

the Connection



Mount Saint Vincent University, Halifax, Nova Scotia

November 17, 1986

Free lunch pays off

When the Mount's United Way campaign kicked off with a free lunch (donated by Versa Services, actually) the first week of October, attendance was disappointing. But the results of the campaign have more than compensated!

The goal of \$7,000 was greatly exceeded, with a commitment already made for \$10,602 and more pledges still to come in.

This amount, donated by 43 per cent of the faculty, administrators and staff (plus a small student contribution), represents an 82 per cent increase over last year.

"This is the first year the Mount has had a steering committee in place and it has obviously paid off," says Michael Merrigan, Executive Assistant to the President and chair of the committee. "We were aiming to increase both the dollar amount and the participation rate this year, and we've done both."

Along with Merrigan, the steering committee included director of personnel, Bonnie Broderick; vice-president (academic), Dr. Pauline Jones; staff association president, Tom Barrett; Amy Thurlow representing student council; Ruth Jeppesen from the public relations office; and Wendy Fraser, from the United Way.

MOUNT SAINT VINCENT UNIVERSITY COMMUNITY HAPPY HOUR

4 - 6 p.m.
Friday, November 28
University Club

All are welcome — come and share a bit of quiet time and conversation, find out what some of your colleagues are doing.



Four honors students in the Mount's psychology program are working with Dr. Ann Krane on a new approach to the treatment of stroke victims. Without exception they are all excited at being part of this project, which is breaking new ground. L. to R. (back) Mary Elizabeth Farmer, Anna Redman; (front) Jane MacLaughlin and Verna Powell.

Mount researcher has new approach to treatment of stroke victims

Thousands of Canadians suffer from stroke every year, but up to now little or nothing has been done therapeutically to help alleviate the terrible depression which often results when stroke victims have to face up to their limitations.

Dr. Ann Krane, of the Mount's Psychology department, is engaged in a research project to help such cases, which has evolved directly from her work as a neuro-psychologist with patients with closed-head injuries.

"People with these types of injuries often suffer depression and memory loss," she says, "but they respond well

to therapeutic treatment. I began to wonder if the same kind of treatment would work for stroke victims. Up to now their depression has been treated mainly with drugs, but it seemed to me that therapy might work just as well, if not better."

Last June she was asked by the Dartmouth Stroke Club to provide some badly-needed psychological services, and this became her opportunity to try out her theories. "Now the project is just blossoming," Krane says enthusiastically. "We're getting excellent results in terms of treating depression."

Working with Krane on the project are four honors students from the Mount's Psychology department — Mary Farmer, Anna Redman, Verna Powell and Jane McLaughlin.

"They are all mature students," Krane explains, "and they are incredibly competent. I met with them twice a week all through the summer to train them in cognitive and behavioral treatment of depression."

Teams of two students each are now working with stroke clubs in Dartmouth and Halifax in group therapy sessions, for periods of six weeks.

"Stroke victims are tested for memory function, degree of depression and psycho-motor performance."

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Profile



Dr. Susan Whiting

As far as the university community and the general public are concerned, Dr. Susan Whiting, who teaches nutrition in the Mount's Home Economics department, is best known for her research into osteoporosis, a crippling bone disease that mainly affects women over 50.

Whiting's interest in osteoporosis goes back to her research into the risk factors of the disease which she carried out while studying for her Ph.D.

But research is not her only interest. "I like to mix my efforts," she says, "so practical projects and teaching are important to me, too. I used to be more of a basic scientist, but here I find I am becoming a generalist. In fact, this is almost the way you have to be now. The public is very disease-oriented these days — every disease has its own society — and this means I'm often asked questions by the public and the media on many aspects of nutrition, not just my own specialty."

Whiting was born in Lethbridge, Alberta, but lived most of her childhood in Ottawa and Fredericton. "I studied at Dalhousie University for two years," she says, "and then

switched to York University where I obtained my B.Sc. in biology."

She went on to take her master's in biology at University of New Brunswick and then went to the University of Guelph to study nutrition.

Before coming to the Mount in 1982, she was working for her post-doctoral fellowship at the University of British Columbia.

When asked how the Mount compared to the many other universities she has attended, she says, "As a faculty member I like the Mount much more than the other universities, because it's small and you get to know everyone. Just the same, the faculty association is growing so much now that I find I don't know the names of all the other faculty any more."

Whiting is doing her research into osteoporosis in collaboration with Dr. David Cole of the Izaak Walton Killam Hospital, which is where she does her lab work. "I had heard of him when I was in British Columbia," she says, "so when the Mount advertised for nutritionist I wrote and asked if I could work with him on my research and he agreed."

She has also been involved in research with Dr. David Hogan at Camp Hill Hospital, and a group of volunteers, looking for relationships between diet and bone density.

Teaching loads are heavy at the Mount, Whiting says. Her second year class consists of 50 students, with 20 in the senior class. "Of course, I prefer smaller classes," she admits, "but you always adapt to larger numbers."

Whiting is married to Alan Deschner, a computer programmer with the Maritime Life Assurance Company. "I brought him with me from Vancouver," she laughed. "It was easier for him to find a job in his field than I could in mine, so when the position at the Mount came up, we decided to make the move to Halifax, a place we both like very much."

They have a 15-month-old daughter who, her mother says, "provides me with all the spare time occupation that I need!"

Use of library has doubled since survey two years ago

With talk of a new communications centre to be built on campus within a couple of years, head librarian Lucian Bianchini has been looking at some of the user statistics in the present library, in Evaristus Hall.

"About two years ago," he says, "a survey showed an average of 300 people came into the library per day, including summer and vacation periods. That figure has at least doubled."

In any one day, spot checks can show up to 800 loans, including books,

periodicals and reserved readings. In addition to this there would probably be another 200 books used within the library. One day's check showed 656 requests relating to reserves, 82 requests for new or updated library cards, 212 general books loaned, and 26 bookings of the four typewriters. This was in addition to 109 books, 145 journals, 64 reference books and one microfilm reel used within the library, not loaned.

"And," says Bianchini, "they say that a new facility will likely double attendance."

A Goldbloom playground

Children in Jerusalem will soon be playing on a little piece of land bearing the name of a well-known Mount personality and her husband, Drs. Ruth and Richard Goldbloom.

The local Jewish community is sponsoring a Tribute Dinner on Sunday, November 30, in honor of the Goldblooms, with proceeds to be used to establish a playground bearing their name. The Halifax Jewish community periodically chooses a project in Israel to honor individuals who have distinguished themselves in public life. The Goldbloom playground will further the development of extensive

recreational facilities within the Greater Jerusalem Forest.

"When we were approached about the project," said Richard Goldbloom, "we felt because of my involvement with children, it would be nice if the project had something to do with children . . . The area around Jerusalem is fairly barren. Children who live there come from all over the world and for many this is the last stop. These youngsters need . . . the opportunities we take for granted for our children."

Ruth Goldbloom agrees. "Most of this area was desert and rock and if we can help turn it into trees, and greenery and a better quality of life, then we would like to help."

Ruth Goldbloom, along with numerous other volunteer commitments, has been actively involved in the life of Mount Saint Vincent University for more than a decade, acting as a member and chair of its board of governors and chair of its first major fund-raising campaign, Project One: Futures for Women. She was awarded an honorary Doctor of Humane Letters degree from the Mount in 1985.

Richard Goldbloom was physician-in-chief of the Izaak Walton Killam Hospital for Children in Halifax for nearly 20 years, as well as heading Dalhousie University's department of pediatrics. He is still teaching at Dalhousie and maintains a consulting practice at the IWK as well as many other community involvements.

Further information about the dinner, attendance at which is expected to reach 500, can be obtained from Judy Yorke, 422-5866 or 422-7491.



Christmas carols to ring out on December 3

The Seton Cantata Choir, with guest conductor Claire Wall, will give a concert of Christmas carols on Wednesday, December 3 at 8 p.m. in the Mount Saint Vincent Motherhouse Chapel.

Special guests for the Yuletide event will be the Aeolian Singers and Jennifer Grout.

Tickets are available from the Centre for Continuing Education, from any choir member, or at the door. Prices are \$4 for adults, \$2 for students or seniors.

The choir's director and founder, Sallie Novinger, is spending a year in Vancouver as assistant to Jon Washburn, conductor of the Vancouver Chamber Choir.



The proceedings of the Halifax Conference: A National Forum on Canadian Cultural Policy, have now been published and Mary Sparling, director of the Mount Art Gallery and Dr. E. Margaret Fulton, past president of the Mount, got a sneak preview before copies were distributed. Dr. Fulton had "parachuted in" as she put it, on her way to a meeting of the Board of Directors of Elderhostel, being held in Boston, and was dropping in on old Mount friends when this picture was taken.

"You've got ten minutes to get that flag down . . ."

When the National Forum of Canadian Cultural Policy was held at the Mount's Seton Academic Centre in September 1985, the conference logo, a green maple leaf and paint brush, prompted many spin-offs, from T-shirts to a green maple leaf flag which flew proudly from the flagstaff. On the last day, the conference organizers received an angry phone call. "You've got ten minutes to get that flag down . . ." the caller growled.

According to Mary Sparling, director of the Mount Art Gallery, "the events of this past year have done little to dispel the larger threat that phrase contains."

Sparling was one of the founding members of the Halifax Conference, one of the movers and shakers who inspired cultural communities across Canada to get together and make their voices heard.

For those who missed that event, a book with the same title as this article has just come off the press, containing the proceedings of the Halifax Conference, together with four additional essays on the need for a Canadian culture.

Well-known artists and writers such as Rick Salutin, Stephen Pedersen, Dr. David Suzuki, and respected academics like the Mount's Dr. E. Margaret Fulton and Professor Helma McCormack, added their voices to the outcry against government neglect of Canada's artists, musicians, writers and performers.

As Barbara Sternberg, an independent film-maker in Toronto, put it, "My one demand, I'm afraid, is

a big one. It's for a fundamental change in Canadian attitudes towards art and culture. We must accept cultural activities or 'art' in the biggest meaning of the word . . . we must accept them as a good in society, even as the good in society. We must see art not as the means to ends but as an end in itself. Until we do that, nothing we talk about will matter."

Playwright, author and critic Rick Salutin said, "There's no doubt that we face a crisis. It is a serious crisis and it is different from others. It involves not just cutbacks and funds but also a challenge to assumptions which have served as the foundations on which our culture has arisen . . ."

(continued on page 4)

Scholarship for Mount student

Mount public relations student Kerry Dionne, of Saint John, New Brunswick, was the first recipient this Fall of the David Butler Memorial Scholarship, a new award established by the Canadian Public Relations Society (New Brunswick).

Competition for the scholarship, which is co-sponsored by Canadian National and established in memory of one of the society's members, is open to any New Brunswick student graduating from high school and going on to studies in a public relations program recognized by the CPRS-NB.

Your money matters — consumer education program introduced

"Money is like a sixth sense without which you cannot make use of the other five." — W. Somerset Maugham.

This is just one quote used in a booklet on budgeting, one of a series published by the Royal Bank of Canada under the title Your Money Matters. Jean Harris, the bank's project manager for consumer affairs, was invited to the Mount recently by consumer studies lecturer Sue McGregor, on behalf of the Home Economics and Business societies.

Harris was one of the people involved in developing the Your Money Matters consumer education program and says the Royal Bank is one of the few in Canada with a consumer affairs department although U.S. banks are required by law to have such a department.

One of the main elements of the program was a series of four booklets launched in 1985, with a fifth added this year and a sixth on the drawing board now. Besides budgeting, booklets offer consumer information on buying a home, investments, retirement and buying a car.

Harris explained that the Royal Bank decided to launch such a consumer education program based on the many client requests for information on these major financial decisions. As she said, "this program is not product-oriented — it's consumer information. The fact that the information is provided at the Royal Bank, usually in a workshop format and personal contact as well as in the booklets, has indeed increased business for this bank but it was instituted as a consumer education program, not just as a marketing tool for the bank."

Harris and the bank's public affairs manager for the Atlantic region, David MacLean, told the students that Your Money Matters has already won two international awards and was showing its worth from the point of view of the bank's staff as well as the clients and management.

"We were not prepared for the great response we had from our staff. When you're talking about 1400 branches and close to 40,000 staff members across the country, if you don't have

support for a new program, you have no hope. We're still trying to get caught up on the many requests for further copies of the booklets and workshop guides for staff," said Harris.

For the students attending the presentation, there was a message beyond the details of this particular consumer education program — that consumer education is becoming more and more widely accepted as an integral part of business. As Harris said, "the ultimate aim of any consumer affairs person should be to make herself or himself redundant — to make consumer orientation such an integral part of any business, it becomes a part of every person's mandate and a specialist is no longer required."

Chernobyl . . . the impact on Soviet society

The events at Chernobyl have had wide-reaching effects, among them an impact on Soviet politics and society. This aspect of the nuclear disaster will be the topic of a public lecture by Dr. Bohdan Krawchenko on Monday, December 1, at 7:30 p.m. at Mount Saint Vincent University's Seton Academic Centre, auditorium C.

Dr. Krawchenko is director of the Canadian Institute of Ukrainian Studies at the University of Alberta and also associate professor in the Department of Eastern European and Slavic Studies.

He has a Diploma in Soviet Studies from the University of Glasgow, and obtained his Doctor of Philosophy degree from St. Anthony's College, Oxford.

He is co-author of *Political Economy of the USSR* and is at present working on a book, *Where is the Soviet Union Going?*

Dr. Krawchenko's lecture "Chernobyl: Its Impact on Soviet Politics and Society," is open to the public and free of charge.

University Club

All members of the university community are eligible to become members of the new University Club. It's a great place to meet and mingle informally, to invite guests, or hold special events. Lunches are served daily from 11:30 a.m. to 1:30 p.m., with beer and wine available at meal times.

There will be complete bar service on Thursdays from 2-5 p.m. and Fridays from 4-6 p.m.

Membership is \$10 per month for employees of the Mount. Married couples who both work at the Mount must each pay \$10 — but if your spouse is NOT an employee of the university, she/he can be included on your membership card.

Contact local 185, for membership details.

THE PEACE BEAT

by Pat Copeland



The following open letter was recently sent to U.S. President Ronald Reagan from United States war veteran Charles J. Litekey, holder of the Congressional Medal of Honour. It speaks for itself.

Dear President Reagan:

The enclosed statement of my renunciation of the Congressional Medal of Honor and its associated benefits represents my strongest public expression of opposition to U.S. military policies in Central America. You have been the champion of these brutal policies. I hold you most responsible for their origin and implementation.

You publicly stated your identification with some of the most ruthless cut-throats in Central American history when you said "I'm a contra too." You insulted every American patriot when you referred to these killers of children, old men and women as 'freedom fighters,' comparable to the founding fathers of our country.

In the name of freedom, national security, national interest and anti-communism you have tried to justify crimes against humanity of the most heinous sort. You have made a global bully of the United States. You would not dare do to countries capable of defending themselves what you have done to tiny nations like El Salvador, Nicaragua and Honduras.

Mr. President, you are clearly set on a course of U.S. domination of Central America. There are a lot of us Americans who do not care to be counted among the oppressors of this world and we intend to let the government you lead know it by way of a series of non-violent protests that will end when you stop the killing, the raping, the torturing and the kidnapping of poor people in Central America.

You are not without company, Mr. President. There are other Americans who justify the murder of innocents in the same vigorous way that you do. You are polarizing this nation. One day you may have to repress your fellow Americans with the same kind of terror tactics you sanction in Central America.

I pray for your conversion, Mr. President. Some morning I hope you wake up and hear the cry of the poor riding on a south-west wind from Guatemala, Nicaragua and El Salvador. They are crying STOP KILLING US.

I never met a Central American peasant who did not know your name.



This pyramid of party faces turned out for last year's Christmas party for children of Mount Saint Vincent University faculty, administration and staff. This year's party, again organized by business office manager Sylvia Cherry (the clown in the black row), will be held from 1 to 5 p.m. Sunday, December 14 in Vinnie's Pub. Names and ages of those children attending should be forwarded to Sylvia Cherry, Business Office before November 21 with gifts to be turned in by December 11.

On the move

Dr. Janina Konczacki of the History department presented a paper "Some aspects of the education of women in late 18th century Poland" at the Canadian Eighteenth-Century Studies Association Conference held at the University of Ottawa, in October. She was also elected to the editorial board of *Man and Nature*, the Association's journal. At the general meeting she was re-elected to the executive committee for the fifth time, as well as being the Association's Maritime representative.

Dr. Chitra Reddin, Public Relations department, was the keynote speaker at a workshop held at the Halifax Sheraton in September for the accounting firm Touche, Ross at their national communication conference. Her topic was "How to get better returns on investment in marketing professional services." Dr. Reddin also gave a public lecture at the Halifax Public Library on Horror and Vampires, which was followed by a screening of *Dracula*.

Dr. Donald Smith, Donald Craig and Judith Cabrita (all of the tourism and hospitality degree program) Ivan Blake (co-operative education) and Dr. Margaret Ellison (home economics)

attended the Seventh World Congress on Tourism Hospitality Education in Toronto recently. Forty countries and five continents were represented. Sixty papers were presented, resulting in the Toronto Manifesto.

FLAG (from page 3)

And Jean Paul L'Allier, who was Minister of Communications in the Quebec cabinet in the 1970's said, "Culture is a way to be; politics is a way to do things. They're not quite the same."

The book, edited by Halifax writer Harry Bruce, makes fascinating reading for anyone with the slightest concern for the arts in this country.

Sparling says the Nova Scotia Coalition on Federal Cultural Policy, which sparked the national forum, is pursuing its negotiations with the province towards the establishment of a provincial arts council. "We've had some favourable meetings, to date," she reports, "and look forward to further progress."

A lobby group continues to remind the federal government of the importance of such institutions as the Canada Council, the National Film Board and the Canadian Broadcasting Corporation, "which are of paramount importance to the Canadian identity," Sparling says.

RESEARCHER (from page 1)

Krane says. "We've discovered that treating the depression results in improvement of other functions, such as memory loss."

McLaughlin says she was slightly nervous when she first started working with stroke patients, "but I soon became excited about the project and I find it's a real challenge."

Redman says it's a great experience to actually see the results from the work she's doing and Farmer agrees with her. "The practical experience is invaluable," she says.

Powell commented she was surprised to discover that "just a little understanding of a patient's predicament can go such a long way." She adds, "We have a really good support system and I feel it's a privilege to work with Dr. Krane."

Patients taking part in the therapy sessions are regaining their confidence in a spectacular manner, says Krane. "The experiences I've had during this project have been amazing. They've given me a sense of the true dignity of the human being."

She describes how the wife of one stroke victim wept all through her (Krane's) first two lectures, "but now we are training her to help others suffering from the same terrible depression."

Much of the team's work lies in dealing with frustration and irritability, "and this is what the spouses of stroke victims must cope with," Krane says. She believes that the families of the patients could benefit from learning similar therapeutic techniques to those being taught to her honors students. "We've asked ourselves the question, 'can you use lay personnel in these cases?' and the answer is 'yes,'" Krane says emphatically.

Depression, she points out, is a matter of mistaken thinking. "It's what we call black and white thinking, and that's wrong. We try to teach stroke victims how to be more flexible in their outlook, how to minimize their disadvantages and use the skills that they still possess."

Krane cannot see herself dropping the project for the next several years, "or until there is something in place to take over from our group."

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