group.

The students in the program groups participated in different activities depending on their grade level. The activities are designed to help them identify different kinds of abuse, recognize sources of influence, such as peer pressure and the media, and understand power within relationships. "They learn that exerting power over another person can lead to violence and exploitation. They also see that sharing

power is the most satisfying choice for both partners," explains Josephson.

Young people are bombarded with negative images of men and women together, contends Josephson. "Advertising, TV programs and music videos often portray women as submissive while men are powerful and dominant. It becomes crucial to counter the effects of these images with more realistic ones," she asserts. Fortunately, the teachers who have been involved with the project are committed to changing negative notions about relationships. "The program has fit in well with the curriculum at every school that we've worked with. Educators are genuinely concerned about



*Wendy Josephson hopes a violence prevention program will become a standard part of the curriculum in Manitoba schools.*

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RESEARCH ISSUE

## Prevention

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teaching children to respect themselves and each other," Josephson reports.

The Grade 7 students are introduced to role playing as a means of identifying problematic behaviour within relationships. Conflict resolution is dealt with in terms of developing constructive responses. "Instead of using aggression to handle conflict, students are taught to be assertive," she says. "The results have shown that the level of self-confidence has increased."

Media literacy is the focus of two eighth grade sessions. Using TV and magazine advertisements, participants look for gender stereotypes. "We start with an example ad that features grossly exaggerated gender roles," Josephson explains. "For example, we might look at an ad where the woman is shown in a provocative position and the man is seen as overpowering her. Then we would discuss the stereotypes and what a date would be like if people actually fit those stereotypes."

The students analyse ads within smaller groups and then present their findings to their classmates. Other centres of influence, such as peer pressure, are also discussed.

Of the children Josephson worked with, 75% were dating by Grade 9. Reflecting that reality, the main focus of the sessions is dating and romantic relationships. "We begin by discussing the concept of setting personal boundaries. A scenario in which a friend has exceeded those boundaries is presented, and the challenge is to find an assertive way to react." This activity leads to a discussion about date rape and the misuse of power within romantic relationships.

By the end of the second year, Josephson made some encouraging conclusions based on the post-program test. For example, girls reported feeling more confident, and they indicated that they were less likely to be injured. On average, they reported having the same number of disagreements with friends and/or boyfriends, but they were dealing with these situations in a less destructive manner. There was a dramatic change in the preferred way of responding. For example, about three-quarters of respondents said that when someone had made a hurtful comment, they were likely to respond assertively rather than aggressively. That is up from one-half at the beginning of the program. "Recognizing good communication is a critical first step," Josephson speculates. "If young people learn to communicate without using violence and aggression now, they are less likely to use violence later in life in their romantic relationships."

This is the final year of the project, and Josephson admits that she will miss working with these young people, who she describes as "sophisticated and knowledgeable." "They're so sincere, and this issue really matters to them," says Josephson. She hopes that one day a similar program will become a part of the curriculum in all schools.

## The University of Winnipeg Policy Manual Update

Revisions to the Policy Manual have been issued for the following items:

- (1) Table of Contents
- (2) By-Law No. 1/92 General
- (3) By-Law No. 2/85 Conflict of Interest
- (4) C-3 Capital Expenditures/Leases/Service Contracts
- (5) E-3 Employment Policy for Support Staff
- (6) T-1 Travel
- (7) U-2 University Promotion Expenses
- (8) I-1 (Ac) Integrity in Research and Scholarship

New Additions to the Manual:

- (9) Chapter U70—The University of Winnipeg Act
- (10) E-8 Emergency Planning and Response Policy
- (11) P-5 Performance Evaluation Policy
- (12) U-3 University Vehicles

Each departmental office has a copy of the University's Policy Manual. Copies are also held in the Office of the Dean of Arts and Science, The Collegiate office and the Library reference room.

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Comments, suggestions and submissions are welcome. (All material is subject to editing.)  
The deadline for the next issue is Dec. 4.

*In edition* is printed on recycled paper. After you have finished with this issue, please pass it on to a friend.

## A Professor With His Head in the Stars

There's a new rock star at The University of Winnipeg. Geography professor Edward Cloutis has received \$12,000 from the National Geographic Society to study meteorites or, as he likes to say, "strange rocks."

"I have always been interested in planetary geology—asteroids and meteorites," says Cloutis. "From 1971 to 1985 the federal government set up telescopes to observe fireballs and shooting stars in the night skies of Western Canada. My research involves going to some of these sites and looking for fragments of meteorites."

In spite of thousands of meteorites recovered on the Earth to date, only three have been accompanied by precise observational data, explains Cloutis. The government's Meteorite Observation and Recovery Program (MORP), a network of cameras and telescopes, recorded over 50 atmospheric fireball events. They documented the locations, within a few kilometres, where the brightest fireballs and fragments fell from the sky and where meteorites are most likely to be found.

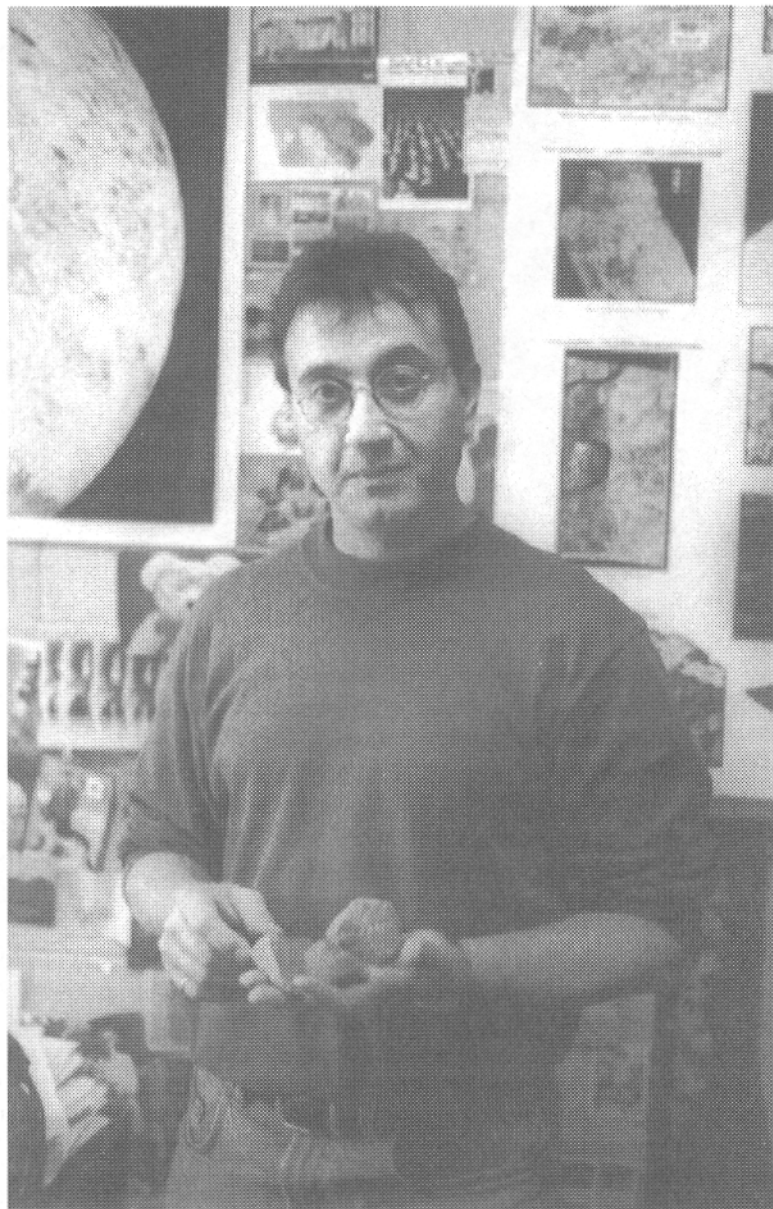
Cloutis, and a group of field researchers, set out in October to the most promising sites in Manitoba, Saskatchewan and southern Alberta to recover any "strange rocks" or meteor fragments.

The hunt for meteorites often involves a lot of high-tech equipment and metal detectors, Cloutis says, but one of the best ways to search is to walk through farmers' fields and talk to area residents. "Farmers know the land better than we do and what appears to be 'just a strange rock' could actually be a meteorite."

Cloutis and his research team retrieved about 54 strange rocks - some the size of grapefruits - but their composition has to be examined further to determine their age and what they mean in the whole solar scheme of things. "We should know more in a few weeks," Cloutis says, "but National Geographic has first crack at the findings."

Finding meteorites is "cool" Cloutis admits, but the greatest value lies in knowing where they came from. The successful recovery of meteorites allows researchers to determine where and how far they fell, to identify specific meteorite types, and answer questions about orbital dynamics and other mysteries of the universe.

Cloutis adds that this research also helps resolve discrepancies between different methods used to estimate meteorite mass, and to look at the relationship between the rate of influx of these fireballs and what mass survives. "These rocks help us answer some of the big questions of the universe."



*Asteroids and meteorites have always been Edward Cloutis's fascination.*

## Imagine Feeling Great



*Leanne Nazer-Bloom says "Excellence at Living" gives young people the tools they need to cope with stress.*

Wouldn't it be great if merely imagining a quiet place was enough to make you feel relaxed? Or if you could alleviate stress by simply "changing channels" to something pleasant?

Physical activity and sport studies lecturer Leanne Nazer-Bloom is teaching children that they can feel great by taking control of the stress in their lives. *Excellence at Living* is a program that teaches kids to turn life's challenges into opportunities for growth. Everyone has stress, but it's how you react to it that makes the difference," Nazer-Bloom explains. "Teaching them how to manage stress will give them the coping skills they'll need in adult life."

The concept was derived from the work and research of Terry Orlick. He developed a *Feeling Great* program based on the Swedish practice of teaching relaxation skills as part of the regular school curriculum. Over 3,000 children in the Ottawa area have had great success with the program. Nazer-Bloom created *Excellence at Living*, a similar program that meets the needs of children and teachers in Manitoba. She and her students have now delivered *Excellence at Living* to 980 young people, and the results have been fantastic.

According to Nazer-Bloom, there has been a positive response from children, administrators, parents and teachers at schools where the program is in place. Pacific Junction Elementary School, Nordale School, Linden Meadows School, Marymound School and St. Francis Xavier all rave about the program. "Educators see the value of being proactive instead of reactive," says Nazer-Bloom. "It's a small price now, but a big price later. Kids who can't cope with stress turn to drugs, develop eating disorders and in the worst cases, become suicide victims." It's much easier for young people to learn stress management, before they have developed unhealthy ways of dealing with their problems.

What *are* some effective ways of handling stress? For one, get a sense of humour. It's virtually impossible to feel angry or anxious when you are laughing. "Keeping a sense of humour about yourself and about life in general can help you to maintain a balanced life," notes Nazer-Bloom. "Humour also lifts your spirit and helps you to cope."

Imagination is a terrible thing to waste, so why not use it to control stress? One boy who used mental pictures to control his behaviour told Nazer-Bloom that he imagined a scenario where he was offered drugs. He was proud to report that in his imaginary scenario, he turned the drugs down. "I could see myself staying calm and deciding to say no to drugs," he says.

Hearing this kind of story makes it worthwhile for Nazer-Bloom. "Many people from the community and from other schools have contacted me about adopting *Excellence at Living*. It has widespread appeal because people recognize the importance of these life skills," she says. "In our society

## Exposing the Roots of Urban Decay

A serious study of inner city decay is long overdue. According to Colin Goff, professor of sociology, and Chris Leo, professor of political science and urban planning, this issue has been overlooked for too long. “Canadians are aware of the prevalence of decay in American cities,” says Leo, “but the same problem in Canada is ignored. We pour money into projects that enhance the beauty of the downtown area, yet the inner city area doesn’t get maintained. The poor are being isolated in certain areas, and those groups are spreading into the suburbs.”

Leo and Goff have secured initial funding for a study of urban decay in Winnipeg. Their overall goal is to produce research of academic quality that plays a role in the policy process and in public education. “We want to contribute to recommendations for dealing with some of the elements of the decay problem,” notes Leo. Several questions will be addressed during their investigation:

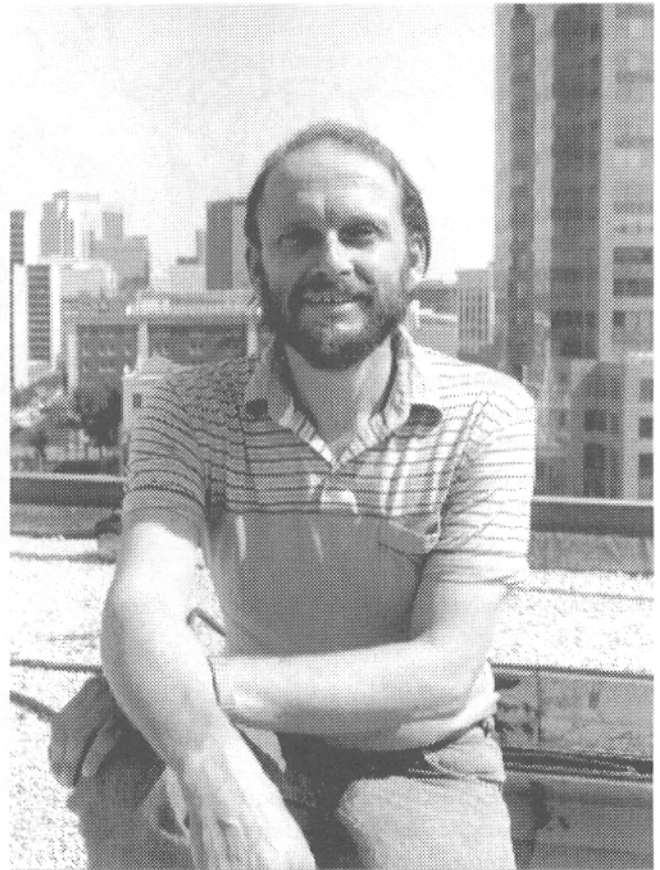
- What is the relationship between poverty, social isolation and crime rates?
- How has Winnipeg fared on these dimensions in comparison with American cities?
- Is race implicated in these social ills and, if so, how?
- Are there correlations between incivility or disorder on one hand, and crime rates, social isolation and poverty on the other?

Goff and Leo’s research will be based primarily on Statistics Canada census data and police records. Using this data, they hope to compare Winnipeg with American cities, to better understand the social-economic dynamics of the process of inner city decay. “There are many variables and they change continually,” notes Goff. “Changes in communities have to be monitored to identify which factors contribute to improvements.”

In exposing the reality of the situation, Leo says his only concern is that they will inadvertently reinforce damaging and unfair stereotypes. “People have exaggerated images in their minds of the inner city. They are nervous about walking through it—most people avoid it,” Leo says. “Stereotypes are perpetuated without evidence of any truth behind these notions.”

Crime is often directly associated with poverty, but Goff says the issue is very complex. “It’s a broad social issue,” he explains. “Law enforcement is only about 10 per cent of the solution. We need to tap into social services. For example, areas that have foot patrols tend to have lower crime rates.”

In exploring the interrelationships among poverty, social isolation and crime, Leo and Goff have made several hypotheses. One is that extreme neighbourhood poverty combined with social isolation produce high levels of crime because the conditions that encourage criminal behaviour



*Chris Leo hopes to use the findings of their research to influence policy implementation.*

are so pronounced. “If pockets of poverty were mixed in with middle class people, we would probably see crime rates drop,” Leo speculates. “Our study will provide evidence on the question of whether crime and poverty are related in this way.”

They are also proposing that social isolation is not exclusive to inner city neighbourhoods: it occurs in affluent neighbourhoods too. The conventions of city planning erect boundaries between populations of different classes. “People living in the suburbs assume that their property value will go down if people of a lower social status move into their neighbourhoods,” Leo proposes. “Many zoning regulations and real estate practices enforce social isolation.”

Leo and Goff believe their findings will make a valuable contribution to the criminology literature. “We’re focusing on Winnipeg right now, but we hope to conduct similar research in other Canadian cities,” Leo says. “It would provide important information that’s long overdue.”



## Millennium Madness

When co-authors Mark Morton, University of Winnipeg English Professor, and Gail Noble set out to write a book about the ends of previous centuries, they intended to finish with an anthology-style publication. However, the final product, entitled *The End: Closing Words for the Millennium* (Bain & Cox, 1999), ended up being more of a commentary on what our predecessors had to say about the ends of centuries. "We realized," Morton says, "that the quoted materials were more suited to a popular book, not an academic one." In fact, some of the quoted passages lent themselves to rather "comedic commentary," says Morton. "There is a lot of fun in the book, and we want it to appeal to a popular audience."

Celebrations around the closing of a century are anything but predictable. According to Morton and Noble, the "sound" of the New Year's parties that rang in the 20th century was cause for concern. Some medical experts thought the noise might even be a health hazard:

In Chicago, the *Tribune* quoted a "woman physician" who informed the Mayor that "I have under my care two cases where noise is most distressing and where the critical brain condition requires utmost quiet. Would it not be well to suppress the usual midnight noise of New Year's eve and usher in the new century under an entirely new regime—a more humanitarian condition?"\*

The *Chicago Tribune* advised "sensitive people" and victims of nervous disorders to "hide their heads under blankets or stuff their ears with cotton wool."

But the vast majority chose to party rather than pout. On the last night of the 19th century, 99 canons were fired from the Citadel in Quebec and there was a "mighty shout from thousands of throats" in London. But nowhere was the jubilation as deafening and electrifying as it was in San Francisco. "They celebrated the heartiest, and stories of the century's end filled the papers," Morton reports. "It's surprising, because in other cities there was very little mention of the event."

The end of each century since the 17th one has brought a period that Morton describes as "transcendent." In the closing days of each century, people reflect on time, history and the future with a gravity that is unique to that short and intense

period. "It gives people an opportunity to stop everything and to take stock of their lives," Morton says. The result seems to be a polarization of attitudes as optimists anticipate the Age of Aquarius and pessimists foresee doom and gloom. In 1800, some people saw the Union of Great Britain and Ireland, which took place on the first day of the 19th century, as having not just historic but cosmic significance. By the time the 19th century was coming to a close, the wireless telegraph and the future of the phone were causing people to predict drastic alterations in the way they lived their lives. And now as we await the end of the 20th century, people are predicting the Internet will bring a time when people won't have to leave their homes at all, not even to go to work.

Even more intriguing than international communication was the prediction of interplanetary communication:

In the final days of the nineteenth century, astronomers reported seeing luminous activity on the surface of Mars. The reports inspired Nikola Tesla—dubbed by newspapers as "the world's greatest electrician"—to predict that the twentieth century would see humans learning to communicate with alien beings.\*

Several chapters discuss other astounding predictions. For example, at the end of the 19th century it was predicted that the 20th century would see humans flying, eating pills instead of food, and commuting from Europe to North America via submarine. The end of the 19th century brought a slightly dark period when some people feared the reverse of evolution: they believed humans were beginning to degenerate. Articles discussing brain shrinkage appeared in journals. There was also speculation about the causes of failing health and tooth and hair loss that many people were experiencing. One fellow even predicted that people would eventually lose their little toes.

After examining both the excitement and the fears of people at the end of each century, Morton believes there are indisputable similarities. "The specifics have changed, but the kinds of things people say and do regarding the passing of the century remain the same."

*The End: Closing Words for the Millennium* will be in book stores in January 1999.

\*Quotes from *The End: Closing Words for the Millennium*.

## As Clock Ticks Down, Everybody Must Do His or Her Part

The clock keeps ticking down, but Ken Krebs, Year 2000 Project Manager, is confident that if the campus community works together, the year 2000 problem won't amount to anything more than a minor glitch or two.

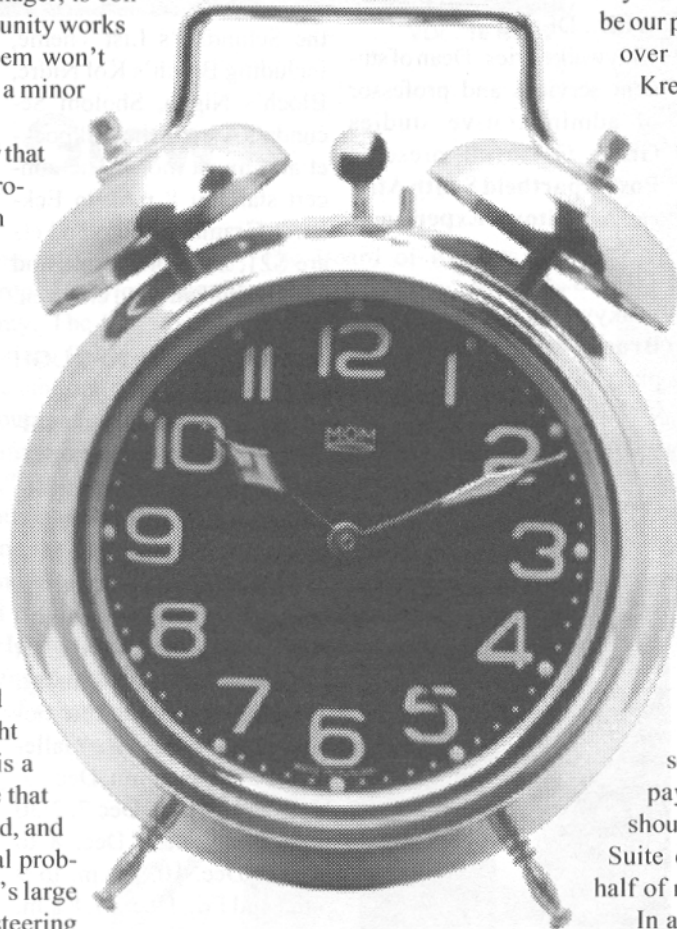
"The problem is essentially that of the potential for computer programs and computer driven devices to misinterpret the century implied within a date. That can create problems for billing, or in determining the year of graduation. That's the type of thing we could be faced with."

Krebs is overseeing the University's preparations to make the campus computer systems compliant for the year 2000.

According to Krebs, groundwork began a year and a half ago and will continue right up until Jan. 1, 2000. There is a task force appointed to ensure that all areas of concern are covered, and the seriousness of the potential problem is evident in the task force's large size. The group consists of a steering committee in addition to four working committees, who will each deal with computers and computer systems in the areas of academics, administration, infrastructure, and customer services.

Two positions on campus are dedicated to dealing with the problem. One technician is responsible for ensuring that all the hardware on campus is compliant, while the other is focussing on software.

Fortunately, certain major systems in the University are already compliant, such as the library's computer system. However, it is the larger systems that remain a concern. "The



*Time is running out, but Ken Krebs doesn't foresee any serious computer problems at the U of W.*

mission-critical systems have been the primary focus to date and they'll continue to be our prime worry until the clock ticks over and we know for sure," said Krebs.

Collecting information about the software on campus is the top priority right now. Last spring a software survey was issued, and Krebs emphasizes the importance of receiving information back from the University community. "It's extremely important that we hear from everybody what software he or she is using."

This information will help the technicians to modify their existing databases, know which program publishers should be contacted, and get people's programs upgraded. "The University has a contract with Corel so individual users don't have to pay for an upgrade. Everyone should be using the Corel Office Suite compliant version by the first half of next year," said Krebs.

In addition to contacting suppliers to make sure that they will be able to continue supplying the University without incident, contingency planning is a big issue. "Everyone has to have a contingency plan," said Krebs. "It's a

matter of asking how can I perform my function if the computer systems don't work or some critical system fails?"

Overall, Krebs is both confident and cautious. "I don't foresee any major problems for the U of W," he notes. "We're working hard to make sure everything works."

## COMING EVENTS

"Coming Events" is compiled by University Relations. Planning a campus event? Please let us know. Send **written** information to Paula Denbow (paula.morphy@uwinnipeg.ca), University Relations, 10 working days in advance of the event. Basic details are required: what, when, where, sponsor, price of admission (if any) and the name of a contact person.

CONTINUING THROUGH  
SAT., NOV. 28

- **The Love of the Nightingale** will be presented by The University of Winnipeg's Department of Theatre and Drama. Timberlake Wertenbaker's retelling of the Philomel myth can be seen at the Gas Station Theatre, 445 River (at Osborne). Curtain is at 8 p.m. For reservations call 786-9402.

MON., NOV. 30

- Music at Noon—Pianist and Renaissance man **Glenn Hoban** will perform, in his words, "...an unholy fusion of jazz, classical and ragtime improvisations of Christmas songs such as you've never heard before!" He studies piano with Laurie Duncan and composes on the side.

- **Board of Regents** meeting at 5:30 p.m. in 2M70.

MON., NOV. 30 and WED.,  
DEC. 2

- **Interfaith Silent Auction**—The proceeds from this event will be used to purchase video and camera equipment for training. On Nov. 30 tickets will be on sale outside Riddell Cafeteria, and outside Eckhardt-Gramatté on Dec. 2. Prizes include a portable stereo, a leather/wool jacket, computer games and much more. Tickets are: 2 for \$1, 5 for \$2, 8 for \$3, 10 for \$4 and 13 for \$5.

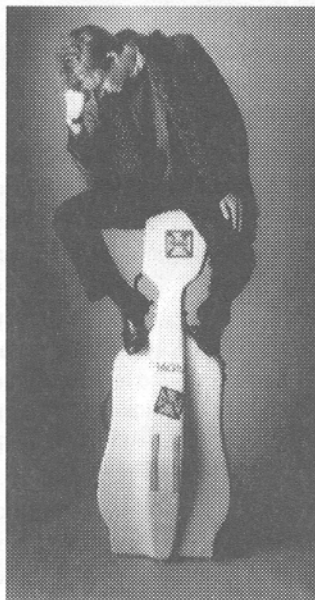
WED., DEC. 2

- Skywalk Series—Dean of student services and professor of administrative studies Grace O'Farrell presents **Post-Apartheid South Africa: A Visitor's Experience**.

THURS., DEC. 3

- Skywalk Series—**Martha Brooks and Friends** will play; Michelle Gregoire, keyboards and Gilles Fournier, bass.

- **President's Holiday Reception** will be held at 3:30 p.m. in Riddell Hall.



SAT., DEC. 5

- Mondetta Stage Performances presents **From Jewish Life** featuring Paul Marleyn, cello, and David Moroz, piano. You will hear classical and traditional Jewish music from Mendelssohn et

the Schindler's List Theme, including Bruch's Kol Nidre, Bloch's Nigun, Sholom Secunda's Avreml the Pickpocket and much more. The concert starts at 8 p.m. in Eckhardt-Gramatté Hall. Tickets are \$21, \$19 for seniors and \$10 for students and children.

MON, DEC. 7 THROUGH  
FRI., DEC. 11

- The nineteenth annual **exhibition and sale of watercolours by Kenneth Hamilton**, professor emeritus of theology and literature, will be held in the Hamilton Galleria, Library mezzanine. The exhibition is sponsored by the art committee and the Library. The official opening ceremonies will be held in the Galleria at 2:30 p.m. on Dec. 7. Hours are: Mon., Dec 7, 2:30 to 9 p.m., Tues., Dec. 8 to Thurs., Dec. 10, 8 a.m. to 9 p.m., and Fri., Dec. 11, 8 a.m. to 2 p.m.

WED., DEC. 9

- Skywalk Series — Helmut-Harry Loewen, of the sociology department, presents **Racist Hatred in Thought and Action**. How racist hatred is translated into physical violence, intimidation assault and murder, and how communities can unite against racism.

THURS., DEC. 10

- Skywalk Series — **Spiritus Ensemble**, led by Larry Strachan, will sing a variety of classical church music such as Gregorian Chant and Latin motets.

SAT., DEC. 12

Mondetta Stage presents **Hannukkah Concert**. Koulack/Lerner/Boychouk trio, with Toronto guests David Wall/vocals and Rick Lazar/percussion performing "From Both Ends of the World" — original arrangements of traditional Jewish/Yiddish and Ukrainian Music. Tickets are \$15/13 regular/senior, \$10 students/child. The concert begins at 8 p.m.

WED., DEC. 16

Skywalk Series—Psychology professor Jim Clark presents **Does Conflict Lead to Better Decisions?** Although often portrayed as a negative factor in business and personal decision-making, conflict can improve decisions by ensuring that diverse ideas are generated and rigorously challenged.

### Skywalk Series

The Skywalk Concert and Lecture Series happens on Wednesdays and Thursdays from 12:15–12:45 p.m. at the Winnipeg Centennial Library's 2nd Floor Auditorium.

### Music at Noon

This free concert series is from 12:30 to 1:20 p.m. in Eckhardt-Gramatté Hall.