

in edition

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Institute of Urban Studies Moves to New Home

In December, the Institute of Urban Studies moved from the first floor of Graham Hall to the lower level of 346 Portage Avenue—the Continuing Education building.

Tom Carter, director of IUS, believes the move will raise the institute's profile. "I think this gives us a better base within the community from which to operate, and more public exposure. It will enhance our ability to serve as a community-based resource centre."

The lower level of 346 Portage Avenue has been substantially renovated to provide IUS with adequate office, storage and library space.

While Carter anticipates initial difficulties in drawing students and faculty to the institute's new location, he points out that the walk to 346 Portage takes only a few mo-

ments. More importantly, he views the move as significant to the University's image as an inner-city presence. "This indicates that the University is moving out into the community and into the inner city."

Furthermore, Carter notes: "We've shown that these old buildings can be recycled and effectively renovated. In that way, IUS and the University are participating in downtown revitalization."

Meanwhile, the first floor of Graham Hall won't be deserted for long. According to David Gagan, vice-president (academic), plans are underway to utilize the floor as part of a series of carefully planned reallocations of space on campus.

See IUS MOVE, page 2

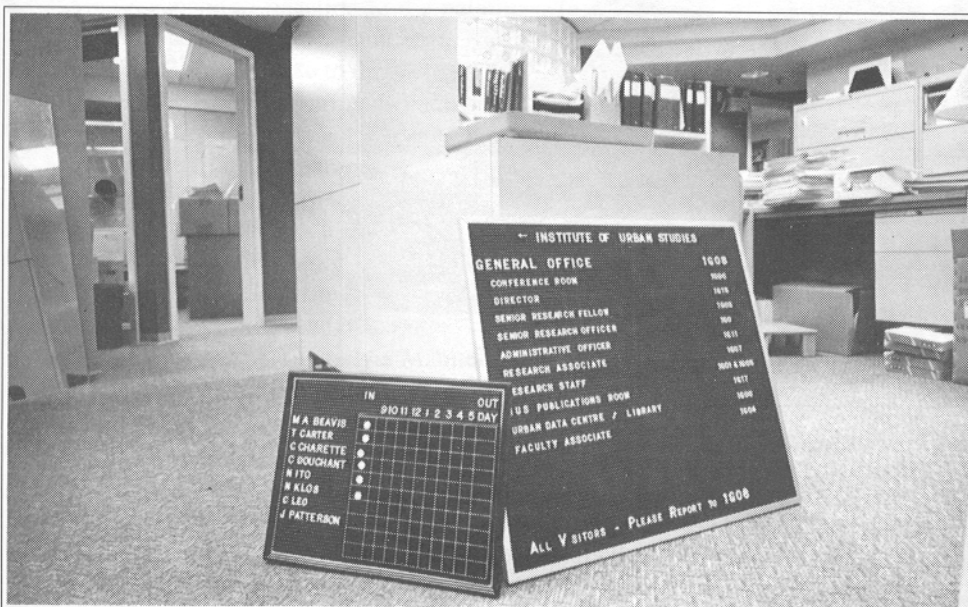
Religion and Life Week Features Renowned Composer

"What Passion! That Celestial Sound: Religion and Music" is the theme of 1995's Religion and Life Week, scheduled to run from Jan. 23 - 27 at The University of Winnipeg.

The week-long event will bring one of Canada's most prolific composers, Srul Irving Glick, to Winnipeg. Glick, who hails from Toronto, has won international acclaim and numerous awards for his significant contributions to Jewish music. His integration of many styles—Hebraic, lyricism and classical composition—have blended into a distinctive, masterful sound unique in the music world.

On Wed., Jan. 25, Glick will present a lecture entitled, "Music Within the Jewish Tradition" at 12:30 p.m. That evening, a gala concert at 8 p.m. will include the Winnipeg Singers performing Glick's songs for passover, as well as the Cambrian String Quartet. Both will be

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The Institute of Urban Studies has moved to 346 Portage Avenue.

The UNIVERSITY
of WINNIPEG

IUS Move

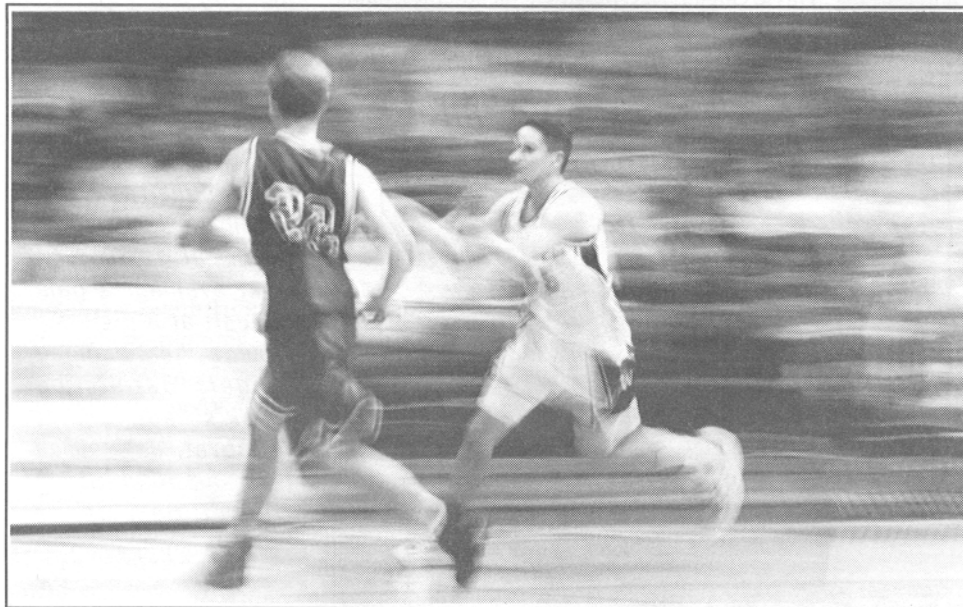
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Fax	943-4695

Food Services Giveaway

The University's Food Services will be giving away prizes every Wednesday to lucky diners. When you dine in Riddell Hall on Wednesdays, be sure to ask for your entry ticket, and good luck!



Wesmen Emerge Victorious

Fast action on the court led the Wesmen men's basketball team to victory in the Wesmen Classic in December. To win the tournament, the Wesmen men's team defeated the defending national champions, the Alberta Golden Bears. The Wesmen women's basketball team also won their Classic tournament when they slaughtered the Manitoba Bisons 94-47. It was the second year in a row that both the men's and women's teams have won the Classic.

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Glick

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conducted by Glick himself. In addition, the evening will feature a performance by the Koshetz Choir.

The week will wrap up with a presentation by Glick entitled "Inspiration: The Composing Process" on Fri., Jan. 27 at 12:30 p.m.

Other Religion and Life Week events will include a lecture on Mon., Jan. 23 by composer Randolph Peters on "Revelation, Inspiration and Music" at 12:30 p.m. On Thurs., Jan. 26, Marcien Ferland, musical director of La Chorale des Intrépides will speak on "Music within the Catholic Church Tradition" at 1 p.m.

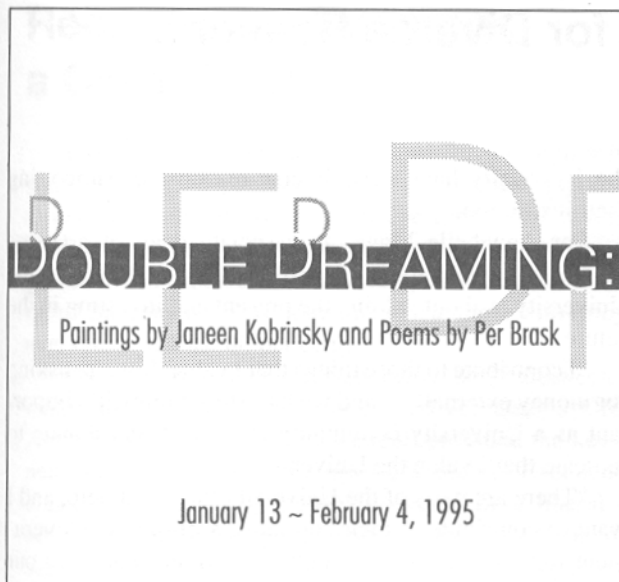
All events will take place in Eckhardt-Gramatté Hall. There will be a \$5.00 admission charge for the Wednesday night gala.

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Comments, suggestions and submissions are welcome. (All material is subject to editing.) The deadline for the next issue is Jan. 16.

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



Paintings and Poems Celebrate Spirituality

Double Dreaming: Paintings by Janeen Kobrinsky, Poems by Per Brask opened at Gallery 1C03 on Thurs., Jan. 12. This exhibit, which features 18 paintings by artist Janeen Kobrinsky and 18 related poems by Per Brask, a professor of theatre and drama at The University of Winnipeg, expresses an attempt to unravel social constrictions through a celebration of spirituality and soul.

The collaboration between Kobrinsky and Brask grew out of a mutual enjoyment of each other's work. Since the art of both is intensely personal, it was important that the poems not attempt to interpret and thereby narrow the paintings. Rather the poems are a reaction to the paintings. In some instances, the poem was the point of departure, and the painting serves as a response to the words.

The poems will be hand-printed, mounted on foam core, framed and displayed in pairs with the appropriate paintings.

Brask is a writer, dramaturge and translator. He has published poetry, short stories, drama, translations, interviews and articles. His books include *Powerlessness* (Turnstone, 1987), *Duets* (with George Szanto, Coteau, 1989) and *God's Blue Morris: A Selection of Poems by Niels Hav* (ed. and trans. with Patrick Friesen, Crane Editions, 1993).

In 1994, Kobrinsky, originally a Manitoban, received a Bachelor of Fine Arts from Moorhead State University in Minnesota. She was the recipient of a senior talent scholarship in 1993, and was awarded an excellence in art product grant. Last year, Kobrinsky was chosen to represent the MSU Art Department in the Minnesota Governor's Residence artists showcase.

Double Dreaming runs through Sat., Feb. 4. Gallery hours are Mon.-Fri. from 10 a.m. to 4 p.m., and from 1-4 p.m. on Sat.

University Announces New Early Retirement Plan

The Board of Regents has approved an early retirement plan for University employees who are eligible for an unreduced pension under the terms of The University of Winnipeg Pension Plan. The plan covers retirements commencing from September 1, 1995 through January 1, 2001.

In order to qualify for early retirement, employees must be 61 years of age or older and their age plus years of service must total at least 85. (Pension normally begins after an employee has achieved the age of 65.) According to University records, 67 academic and support employees will be eligible under this plan.

Financial incentives will be provided for those employees who choose to retire early. These incentives are based on a percentage of an individual's annual base salary, with the percentage decreasing relative to an increase in age. Additional incentive in the form of a period of leave preceding the retirement date is also offered. As well, employees who commit to early retirement may receive monetary assistance to consult with independent financial advisors.

Graham Lane, vice-president (finance and administration), explains, "The plan provides those eligible a chance to retire earlier than may otherwise have been possible. For the University, it delivers some additional planning and budgetary flexibility during a time of continuing financial restrictions."

According to Lane, in recognition of the fact that funding circumstances change annually, the plan was developed with a retractable feature that allows the University to withdraw it at any time. He stresses, however, that any individual commitments made prior to the retraction would be honoured.

All employees eligible for early retirement will be contacted by the Human Resources Department. Confidential requests for information on the Early Retirement Plan should be made **in writing** to the Benefits Administrator, Human Resources Department.

Changes in Counselling Staff

Susie Mercredi has joined the University's Counselling Department as a native student advisor. Mercredi works part-time, Mon.-Fri. in the mornings. She replaces Mary Young, who is on educational leave.

Elfie Krebs resigned her counselling position effective Dec. 31, 1994. (She is moving to New York State.)

Another full-time counsellor will be hired to work through Apr. 30.

Employees Support University for Diverse Reasons



For Annabelle Mays, giving to the University is about valuing the present and investing in the future.

Economic constraints mean The University of Winnipeg is more dependent than ever on donations from external and internal sources. Of course, the decision to contribute to any organization is an intensely personal one, and employees of

Giving Through Payroll Deduction

Payroll deduction is an option available to employees of the University who wish to spread their support out over the year. A donation of only \$2 per paycheque can add up to more than \$50 annually! There is no minimum (or maximum), and no "correct" amount. Every contribution is appreciated.

Employee gifts to the University may be designated for the following areas: the area of greatest need; scholarships and bursaries; the Library; or another specific designation may be chosen.

Donations to The University of Winnipeg are tax-deductible.

For more information on donating to the University, please contact the University Relations Department at 786-9711.

the University have very diverse reasons for supporting their institution.

For Annabelle Mays, an associate dean of arts and sciences and director of the BEd program, giving to the University is about valuing the present and investing in the future.

"I contribute to those things that I value. If we're asking for money externally—and we have to—I think it's important as a University community member that I donate to indicate that I value the University."

"There are parts of the University that need help, and I want to contribute to their continued well-being. Government funding just isn't enough if we want to achieve our ideals." Mays adds, "I give not just for the now, but to insure that others in the future can enjoy these things."

Mays indicates her donations are also a means of "giving back."

She cites her regular support of the Wesmen Booster Club as linked to the very positive experiences she had playing on university teams.

Nancy Latocki, director of admissions, regards support for the University's scholarships as essential to attracting excellent students to our institution.

"For the past five years, I've served on an alumni entrance scholarship program selection committee, and that experience has really made me aware of how important it is to support scholarships." Latocki has donated regularly to scholarship funds for many years. "The process of selection is so interesting. I've seen firsthand the calibre of student that is out there. We're competing for those students with other institutions—if we want to attract quality, we have to give them an opportunity to come here to study."

Latocki also donates for nostalgic and personal reasons. She has given to the French Department from which she graduated, and to memorial scholarships which honour people she has known. "It's nice to see the names of friends perpetuated in this way."

Wendy Josephson, an associate professor of psychology, sees financially supporting the University as a matter of necessity.

"I support the University because the University needs it," she asserts. "In the past, I've given to specific areas like the Library or the Margaret Laurence Chair in Women's Studies, because I was concerned about those particular areas. Currently I make my donation to the area of greatest need because I feel that so many areas are in such great need, and support is spread so thin everywhere."

Josephson acknowledges that employee's contributions of extra time and effort are critical to the institution, especially as all areas on campus are increasingly strained. "But," she stresses, "it's not enough. The University needs our financial support, too."

Recruitment Evenings a Great Success

Two special recruitment evenings for top high school students and their parents drew an exceptional response in December. Entitled "Window on The University of Winnipeg: A View to Your Future," the first-of-its-kind event was geared to top achievers in advanced placement and International Baccalaureate programs, as well as those who enjoy an average of at least 80 per cent.

The evenings were a collaborative effort between the many areas of Student Services and the Dean's Office. Among the highlights, Tom Kendall provided the keynote address, "Shaping Your Future—The Path to Excellence." Dean John Hofley spoke on the value of a liberal arts education, and Judy Dyck, director of awards and financial services, gave a presentation. As well, each evening featured testimonials by University graduates and students who themselves are top achievers.

According to Herb Mays, associate vice-president (student services), the event was an unqualified success. "It exceeded our wildest expectations in terms of the number of people." More than double the number of expected guests turned out, jamming Eckhardt-Gramatté Hall and requiring that the presentation essentially be done twice. "It was a real cooperative effort on everyone's part," Mays stated. "The last minute changes made to accommodate the numbers meant everything had to be tightly choreographed."

Mays went on to say that feedback from students and parents was very positive.

Blood Donor Clinic

**This winter, be a
Blood Donor**



With all the activity in our lives, it's easy to forget there are people who urgently need blood. **The University of Winnipeg will hold a Red Cross Blood Donor Clinic on Thurs., Jan. 26 from 10 a.m. to 4 p.m.** in the 4th floor lounge, Centennial Hall. By taking the time to donate one unit of blood, you can give as many as four people new hope. Please help—the need for blood never ceases.



The children of Sister MacNamara School send their thanks to the faculty, staff and students of The University of Winnipeg for the 320 new and used books that were donated through the Donate-a-Book (Feed a Child's Mind) project. Shown here: third-year education student Jennifer Bellingham presents the books to a youngster as part of the literacy initiative for inner city schools. The books were collected through the University's Bachelor of Education program.

Getting Others Involved in Physical Activities

Group physical activities can be more than fun. They offer a healthy way for families, friends or co-workers to unwind and spend time together. They reinforce your own fitness efforts and provide much-needed encouragement to people having difficulty getting started. It takes planning but the rewards are worth it!

Studies have found that adults who exercise usually have spouses who encourage them—and that physically active children and teens have friends or family members who are also active.

Admittedly, getting any group of people to commit to an activity can be a challenge! The key is finding the right motivation and choosing activities that appeal.

PROMOTE FUN

When suggesting a group activity avoid using the word exercise; that implies hard work! Instead, promote the idea of having fun while being physically active. “You might want to raise the topic when people are already having a good time—such as during a company picnic or a family outing,” says Warren Shepell counsellor Anita Teslak.

CONSIDER THE “4 C’s”

— competence, challenge, choice and control.

According to University of Alberta fitness researcher Dr. Len Wankel, “this means considering people’s differing skills, finding activities suitable to their abilities, offering a variety of activities and social settings, and providing some control over whether or not, when and where one does the activity.”

On the home front, Anita Teslak recommends raising these issues during a family meeting. “I often recommend that families get together once a month to discuss household chores, vacations and other issues that affect the family as a whole. These meetings provide a good opportunity to discuss physical activities and to encourage family members to have their say.”

DETERMINE GOALS

During a meeting, you’ll be surprised how activity groups form quite naturally when people discover they have common goals and interests. A father and daughter wanting to get into shape might decide to set aside time for jogging. Two or more co-workers wanting to improve their tennis serve may decide to take advantage of a nearby court at lunchtime. Some activities are more suitable to specific health or fitness goals than others. Refer to the activities list on the next page or consult a fitness professional for detailed information.

KEEP RECORDS AS “POSITIVE REINFORCEMENT”

Once an activity is underway, encourage participants to use a journal or calendar to keep track of their goals and

progress. Remember to post the results of group baseball games and other sports. Even if your team loses you can still find something encouraging to write, such as “congratulations—everyone went the distance” or “we’ll get ’em next time!”

USE REWARDS, PRIZES AND OTHER INCENTIVES

These won’t motivate the truly “unmotivated,” but they do help people already involved to persist in meeting their personal goals. Make the rewards relevant: for example, a sports video for a son who realizes his goal of “swimming a kilometre.”

Entering a walk-a-thon, swim-a-thon or the like to raise money for charity is a time-honoured way of becoming engaged in fitness activities. Check with the charities in your area to learn more.

AVOID COMMON HASSLES

•**TIMING:** Schedule activities to fit comfortably into participants’ routines. With co-workers, that’s usually at lunchtime or on week nights.

•**MONEY:** If you’re on a tight budget (at home or in the work place), choose activities that don’t require expensive equipment or facilities. Walking and hiking are free. A volleyball game requires a minor investment (a net and a ball) and can take place in a public park or field.

Find out what free or low-cost facilities are available through your workplace. Friends may need to chip in for equipment and facility rental, but try to limit your individual expenditures to a maximum of \$10 per session or game.

•**CONFLICTING SOCIAL NEEDS AND OBLIGATIONS:**

Even the most motivated participant may eventually drop out if the activity somehow interferes with the individual’s other relationships. Consider letting co-workers’ significant others in on fitness-related activities. If your peer-pressured teenager wants their friend included in a family outing, “there’s no harm in going along with the idea,” says Teslak. “It might strengthen your relationship, and at the very least you’ll know where your teenager is!”

•**COMPETITION OF THE “DISCOURAGING” KIND**

Naturally you’ll want to avoid pitting siblings against each other—for example, “Look, your sister plays better than you do”—or poking fun at individuals’ known weaknesses.

On the other hand, a little friendly competition (in the form of a small wager, for example) can liven things up while encouraging competing teams and individuals to improve their skills.

•BOREDOM

Establishing a routine for your group activity is helpful, but don't let routine turn into a rut. With team sports, don't always have the same people on the same team. After a game, have participants take turns deciding where the group will eat.

During aerobics sessions, introduce new music (videos) from time to time. When walking, hiking or bike-riding, try different routes or locales.

Encourage participants to be creative. Make some changes and soon the activity will be fun for everyone again!

WHICH ACTIVITIES SUIT YOUR HEALTH GOALS?*

DISEASE PREVENTION

Any regular physical activity or sport that requires sustained movement can reduce the risk of heart disease, hypertension and diabetes. Some examples are:

- walking/jogging
- low-impact aerobics
- bicycling
- volleyball
- cross-country skiing
- tennis or badminton

AEROBIC FITNESS

Aerobic (or cardiovascular) fitness is the ability of the heart and lungs to supply the muscles with enough oxygen so you don't get easily tired or "winded" when running for a bus or climbing stairs. The following exercises, done at least 3 times a week, promote aerobic fitness:

- brisk walking with arms swinging
- low-impact aerobic dance
- swimming

- step aerobics (this involves stepping on and off a low bench while moving your arms, usually in time to music)
- stair-stepping or cross-country skiing machines

MUSCULAR STRENGTH AND ENDURANCE

Strength training is popular among teenagers but it is particularly important after age 30 or so, when people often begin to lose muscle. Some examples are:

- weight lifting
- push-ups
- partial sit-ups
- aerobic exercise that vigorously works legs

WEIGHT LOSS

Contrary to popular belief, strenuous exercise is not the best way for the average person to lose weight. That's because most people can sustain regular exercise much longer at a moderate pace—and thus burn many more calories overall. Building up to a program of workouts lasting at least 45 minutes to one hour, four to five times per week, is generally the most effective exercise strategy for slimming down.

Suitable activities include:

- bicycling
- brisk walking
- energetic dancing (not necessarily aerobic dancing)
- stair-stepping
- stationary-cycling and cross-country skiing machines set at a low-resistance level

*Adapted from: "Which Exercise is Best For You?"
Consumer Reports on Health, April 1994.

Courtesy of Warren Shepell Consultants

Board Chair Bob Purves (left), Professor Emeritus Kenneth Hamilton and University President Marsha Hanen unveil the plaque at the ceremony dedicating the Kenneth and Alice Hamilton Galleria in the library, Dec. 5. For the past 15 years, the annual sale of Hamilton's distinctive watercolours has raised funds in support of the library.



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 4W15. Basic details about your event are required: what, when, where, sponsor, price of admission (if any) and the name of a contact person. Submissions must be received at least 10 working days before the event.

THURS., JAN. 12 - SAT., FEB. 4

- **Double Dreaming: Paintings by Janeen Kobrinsky, Poems by Per Brask** is on display at Gallery 1C03. Kobrinsky and Brask collaborate in this innovative show that blends pictures with words. Gallery hours are from 10 a.m. to 4 p.m., Mon.-Fri. and Sat. 1 - 4 p.m.

FRI., JAN. 13 TO SUN., JAN. 15

- Men's Volleyball—the **Wesmen Invitational**.

MON., JAN. 16

- **Music at Noon**—E-Gré Winds, the undergraduate woodwind-quintet-in-residence at Brandon University, will play from 12:30-1:20 p.m. in Eckhardt-Gramatté Hall.

- **Postmodernism in the Disciplines**—Brian Keenan, philosophy, will speak at 12:30 p.m. in Room 1L11.

WED., JAN. 18

- **Music at Noon**—Dvora Marcuse, recorder, and Barbara Riske, harpsichord, will perform a celebration entitled "Les Adieux," 12:30-1:20 p.m., Eckhardt-Gramatté Hall.

- **Postmodernism in the Disciplines**—Susan Prentice, Margaret Laurence Chair in Women's Studies, will speak at 12:30 p.m. in Room 1L11.

FRI., JAN. 20

- **Music at Noon**—Barbara Montalbetti, soprano, and Mel Braun, baritone, will perform "The Rites of Spring:

Love Songs and Poetry," with Shannon Hiebert on piano. Bruce Garman will read. The event takes place in Eckhardt-Gramatté Hall, 12:30-1:20 p.m.

MON., JAN. 23

- **Religion and Life Week** begins with a lecture by Randolph Peters, composer, entitled "Revelation, Inspiration and Music," 12:30 p.m. in Eckhardt-Gramatté Hall.

- The **Board of Regents** will meet at 5:30 p.m. in north Riddell Hall.

WED., JAN. 25

- **Religion and Life Week**—Renowned composer Srul Irving Glick will speak on "Music Within the Jewish Tradition" at 12:30 p.m. in Eckhardt-Gramatté Hall. In the evening, a gala performance will feature the Winnipeg Singers and the Cambrian String Quartet, as well as the Koshetz Choir. The gala will begin at 8 p.m. in Eckhardt-Gramatté Hall. Admission to the gala is \$5.00.

THURS., JAN. 26

- A Red Cross Blood Donor Clinic will be held in the fourth floor lounge, Centennial Hall, from 10 a.m.-4 p.m.

- **Religion and Life Week**—"Music Within the Roman Catholic Church Tradition" will be the topic of a lecture given by Marcien Ferland at 1 p.m. in Eckhardt-Gramatté Hall.

FRI., JAN. 27

- **Religion and Life Week**—Srul Irving Glick will present "Inspiration: The Composing Process" at 12:30 p.m. in Eckhardt-Gramatté Hall.

- Women's Volleyball—the **Wesmen** host the Regina Cougars at 6:15 p.m.

- Men's Volleyball—the **Wesmen** host the Regina Cougars at 8 p.m.

MON., JAN. 30

- **Music at Noon**—Laura Loewen and Shannon Hiebert will perform works for piano, 12:30-1:20 p.m. in Eckhardt-Gramatté Hall.

- **Postmodernism in the Disciplines**—Amanda Goldrick-Jones of the English Department will speak at 12:30 p.m. in Room 1L11.

TUES., JAN. 31 & WED., FEB. 1

- **Career Symposium**—University alumni will speak to students about careers in their fields and their experiences to help prepare students for future employment. Sponsored by the Alumni Association and the Students' Association, the symposium takes place from noon-1 p.m. on Tues., and from 12:30-1:30 p.m. and 5-6 p.m. on Wed. See posters around campus for details, or call 786-9711.

WED., FEB. 1

- **Skywalk Lecture Series**—Colin Goff of the Sociology Department presents "Should We Put the Boot to Boot Camps?"

THURS., FEB. 2

- **Skywalk Concert Series**—The Kubica-van Berkel Guitar Duo will perform works "From Lowland to Granados." This event is co-sponsored by the Winnipeg Classical Guitar Society.

- The premiere presentation of **Window on The University of Winnipeg: An Interactive Information Service**, a multi-media program that will be offered to all students and potential students of the University, will be held in Eckhardt-Gramatté Hall at noon.

FRI., FEB. 3

- **A tribute to Mac Watts** will be held in Riddell Hall at 7:30 p.m. to celebrate the years of distinguished service Watts has given the Faculty of Theology, the University and the Church. Admission is \$10.00. For information or to purchase tickets, call 786-9390.

MON., FEB. 6

- **Elizabeth Laird Lecture Series**—Josef Svoboda, professor emeritus of botany at the University of Toronto and winner of the 1993 Northern Science Award, will present "Back to the Future? The Canadian Arctic: A Case for Neotropicalization or Neoglaciation?" in Eckhardt-Gramatté Hall at 8 p.m.

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.