

# in edition

FEBRUARY 9, 1994

VOL.11 NO.10

## Physical Activity: Start Now, Feel Better

Is physical activity helpful in beating depression during the winter months?

According to Cal Botterill, more research is still needed to clarify the relationship between exercise and mental health, but so far, findings show a close link. Physical activity seems to reduce anxiety, increase confidence, and have a positive effect on moods, explains Botterill, a sports psychology consultant and professor in the Department of Physical Activity and Sports Studies at The University of Winnipeg.

If you can get motivated to regularly partake in enjoyable physical activity, it can produce numerous payoffs in other areas of your life. "During exercise, you can 'park' stresses, release tension and start to relax," says Botterill. "Often, you start feeling more energized. By the time you're finished, you feel positive, and after exercise, you may come back feeling more in control. The release of adrenaline and endorphins triggered by exercise can have a positive effect on your outlook as well as on your physiology."

But getting started on a regular exercise program and staying motivated isn't always easy. In an *Active Living* article, Botterill addresses the importance of incentives, such as excitement, affiliation, mastery and control. "People need to enjoy activity and develop internal inspiration if they are to stick with their

programs for very long."

Botterill says setting goals, reinforcing your behaviour, keeping personal records and finding interesting exercise environments, options and partners can all help. "Consider variety in your program and make sure your exercise goals are realistic," he adds.

Doug Reimer, University of Winnipeg women's volleyball coach and coordinator

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*The Wesmen women's basketball team is making a fast-break for a North American record. As of Feb. 6, the team had posted 64 consecutive victories—just six games away from passing the 69-game record.*

## Sky Walk .....to the Beat of Your Heart

Come out with the rest of the downtown community on Feb. 24 to take a break from the cold, have fun and get some exercise.

Downtown BIZ is hosting "Sky Walk.....to the beat of your heart" in conjunction with the Heart and Stroke Foundation's annual February campaign.

University of Winnipeg faculty, staff and students are invited to join other Winnipeggers for a walk through designated routes of the downtown skywalk. By completing one of the 20-minute routes, you'll do your heart some good while you support the Heart and Stroke Foundation. It's not a race-walk at your own pace and discover the two-kilometre walkway system.

The University of Winnipeg is one of many event sponsors. University Relations is on the

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The **UNIVERSITY**  
of **WINNIPEG**



The third floor crawlspace in Bryce Hall has been selected as the site for storing materials containing PCBs.

## The University of Winnipeg Registers PCB Storage Site

In compliance with provincial and federal regulations, The University of Winnipeg has recently established and registered a site for the storage of materials containing polychlorinated biphenyls (PCBs). The Physical Plant and Health and Safety Services (in consultation with Manitoba Environment, Environment Canada, and the City of Winnipeg Fire Department) have worked cooperatively to develop the site. The site is located in the third floor Bryce Hall crawlspace and measures 12 by 14 feet.

### Why is it Necessary to Store PCB Wastes?

Ironically, one of the properties of PCBs which most contributed to their widespread use - their chemical stability - is also one of the properties which causes the greatest amount of environmental concern. This unusual persistence coupled with its tendency to accumulate in living organisms, means that PCBs can be stored and concentrated in the food chain.

The chemical stability of PCBs is also a factor in destruction. At present, an incineration process to destroy PCB wastes is being tested in Alberta. It is anticipated that viable processing will be available within the next two years.

The University of Winnipeg must store PCB wastes since there is no alternative registered storage site off campus that can be accessed.

### Why Was the Bryce Hall Site Chosen?

Provincial and federal regulations require that storage sites meet specific criteria. The Bryce Hall site was chosen for the following reasons:

- 1) ventilation (air does not circulate to other areas of the campus)
- 2) access to fire alarms and equipment
- 3) restricted access
- 4) security
- 5) cost to develop the area

### What is Contained in the Site?

The site inventory lists approximately 400 waste lamp ballasts (from fluorescent light fixtures - contained in steel drums) and 100 serviceable fluorescent light fixtures. Lamp ballasts are used in fluorescent fixtures to maintain a constant flow of current through the bulbs. Each ballast contains less than 20 millilitres of PCB which is within the capacitor. The capacitor is imbedded in asphalt and sealed in a steel case.

### Does Proximity to the Storage Site Pose a Health Hazard?

As PCBs can only enter the body through direct skin contact, by inhalation, or by repeated ingestion of food contaminated with PCBs, there is no increased health risk to employees that work in proximity to the storage site. Physical Plant employees that work in the PCB Storage site have been trained to handle PCBs and wear appropriate protective equipment.

PCBs can decompose at extremely high temperatures producing dibenzofurans (decomposition products which are much more hazardous than PCBs). This may occur in a fire.

For additional information regarding PCBs, contact Health and Safety Services.

*in edition* is published every two weeks during the regular academic session by University Relations, The University of Winnipeg, Room 4W16-515 Portage Ave., Winnipeg, Manitoba, R3B 2E9.

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Comments, suggestions and submissions are welcome. (All material is subject to editing.) The copy deadline for the next issue is Feb. 14.

*in edition* is printed on recycled paper. After you have finished with this issue, please put it in your Paper Grower tin.

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## Taking Steps to Beat the February Blues

Depression has many causes and this is the time of year we often blame winter.

"The season can make problems seem worse," says Randy Kroeker of The University of Winnipeg's Student Counselling Services. "It is a time of routine existence where there is no end in sight. Altogether, this contributes to a sense of feeling trapped."

Paul Hewitt, a University psychology professor, explains that Seasonal Affective Disorder (SAD) is characterized by symptoms of depression that often occur at times when there is less light available, such as during winter. He says, "Depression during winter, but not during summer, can be an indication of the disorder."

There is a treatment for SAD, called photo therapy, which allows patients to spend time in special bright white lights to alleviate some of their symptoms. However, other steps might be needed to overcome depression.

When someone goes to Counselling Services about depression, Kroeker suggests also seeing a medical doctor for a checkup. Often depression is characterized by feelings of being fragmented and out of control that can be worsened with the sense of feeling trapped, but the causes are not always emotional. "There are *many* reasons for depression," says Kroeker, "Sometimes, physical well-being should be examined. There appears to be some connection between physical activity, diet, and state of mind."

Kroeker explains that the process of overcoming psychological depression can be divided into three steps. "Acknowledging and normalizing feelings is the first step," he says. "Don't feel bad about feeling bad." This is the beginning to talking about, accepting and dealing with depression.

The next step is to decide on what actions you can take. Getting help with stress management and establishing social connections are examples of what you might consider doing. Counselling may be helpful.

Finally, you must rediscover some joy in your life. Give a friend a call or go to a movie. "The social aspect often helps someone feel connected again," says Kroeker.

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## Make Healthy Food Choices to Pick Up Your Spirits

Eating right is one way to help combat a mild case of the February blahs.

According to the Canada food guide, the number of servings you need every day from the four food groups depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast feeding.

Canada's food guide suggests the following:

- Enjoy a variety of foods from each group every day.
- Choose lower-fat foods more often.
- Choose whole grain and enriched products more often.
- Choose dark green and orange vegetables and orange fruit more often.
- Choose lower-fat milk products more often.
- Choose leaner meats, poultry, and fish, as well as dried peas, beans and lentils more often.

Because different people need different amounts of food, the guide recommends the following numbers of servings:

GRAIN PRODUCTS —5-12 servings per day.

VEGETABLES & FRUIT—5-10 servings per day.

MILK PRODUCTS—2-4 servings per day.

MEAT & ALTERNATIVES —2-3 servings per day.

If this seems like a lot, check to see how many you really need. And, you may be eating more servings than you realize. For example, a plate of pasta can count as 3-4 servings of GRAIN products and a juice box as 2 servings of VEGETABLES & FRUIT.

Healthy bodies come in a variety of shapes and sizes. Feeling good about yourself means believing in yourself. The best way to do that is to accept who you are and how you look. So treat yourself well and make food choices for healthier eating every day.

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### Skywalk

*continued from page 1*

organizing committee, Printing Services is producing posters and flyers for the event and Continuing Education, located off the downtown skywalk, will be donating a prize.

You can complete your walk anytime between 11:30 a.m. and 1 p.m. or between 1:30 p.m. and 3:30 p.m. and you will receive an Easy Streets™ Blue Loonie and a water bottle for taking part. Along the way, you'll stop at checkpoints to collect cards containing random point values. Points will be added up when you have completed your route and prizes will be awarded including a dinner for two at the Velvet Glove

with overnight accommodations at The Westin Hotel, a stair climber from The Bay and tracksuits and portable AM/FM cassette radios from Eaton's.

On campus, registration forms will be available from University Relations, 4th floor, Wesley Hall, and the University Info Booth. Registration fees of \$20 per team of four or \$5 per walker will be donated to the Heart and Stroke Foundation of Manitoba. If your registration is received before Valentine's Day, Feb. 14, you will be eligible for an earlybird draw.

# Take Control of Your Life!

- Jan and Chris, young professionals climbing the career ladder, recently realized they are losing touch with their friends because they seldom have time to socialize.
- Lynn, a single parent with two toddlers, devotes all available time and energy to family and job. Lynn was once an accomplished pianist but now, "Something had to be dropped, so I dropped my music."
- Jean just had an annual medical checkup. The doctor, concerned about Jean's weight gain and the increase in blood pressure, recommended a fitness program. But Jean's life is too hectic—a demanding job, family responsibilities and community volunteer work. How can Jean find time to get back into shape?

Although the situations are different, these people all suffer from a common problem. This is little balance in their lives.

In most cases, the loss of balance in our life is due to a loss of control over our life. The symptoms range from not having the time or energy to do the things truly important to thinking of yourself as a "victim." Sometimes, you feel as if life is passing you by, when in fact you are passing by life.

There are a number of reasons why we lose control over our life. To begin with, some people have so many demands made on them that every aspect of their life is controlled by someone else. Others say, in today's world, there are so many choices that it's hard to decide what is truly important to us. Still others try to juggle everything but overlook the most important thing of all—our self.

Sometimes taking care of self has a negative connotation and is viewed as selfish. But as the experts warn, taking care of ourselves is paramount in ensuring both a physical and mental balance in our life. If we forget about self, it could lead to negative stress and eventually burnout.

What can you do to regain control over your life?

**Accept what you can't control** Face it—there are things in our life we have to do. As the saying goes, "Give us grace to accept with serenity the things that cannot be changed, courage to change the things that should be changed, and the wisdom to distinguish one from the other."

**Stop the blame** It is easy to blame others for a lack of time. In reality, we are the ones who have the ultimate decision on how our time will be spent.

**Let Go** Over the years our roles and responsibilities change, and so should our actions. Your sense of responsibility and the corresponding actions should be re-evaluated from time to time. Are the children old enough to do more for themselves? Have you been promoted and yet you still try to hold on to tasks which belong to your previous job? On the

other hand are you accepting a promotion that you know you will have difficulty handling? Do you really need two cars, if you take the bus to work and your spouse works from home?

**Learn to Say No** People who say "yes" to every demand made on their time by family and friends usually fit into one of two categories. Either they don't have a realistic view of how much they can handle, or they are not assertive enough to say "NO" when it is appropriate.

Planning will help the first type determine if they are biting off more than they can chew. The second type just has to learn to say a pleasant, but firm "NO" to family and friends. Otherwise, both types end up working on everyone else's priorities instead of their own.

**Take Time to Plan Because You Can't Do It All** There are only 24 hours in each day. To make the most effective use of that time plan what you spend your time on. Decide what is most important and what you are willing to trade in order to get it. Your plan should cover all major areas in your life—home, family, work, leisure, and of course, self.

Remember Jean and the fitness program? Perhaps Jean could trade the hour spent with a second cup of coffee and a newspaper for the time it takes to have a brisk walk each morning.

**Schedule Time for Yourself** Scheduling appointments with yourself must be treated like any other appointment—as a firm commitment.

If Lynn schedules a 20 minute appointment each day to play the piano, in one year, over 120 hours will have been spent doing something important.

**Simplify Your Life** This principle can be applied to almost any area of your life. From filing systems to wardrobe planning, simplification and getting rid of excess and unnecessary items and/or activities can make any task easier and faster to complete.

**Recognize the Difference Between "Needs" and "Wants"** The materialism in our society can be a cause of unbalance in our life. Don't sacrifice health, family, or work for possessions you may want but not need.

Balance your life by taking control over your life. Focus on what is important to you and....

**TAKE CONTROL!**

*Courtesy of Warren Shepell Consultants*

## Board Issues News Release on Commission's Report

The first Board of Regents meeting of the New Year was held on Jan. 24 in the Faculty and Staff Club. Marsha Hanen, in her president's report, gave an interesting overview of the University Education Review Commission report, pointing out recommendations that would impact on The University of Winnipeg. Following her presentation (the Regents had received copies of the report on Jan. 21), the Board approved a motion instructing their chair to issue a news release that would express the Board's concern about the report's financial information. The commission's recommendations, based on information that appears to be drawn entirely from University of Manitoba data, does not reflect the situation at The University of Winnipeg where student fees account for 35 per cent of the entire operating costs.

The meeting's agenda included reports from four of the Board's six major committees. The Property and Physical Planning Committee report consisted of an update on current building projects and a recommendation to the Board regarding the City of Winnipeg transit proposal. Following discussion, the Board approved the recommendation that affirmed the Board's long-range plans for the ultimate closure of Spence Street. The Finance Committee chair presented the December financial report and variance explanations along

with a policy recommendation, which the Board approved. The policy, "Operating Budgets and Carry-over Policy for Operating Funds", formalized existing salary procedures and instituted new non-salary practices.

The External Relations Committee report on donation income for the University in 1993 was most encouraging and a target of \$325,000 was set for 1994. At its meeting in February, the Executive Committee will establish a process for reviewing the Board's structure as mandated at the time of restructuring in 1992. As the review may not be completed before nominations for 1994-95 need to be made, the Board approved establishing a small committee to handle nominations for Board officers and committee chairs; this process was used in 1993.

During the closed session, the Human Resources Committee's recommendations for a number of faculty appointments for the coming year were approved by the Board.

February will bring "study week" and whether it provides an opportunity to catch up on projects and study or to rest and relax, I trust the break will prove beneficial to all.

*Margaret McPherson  
Chair, Board of Regents*



*Biology Professor Robin Woods (right) gives a demonstration to high school students at the Student/Parent Forum, Feb. 2.*

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## University Library Catalogues 200th IUS Publication

In addition to undertaking applied and academic research on urban and housing issues, the Institute of Urban Studies (IUS) boasts a publishing program that began a year after its founding in 1969. The first IUS publication was a paper by IUS's first director, Lloyd Axworthy, entitled "National Goals for the Urban Environment: A Democratic Society." Since then, The University of Winnipeg Library has received a gratis copy of every new IUS Publication. On Dec. 3, 1993--virtually coinciding with the institute's 25th Anniversary in 1994--Camilla Galovics, senior cataloguing assistant, catalogued the 200th IUS publication: *Evolution of Northern Housing Policy* (Northern Studies 2) by Tom Carter.

Since 1970, IUS Publications has matured into a program which publishes mostly peer-reviewed reports arising out of the IUS research program, and selected monographs by University of Winnipeg faculty and other urban researchers. In addition to reports, occasional papers, and research and working papers, IUS has a

variety of topical series including Winter Communities, Health and the Community, Northern Studies, Issues in Urban Sustainability and Native Issues, as well as selected student papers from The University of Winnipeg's Urban Studies Program. Over the years, the institute has also published a variety of periodicals, including the *Urban History Review*, *Plan Canada*, the *Commonwealth Association of Planners Newsletter* and, currently, the *Canadian Journal of Urban Research*. In addition, the *Institute of Urban Studies Newsletter/Sustainable Cities* is mailed to over 2,000 subscribers in Canada and abroad.

IUS publications are available to the University community and the public through the University library and the IUS urban data centre (Room 1G00). Copies of IUS publications may also be purchased from the Institute of Urban Studies. Inquiries regarding IUS publications may be directed to Mary Ann Beavis, IUS research associate and coordinator of IUS publications.



*Mary Ann Beavis, IUS, and Camilla Galovics, University library, display IUS's 200th publication. Photo credit: Nancy Klos*

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### Start Now

*continued from page 1*

of intramural activities says, "To improve your health, the activity must be progressive, so increase the intensity and duration of your workout gradually."

What type of exercise should you do? "Choose something you can do on a regular basis," suggests Reimer. The University's intramural activities are scheduled so that participants will find it easy to fit them into their schedules and participate on a regular basis. This is done with the University schedule in mind, utilizing the free period over lunchtime. Reimer adds, "Several of the activities are drop-in activities making them easier to fit into a busy schedule."

Reimer explains that some of the activities you might want to try at the University's Duckworth Centre fall into three main areas. "Structured programs let participants learn skills as well as build fitness capacity. Activities that partic-

ipants can do on an individual basis let them get away and focus on their own fitness, and competitive activities combine a social aspect with fitness."

Structured programs include tae kwon do, karate and tai chi. Activities that you can do alone include walking or running on the track at the Duckworth Centre and using the weight room, stationary bikes or other exercise equipment. Competitive sports include racquetball, squash and drop-in volleyball.

"Once you start, you feel better," says Reimer, "but finding what you are interested in and comfortable with is important."

For more information on using the Duckworth Centre, you can visit the facility desk located on the first floor or phone 786-9349.

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## Tips to Help You Understand an MSDS

As we told you in our last issue of *in edition* we will be covering some of the categories of a Material Safety Data Sheet (MSDS) with you. An MSDS is required for each controlled product to which workers may be exposed. The MSDS must be available for all workers to consult for information when they need it. In addition to the information needed on a day to day basis, the MSDS will provide practical information if there is an accidental exposure or if an employee develops unusual signs and symptoms.

If you are the person responsible for gathering and organizing the MSDSs in your workplace, you should begin by checking each MSDS to be sure it contains all of the information. There should be no blank space. If the information is "not applicable" then the space should say that. If the information is "not available" it should indicate that as well. We'll look at section I first.

### Section I - Product Identification

The manufacturer's and supplier's names should appear here along with an address and telephone number. That way, if you do find blank spaces you know who to call. Occasionally you may see the manufacturer's name or other information left out. There may be a number in the space or a reference to "confidential business information". Manufacturers can apply to an agency called the Hazardous Materials Information Review Commission to ask to keep certain information confidential. They may be granted this request if, for example, giving the information would reveal some 'trade secret' that would give competitors an unfair advantage. It is important to note that while names or other identification may be withheld, NO hazard information may ever be withheld.

This section must indicate product use as well. The hazards and precautions noted in the MSDS relate to this use. Therefore, if you use the product differently, there may be other hazards of which you should be aware. These may not be identified on the MSDS and you should contact the supplier to check this out.

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## Printing Services Receives Award

The University of Winnipeg's Printing Services received an award for quality printing of a full-colour letterhead, in a provincial competition sponsored by Inter City Papers graphic arts suppliers.

Printing Services Manager Van Dilz says, "We work as a team and always aim to produce quality work. This type of recognition—the Enhance Paper Selection Award—is nice for everyone in the department."

The letterhead design was created by Tiana Karras from the Winnipeg Art Gallery, and printed by Dan Presto from the University's Printing Services. Printing Services will be printing the letterhead on materials for the Winnipeg Art Gallery's fund-raiser, "Art in Bloom."

Presto says the most challenging part of the project was producing a quality print from a photograph of an oil painting. "You've got to try to think like the artist of the painting in order to match the colours to the original."

Entries to the competition were submitted by several printing companies in the province. The University's Printing Services was selected as an award recipient by Tony Woodruse, president of the Winnipeg Printing House Craftsman Club, Fran Carmichael, president of the Graphic Design Society, and Peter Skelton, Sturgeon Creek Vocational Institute graphic arts instructor.

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## University Celebrates International Women's Day

The University of Winnipeg's Women's Studies Program, Interdisciplinary Programs and the Margaret Laurence Chair in Women's Studies are sponsoring a two-day workshop in celebration of International Women's Day, March 8.

"Strengthening the Feminist Research Community," March 4-5, will focus on two important areas: feminist research centres and disseminating feminist research. Workshop topics will also include community activism, cooperative research and working with the media. Feminists will have the opportunity to share their knowledge and work towards strengthening the feminist research community in Winnipeg.

The two-day event will be highlighted by two presentations in Eckhardt-Gramatté Hall that are free and open to the public.

Barbara Laslett, from the University of Minnesota in Minneapolis, and editor of *Signs: Journal of Women in Culture and Society*, will present "Finding a Place for Feminist Scholarship in the Academy: Commitments and Contradictions." Cynthia Mathieson, interim director of the Institute for the Study of Women, and assistant professor, Psychology Department at Mount St. Vincent in Halifax, will present "Women's Institutes: A League of Their Own."

The workshop is funded by the Social Sciences and Humanities Research Council of Canada, Aid to Small Universities Program.

For details, please see *Coming Events*. For more information on the workshop or the presentations, please call Susan Prentice, Margaret Laurence Chair in Women's Studies, at 786-9138.

# COMING EVENTS

"Coming Events" is compiled by University Relations. If you are planning a campus event, please let us know. Send the information (in writing) to Lois Cherney, University Relations, Room 4W17. Basic details about your event are required: what, when, where, sponsor, and the name of a contact person. Submissions must be received at least 10 working days before the event.

MON. TO FRI., FEB. 14 TO 18

- **Mid-term reading period**—no classes.

WED., FEB. 16 TO FRI., MARCH 4

- **Noon Hour Theatre** presents "Six Times a Day" by Rick Chafe, Wed., Thurs. and Fri. from 12:10 - 12:50 p.m. and Fri., from 5:30 - 6:10 p.m. at Venue VIII atop Mother Tucker's at Donald and Ellice. Admission for the show is \$5 and the show and lunch is \$10.70. For show reservations call 942-8948 and for lunch and the show call 943-5538. Free parking in the Smith Street parkade.

FRI., FEB. 18

- **University closed.**

- The **25th Annual University Bonspiel** will be held at the Grain Exchange. Prizes will be awarded in a variety of categories. Entries for individuals or complete teams should be sent to Leslie Payne, Printing Services, 786-9420.

MON., FEB. 21

- Music at Noon—**Douglas Finch and Dietmar Schmucker**, duo piano, will perform from 12:30 - 1:20 p.m. in Eckhardt-Gramatté Hall.

WED., FEB. 23

- The University of Winnipeg Library presents H. Vincent Rutherford, professor emeritus of history, speaking on **Basics of Geneological Research**, at 12:30-2:30 p.m., in room 2L17. This

event is held in conjunction with Manitoba Library Week, which has chosen the theme "Celebrating Canada's Families" for this year. For further information contact Shirley Payment, 786-9810.

- **Skywalk to the Beat of Your Heart**, organized by the Downtown Winnipeg BIZ and the Heart and Stroke Foundation, will take place throughout the walkway system in downtown Winnipeg from 11:30 a.m. - 3:30 p.m. Registration forms are available at University Relations and the Info Booth. For further information contact Lois Cherney at 786-9134.

- **Skywalk Series**—Andrea Vinci, physiotherapist, and John Vince, Wesmen men's volleyball strength and conditioning coach, will lecture on "Motivating Facts on Fitness."

THURS., FEB. 24

- Rose Sheinin, scientist and academic vice-rector of Concordia University, will speak on **The Changing Place of Women in the University: Improving the Participation of Women in Science**, 7:30 p.m. in Jensen Theatre, Room 100, St. Paul's College, 430 Dysart Road, University of Manitoba. Parking available in lots K and Q. For further information contact Désirée Vanderwel at 786-9731.

- **Skywalk Series**—The Winnipeg Mandolin Quintet will perform "Mandolins from Folk to the Classics."

FRI., FEB. 25

- Music at Noon—**Rosemarie Vanderhooft**, mezzo soprano and **Laura Loewen**, piano will perform from 12:30 - 1:20 p.m. in Eckhardt-Gramatté Hall.

MON., FEB. 28 TO FRI., MAR. 4

- **Religion and Life Week**: This year's theme is "Reality, Mysticism and Life: An Eastern Perspective" with guest speaker, Mahesh M. Mehta, specialist in Hindu Studies from the University of Windsor. There will be lectures and discussion every day at 12:30 p.m. in Room 3C01. For appointments call Uma Parameswaran at 786-9344.

MON., FEB. 28

- Music at Noon—**University of Winnipeg students in recital** will be featured from 12:30 - 1:20 p.m. in Eckhardt-Gramatté Hall.

- The **Board of Regents** will meet at 5:30 p.m. in the Faculty and Staff Club.

TUES., MARCH 1

- The **Collegiate Open House** will be held in Wesley Hall from 6:30 - 8:30 p.m. Information will be available on their Senior 3 (Grade 11) and Senior 4 (Grade 12) programs.

WED., MARCH 2

- **Skywalk Series**—Mark Golden, Department of Classics will speak on "Baby Talk, Ancient and Modern." Did the ancient Greeks talk

## Skywalk Series Continues

*The Skywalk Series continues with lectures and concerts every Wednesday and Thursday, 12:15 to 12:45 p.m., at the Winnipeg Centennial Library (2nd floor Auditorium, off the Skywalk). Check "Coming Events" for details.*

differently to children than we do today?

THURS., MARCH 3

- **Skywalk Series**—The Riffs, an a cappella vocal ensemble, will perform "From Rock, Pop to Barbershop."

FRI., MARCH 4 AND SAT., MARCH 5

- Two presentations will be given to celebrate **International Women's Day**. On Fri. Cynthia Mathieson of Mount St. Vincent University will speak on "Women's Institutes: A League of Their Own," 7 p.m. in Eckhardt-Gramatté Hall. On Sat., Barbara Laslett of the University of Minnesota presents "Finding a Place for Feminist Scholarship in the Academy: Commitments and Contradictions, 2:30 p.m. in Eckhardt-Gramatté Hall. For further information contact Susan White at 786-9295.

FRI., MARCH 4

- Music at Noon—Pianist **Charles Horton** will perform from 12:30 - 1:20 p.m. in Eckhardt-Gramatté Hall.