

Campus Connection

a newsletter for the Mount Saint Vincent University community

November 1991

Fall Convocation '91



Memories are made of this! Marlene Jewell, Bachelor of Science with distinction, is visibly moved when she receives the President's Prize at Convocation.

This year's Fall Convocation was coupled with the installation of Dr. Elizabeth Parr-Johnston as the university's eighth president and vice-chancellor. The installation preceded the conferring of degrees, diplomas and certificates to 170 students.

Chancellor Sr. Louise Bray installed Dr. Parr-Johnston, and Joseph Macdonald, vice-chair of the board of governors, invested the new president with the official Robe of Office.

Representatives of the student body, faculty, non-teaching staff, alumnae, Sisters of Charity, the Association of Universities and Colleges of Canada, other universities and colleges across Canada, and Wellesley College outside Boston (the president's undergraduate alma mater) presented salutations to the president.

In her address to the Convocation, Dr. Parr-Johnston stressed the importance of a strong sense of community — nationally, regionally, among Nova Scotia's universities and within the Mount community.

Valedictorian was Simon Kennedy of Dartmouth, Bachelor of Public Relations with distinction and highest aggregate. Simon, who is the son of Dr. Joyce Kennedy, director of continuing education, gave a stirring talk on the importance of "little things in adding up to a great life".

President's Prizes were awarded to Marlene Jewell, Bachelor of Science with distinction, and Roberta (Robbie) McGinn, Bachelor of Arts (Honours) with first class honours, both from Halifax. McGinn was former co-ordinator of the Canada-Nigeria CIDA (Canadian International



Development Agency) Linkage program at the Mount.

Kappa Gamma Pi Award went to Kimberley Little, Lower Sackville, Bachelor of Business Administration and co-operative education option. Senate Medals of Distinction for students graduating with highest

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Smith report finds Canadian universities "basically healthy"

The Commission of Inquiry on University Education, released Oct. 9, is the culmination of more than a year's close scrutiny of Canada's higher education system. The report, which details the findings of a task force set up last August by the Association of Universities and Colleges of Canada (AUCC), concludes that Canada's universities are basically healthy and serving the country well. At the same time, the report acknowledges that problems do exist, and details more than 60 recommendations for improving higher education in Canada.

The report has been dubbed "the Smith Report" after its author, commissioner Dr. Stuart Smith who is president of RockCliffe Research and Technology Inc. and former president of the Science Council of Canada. One of the most surprising claims that Dr. Smith makes in his report is that underfunding is not the major problem facing Canadian universities. While he recommends that funding be increased to the same level as state universities in the United States, he maintains that increased funding would not solve some fundamental problems — one being that universities are not generally as innovative as they could be. "Innovations can be stifled on the basis that there is no money for them. Attempts by administrative officers to lead in the process of change are difficult to maintain," Dr. Smith writes.

Another criticism running through the report is that teaching is undervalued, compared to research. Dr. Smith claims that professors are evaluated primarily on their research and that universities in general provide too little reward for good teaching.

He adds that innovation in teaching is also rare. However, the report does commend a number of universities for their innovative approaches, including the Mount for the steps it has taken in making higher education accessible to women.

The report, which draws upon 250 written briefs and 200 presentations,

offers some concrete recommendations, including:

- that each university develop a clear definition of scholarship and that the definition include more than the publication of refereed research articles;
- that faculty be given an opportunity to be evaluated primarily on teaching or research;
- that faculty who choose to be evaluated mainly on teaching teach a slightly larger number of hours;
- that the minimum average teaching load for full-time faculty be increased to eight hours a week;
- that all senior professors share in teaching early undergraduate courses;
- that PhD students be given training in modern teaching methods and that prospective new faculty be required to demonstrate teaching ability as well as research proficiency;
- that distance and continuing education be expanded;

- that new funding be provided for research on higher education;
- that each student across Canada be given a central identification number to allow for tracking of attrition rates, transfers and trends in educational patterns;

The report strongly advocates that universities must demonstrate that they are accountable to the society that funds them. If they don't, the report argues, they run the risk of having governments impose rigid requirements or formulas as they do in other countries. "Apart from normal financial auditing, what Canadian universities need to demonstrate is that they are genuinely accessible to those with the appropriate abilities, are equitable in their admissions practices, and are producing an appropriate number of graduates who are satisfied with the education they have received and whose work is satisfactory to their employers," writes Smith.

Copies of the report are available for \$17.95 from AUCC Publications Office, 151 Slater Street, Ottawa, Ontario K1P 5N1. Tel: (613) 563-1236.

ON THE MOVE

Jennifer Burgess, who graduated in May with a Bachelor of Science Human Ecology degree and co-operative education dietetics option, has been awarded a \$10,000 University of Toronto Open Fellowship. Burgess is enrolled in the Master of Health Science program and is specializing in community nutrition.

Dale Godsoe, board of governors chair, has been elected national vice-president of the YWCA of/du Canada. A member of the Y's board of directors and its treasurer since 1989, Godsoe also sits on the boards of

directors of the Canadian Centre for Arms Control and Disarmament and the Canadian Journalism Foundation in Halifax.

Listing not complete

The listing of new faculty in the October 1991 issue of Campus Connection should have included Nancy Darling, assistant professor of business administration. Sorry for the omission.



Photos, diaries, report cards, newsletters, jewellery, needlework and paintings from the archives are featured in a display of alumnae memorabilia located in the library. The display, a recent project of university relations and the archives, focuses on details of social and academic life at the Mount from the early 1900s to the mid-1950s.

University presidents, Stuart Smith, debate report findings

The five metro university presidents and Dr. Stuart Smith assembled for a panel recently in the Mount's Seton Academic Centre Auditorium to debate and discuss recommendations and issues outlined in Smith's report for the Association of Universities and Colleges of Canada, released Oct. 9.

In summarizing the report, Dr. Smith emphasized his belief that universities, though basically underfunded, are reasonably healthy, and that lack of funding is not the major problem facing Canadian universities. "Universities are not the only ones in society who are being asked to do more with less. As long as universities go to their ministers of education with the idea that they are being unfairly picked on, dialogue will get nowhere," said Dr. Smith.

He suggested that universities turn their attention to finding innovative methods of management and teaching. "One of the most striking findings...is that innovations in teaching, and teaching in general, is greatly undervalued, compared to research...I'm in

favor of research but the fact is there is not a level playing field in terms of rewards."

Dr. Smith also called for universities to be more accountable to government and the public. "Presently there is no available data from universities to allow government to make reasoned choices with regard to funding." He suggested that statistics be collected on graduates to determine if they are satisfied with their university experience and to keep tabs on graduates' and employers' assessment of how well universities prepare people for careers.

Dr. Peter Adams of the Technical University of Nova Scotia agreed with Dr. Smith's belief that teaching is undervalued, and recommended "internships for our graduate students who want a career in teaching. I think there should be different career paths reflected by teaching or research loads."

Dr. Howard Clark, Dalhousie University, noted that while he didn't agree with Dr. Smith's criteria for

evaluation, he did agree with the findings about the imbalance between teaching and research. He said that there is no proven relationship between research and the quality of teaching. "However, the issue here is not teaching and research, but **learning for students** on the one hand and scholarship on the other."

Dr. Marion Fry, University of Kings College, spoke on the need to update curriculum, for instance to include areas such as women's issues and black history. She discussed the importance of interdisciplinary curriculum designs, noting the difference between interdisciplinary and multidisciplinary design — the former being integrative.

Dr. Ken Ozmon, Saint Mary's University, disagreed with Dr. Smith's emphasis on full-time professors, noting that "in urban areas we employ many part-time faculty, which allows us to take advantage of well-qualified professionals in our community." Dr. Ozmon criticized the report's section on evaluation as being too narrow. He said that evaluations should be "more output oriented", also taking into consideration such areas as responsiveness to the community, international activities, accessibility and responsiveness to the needs of non-traditional students.

The Mount's Dr. Elizabeth Parr-Johnston emphasized that universities must respond better to the needs of women. "If you look at grades, women do as well or better than men. But the higher up you go, academically, the fewer women there are. Women represent 55 percent of students enrolled at the bachelor level, 48 percent at the masters, and only 36 percent at the doctorate." She noted that the lack of women faculty role models, university environments that are sometimes hostile to women and a culture where sexism still prevails are some of the reasons women drop out. She criticized universities for a general low ratio of female faculty (18 percent overall) and administrators (12 percent). "Forty percent of Canada's women university presidents are sitting on this platform tonight."

And a rockin' good time was had by all!



At the hop . . . do you recognize any of these people? We're told that in their 1991 lives, they are (l to r): Greg Coakley, Sr. Martha Westwater, Dr. Olga Broomfield, Renee Foy, Frank Laba, Dr. Elizabeth Parr-Johnston, Shirley Taylor, Brian Jollimore and Dr. Peter Schwenger.

For those who didn't make it to the Recycling the 50s sock hop on Oct. 18, here's a hint of what you missed! Best costume prizes went to Renee Foy, daughter of Elizabeth Foy from the Institute for the Study of Women; Sr. Martha Westwater and "Sr." Olga Broomfield, both of the English department; and Homecoming queen

and king, Shirley Taylor and Brian Jollimore. Shirley works in financial services. Honorable mention went to the greasers collectively.

Prizes also went to limbo champ Jack Henman, a guest of Susan Tanner, admissions office; hula hoop champ Sandra Shepard, financial services; and bubble gum champ



Yolanda Klein-Nibbelink, a guest of Ann Cherry, president's office.

With music provided by Split Shift and even an appearance by Elvis, all reports were of a great success.

Mount student participates in Nova Scotia-New England exchange

Christopher Dawson is the first Mount student to participate in an exchange program between Nova Scotia and New England universities. The public relations student is taking courses at Quinnipiac College in Hamden, Connecticut, as part of the Nova Scotia-New England Student Exchange Program.

The program, which is sponsored by the Nova Scotia Council on Higher Education and the New England Board of Higher Education, was established in 1988. Seventeen universities and colleges in Connecticut, Maine, Massachusetts, New Hampshire, Vermont and Rhode Island are involved in the program, along with Nova Scotia universities.

Jean Hartley, associate dean, explains, "Under this program eligible

full-time students with an average of at least 73 percent may spend one or two semesters at participating universities. They remain registered full-time in their home institution and pay tuition fees there, so that existing financial aid — for example, student loans — may be maintained. Exchange students are responsible for transportation costs, living expenses, health insurance and miscellaneous expenses."

Six students from Nova Scotia universities are taking part in the program this fall, while three New England students have come to Nova Scotia.

For more information contact Jean Hartley, Seton Academic Centre Room 302, or call ext. 324.

Science and Tech Week celebrated

Students from Saint Patrick's high school came to campus to view the university's new videos on women in science, during National Science and Technology Week, Oct. 18-27. This event was co-sponsored by the Mount and the Co-operation Agreement on Technology Transfer and Industrial Innovation supported by the federal and provincial governments.

A Young Women Inventors Workshop was also held here during the week. Organized by a committee of Halifax science and guidance teachers, it brought together about 70 junior and senior high school girls. Participants worked in teams to solve a real problem, and participate in peer evaluation. This year's project was to design a car safety belt for pets.

Fall Convocation '91



Roberta McGinn, Bachelor of Arts (Honours) is presented with a President's Prize by Dr. Elizabeth Parr-Johnston.



Grads await their big moment during Convocation.



The Seton Cantata Choir, under the direction of Ray Grant, performs "Each Life Converges", a modern choral work composed by Andrew Agar for the occasion of Dr. Elizabeth Parr-Johnston's installation as president.

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aggregate in their programs were awarded to Carole Ann Carter, Lunenburg, Bachelor of Education in Association with the Nova Scotia Teachers College; Melissa Ann Doucet, Halifax, Bachelor of Arts; Simon Kennedy, Dartmouth, Bachelor of Public Relations; Kimberley Anne

Little, Lower Sackville, Bachelor of Business Administration; Roberta McGinn, Halifax, Bachelor of Arts (Honours); Mary Anne Moore, Dartmouth, Bachelor of Science; Susan Louise Morton, New Germany, Bachelor of Tourism and Hospitality Management; and Lynn Victoria Prime, Weymouth, Bachelor of Office Administration.

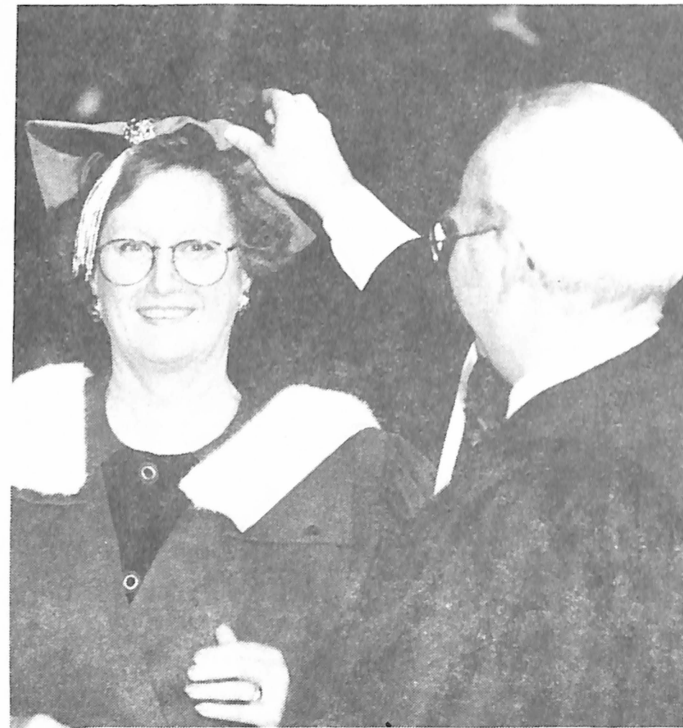
Recognition was given to Africa 2000 (CIDA) Scholars: Mabel Banda, Master of Arts in Human Ecology, who was national chair of the Home Economics Association of Malawi and who was instrumental in forming the link with the University of Malawi; and Nandy Mothibe, Master of Arts in Human Ecology, who has returned to her native Lesotho to resume her position as lecturer at the Agricultural College of Lesotho.

Lois Silo, Bachelor of Human Ecology, and Saffie Thindwa, Master of Arts in Human Ecology and Certificate of Business — both of Malawi — were recognized for their participation in the Mount-Malawi Link Program for staff development. Silo returns to her position as lab instructor in home economics at Chancellor College, while Thindwa resumes her position as development officer with the Small Enterprise Development Organization of Malawi.

Fall Convocation '91



Kimberley Little, Bachelor of Business Administration with co-operative education option, is congratulated by Dr. Elizabeth Parr-Johnston on her receipt of the Kappa Gamma Pi Award.



Joseph Macdonald, vice-chair of the board of governors, invests Dr. Elizabeth Parr-Johnston with the official robes of office as part of her installation as president.

"Say cheese! Now hold it right there!" Proud families and friends snap photos of grads at the reception following Convocation.



Fall Convocation '91

New president stresses importance of community



Dr. Willie Elliot, president of the University of Prince Edward Island and the Atlantic Association of Universities (AAU), was one of many heads and representatives of universities and colleges to present greetings to Dr. Parr-Johnston on her installation as president.

In her installation address, Dr. Elizabeth Parr-Johnston stressed the importance of community and the rights and obligations attached to being part of a larger community.

"We occasionally become so entangled by our immediate demands and pressures that we fail to step back and consider the broader community and our role in its nurturing and development," she said, proceeding to describe four levels on which an effective sense of community is necessary: federally, regionally, among Nova Scotia universities, and within the Mount community.

"At all these levels we seek to do what is **right**, but our definition of right varies substantially according to our particular circumstances and individual paradigms — sometimes at the expense of a cohesive sense of community."

In discussing the need for a strong Canadian community, Dr. Parr-Johnston commented that as a former American, she chose to become a Canadian in 1969 because she believed that "the rest of the twentieth century belonged to Canada and I wanted to be a part of it." She said she

admired Canadians' tolerance, respect and concern for others then. But now, she wondered, as Canada is embroiled in the unity crisis, "have we, to use the current jargon, 'blown it'?"

She pleaded for a recognition that Canadians must all work together for a common purpose. "I submit that it is not in our collective interest to allow a central piece of our great nation to be carved out and that Atlantic Canada potentially has the most to lose from national disintegration."

In speaking of the need for a strong Atlantic regional community, Dr. Parr-Johnston encouraged a quicker movement toward economic integration among the Atlantic provinces. "The Atlantic Provinces Economic Council (APEC) conservatively estimates that what economists call the static impact of removing interprovincial barriers alone produces annual benefits in the hundreds of millions of dollars. Moreover, APEC notes that in the longer run, we could expect increased competitiveness to generate even greater so-called dynamic benefits."

On the subject of co-operation among Nova Scotia's universities, Dr.

Parr-Johnston commented, "Since July, I have seen a group of individual university presidents learn to work together and realize that, especially in today's difficult environment, co-ordination and collaboration...offer far greater potential to individual institutions and their communities and...Nova Scotians." She noted that in addition to the net benefits from rationalization, Nova Scotians will benefit from "more effective future funding of education through improved program quality and greater inter-university co-operation and co-ordination."

In discussing our own university, Dr. Parr-Johnston noted that "The Mount has a tremendous opportunity to advance the development of women as leaders, professionals and integral parts of the community and to sensitize our male students and faculty to the reality of these issues." She noted that the Mount provides rich opportunities for its students — female role models, personalized education, interaction between younger and older women, and leadership opportunities; in short, "the intellectual tools and self-esteem to make the necessary adjustment (with regard to professional development in a rapidly-changing job world) and to function in a way that allows you to make a difference."

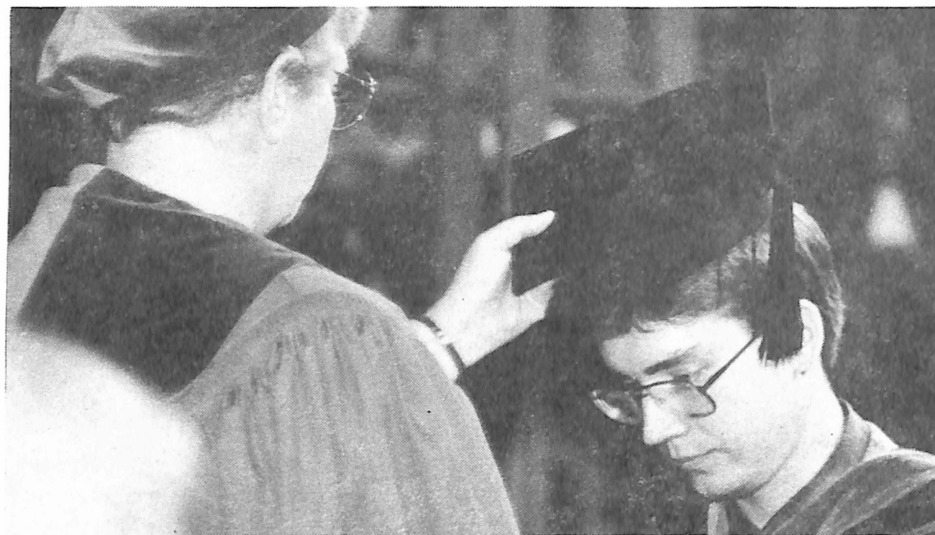
She told graduates that as alumnae, they have an opportunity to play a key role in continuing the opportunities. "Your support of your alma mater through provision of your time, enthusiasm and other contributions is one of our most valuable resources. By giving something back, we are helping to ensure that opportunities will be there for others — and that perhaps those opportunities will be even better in the future. This, I believe, is the essence of community."

In closing, Dr. Parr-Johnston asked that we at the Mount "find the vision and collective will to join together in pursuit of our mission seeking even greater academic excellence."

"Let us celebrate today as the first of many occasions which bind us as a community."

Fall Convocation '91

Greatness the sum of many little things, says valedictorian



Sr. Louise Bray, chancellor, confers a Bachelor of Public Relations degree on valedictorian Simon Kennedy.

Simon Kennedy, in a powerful and moving valedictory, reminded graduates and others assembled of the importance of "little things".

His talk began on a sombre note, recalling a book he'd recently read on Franz Stangl, a Nazi death camp Kommandant during World War II. "Most people don't start out evil; Franz Stangl certainly didn't. But, little by little, year by year, he co-opted his conscience — looking the other way here, failing to speak up there, making excuse after excuse for not doing the right thing — until finally, one day, he found himself in charge of gassing and cremating fellow human beings; 900,000 children, women and men, in total, by the end of his 'career'."

Daily, he said, we too are faced with small, but important choices that ultimately make us who we are. "Do we put a quarter in the minor softball player's donation can? Do we resist taking home staplers and boxes of pens from work? Do we refuse to participate in back-stabbing gossip? If we can answer 'yes' to questions such as these, then the life we lead will be as great — if not greater — than that of any head of state."

Kennedy credited his mother, women friends and the Mount for helping him to understand the importance of little things. "Sexism exists because 'little things' get overlooked. While we tend to focus on tragedies like the Montreal massacre, such acts are really only the culmination of

countless little things: locker-room jokes, 'girlie' magazines, the glass ceiling that exists for female executives, the praising of motherhood while simultaneously starving single mothers, and so on."

He noted that when graduates look back on their time at the Mount, they will remember not the degree they've received but all of the little things. "I'll remember the late Ron Pearson's patience when I argued for half the class about some minor detail of my news story...Dr. Lake's habit of playing strange music before each day's lesson...the embarrassment of running the same story twice in the Picaro...morning classes the night after a trip to Vinnies, and the sheer terror of my first co-op work term."

Nor, he said, will he forget taking a women's studies course from former president Dr. Margaret Fulton. "Where else but at the Mount could the only male student in a class find himself being taught feminist novels by the university president?"

Kennedy applauded the Mount's commitment to the higher education of women, unique programs, spirit of community and vision. He asked graduates to continue the Mount's legacy "by being supportive alumnae, by mentoring, by working to include women in the professional and political offices of this country, by teaching our children that gender isn't an obstacle to any of their dreams and by working to make that so."

Community and Alumnae Memorial Service

The fourth annual Community and Alumnae Memorial Service will be held Wednesday, Nov. 6 at 7 p.m. in Our Lady of Wisdom Chapel, Evaristus Hall.

The service is an occasion to remember deceased alumnae and other members of the university community who have died in the past year, and to remember recently deceased family members of university employees and students. Everyone in the university community is invited to attend.

Maclean's profiles president, rates Canadian universities

Dr. Elizabeth Parr-Johnston was one of six Canadian university presidents profiled by Maclean's magazine in the Oct. 21 issue dedicated to universities.

The profile, "Preserving Opportunities for Women", focuses on Dr. Parr-Johnston's background in the male-dominated corporate, government and academic worlds, and her belief in the need for women's universities and colleges. She is quoted as attributing her own success largely to her undergraduate years at Wellesley College, a highly-respected women's university outside Boston. Likewise, she said, the Mount as a predominantly female institution has a unique role of instilling in women self-confidence, along with a sound academic grounding.

Among 46 Canadian universities ranked by Maclean's in a separate section, the Mount rates 26th, just behind Trent University and just ahead of the University of Calgary.

Dr. Parr-Johnston comments, "I would love to see us ranked even higher given our commitment to academic excellence, but I feel that we received high grades for our personalized environment for learning (student-teacher ratio, sixth overall), our high ratio of tenured faculty teaching first-year students (16th), the high percentage of our faculty with PhDs (seventh), and the high proportion of residence space available (14th)."

She says that the Maclean's rating was "a first pass and it seems fair to say that the methodology can be sharpened."

Dr. Parr-Johnston applauded the special section entitled "On the Rocky Road to Reform", which deals with the slow advancement of women in the university system. "We at the Mount have demonstrated that, with well over half of our senior positions held by women, it is both possible and desirable to have women in senior positions. We are a model for most other Canadian universities who have much to do in this regard."

Math Placements Tests scheduled

The mathematics and computer studies department is offering Math Placement Tests on the following dates:

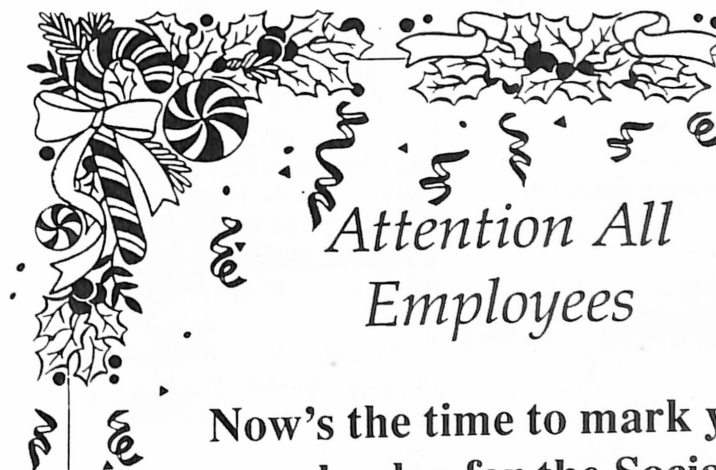
Wednesday, Dec. 11, beginning at 4 p.m.

Monday, Jan. 6, beginning at 3 p.m.

Wednesday, Jan. 6, beginning at 3 p.m.

Tests take place in Room 2635, Mount Saint Vincent Motherhouse. No pre-registration is required, and results are given at the time of writing. Maximum time for writing is two hours. Calculators are recommended. Please bring a pencil. Sample questions are displayed on the bulletin board, Motherhouse Room 2614, or are available from the admissions office, the Centre for Continuing Education or the Registrar's Office.

The Placement Test is required for entrance into 100-level courses and Mathematics 203. Students must write the placement tests before registering for their math courses, but not necessarily in the same semester. For more information consult the 1991-92 calendar, page 107.



Now's the time to mark your calendar for the Social Committee's next event — the second annual Christmas dinner/dance, on Saturday, December 7.

Ticket sales will be cut off Nov. 29 so see your nearest Social Committee member soon!



After a hard-won Quirky Quatrathalon relay, the winning team unwraps their prizes — MSVU mugs. Enjoying the spoils of victory at the annual United Way kickoff are (left to right): Janet MacNeil and Sandra Hiltz, financial services; Dr. David Furrow, acting director of research; Linda McLeod, computing and communication services; and Helen Arnold, print shop.

Fourth year for teachers' summer institute

The Mount's Teaching: A Learning Enterprise, a summer institute for teachers, will be held July 7-23, 1992. Now in its fourth year, the institute is an intensive, interactive forum in which educators exchange ideas and learn by doing.

This year's themes include: Assessment in Support of Learning: Keeping Track of What Matters, with Diane Stephens from the University of Illinois; Going Public: Connecting the Personal and Professional through Reading and Writing, with Ann Vibert, from the Nova Scotia Teachers

College; The Politics of Practice: Race, Class and Gender, Blye Frank from the Mount's Education department; Autobiographical Inquiry: From Reflection to Action, with Allan Neilsen, from the Mount's Education department; and Philosophical Inquiry as Practice: Developing Community and Voice, with John Portelli, from the Mount's Education department.

Application deadline is February 28 and registration is limited. For further information, contact The Centre for Continuing Education.

Fall fitness — something for everyone

The athletics/recreation office's fall fitness program offers more ways than ever to get and stay fit. This season's schedule offers more than 20 different kinds of fitness classes, from low and high impact aerobics to "stretch and strength" and the ever-popular lunch crunch.

The weight room is open during all facility hours, with global gym, hydra gym, free weights, stationary bicycles and rowing equipment. This month's weight training clinic, "Systems of Resistance Training", is planned for Tuesday, Nov. 26 from 6:30-7:30 p.m. and Wednesday, Nov. 27, from 12 noon to 1 p.m. Pre-

register at the athletics/recreation office. The fee is \$2.

An Active Living Resource Centre has just been set up outside the Rosaria Gym. The centre offers flyers on walking, weight training, heart health, nutrition, body/mind wellness and much more. Drop by anytime.

And don't forget The Kilometre Club. It's a great way to help you keep tabs on your progress in running, walking, swimming and cycling. Club membership is \$10, which entitles you to a t-shirt upon completion of your goal.

For more information, contact the athletics/recreation office at ext. 563.

OF INTEREST

Anyone wishing to stock up on cheese for the holidays can order 1-kg blocks of mozzarella or cheddar (mild, medium, old or marble) to be delivered to campus on Dec. 18. This annual cheese sale is a fund-raising project for the Friends of Schizophrenia Society of Nova Scotia, with campus co-ordinator Greg Coakley. Cheese orders should be accompanied by a cheque, and submitted before Nov. 29. Call Greg at ext. 514 for details.

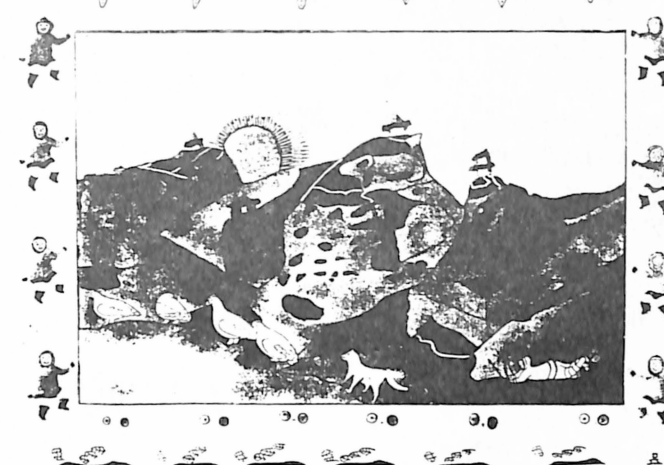
Watch your mail boxes for Campus Watch registration forms, or contact Student Affairs or Security for information on joining the program. Similar to Neighbourhood Watch, the basis of the Campus Watch program is security awareness through sharing of information.

Are We Losing Out? A Teach-In on the Quality of Education was sponsored by the faculty association recently. A panel of faculty, students and alumnae discussed how cutbacks have changed the academic experience. Watch the December issue of Campus Connection for a summary report of the teach-in.

A new approach will be taken with the Scholars Reception this year. In addition to recognizing scholarship recipients and donors, the Nov. 13 event will also celebrate faculty members who have published books and articles over the past academic year.

ART GALLERY NEWS

Inuit art — a proud legacy for Canadians



Angutaaya "Tomboy" is one of the winning prints designed by Inuit artist Malaya Akulukjuk to represent Dow Canada's partnership with the Inuit printmaking community in Pangnirtung, Baffin Island. It is part of the exhibit Contemporary Art from Pangnirtung, now at the Mount art gallery.

For centuries the Inuit people have respected and managed their resources in Canada's North. The ongoing relationship which they have with the environment is depicted in Contemporary Art from Pangnirtung, an exhibit at the art gallery until Sunday, Nov. 17.

Since 1948, when contemporary Inuit art was introduced to the rest of

Canada, it has been recognized as an integral part of our Canadian culture. However, Inuit beliefs, customs and traditions still remain unfamiliar to many Canadians. The people of Pangnirtung, on Baffin Island in the Northwest Territories, are working hard to preserve their culture and at the same time explain their values to others through their art.

Pedestrian safety measures approved, bus route under review

The City of Halifax Traffic Authority recently completed a review of measures to reduce hazards to pedestrians crossing the Bedford Highway to and from the campus. The review was prompted by two traffic accidents involving pedestrians crossing from the south bus stop near the Motherhouse access and was carried out at the request of Mount administration and student union.

As a result of the review, the Traffic Authority has made the following recommendations:

- that the posted maximum speed limit be reduced from 70 km/h to 60 km/h;
- that the two current bus stops be consolidated to the north bus stop location;
- that the crosswalk be relocated to the north bus stop location;
- that crosswalk controls be enhanced to include overhead signing equipped with pedestrian-activated

flashing amber beacons; and that an internal walkway through the university's arboretum be constructed to encourage use of the enhanced crosswalk. This final item would be optional and carried out at the university's expense. The recommendations were subsequently endorsed by Mount president Dr. Elizabeth Parr-Johnston. The crosswalk signalization has been included in the City's 1992 budget. Meanwhile, the Mount has initiated a review of an on-campus walkway through the arboretum, to be completed by the end of the academic year.

Following a meeting last month on campus to discuss improved bus service to and from the Mount campus, the City of Halifax has agreed to consider making some concessions with regard to transit service. The university expects that the issue of the Dal-Mount bus

Contemporary Art from Pangnirtung consists of specially-commissioned prints and drawings from Dow Canada's collection, along with woven tapestries from the Uqurmiut Inuit Artists Association and a selection of prints from the Pangnirtung Co-op which are on loan from the Houston North Gallery in Lunenburg. The Houston North Gallery is a nationally-recognized showcase for Inuit art.

Also featured are photographs of Pangnirtung by Ontario's Grant Hill and a videotape showing different forms of Inuit printmaking.

Bring your lunch to the art gallery at noon on Wednesday, Nov. 27, for a public talk and reading by Dr. Astrid Brunner, a writer of fiction and literary critique and a part-time faculty with the English department. Dr. Brunner is the author of the recently-published book, Glass, which is a collection of short fictional stories inspired by an exhibit of photographs of Dr. Brunner by George Steeves. Her talk, "Warwords: Looking for Home through Glass", will reflect on how the book, which is autobiographical, came to be. Dr. Brunner will also read from her book. George Steeves will preview Dr. Brunner's talk.

Signed copies of Glass will be on sale at the gallery. The event is sponsored by the English department.

service will be brought before the Metropolitan Authority, which oversees the operation of Metro Transit, later this month.

The Metropolitan Authority includes representation not just from the City of Halifax, but also from the City of Dartmouth, the Town of Bedford and Halifax County. If you live in any of these jurisdictions and have some concerns about bus service to and from the campus, please contact your alderperson or your Metropolitan Authority municipal representative. New representatives on the Metropolitan Authority will be ratified on November 5, so their names were not available for publication in this issue.

Once approved in principle by this body, the matter will then be placed before Halifax City Council for funding approval. Watch for the next update.

ACTIVE LIVING

Health and fitness for the 90s

by Anne Bulley, health educator, and
Ruth Vesterback, fitness coordinator

"Should I get a flu shot this winter?"

The Nova Scotia Department of Health recommends influenza (flu) vaccination for: those over age 65; adults and children with chronic diseases like anemia, asthma or diabetes; and health care professionals or family caregivers who work with those in high-risk groups. If you've suffered multiple bouts of flu over the past few years, you might consider a vaccination, after consulting your doctor. But if you don't fit into any of these categories, you probably shouldn't be concerned about getting a flu shot. For more information, drop by the health office, Rosaria Centre, for a talk with the doctor or nurse.

Cross training — a fit and healthy mix

We now know that no single type of work-out — be it running, aerobics, stair climbing or weight lifting — can offer complete conditioning for all parts of the body. Fitness includes

aerobic capacity, muscular strength, muscular endurance and flexibility. Total body conditioning involving all aspects of fitness can be achieved with cross training.

Cross training is also a good way to improve a single aspect of fitness. For example, To develop your aerobic capacity, you could attend exercise class one day, use the rowing machine the next and swim the third day. Cross training has many benefits. It provides variety — and various challenges — to stimulate your motivational levels, along with your muscles.

Doing the same type of exercise continually stresses the same parts of the body. This is especially true in weight-bearing activities such as the traditional exercise class. The force of impact with which each foot lands is about three times your weight. Continual and repetitive impact can result in overuse injuries like shin splints, stress fractures, "runner's knee" and tendonitis. Cross training reduces total

impact and spreads work-out stress to various muscle groups and body parts.

Cross training helps you to develop higher fitness levels, by overcoming the "plateaus" which exercisers engaged in one type of activity find difficult to overcome.

Exercising at moderate intensities (60 - 75 percent of maximum) for 30 minutes or more allows the body to use up fats and fat stores. You can enhance weight loss by switching activities — for example, step train for 20 minutes, then cycle or walk for another 20.

To get started in cross training you need to assess your interest and your needs. The athletics/recreation office, Rosaria Centre, can develop a program that's right for you.

Coming up

- Film series on family and parenting issues, beginning with "Dealing with Family Stress", Thursday, Nov. 7 noon to 1:30 p.m., Don MacNeil Room. Call the campus ministry office, ext. 446, for more information.
- Watch for information on Women Anonymous, a discussion group that gets underway later this fall.

Recycle — but carefully!

The campus paper recycling program has been enthusiastically supported. In fact, the blue boxes are so popular that we're putting too much in them! Apparently, our paper is being "contaminated" by unacceptable materials and a few window envelopes can mean that the whole barrel is wasted.

Please be careful to put **only** the following in recycling boxes:

- computer paper
- bond paper, white **and** colored; but **separate** colored from white
- carbonless forms
- white bristol board
- shredded paper, white **and** colored is fine; but **separate** colored from white.

Unacceptables include: adhesive labels, envelopes of any kind, carbon paper, magazines, file folders of any kind, newspaper, cardboard, construction paper, colored bristle board, taped or glued paper, kleenex, paper towels, paper cups, bond paper wrappers, and fax paper.

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