

Menno Simons College: Here To Stay



Menno Simons College, Concord College, and Canadian Mennonite Bible College (CMBC) are partnering to form a "new" post-secondary educational institution, the Mennonite Federated College (MFC).

However, this federation will have no effect on Menno Simons College's affiliation with The University of Winnipeg. "We will continue to do what we're doing here and expand the program," explains George Richert, the college's president.

Richert says Winnipeg's Mennonite institutions have discussed joining forces for years. These discussions became serious about two and a half years ago when the Manitoba School for the Deaf site at Grant and Shaftesbury became available. The new campus will include this site as well as the CMBC site across the street.

The faculty of Menno Simons College will teach courses in Conflict Resolution Studies and International Development Studies at MFC, as well as at The University of Winnipeg, offering their expertise to a greater number of students—and two very different audiences.

"The new institution will cater largely to students who wish to combine a year of religious studies or theology with other studies, and the traditional theology

and music which CMBC and Concord have always taught will, of course, always remain," notes Richert. "We don't anticipate that any of the students who are currently in our pro-

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A new federation of Mennonite colleges will have no effect on Menno Simons College's affiliation with the University, says George Richert, College President.

Joint Communications Program Approved

The University of Winnipeg and Red River Community College have a new message to communicate. The Council on Post Secondary Education (COPSE) has approved their new four-year joint program in communications. The program will begin this fall.

Neil Besner, chair of the English Department, and Judith Kearns, director of the Centre for Academic Writing (CAW), are delighted by the news. "It's magnificent—what else can I say?" asserts Besner.

Adds Kearns, "It's a wonderful opportunity."

The joint program will allow students to obtain a Diploma in Creative Communications from Red River and the new BA in Communications from the University in four years. This new degree will only be available through the joint program.

Besner says University President Marsha Hanen was instrumental in securing approval for the program. "Both Judith and I thought that she was extremely supportive, and she spent a lot of time negotiating with COPSE," he observes. "We couldn't have done it without her."

Adds Besner, "We've had support from virtually every sector of the University."

Besner and Kearns were also impressed with the level of support from the Red River team, which included Dave Williamson, dean of business and applied arts, and Donald Benham, instructor of creative communications, as well as from their colleagues here on campus.

The new program has already generated a great deal of interest from students at both institutions as well as at high schools. "We are confident that it's going to be popular with the students of Manitoba," says Kearns.



On Thurs., Apr. 23 at 8 p.m., Virtuosi Concerts will bring the "dynamic virtuosity" (NY Times) of Jon Kimura Parker to Eckhardt-Gramatté Hall. Don't miss the renowned pianist's first solo performance in Winnipeg in 13 years. Call 786-9000 for tickets and information.

Menno Simons

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grams at The University of Winnipeg will move over to the Tuxedo campus."

Richert emphasizes that MFC will not be competing with Winnipeg's two universities. "We're looking to complement the university programs, not replace them," he asserts. "We're not going to be offering majors that are offered at the universities."

Currently, the new institution is a federation, rather than a merger. This means that students will register at one college, but have full access to the other colleges' resources. In addition, students will be required to complete 30 credit hours of Christian Studies as part of their program.

Richert expects some MFC students to supplement their programs with courses offered by the universities. "We're hoping that it will be mutually beneficial to the post-secondary institutions," he says.

Richert sees MFC as an exciting development. "I hope that we can attract more young people who are not now at a post-secondary institution or who might be at other bible colleges," he observes. "It's also inter-Mennonite, which signifies cooperation at a level that we haven't seen previously."

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Comments, suggestions and submissions are welcome. (All material is subject to editing.)
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in edition is printed on recycled paper. After you have finished with this issue, please pass it on to a friend.

University Gets Much Needed Funding Boost for 1998-99

The University received notice of its 1998-99 operating grant from the Council on Post-Secondary Education (COPSE) on Mon., March 16. Overall, the news was good—or at least, considerably better than it has been for many years.

The University of Winnipeg will receive \$25,965,100 in operating funds for the next fiscal year. That represents an 11.1 per cent increase over last year's announced grant for the University, which did not include the recent one-time infusion to the 1997-98 operating funds of \$900,000.

University President Marsha Hanen says that while the grant is indeed very good news, the \$2.6 million increase in funding did not come as a surprise. "This is the amount we have been discussing with government for many months," she explains. "It is what we expected, and the amount on which we have been basing our budget projections."

Hanen says the increase to the University's operating grant must be viewed in context. "This increase has to be seen as a recognition of the historical unfairness of funding for The University of Winnipeg, and our non-sustainability at those funding levels."

In recent years, that historical underfunding has meant that our University received, on a per student basis, only about 75 per cent of the average funding amounts for all other Manitoba universities, and only 63 per cent of per student funding when compared solely to the University of Manitoba. While this increase does lessen the discrepancy, Hanen says University of Winnipeg calculations show that the total shortfall had reached \$6.4 million in 1997-98 when compared to Manitoba's other smaller universities—or \$7.7 million when the University of Manitoba is included in the comparison.

"There is still a considerable gap to bridge," she notes. "Most importantly, I hope that this improvement in our funding base will help to place us on the path to a sustainable future."

Hanen was again disappointed with capital funding in the grant. "That \$550,000 hasn't changed in years and years," Hanen notes, adding that many of the items traditionally described as ongoing capital costs "are in reality operational in nature. They're things we need to have to keep us going." These include technological and lab equipment as well as minor repairs and renovations. Hanen estimates that the University's true capital needs exceed \$3 million.

She also cites accumulated deficits from past years of around \$1 million as part of an ongoing problem. (However, she is hopeful that the additional \$900,000 received from the province for 1997-98 will help to eliminate any deficit for this year when the final numbers are available.)

The University of Manitoba and Brandon University each received 2 per cent increases to their operating grants for 1998-99.

The first increases in funding to Manitoba's universities in five years were part of the provincial budget delivered by Finance Minister Eric Stefanson on Fri., March 6. The budget also included \$1.6 million for new interest relief and debt reduction programs for post-secondary students, and harmonization of provincial and federal approaches to student debt.

In a pre-budget announcement, the provincial government committed \$5 million to the Manitoba Scholarships and Bursaries Initiative, which matches private donations. This represents a five-fold increase to the program since its inauguration last year. This year, the province will match contributions to scholarships and bursaries at a 1:1 ratio, up from 1:2 last year.

Hanen says she is hopeful a proposed 1998-99 budget will be ready to take to the Board of Regents for approval in April.

Student Services Accepts Credit and Debit Cards for Certain Fees

If the staff at the front desk in Student Services look a little happier these days, it's because their customers are a little happier.

Students can now use their credit or debit cards to pay incidental fees for documents or services such as transcripts or appeals. Previously, they could only pay incidental fees by cash or cheque. And that meant their requests couldn't be processed until their cheque had cleared the bank.

"Now we just swipe their cards through and right away we can start to process their request," says Herb Mays, Associate Vice-President (Student Services). "This is more efficient for us, and should go a long way toward eliminating backlogs."

Better customer service benefits both students and staff. "The students are a lot happier, and that makes the staff feel better about what they're doing," observes Mays.

Delving Into and Out of Depression

This article is part of a continuing series prepared by Warren Shepell Consultants.

"On the outside, I looked fine. On the inside I was gravely unhappy, and I couldn't understand why. I felt helpless and hopeless for the first time in my life.

It seemed as though everything made me cry. Friends and family told me to 'be strong' and to 'think positive.' For the life of me I tried. What used to work to lift my spirits just didn't work anymore.

How could this be happening to me? All I wanted to do was sleep. It took everything out of me just to get out of bed in the morning and get ready for work. I used to rise each day full of energy and eager to greet the world."

I feel depressed. We've all uttered these words at one time or another in our lives. Most often we are referring to feeling sad or unhappy in reaction to something negative or bad that is going on in our lives. Short episodes of *feeling depressed* in reaction to life situations are a normal and natural part of our emotional life. However, should feelings of sadness persist day in and day out without lifting, a person may be experiencing **depression** that may require professional intervention and treatment.

Understanding Depression

A Common Condition

It is important to know that depression is very common. Many people who experience depression feel that they are alone in their experience, but this is not the case. Ten to 15 per cent of people will experience depression in their lifetime, and depression has been found to run in families.

A Biological Basis

The exact cause of depression is unknown. However, research suggests that neurotransmitters or brain chemicals are involved. The brain regulates our emotions through two main neurotransmitters called norepinephrine and serotonin.

When these chemicals are at appropriate levels, we will feel a normal range of emotions—glad, sad, mad—in response to things or events in our environment. When the chemicals are out of balance, we can be left feeling unhappy all of the time, even in response to things that would ordinarily make us feel very happy.

Triggers for Depression

There are a number of things that may trigger an episode of depression, including traumatic or stressful situations; a physical illness; side effects of some medications; hormone irregularities and drug and alcohol misuse.

Signs that May Signal Depression

Recognizing the signs of depression is an important first step towards seeking professional help and feeling better. A person who is depressed may experience any number of the following symptoms:

- feeling sad most of the time
- a loss of interest in once enjoyable hobbies, activities and people
- trouble falling asleep or sleeping too much
- increase or decrease in appetite or weight
- feeling tired or weak
- feeling anxious or restless
- problems concentrating, remembering or making decisions
- crying more easily than usual
- feeling overwhelmed by negative thoughts
- loss of interest in sex
- feeling worthless, guilty, helpless and hopeless
- thinking or talking about death or suicide

Should you be experiencing any of these symptoms, we strongly recommend that you seek professional help.

Approaches to Treating Depression

Depending on a person's symptoms and needs, depression can frequently be treated effectively with medication, counselling, or most often a combination of the two.

Medication

Because of the imbalance of brain chemicals found in depression, anti-depressant medication that restores the chemical balance often plays a key role in the treatment of depression. A medical doctor or pharmacist would be able to provide you with extensive information on prescribed anti-depressant medications and their use with depression.

Counselling

Meeting with a professional EAP counsellor can be very beneficial for a person experiencing depression. Counselling provides an opportunity to openly and confidentially talk about the sad feelings and negative thoughts a person is experiencing and to identify strategies for coping with these. Discussing and gaining insight into the circumstances that may have triggered the episode of depression can also be helpful.

"Counselling allowed me to see that I really could get through this. Meeting with my EAP Counsellor helped me take small steps toward recovery."

Other Things that May Help

When spirits are low, it is hard to muster the energy required to take care of ourselves, but it is so important to do a few small things each day to move in the direction of recovery.

- Avoid using drugs and alcohol, which can worsen the symptoms.
- Get out for short walks.
- Stay connected with friends and family and go along with some of the urges to participate in once enjoyable activities.
- Work hard at understanding that the depression is not your fault.
- Talk to people who have gone through and recovered from depression.
- Postpone any big life decisions such as changes in house, job or spouse as judgment may be compromised by the emotionality of depression.
- Take care not to expect the recovery process to occur rapidly, as this will be discouraging—recovery is a slow, “little by little” process.

When a Friend or Family Member is Depressed

If a friend or family member is depressed, one of the most helpful things you can do for them is encourage them and assist them in getting professional help.

Other Things to Remember

Work hard at being patient with the person. Listen as best as you can. Offer encouragement that they will get through this. Try to avoid obvious solutions such as “be strong” and “think positive.” Encourage activity by inviting the person along—keep activities short and simple. Share regular, day-to-day conversation from time to time in an effort to normalize the interactions. To ensure the strength of your own health and well-being, remember to take care of your own needs and to take regular breaks from supporting your friend or family member.

If you or a family member are experiencing any signs of depression, or are concerned about someone who is, we encourage you to contact your Employee Assistance Program for assistance.

An Employee Assistance Program is available to all regular AESES, IUOE, and Excluded support staff as well as UWFA Collegiate members. If you have any questions or concerns about this topic, or if you wish to discuss any other concerns or receive help with personal difficulties, please contact Warren Shepell EAP counsellors at 1-800-387-4765. All services are offered in strictest confidence.

Readers Write

Take a Coffee Break! It's Good for You!

Every once in a while, employers who are seeking ways to get more out of their employees start looking unfavourably at coffee breaks. Coffee breaks should not be viewed as losses, because the time spent can actually be quite productive and useful for both the employee and employer.

One valuable benefit to employers is that a lot of information is shared at coffee breaks, such as: where do I get this? who do I talk to about this? how is this done in your department? has anyone used this software? did you see this item on the bulletin board? how do you handle it when...? did you hear about...? For new employees, coffee breaks are a primary source of information during their orientation.

Coffee breaks give us a recess from the isolation of sometimes claustrophobic offices, from the telephone and other interruptions, and from the intense concentration required for certain kinds of tasks. They allow us to come back to our work with “fresh eyes,” and refreshed energy.

Coffee breaks also present the opportunity to create community in the workplace. Friendships that are formed because of regular and daily contact often have a quality of continuity (and sometimes intimacy) that may not be possible in relationships outside the workplace. Coffee breaks provide a place to give and receive support, to express opinions, to share wisdom, to organize events, and sometimes even as a safe place to vent frustrations. And the best breaks always include a good laugh.

So create a little island in your day! Enjoy a coffee break!

Nancy Clark, Centre for Academic Writing



Negotiations Update

As of March 30, this is an update on the status of contract negotiations with various bargaining units at The University of Winnipeg:

UWFA: The mediation process has resulted in a contract that will be submitted to UWFA's membership for a ratification vote on April 3.

AESES: Negotiations are continuing.

IUOE: Negotiations are continuing.

UWFA Collegiate: Negotiations are continuing.

Members of Search and Review Committees Named

PRESIDENTIAL SEARCH & NOMINATING COMMITTEE

Carol Shields	Chancellor
Keith Black	Board of Regents chair
Frank Hechter	Board of Regents vice-chair
Garry Leach	Board of Regents representative
Ray Wyant	Board of Regents representative
Alaa Abd-El-Aziz	Faculty representative
Judith Kearns	Faculty representative
Bill Rannie	Faculty representative
Sohrab Abizadeh	UWFA representative
Nicole Rosevere	Student representative
Sol Nagler	Student representative
Ingra Schellenberg	Student representative
Judy Dyck	Support staff representative
Patty Hawkins	Support staff representative

LIBRARY REVIEW COMMITTEE

Katherine Schultz	VP (Academic) designate, as chair
David Burley	Senate representative
Rosa Orlandini	Student Senate representative
Robert Bulman	Board of Regents representative
Dianne Cooper	Board of Regents representative
Barry Kelly	Library Committee representative
Andy Lockery	Library Committee representative
André Oberlé	Library Committee representative
Jane Barske	Library staff representative
Linwood DeLong	Library Member of UWFA

DEAN OF STUDENT SERVICES SEARCH COMMITTEE

George Tomlinson	VP (Academic), as chair
Spencer Clements	Board of Regents representative
Lillian Neaman	Board of Regents representative
Joan Anderson	Senior administrator
Per Brask	Faculty representative
Andy Lockery	Faculty representative
Jim Henderson	Collegiate faculty representative
Lois Martin	Student Services staff representative
Randy White	Student Services staff representative
Clarissa Lagartera	Student representative
Ronald Oertel	Student representative
Claudius Soodeen	Alumni representative
Randy Kroeker	Counsellor member of UWFA

VICE-PRESIDENT (FINANCE & ADMINISTRATION) REVIEW

Carol Shields	Chancellor
Marsha Hanen	President, as chair
Doug Skoog	Academic staff representative
Karen Zoppa	UWFA representative
Barry Barske	Support staff representative
Judy Dyck	Support staff representative
John Mainer	Manager in VP (finance & admin.) area
Elizabeth Carlyle	Student representative
Michael Fox	Senior administrator
Michael Hill	Board of Regents representative
Joy Wood	Board of Regents representative

Wesmen Host Japanese Volleyball Team

The Wesmen Women's Volleyball team took advantage of a rare opportunity when they hosted the Nittaidai Women's Volleyball team from Nippon Sports Science University in Tokyo from March 11 to 19. The teams practised together and played three exhibition matches.

University teams seldom have the chance to gain such valuable international experience, observes Coach Diane Scott.

"It was a great opportunity for our junior team to train at a higher level than ordinary," reports Scott, adding that

junior refers to players aged 18 to 20. "It was a positive team building experience."

The Nittaidai Women's Volleyball team holds a Japanese record of 28 national championships, and won two World University Games Gold Medals in 1967 and 1985.

To enhance the cross-cultural experience, all 19 members of the Japanese team were billeted by Wesmen players. "We've had some great support from friends and family," notes Scott.

Revised Campus Map Points to New Information Centre

Feeling a little lost? Don't despair—a new version of the campus map is on its way, just in time for the grand opening of the new Security Services and Visitor Information kiosk on the first floor of Centennial Hall.

That centre officially opens on Mon., April 6 in the Security Services space. In addition to its security operations, the lost and found, and occasional parking, the centre will offer information and communications services. It will also house the University Switchboard. The change means the hours that switchboard and telephone message centre services are available will expand significantly. Switchboard services will be provided from 7 a.m. to 11 p.m., Mon. to Fri., and 8 a.m. to 6 p.m. on weekends.

According to Jim Bromley, director of security, the expanded kiosk will provide a central location for information relative to what's going on around campus. "This modifies our mandate to include visitor information services—something we've actually always provided on an informal level," he explains. Bromley notes that all officers will receive training on their new duties.

Renovation to the space has already begun, and will see it grow several meters toward the escalators. To meet fire code regulations and limit noise interference, the area will be enclosed in glass.

According to Lynn Jones, assistant to the vice-president (finance & administration), the new centre will replace the UWSA Info Booth in prominence on the map's legend. But both she and Bromley stress that students will still have the Info Booth, and that it will continue to play an important role on campus.

The campus map, last updated in October, 1996, has also been revised to reflect the recent flurry of movement on campus. For example, all student services departments, purchasing, the bachelor of education program and the theology office have moved. As well, there have been changes in departmental offices and additions like the Centre for Rupert's Land Studies and the office of the Prairie Women's Health Centre of Excellence.

New 8 1/2" by 11" handout maps are currently in production, and will be ready soon. They will be distributed throughout the campus by University Relations. To prevent confusion, all departments are asked to discard their old campus maps when the new ones arrive.

Employee Changes

ARRIVALS

Laura Vaughan
TSL3
Tech. Support Services

Jinhui Zhang
TSL3
Tech. Support Services

Frank Schmidt
TSL2
Ctr. Learning Technologies

Anita Theroux-Comeault
Office Assistant 5
Accounting Office

POSITION CHANGES

Munna Zaman
From: TSL2
Ctr. Learning Technologies
To: Admin. Assistant 3
Continuing Education

NAME CHANGE

From: Victoria Smith
To: Victoria Hyra
Admissions

DEPARTURES

Teresa-Lee Cooke
Office Assistant 5
Theology

Ken Kowaluk
Service Worker II
Physical Plant

Sheena Gardner
Assoc. Professor
Education

Convocation is Coming!

Spring is in the air, and Spring Convocation is just around the corner. As usual, volunteers are needed to help the Sun., May 31 event run smoothly. If you want to be a part of this special occasion, please contact Marilyn Lockwood at 786-9174.

Also, if you know of any members of this spring's graduating class who might make for an interesting feature article in the *Convocation Bulletin*, please let us know. Contact the editor, Lois Cherney, at 786-9134.

COMING EVENTS

"Coming Events" is compiled by University Relations. Planning a campus event? Please let us know. Send **written** information to Lois Cherney, 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.

FRI., MARCH 6 THROUGH SAT., MARCH 28

• **Gallery 1C03 presents Modesty Options: Recent Work by Elvira Koop Finnigan.** This exhibition of drawings and sculpture attempts to define and redefine the experience of the female body through diverse images. Gallery hours are 10 a.m.-4 p.m., Mon.-Fri. and 1-4 p.m. on Sat.

MON., MARCH 30

• **"Sacred Space and Promised Land: Aboriginal and European Attitudes to Country and Landscape,"** a talk by Frank Clarke, professor of history at Macquarie University in Australia, will begin at 6 p.m. in Room 3M64. Clarke will explain how Aborigines related to country at the time the Europeans invaded Australia, and how British cultural formations regarding land and landscape became a cultural filter, eventually resulting in a massive gap between the two positions. The talk will shed light on the consequences of this gap, and especially on the current land rights debate. Contact Angie Sauer at 786-9007.

MON., MARCH 30 TO FRI., APRIL 3

• **The annual exhibition and sale of long-time Library staff member Kam Wing Lee's watercolours** will run in the Hamilton Galleria on the library mezzanine. All proceeds from the sale support Library acquisitions. The opening reception at 2:30

p.m. on March 30 will feature the exceptional baking of the Library staff. Exhibition and sale hours will be Mon., March 30 from 2:30-4:30 p.m.; Tues.-Thurs., 8 a.m.-9:45 p.m.; and Fri., 8 a.m.-4:45 p.m.

TUES., MARCH 31

• **The Legacy of Che Guevara—An Open Dialogue with Aleida Guevara** will begin at noon in the Bulman Student Centre. Guevara will share memories of her father and relate the impacts of Che's ideals in contemporary Cuba. This free public event is sponsored by the Students' Association. For event information, contact John Carpenter: 786-9126. (For media contact information, contact Marion Yeo at 453-7036.)

TUES., MARCH 31 - SAT., APRIL 4

• The University of Winnipeg Department of Theatre and Drama will present a production of **Shakespeare's romantic comedy, *The Winter's Tale***, at the Gas Station Theatre, 445 River at Osborne. Performances are at 8 p.m. nightly. Admission is free, but reservations are recommended. For reservations, call 786-9402.

WED., APRIL 1

• Skywalk Series—**Sandra Kirby, sociology, looks at *The Other Side of the Medal: Sexual Harassment and Abuse in Sport***. How big a problem is harassment in the sports world? What can par-

ents, participants, coaches, sport organizations and spectators do about the problem? This presentation includes information on this topic from the most recent study of Canada's Olympic athletes. 12:15-12:45 p.m. in Centennial Library's 2nd Floor Auditorium.

THURS., APR. 2

• Skywalk Series is **"Pan-tastic"—Sister Dorothy and her fabulous Big-Up Band** illustrate their special guest instrument, the Steel Drum or Pan. 12:15-12:45 p.m. in Centennial Library's 2nd Floor Auditorium.

FRI., APR. 3

• **Music at Noon presents The University of Winnipeg Downtown Jazz Band.** Led by Darren Ritchie, they once again help us celebrate the last day of classes and remind us all that it don't mean a thing if it ain't got that swing! 12:30-1:20 p.m. in Eckhardt-Gramatté Hall.

• The English Department's Research in Process Discussion Series features **Per Brask and students discussing *The Monologue: Interiority Performed*** in Room 2B13 from 1:30-4:30 p.m. The discussions are open to English students, to all members of the University and to the public. Brask will speak about his work, invite the participation of students, and then open the topic to general discussion and questions.

• **Winter Term lectures end.**

MON., APR. 6 - MON., APR. 20

• **Evaluation period** for Winter Term courses.

TUES., APR. 7

• **Music at Noon presents the Jamestown College Jazz Ensemble.** Our season finale features a return engagement of this talented group on tour from Jamestown, North Dakota and led by Dr. Thompson Brandt. 12:30-1:20 p.m. in Eckhardt-Gramatté Hall.

WED., APR. 8

• Skywalk Series—**Andy Lockery, professor of geography, speaks on *Underwater Archaeology in Canada and Manitoba***. 12:15-12:45 p.m. in Centennial Library's 2nd Floor Auditorium. **This event was originally scheduled for Wed., March 18.**

FRI., APR. 10

• **Good Friday**—University closed.

THURS., APR. 16

• **The Women's Auxiliary will hold its annual Spring Luncheon** in Eaton's Grill Room from 11 a.m. to 2 p.m. All are invited. There will be a bake sale and treasure table. Admission is \$5, and all proceeds are in aid of scholarships.

Invitation to Faculty

All faculty are invited to write or call Harry Strub (786-9327) with ideas for upcoming Skywalk Series lectures.