

# the connection



Mount Saint Vincent University, Halifax, Nova Scotia



## Music Is Better Caught Than Taught

Sister Margaret Young is singing her way through classes these days with a new approach to developing pre-school children's musical awareness.

Sr. Margaret, of the Mount's Child Study Department, spent a year's sabbatical at Arizona State University, studying with Professor Barbara Andress, a specialist in music who also has wide experience in early childhood training.

The idea is to focus on process rather than product. As Sr. Margaret puts it, "Music is better caught than taught in the early stages."

The little ones in the Mount's Child Study Centre are obviously enjoying the freedom and variety of the classes. It all appears to be very unstructured, but, in fact, the learning environment is very carefully planned with the use of "motivators"—toys and games that lead the children into indulging in their own musical ideas.

The two to four-year-olds in Sr. Margaret's class are just the right age for becoming musically aware. If, as research shows, 50 per cent of all learning has taken place by age four, then the place to bring out the music in children should be when they are in day care.

Sr. Margaret believes that it's important not to impose ideas on the children, but to let them discover music for themselves. "When you allow children to have the musical control, it gives them power and they love it," she says.

She brings music into the class as often as possible, even singing stories, rather than reading them. A xylophone with the five-note pentatonic scale is there for the youngsters to improvise on (they do it charmingly; there are no dissonances in the pentatonic scale!), and they are free to play with toys, join in the singing, take a turn on a simple musical instrument, or just listen if that's what they want.

Sr. Margaret was deeply influenced by Barbara Andress' methods and is excited at the prospect of Andress visiting Halifax

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And a good time was had by all! Ice sculpture, eggnog, plum pudding and all... Versa Foods put on another of its famous Christmas dinners for students, just before exams started. Faculty and staff members, as well as friends joined the students for the feast.

## New Credit Course on Arms Race

The Politics of the Arms Race will be offered as a half-credit course by the Mount in the Fall of 1984.

The Political Studies Department is introducing the new course in an attempt to contribute to an understanding of the dangers of the nuclear arms race and to explore the possibilities for peace. The course reflects a long-standing concern in various academic and administrative quarters that the Mount contribute to peace research. It may also help to fill a void in this subject which seems to exist throughout Atlantic Canada.

Dr. E. Margaret Fulton, president of the Mount, says she is delighted with the initiative shown by the Political Studies Department. "The times demand that we seriously pursue studies which help us to understand how the human race could have reached a point where self-annihila-

tion may become a reality," she says. "It's the kind of programming which is entirely in keeping with the aims and goals of this university."

Under Dr. Larry Fisk, Political Studies 224 will include an analysis of the nature and roots of the revived cold war, American and Soviet foreign policies and political cultures, plus the extent and consequences of arms production and sales. Topics will cover peace movement strategies and alternatives to war and the arms build up.

Join the majority. Be a non-smoker



Jan. 23-29, 1983



## alumnae update

Mount Saint Vincent Alumnae Association invited members of the university community, and the families, friends and classmates of deceased alumnae to take part in the celebration of a Memorial Mass in Evaristus Chapel.

Sisters Evelyn Williams and Lorraine d'Entremont worked with a committee of the alumnae association and with the students who regularly assist in preparing the Liturgy and music for Sunday Mass, focusing the theme of the Mass on *Fides, Sapientia, Amicitia* (Faith, Wisdom, Friendship), the motto of the alumnae association. The candlelight service and reception following was enjoyed by the 100 students, alumnae and friends who attended. Of particular interest was the liturgical dance performed during the processional anthem, when students gownned in white brought the candlelit Advent Wreath to the altar.

Alumna Irene McQuillan Murphy, B.A. '32, who read during the Mass, remarked on the beauty of the ceremony itself, and added, "It was wonderful to see students, faculty, alumnae and friends gather together to remember our old friends".

The Memorial Mass for deceased alumnae will become an annual event, sponsored by the alumnae association.

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Three Cheers for Volunteers! The alumnae association would like to thank the many volunteers who helped make our Gift Wrap '84 Campaign such a success. The willingness of so many busy people to give of their time during the hectic Christmas rush is truly appreciated. This year's campaign, conducted out of both Halifax and Dartmouth Simpson's stores, again saw volunteers from the whole university community, their families and friends pitch in to support Project One. Now that's co-operation!

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As January 10 fast approaches, the ever-intrepid Alumnae Antiques are busy preparing for the annual athletics challenge issued by varsity volleyball and basketball teams. Recruits for the alumnae squad are still being sought, so if you are interested in testing your mettle against "the young whipper-snappers", or if you can blow the whistle on any alumnae who are a little shy about admitting that they are closet volleyballers, please contact Dilly MacFarlane at the Alumnae Office, 443-4450, Ext. 136. Yea team . . . !!



Dr. Berit As (left, seated) has returned to her position as professor of Psychology at the University of Oslo after a three-month stay at the Mount, doing research on women's issues and giving a special lecture series. Shown here, with Dr. As, are (standing) Christine Ball, Co-ordinator of the Women's Studies program and Assistant to the director of the Institute for the Study of Women; Pat Copeland, Information Officer; and Mary Reynolds, President of the Student Christian Movement.

## OPINION

by Dr. Olga Broomfield

We have Christmas break and Spring break. These take us generally away from the campus. I have long thought that we need a daily communications break to keep us together on campus. It would be a time we could meet informally to extend our acquaintance among new faculty and administration, to sustain good feelings among established faculty and administrators, all to the end of a freer and continuous flow of ideas and opinions for the benefit of the entire campus.

How can it be done?—By opening classes at 8:30 a.m. (as many campuses do) and dividing the mornings as follows:

### Monday (W & F)

8:30 1st period  
9:30 2nd period  
10:30 Break for 30 mins.  
11:00 3rd period  
12:00 Lunch

### Tuesday (Thurs.)

8:30 1st period  
10:00 Break for 30 mins.  
10:30 2nd period  
12:00 Lunch

I suggest that in each building at an appropriate location, tea and coffee with biscuits be provided at minimal cost so arranged that there are not long waiting lines anywhere.

The result would be that in Seton building faculty would know that they could speak with all their colleagues over a period of daily breaks. They would know that they could time their visits to the library and bookstore and bank to coincide with the break in those buildings and thereby meet with people they seldom see now. Much valuable exchange of views would occur in the best possible milieu. I think we should try it.

## Help Is On the Way for Food Bingers

Recent research has shown that about 30 percent of college-age women have abnormal eating patterns.

The name given this condition is *bulimia* and it can range from a mild form of over-eating which may only happen a couple of times a month, to a daily pattern of gorging food followed by self-induced vomiting up to six times a day.

Mount counsellors Marge Shackleton and Ann Wetmore-Foshay are concerned that there are probably a number of Mount students caught in this pattern, who may be needing help but don't know where to look for it.

"Many students are even unaware that they may have a serious medical problem", Wetmore-Foshay says. "They know that what they're doing is abnormal, but aren't aware of the possible medical consequences."

Shackleton names some of those problems as erosion of tooth enamel from contact with stomach acids through constant vomiting, dermatitis of the lips, inflammation of the esophagus, inflammation of the colon, impaired kidney function, an electrolyte imbalance in the body chemistry, potassium depletion, sore throat, indigestion, irregular menstruation or even a stomach rupture.

"The problem of *bulimia* comes about as a result of how these young women feel about themselves," Wetmore-Foshay says. "It's not a weight problem, it's a question of body image—how they see themselves. They may feel they're not slim enough to attract a boyfriend or they may be under strain during exams. In almost all cases they're very secretive about their eating habits. It's an anxiety-related condition in women who are unusually conscious of how they look."

The counsellors are planning to set up confidential counselling sessions for both individuals and groups who are suffering from *bulimia*. These sessions will be open to the university community as a whole, not just students.

"Anyone with *bulimia* doesn't have to suffer alone any more," Shackleton says. "They can come and talk to us and we can help them to deal with the condition."



Dr. Mairi Macdonald, director of the Centre for Continuing Education, chats with mature students at a Get Acquainted Coffee Party held recently in Rosaria Centre. L to R: Ada Secord, who is studying gerontology; Dr. Macdonald; and Audrey Crawford, who graduated with a BA last year.

## MUSIC IS BETTER

(Continued from page 1)

this month when she will be giving workshops to music teachers in the Halifax and Dartmouth school systems and also present a one-day workshop on Saturday, January 28 at the Mount, on Early Childhood Development Through Music. Pre-school teachers in day care from all over Nova Scotia will be attending.



Santa Claus made an appearance at this year's children's Christmas party, organized by Business Office Manager Sylvia Cherry. By the tree with Sylvia are (standing, l to r) Jennifer Theriault, Penny and Duncan Flemming, (seated, l to r) Michelle O'Hara and Alissa Briand.

## Hello . . . Hello??

A new touch-tone telephone system that seems able to do everything except dry your tears if you get confused by its many and varied instructions, was installed at the Mount last month and replaces the familiar black dial phones that have gone the way of most old-timers and faded away.

The overloading of the old system, combined with the necessity for teleconferencing and a need for an extra dimension or two, made it logical for the Mount to get into step in this age of communication.

Special workshops in the use of the new instruments, the SL-1 and the slightly less sophisticated 2500, were given by Maritime Tel and Tel when we were all initiated into the mysteries of the system—a few of the grey-haired ones among us secretly muttering, "I'll never get the hang of it," while others happily look forward to the flexibility of the new phone.

It is, in fact, a modern marvel. Some of the more useful features include the ability to alert you when a busy line becomes free (within the university); a signal that tells you a second call is waiting when you're already on the line; the possibility of teleconferencing with six people on the SL-1, and with three on the 2500; and complete privacy on your line whenever you want it. Your phone will also direct calls to another number if you're going to be out of the office and there will now be new extensions where they were not possible before.

Signals given out by the new instruments vary from a muted warble, to quick beeps, short buzzes and the familiar dial tone. There are also flashing lights!

All the new desk companion lacks is a comforting voice to say, "There, there," when we hit the wrong button or misinterpret a signal.



# Duet



*Awesome Business Students (L to R): Robert Spinney, Sharon Langille, Barbara Juteau and (sitting) Anna Kaizer.*

Have you seen an Awesome Business Student lately? Maybe not.

There are four of them in the DUET class at Nova Scotia Power Corporation.

Awesome Business Student t-shirts were awarded to students earning top project marks in John Plinius's Introduction to Business Administration course.

Bob Spinney, Sharon Langille, Anna Kaizer and Barb Juteau are the "awesome" students at Nova Scotia Power.

"We were completely surprised with our grade," says Spinney. "We have a good bunch of imaginative students and we did put in a lot of work, though," he adds. "Through this process we are also getting better at working in a group and using individuals' strengths and weaknesses to best advantage."

It felt "really awesome" to win an award like this, says Juteau. "It's a great bit of encouragement."

"We all work in different sections of the company and this award is something really noticed by our co-workers," they note.

Both also stress the convenience of taking their course through DUET. "This way I can take the course in the daytime without leaving work, in contrast to going out to a class after work when I am tired and not alert," adds Spinney.

The Awesome Business Student t-shirt was great but the best part of the course is the instructor, both agree.

## Money Available

The Campus Association of Part-Time University Students raised a total of \$205 at its recent bake sale. This amount will be deposited in a special bank account to accumulate interest until May, when it will be presented as a scholarship to a part-time student.

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The Canadian Federation of University Women offer a bursary of \$300 to a mature female student (30 years and over) working toward a degree or diploma at a university in the metro area. **Deadline for applications is January 9, 1984.** Applications and information available at the Financial Aid Office, Student Services, Rosaria Centre.

## On the Move

A faculty member and six students from the Mount are appearing on a five-part consumer education show on Channel 10 this winter. Home economics lecturer, Margaret Holgate; home economics student Sharon Freeman; and public relations students Angela Murray, Marion MacKenzie, Helen Graham, Margaret McKee and Bruce Chisholm, got the first program underway in December by interviewing Christmas shoppers in the metro area, asking them how they chose their Christmas gifts and whether they checked on returns policies (most of them didn't).

Four more programs will be aired from January to April—one each month.

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**Beverley Jobe**, 21, Glace Bay, N.S., who is enrolled in the four-year public relations degree program at the Mount is the second winner of the Inside Canada scholarship awarded by the Canadian Public Relations Society.

Now entering her fourth year, Jobe has handled communication assignments in the Atlantic region during vacation and leisure periods. This year she is special supplements editor for *The Picaro*, the student newspaper. Treasure of the students' public relations society she has appeared on the Dean's List for exceptional performance for each year of her university career.

When Jobe graduates next spring she plans to work in internal communications and employee relations.

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**Dr. Erdener Kaynak** presented a paper at the European International Business Association Conference in Oslo, Norway in December. His paper dealt with the marketing analysis potential for Atlantic Canadian exports to the Middle East.

**Bonnie Broderick**, up to now Personnel Officer at the Mount, has been promoted to Director of Personnel. The new position involves additional areas of responsibility including transfer of records from other departments, training and safety.

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The following research grants have been awarded by the president: to **Dr. Barnett Richling**, \$960 for his project "The Northern Labrador Fur Trade, 1782-1926" and to **Dr. Jane Gordon**, \$300 for her project "Social Policy, Infant Feeding and Women's Roles in Finland."

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**Dr. Ahmos Rolider**, University of Haifa, Israel, is a visiting professor at the Mount this year and is teaching in the departments of psychology and education.

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**Dr. Benisa Hudhannah**, University of Garyounis, Libya, is also visiting professor and is pursuing research in business administration at the Mount.

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Two articles by **Dr. Ram Seth** on the Nova Scotia and Canadian economy, were published by Grolier for the American Annual Yearbook. Also, Dr. Seth's book, "Pricing and Related Policies of Publicly Owned Central Electrical Utilities" will be published and released this month.

In March, Dr. Seth will present a paper on utility pricing at the Atlantic Economic Society International Conference in San Juan.

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**Bonnie St. Peters** has resigned from the position of Library Assistant at the Mount, after 17 years of service (first as Bookstore Manager).

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