Jessica Barker is a first-year Engineering student at The University of Western Ontario who was born in London on March 5, 1989. She was less than a year old when Marc Lepine entered École Polytechnique in Montreal on Dec. 6, 1989, and shot 14 women to death, allegedly in the name of fighting feminism. Of the women he killed, 12 were engineering students. Engineering Communications Officer Becky Blue sat down with Barker to find out what the Montreal Massacre means to her today.

Western News: When did you first hear about the 1989 Montreal Massacre?

Barker: Maybe when I was seven or eight I remember hearing about it. My parents drag up all sorts of old stories about news that happened 20 years ago and start talking about them again.

In Grade 12 English we read an article on it and talked a lot about it. My teacher was very enthusiastic about it. She thought it was a very important event and wanted people to be able to recognize it, so we did a mini-unit on it. It was actually really interesting. We read – it was either a poem or a short story – written by Marc Lepine’s mother. And she was talking about how much sorrow she had. She was saying it’s one thing if you hurt someone, but if it’s your child that hurts someone…she was talking about him, and talking about his early childhood and how his father was really abusive. I’m not trying to say that condones what he did, but she wanted to give people a different perspective. Especially with the news coverage, they just pasted him up there as a horrible, horrible person and they didn’t see the other side. So I think that was her motive for publishing this. It was a really interesting perspective to see the other side of the event.

WN: Did you know at that point that you wanted to go into engineering?

Barker: No I didn’t. I was very unsure of what I wanted to do at that point.

WN: Did learning about the massacre factor into your decision to go into engineering?

Barker: It didn’t really. I didn’t see the event as being specifically targeted at engineers. It was 28 people that were hurt and 12 engineers that were killed and then there was a staff member and a nursing student that were killed as well…I don’t think it was specifically engineers, so for that reason I wouldn’t say ‘I don’t want to go into engineering because something like this might happen to me’.

WN: Why did you choose to enter engineering?

Barker: I want to do international development. I found out from my old neighbour that one of her friends was doing the program here in international development and it sounded really amazing and it’s something that I’ve always wanted to do. I knew I liked the scientific approach to it.

WN: Do you feel accepted in engineering?

Barker: Certainly in classes and stuff like that I’ve never felt discriminated against or uncomfortable or unacceptable by any of the male or female students. I remember talking with my guidance counselor and she was saying that the dean of engineering had done wonders for this department and really promoted females coming into the program and not really feeling intimidated by it.

WN: Why is it important to keep remembering the Montreal Massacre?

Barker: I’m a very traditional person. I like remembering the past, whether it’s good or bad. I think it’s important to keep peoples’ awareness up. Because of the Montreal Massacre, response times to severe threats have decreased significantly and the procedures that police take in situations similar to the Montreal Massacre have changed a lot. It’s important to keep remembering the past in order to be able to prevent similar situations in the future.

Continued on page 14
The Grad Club now offers party platters to go
Off campus delivery available

We will be serving a traditional Christmas Lunch Buffet
December 7th and 14th

$7.95 one trip  $11.95 two trips

11:30 am to 1:30 pm

For reservations call 519-661-2111 ext. 86386
www.uwo.ca/sgs/gradclub

NATIVE WOMEN ARTISTS AND THE LANDSCAPE

Second-year PhD student Miriam Jordan (Visual Arts Department) is in an exhibition “Through Women’s Eyes: Perspectives on the Land” at the Woodland Cultural Centre, in Brantford, Ontario, which runs until Dec. 24. Curated by Melanie Fernandez, this exhibition focuses on the relationship between native women artists and the theme of landscape.

THE NEW LAWSON

Lawson Health Research Institute has unveiled a new logo as part of a branding initiative. Lawson plans to strengthen its position as an indispensable part of London’s health care system, and the research institute of London Health Sciences Centre and St. Joseph’s Health Care, London. The new brand will raise Lawson’s profile as a leader in health care research. For those who work with Lawson, logos and marketing materials can be obtained at www.lhrinstitute.ca/lhrI/resources/logos.html.

NEW YEAR’S RESOLUTION – FINANCIAL FITNESS

The University Students’ Council is planning a Financial Fitness awareness week shortly after classes resume in January. Major events will include a forum on post-secondary finance issues on January 16 at noon in the UCC Atrium and a special awareness campaign on campus. More information will become available in coming weeks.

PENSION INFORMATION

The deadline for investment fund transfer and lump sum withdrawals for members in the Western Retirement Plans (Academic and Administrative Staff pension plans and the Western Retirement Income Fund (RIF) Program) to be effective for Dec. 31 is Sun., Dec. 16. Questions regarding the deadline can be directed to Human Resources by email at hr-communication@uwo.ca or call 519-661-2194.

December 2007 Pension Transaction Deadline

The deadline for investment fund transfer and lump sum withdrawals for members in the Western Retirement Plans (Academic and Administrative Staff pension plans and the Western Retirement Income Fund (RIF) Program) to be effective for December 31, 2007 is SUNDAY, DECEMBER 16, 2007.

If you have any questions regarding this information, please contact Human Resources by email at hr-communication@uwo.ca or call 519-661-2194.

25 YEARS AGO IN WESTERN NEWS

- U.S.-based religious group The Way, accused in some quarters of using mind-control techniques to lead young people, has created a storm of controversy by taking up residence in the former Smallman mansion (now Windermere Manor).
- Western’s two outdoor rinks narrowly survived budgetary long knives seeking to trim $20,000 from ledger. Planned cuts were iced by the president’s office.
- Full-time enrolment at Western stands at 19,045 undergraduates and graduates, up from 18,604 in 1981.
- The $14 million contributed to the Second Century Fund has been allocated to numerous projects, largest of which is $1.2 million for the Second Generation Boundary Wind Tunnel.
- The Royal College of Dental Surgeons has asked the Ontario government to cut dentistry admissions at Western and Toronto by 25 per cent while maintaining existing funding levels. Ontario has a glut of dentists – about 300 more than needed.
- FOR SALE: 8-foot avocado plant. Healthy. $30

With the weather coating the campus with a fresh layer of snow, the holiday spirit is also starting to take shape inside the university. Decorations are up, including festive lights at the Richard Ivey School of Business, as students prepare to write mid-term exams Dec. 7-19 before heading home for the holidays.

LITERACY DECLINES AFTER LEAVING SCHOOL

A new study indicates literacy in Canada is primarily determined by schooling and that it declines with age after individuals leave formal schooling. The direct impact of literacy skills on earnings is substantial. Parental investments into their children’s education also has a large impact on literacy. The report, “Literacy and the Labour Market: The Generation of Literacy and Its Impact on Earnings for Native Born Canadians,” is part of the International Adult Literacy Survey Series, No. 18 (89-552-MWe, free), is available from the Publications module at www.statcan.ca.

MORRE MERCER, LESS MALARIA

UNICEF Western is competing with other Canadian campuses to raise money for UNICEF’s Spread the Net campaign. The university that raises the most funds will get Rick Mercer to come to their campus to host Rick Mercer Report. The insecticide-treated nets help fight malaria in Africa where it kills a child every 30 seconds. So far, UNICEF Western has raised about $3,000. To donate, visit www.usc.uwo.ca/club/unicef.

OFF THE PRESS

What is globalization doing to culture and consumer behaviour? Mark Cleveland, assistant professor of marketing in the Faculty of Social Sciences, examines the issues in his new book: Globalbs, Locals, and Creoles: Acculturation to Global Consumer Culture, Ethnic Identity, and Consumption Scapes. The publisher is VDM Verlag Dr. Muller, Saarbrucken, Germany (2007). In a synopsis, Cleveland broaches the question: “Are global forces making everyone (and every place) more and more alike, or are they causing local resistances which serve to more solidly entrench cultural differences? Or is globalization simultaneously making individuals increasingly dissimilar within countries, while making individuals progressively similar across national frontiers?”
Drinking men fight strangers, women fight friends

By Bob Klana

The relationship between where students drink and how they behave was among the issues explored by a University of Western Ontario researcher in a recent presentation focusing on the relationship between alcohol and aggression among university students.

Samantha Wells, a scientist at the Centre for Addiction and Mental Health and an Assistant Professor in the Department of Epidemiology and Biostatistics at the Schulich School of Medicine & Dentistry, analyzed multiple-drinking occasion data from a 2004 national survey of Canadian university students.

Six thousand students between the ages of 18-25 who reported drinking in the previous month were surveyed. “About nine per cent of respondents reported aggression on any of the past three occasions referenced in the survey, seven per cent for males, about ten per cent for females,” says Wells.

The higher aggression percentage among females was interesting, Wells says, although the term aggression refers to both verbal and physical acts. It was also difficult to tell whether incidents involved individuals as victims or perpetrators.

“What we think this might reflect is that women are more likely to be aggressive with people they know and the literature certainly suggests that men fight with strangers and sometimes in public places. Women fight with women they know and in people’s homes.”

The location of the drinking was also a factor, says Wells. “When they were drinking at a party, they were more likely to report aggression,” she says. “In terms of location, we see a higher percentage of aggression at fraternities, sororities and residences than in bars.”

When the students drank at two or more locations, reports of aggression were higher. “What we think is that it might be clashes between different groups,” she says. “For example if you drink at your home, then at a party and then a bar, maybe you’re running into different people and this might increase your chance of aggression.”

“As well, you have to look at what time they are drinking. Chances are if you’re drinking at four places you’re likely drinking until three or four in the morning. If you go down to Richmond Row around one or two in the morning you start seeing a lot of problems.”

A recent study shows the link between aggression and the location of alcohol consumption as well as drinking with a partner.

Wells also observed that if the students did not have a meal with the drinking, they were more likely to report aggression. “Maybe it’s because it slows the absorption down and you’re not as intoxicated,” she says. “If you just finished a meal are you really ready to go out and fight?”

Having a partner with the students also increased the reporting of aggression, a factor Wells says can work two ways. While a partner can counsel a student not to engage in aggression, the partner may also be at the root of the aggression factor.

“Young people who have relationships get into conflicts with their partners,” she says. “We really don’t know enough about the incidents of aggression. What we do know is that incidents in the bar room setting that are linked to jealousy and possession issues of a girlfriend. If there’s an unwanted sexual advance on someone’s girlfriend then Jim’s right in there ready to beat up the threat.”

Other factors in the link between aggression and student drinking is age, Wells noting that as students reach 25 they’re less likely to report aggression. She found the presence of an alcohol policy at a university was inconclusive in terms of the drinking habits of the students.

“Having a policy might not make as much a difference as whether they enforce it.”

Can’t wait for spring

Law students: drop LLB for U.S.-style JD

By Paul Mayne

With an eye to international employment, Western Law students have voted overwhelmingly in favour of changing their degree from LL.B. to J.D. (Juris Doctor), matching similarly named degrees at universities in the U.S. and Australia.

The J.D. designation is typically regarded as a professional degree, requiring an undergraduate degree as well as a law degree. Outside of Canada, in countries such as the UK and Australia, it is possible to enter an LL.B. program directly from high school.

Students feel J.D. would facilitate international employment. Following a two-day vote last week, 78.5 per cent of students voted in favour of the change, which will be presented to faculty council for debate in the new year.

If the proposal passes faculty council, it will need approval from Senate. The earliest students could begin earning a J.D. would be 2009.

Since the opinions of alumni are an important component of the decision, Dean Ian Holloway will seek their input during a consultation process.

The University of Toronto adopted the J.D. in 2001, while Queen’s University and the University of British Columbia recently passed motions to adopt the change. Osgoode (York) and the universities of Windsor and Ottawa are also looking into making changes.

United Way campaign

With a projected spring completion, work on the new 42,000 square foot Material Sciences addition between the Chemistry Building and Biological and Geological Sciences Building is progressing quickly. The $15-million project will house new first-year chemistry and physics laboratories, offices for the ChemClub and the Science Saturday program. The new facility, and research labs. To watch construction action, check out a live webcam at http://chemview.chem.uwo.ca/view/index.shtml.
WILL WESTERN RESPOND TO IVORY TOWER BLUES?

We have yet to receive any response at all from the administration regarding the proposals for reform in our book Ivory Tower Blues. The Senate called for a public discussion of the matter, but we have not been given any indication of the types of action the Senate would like undertaken with respect to these reforms.

President Paul Davenport is on record for saying at the panel discussion held on Nov. 5 that “I truly do not believe that [the book] describes our university here at Western” (Western News). At that discussion, where we showed in a PowerPoint presentation the statistical evidence for widespread grade inflation and academic disengagement at Western, we also called for three straight-forward and inexpensive courses of action:

1. Take the high road by stressing quality of quantity by setting the bar for high standards governed by a common grading practice across faculties;
2. Establish a Board of Inquiry to solicit input from students and faculty regarding their experiences at Western with respect to the level of engagement required of them and the standards applied to their courses; and
3. Provide leadership for other universities by developing a set of best practices that address the crisis created by the consequence of the high degree of grade inflation and academic disengagement at Western.

The first step would be to affirm a grading standard, similar to that which was used in the Social Sciences during the 1970s and 1980s. This would cost little and would go a long way to show faculty that the administration supports their efforts to maintain standards in course offerings at Western. This administrative support would go a long way in reducing the stress levels faced by teachers “in the trenches” who suffer various forms of student reprisals over grades. If the student body were aware of these grading standards and the reasons for them, they would not be so inclined to take out their disappointments on individual faculty members for not receiving inflated grades.

James Cote & Anton Allahar
Sociology

‘Learning by doing’ develops future business leaders

BY LONGXIANG SHI

The Ivey School of Business at Western has been very strong in case teaching from the global perspective. Compared with other top business schools, Ivey performs exceptionally well in international mobility and goal achievement of students. I started out from Shanghai to be a visiting professor here in September 2007. When I first came to Ivey a particular statement stood out: ‘We develop business leaders who think globally, act strategically and make contributions to the society into which they operate.’ With several months having passed now, I am beginning to comprehend how case teaching fulfills that mission.

Ivey cases deal with enterprises’ decision-making on big issues in global scope. When readers are immersed in case materials they definitely know more about what happened in certain business fields. Usually they are advised to read reflectively so they can learn what could happen in that field further.

The case method, for which Ivey is renowned, plays a central role in classes that are more intense than usual, allowing time to delve into business issues in a meaningful way through discussions. Several hundred cases of great variety are being considered and new cases are being written that will expose students to timely issues and help them to build frameworks for global thinking. It is learning by doing rather than learning by listening and it’s a process of being immersed in challenges and opportunities faced by corporations and business people all over the world.

When I sit in a classroom the most frequently heard word is “strategy”. There are assignment questions concerned with strategies in almost every case. Professors try to lead students to see what the strategy is, how it is used and what the consequences could be.

More critically, it is guaranteed to stimulate interactive discussion about strategies in cases, giving students the chance to jump in with ideas, comments, practical observations and solutions. In fact, teaching by cases itself has been a successful strategy to develop expertise.

Some cases used by Ivey deal with contradictions between profit-making and social responsibilities. In class discussions, students present different opinions on the issues. Some students take the “strictly business” point of view, which sees no sense in pursuing a project with little prospect of a return on investment. Others argue that big organizations should give something back, saying that healthy profits from other products can more than offset expected losses.

Whatever the answer, both positions make contributions to the class and share values with others. The class philosophy of “Offer and Take” inherently exhibits the sense of responsibility.

If I were asked about the negatives so far, I would say the school’s brand is undervalued compared to its value. Until I attended joint workshops between Ivey and SIPF (Shanghai Institute of Foreign Trade, at which I teach) Ivey had not been on my list of top business schools in the world. Whatever the reason is, I hope this essay will play some role in getting the word out that Ivey is a “hidden gem”.

Longxiang Shi is a visiting professor at Ivey School of Business from Shanghai, China.
How faculties can welcome women

BY MITCHELL ZIMMER

The Fourth Annual Gathering of Women in Science provided an opportunity for faculty and graduate students to discuss the challenges of life in scientific research from the perspective of women.

The recruitment of women into science academia is an issue with which Margaret-Ann Armour is well acquainted. A founding member and past Vice-Chair of WEISEST (Women in Scholarship, Engineering, Science and Technology), Armour is a recipient of a Governor General’s Award in Commemoration of the Persons Case, a Member of the Order of Canada and Associate Dean of Science (Diversity) at the University of Alberta.

During a recent presentation Armour provided a snapshot survey from the Canadian Association of University Teachers (CAUT) of the university student population across Canada showing that 51 per cent of undergraduates are women. However, when looking at the categories being studied, only 19 per cent of undergraduate and graduate students enrolled in engineering and applied sciences are women. When it comes to women faculty in these fields, the statistics slip to 11 per cent.

“See what being patient does? Nothing. Now that I’m white-haired I’m an awful lot less patient than I used to be, and I’m not prepared to wait too much longer for this to change.”

Margaret Armour
Associate Dean of Science (Diversity)
University of Alberta

In mathematics and the physical sciences the figures are marginally better: women make up 30 per cent of all students and 14 per cent of the faculty. As if to make matters worse, the percentage of women faculty in science hasn’t changed since 1988.

“When I started saying I was concerned about the percentage of women faculty members, people would say, ‘Don’t worry, just give it time, there’s 50 per cent women in under-

graduate science, there’s 35 per cent women in PhD programs, just be patient,’” said Armour.

“Well, see what being patient does? Nothing...Now that I’m white haired I’m an awful lot less patient than I used to be and I’m not prepared to wait too much longer for this to change.”

Unwilling to adopt a hands-off approach, Armour decided to do something. “I’m a chemist and so naturally I decided what’s needed is a catalyst and Project Catalyst was born.”

Armour says that she had two bookshelves weighed down with large reports from “many universities and they’re great. They’re all about what the problems are, what we think are the reasons for the problems and recommendations.”

Most of the time, the recommendations don’t get acted upon. As she sees it, the task is to distill the recommendations down to manageable steps.

Part of the problem is the context in which science has been taught, says Armour. Instructors should ask how to make a course and subject more attractive to women. The changes can be as simple as removing a tie, coming out front from behind the lab bench when teaching, checking to see if the illustrations being used are relevant or incorporating essay-type questions into assignments and exams.

In one pilot project, instructors who chose to adopt these or other strategies found that student evaluations improved. Armour says, “Now you’re thinking of students and what’s relevant to them. Usually the things that are relevant to women are relevant to everybody because they’re relevant to us as people.”

Another part of the problem is parenting responsibilities that discourage women from pursuing a science career. The situation is made more difficult in the sciences where PhDs are expected to do a post-doctorate degree before taking on a faculty position. This career move has the benefit of making new faculty more independent and able to deal with the funding requirements. However, it lengthens the time to launch a career.

“It can take nine years to get tenure after a PhD at the same time the biological clock is ticking,” says Armour.

Systemic discrimination is another factor, says Armour.

“It’s something that we have to accept and that it is sometimes harder to see it because it is getting more implicit,” says Armour.

“The Swedish Medical Research Council looked at those researchers who had been given fellowships over the past 10 years. They found that the women who had received fellowships had to have on average 2.5 more papers in such journals as Science and Nature than the men. They were shocked since they believed that the process did not have that kind of bias.”

There are other ingrained biases as well that can be hard to recognize, she says.

“Western science is a remarkable intellectual achievement of the human mind and that we should celebrate it tremendously. We just need to try and make sure that everybody is included in that intellectual exercise and can have the same kind of excitement as most of us have had as we pursued doing science. That means to some extent that we have to change the culture of science.”

When it comes to recruitment, retention and advancement, Armour says programs like Project Catalyst can foster change. Too often, women do not apply for positions. One way to identify candidates is to seek women who are award winners within the department and invite women to give talks. Women should be part of decision-making as well.

There are also subtleties when advertising for positions. Most notices calling for an Assistant Professor say that the candidate should have an outstanding record of research. Armour says most women tend to devalue their own work when, in fact, their level of research is equal to that of male counterparts. Armour suggests simply changing the word “outstanding” to “excellent” to elicit more applications.

Once women are hired, efforts should be made to facilitate mentorship on all levels to help establish collegiality and build a ‘sisters’ network. Attention should be paid to work-life balance. Academe can also be more family friendly by adding day-care facilities.

Mitchell Zimmer is a writer in the Faculty of Science.
PART-TIME ACADEMIC EMPLOYMENT OPPORTUNITIES

NOTICE

ANTICIPATED LIMITED-DUTIES (PART-TIME) APPOINTMENTS

Intersession/Summer 2008

The University has a central Website displaying complete advertisements for all vacant academic positions. The following academic units have anticipated Limited-Duties vacancies and these anticipated appointments are among those being advertised currently on the Website at http://www.uwo.ca/pvp/facultyrelations. Please review the Website for complete details, including application requirements and forms, or contact the Faculty, Department, School or Program directly.

General Notes

Summer 2008
Course Dates (unless otherwise stated in posted notices)
Summer Evening: May 5 - July 25
Intersession: May 12 - June 20
Distance Studies: May 5 – July 25
Summer Day: July 7 – August 15
(Above dates do not include examination periods)
(See http://www.westerncalendar.uwo.ca/western/web/2007(new)/index.html).

The calendar description of undergraduate courses offered in the academic units is available at http://www.westerncalendar.uwo.ca/western/web/2007(new)/UNDERGRADUATE_COURSE_INFORMATION_304986.html. In accordance with the Collective Agreement, consideration of applicants will include an assessment of previous performance, experience, and qualifications, including qualifications which go beyond the requirements for the positions. Candidates must apply for each course separately, using the application form available at either http://www.uwo.ca/pvp/facultyrelations or from the Department, School, Program or Faculty offices. In addition to the application form, candidates should submit a curriculum vitae and evidence of successful teaching, together with the names and contact information of qualified individuals who could be contacted about the candidate’s teaching experience and ability, to the contact name provided in each individual notice.

Please note offerings could be assigned to the workload of full-time faculty or to part-time faculty with First Refusal Rights in accordance with the Collective Agreement, or left unfilled based on operational/enrolment requirements.

Closing date for applications is January 5, 2008

FACULTY OF ARTS AND HUMANITIES
Classical Studies, English, Film Studies, French Studies, Modern Languages and Literatures, Philosophy, Writing, Rhetoric and Professional Communication, Visual Arts

FACULTY OF EDUCATION

FACULTY OF ENGINEERING
Chemical and Biochemical Engineering, Civil and Environmental Engineering, Mechanical and Materials Engineering

FACULTY OF HEALTH SCIENCES
Bachelor of Health Sciences Program, Communication Sciences and Disorders, Kinesiology, Nursing, Occupational Therapy, Physical Therapy

FACULTY OF INFORMATION AND MEDIA STUDIES
Master of Library and Information Science Program, Master of Arts in Journalism Program, Undergraduate Media

SCHULICH SCHOOL OF MEDICINE & DENTISTRY
Department of Physiology and Pharmacology

FACULTY OF SCIENCE
Biology, Computer Science, Earth Sciences, Mathematics, Statistical and Actuarial Sciences

FACULTY OF SOCIAL SCIENCE
Anthropology - First Nations Studies Program, Aubrey Dan Program in Management and Organizational Studies, Economics, Geography, History, Local Government (DPA/MPA), Political Science, Psychology, Sociology

While every attempt has been made to ensure the listing of academic units with Limited-Duties vacancies is accurate, it is advisable for candidates to also check the notice boards in each academic unit for complete details.

All positions are subject to budget approval. Applicants should have fluent written and oral communication skills in English. All qualified candidates are encouraged to apply; however, Canadians and permanent residents will be given priority. The University of Western Ontario is committed to employment equity and welcomes applications from all qualified women and men, including visible minorities, aboriginal people, and persons with disabilities.

Note: Recent Western graduates who are foreign nationals may be eligible to work on campus. Please refer to the Citizenship and Immigration Canada website under Post-Graduation Employment at www.cic.gc.ca/english/study/work.asp.
Research in good shape with exercise lab

BY PAUL MAYNE

From body composition and treatment of depression to predicting physical activity behaviour in school-aged children, the research being undertaken at Western’s new Exercise and Health Psychology Laboratory (EHPL) hopes to offer insights that help Canadians stick to their exercise plans.

Located on the fourth floor of the Arthur and Sonia Labatt Health Sciences Building, EHPL Director Harry Prapavessis and researcher Craig Hall lead a group of graduate students in the 1,800-square-foot facility.

“The best is yet to come,” says Prapavessis at the opening of the new laboratory.

“This is where physical activity will begin; this is a stepping stone. This is the learning ground of what we hope will be a long-term benefit to participants and, of course, the community at large.”

With about 800 square feet of exercise space, the facility includes separate suites that can measure everything from cardio-respiratory fitness, bone density and body composition to psychological and bio-chemical indices.

While most of the research will be done on location, participants may also be provided with activity monitors to measure their physical activity away from the lab. After wearing the device for a week, participants return to the laboratory to download information from the monitor which continuously tracks and records heart rate to see at what level training has occurred.

With two studies completed, and four more ongoing, Hall says the infrastructure of the new facility allows for theory-driven behaviour studies that focus on improving the long-term adherence of physical activity.

“While we know the inherent benefits to physical activity, why do people choose to exercise or not exercise?” questions Hall.

“What effects does exercise have on mood, depression, quality of life? Could it be useful in conjunctive with other treatments?”

As far as research is concerned, Hall says the window of opportunity is now wide open.

“There were so many areas I had wanted to enter, but without the proper facilities it wasn’t going to happen,” he says. “Now that we have this laboratory, I’m able to do research I never could have done before.”

Findings from the research will have implications for improving the health among individuals, and ultimately, lowering the cost of health care to the Canadian public. The infrastructure of the lab, he says, fits directly into the Faculty of Health Sciences’ mission and vision in being a world leader of health risk prevention and health promotion research.

Visit ehpl.uwo.ca.

Sun rises as new research chair

Western Mechanical & Materials Engineering professor Xueliang (Andy) Sun hopes the ‘small steps’ he takes are actually in the field of nanotechnology, which create useful and functional materials, devices and systems through control of materials on the nanoscale, or one billionth of a metre.

“We’re trying to make nanomaterials to address clean energy,” says Sun, who will receive $100,000 annually for the next five years to continue his work. “There is a growing awareness that nanotechnology will have a profound impact on energy generation, storage and utilization.”

While Sun describes nanotubes as ‘the perfect structure,’ mass-producing them remains their biggest difficulty. His lab hopes to address this shortcoming and to continue to improve fuel cell technology.

The CRC program also announced the renewal of Western’s Victor Han, Tier One CRC in Fetal and Maternal Health ($200,000 annually for seven years) and Yiming Huang, Tier Two CRC in Materials Characterization ($100,000 annually for five years).

PROVOST & VICE-PRESIDENT (ACADEMIC)
ANNOUNCES

Interdisciplinary Development Initiatives
Round 2

The University will fund a limited number of Interdisciplinary Development Initiatives (IDIs) that have a demonstrated potential to become national and international models for innovation and excellence. The IDIs will be programs that advance our research and teaching missions, attract scholars and graduate students to our university, and contribute significantly to Western’s national and international reputation for scholarship and learning. Guidelines and forms for the 2008 IDI competition is available at: www.uwo.ca/pvp/idl/

Contact Jerry White at: white@uwo.ca for additional information.

Letter of Intent must be submitted to the Dean of the Host Faculty by January 31, 2008.

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DAP prepares university graduates with limited or no training in accounting for entry into a professional accounting designation (CA, CGA, CMA or CPA in the US).

APPLICATION DEADLINES
May start: Mar 1 (International applicants)
Apr 1 (Canadian applicants)
Sep start: Jul 1 (International applicants)
Aug 1 (Canadian applicants)

Find out how DAP can accelerate your future.
Visit www.sauder.ubc.ca/dap

THE UNIVERSITY OF BRITISH COLUMBIA
Salmonella case study enters second phase

BY BOB KLANAČ

The second phase of a case control study of the recent salmonella outbreak in the University Community Centre’s Centre Spot cafeteria will review the eating habits of all students at The University of Western Ontario.

The email link to the brief survey will be sent by today (Dec. 6) to all first-year students.

The case control study was launched in the wake of a two-part salmonella outbreak at the cafeteria which saw patrons of the Pita Pit outlet and, subsequently, the entire cafeteria fall ill in two separate but apparently linked contaminations. Patrons who ate at Pita Pit between Oct. 31 – Nov. 2 and the entire cafeteria outlet prior to November 16, fell ill with salmonella poisoning.

The Centre Spot cafeteria was closed for a thorough cleaning and disinfection on the weekend of Nov. 17-18. According to Dan Flaherty of the Middlesex-London Health Unit, the email survey will focus on students’ food purchasing and eating habits, whether they use a meal plan and ask questions about specific illnesses they may have experienced on campus between November 4-26.

“We’re looking at the difference between people who got sick and those who did not get sick,” says Flaherty. “You have cases to study and a control group to compare against.”

Flaherty says the number of lab-confirmed salmonella cases stands at 89. There have been a few cases reported recently but no, that Flaherty says that can be positively identified as having been from after the Nov. 17-18 cafeteria disinfection.

“Given the fact that we’re not seeing cases after November 16 speaks to the cleanup that was done,” he says.

Susan Grindrod, Associate Vice President, Housing & Ancillary Services says Western has supported and worked with the health unit on the outbreak and sees the case study as a valuable tool to find out what happened. She is also encouraged by the lack of lab-confirmed cases arising after the cafeteria cleanup.

“Our strategy was to do a complete clean-up of the Centre Spot because they couldn’t quickly determine the cause of the outbreak,” she says. “We did a complete reset of the cafeteria to make sure it was safe. And it clearly worked which was great.”

Clothing drive shares warmth

The Share The Warmth clothing drive organized by student Kelly Newton to aid London’s homeless generated clothing donations and heightened awareness for the issue in equal measure.

The drive ran Nov. 28-30 in the UCC’s Spoke Restaurant.

“The drive went really well,” says Newton. “There were a lot of coats donated and a number of sweaters and t-shirts.”

“I was able to sit by the display one day and I noticed a lot of people reading it and picking up pamphlets which was great.”

All donations to the drive were given to Unity Project London.
Top 10 Bestsellers

Christmas books for Adults

1. Christmas Stories Ed. Diane Tesdell
2. Angela and the Baby Jesus by Frank McCourt
3. The Complete Christmas Book by Canadian Living
4. A Chicken Soup for the Soul Christmas by Jack Canfield
5. Peter Griffin’s Guide to the Holidays by Peter Griffin
6. Quizmas Carols by Gordon Pape
8. Now You Know Christmas by Doug Lennox
10. Santa Claus: A Biography by Gerry Bowler

Compilation provided by The Book Store at Western.

BUFFET LUNCH ........................................ $20 per person
Daily Soup Kettle & Assorted Bread Basket and an Assortment of Salads

CARVERY
Roasted Turkey served with Dried Fruit & Cranberry Sage Stuffing
Smoked Honey Baked Ham and Assorted Mustards
Chef’s Seafood Catch of the Day
Daily Vegetarian Entrée
Garlic Mashed Potatoes
Medley of Seasonal Winter Vegetables

DESSERT TABLE
Christmas Pudding, Mince Meat Tarts and Many Other Decadent Sweets
Soft Drinks, Juices, Freshly Brewed Starbucks Coffee & Tazo Tea

Lunch Available Weekdays 11:30am to 2:00pm
December 10th – 21st, 2007
Reservations Required 519-675-5545
Prices subject to applicable taxes and a 15% gratuity

Ask us about our Holiday Brunch for Charity on Sunday December 16, 2007
Recipes for good health

“As we created the book, we also realized that it would be a great souvenir of the students’ time in medical school as the recipes were kindly submitted by some of their favourite professors. In most cases, the recipes also reflect the personalities of the contributors.”

The dean agrees. “Each recipe tells us something about the person who has shared it, reflecting their cultural or family history and their experiences, as well as their tastes.” She has included her recipe for Apple Cream Cheese Torte.

Food For Thought sales will help the London Food Bank – $10 for students, $20 for others. Contact SST@meds.uwo.ca.

Professor to set Olympic record

Law professor Richard McLaren will set a unique Olympic record when he attends the 2008 Olympic Games in Beijing.

Recently appointed an arbitrator for next summer’s games, McLaren now holds the record in his category with five appearances.


The CAS ad hoc division reviews disputes and acts as a final court of appeal for athletes and national teams. McLaren expects, as in past Olympic Games, disagreements will arise in Beijing over doping issues.

“If the Turin and Athens Games are any indication, there undoubtedly will be some doping issues before the CAS,” says McLaren.

“I’m honoured to participate again with my colleagues from around the world in this innovative and challenging dispute resolution process,” said McLaren.

Since the early 1990s, McLaren has been a member of the Court of Arbitration for Sport, the adjudicating body that oversees the International Olympic Committee and the International Sports Federation.

Three ‘Best Lecturer’ nominees

Three University of Western Ontario faculty members are among 38 semi-finalists for the third installment of TV Ontario’s Big Ideas Best Lecturer competition.

Susanne Hammond of the Don Wright Faculty of Music, Ken Kirkwood of the Faculty of Health Sciences and Stephen Pitel of the Faculty of Law are the Western semi-finalists.

Kirkwood has the distinction of being a two-time nominee, his semi-finalists.

Faculty of Law are the Western Sciences and Stephen Pitel of the Wright Faculty of music, Ken Chapman, Meds 2009.

The three ‘Best Lecturer’ nominees will review video submissions of lectures and produce a shortlist of 10 finalists.

The judges – former teacher, school principal and politician Zanana Akande, author, poet and award-winning journalist Barry Callaghan, and actor/writer/producer Tony Nardi – will look for lecturers who engage their listeners with passion, flair and clarity.

Ten finalists will deliver complete lectures on the Big Ideas program over five weeks beginning March 1, 2008.

The winner’s institution will receive a $10,000.

When someone yells ‘fore’ on the golf course, many prepare to duck. Craig Brown ducks, but he also senses a potential lawsuit lurking in that errant shot.

In his latest book Why Lawyers Love Golf, the University of Western Ontario law professor takes a light-hearted swing at the legal angles that lurk on every fairway and in every swing of the club.

As much as Brown loves to golf, his passion is also for the legal cases that emerge from the sport.

“A few years ago I did some research into some cases and much to my surprise and delight there were a number of interesting stories from the golf course,” says Brown, currently on a four-month sabbatical in his native New Zealand.

“While the cases are not too outlandish, it’s still interesting to see as to how the legal world gets involved. I was delighted to find so many cases with interesting twists and turns. Golf and the law seem to have been made for each other.”

While some of the almost 500 legal cases discussed in the book involve being struck by slices and hooks or golfers playing too slow, some also include claims involving taxation, defamation and land claims.

Some cases form an interesting and important part of golf history, involving well-known players and places, but most involve ordinary golfers and everyday golf course occurrences.

“The book, I feel, is intriguing for all sorts of golfers and not just lawyers,” says Brown. “Golf has that worldwide appeal and there are a lot of situations that I’m sure many golfers have been through themselves.”

In fact, Brown and former Mustang basketball coach Craig Boydell found themselves on the fairway recently when Boydell was struck with a golf ball. If he hadn’t put his hand up, the ball would have struck him in the face, adds Brown.

So was his first thought “are you okay” or was it “is this a potential lawsuit?”

“Of course I wanted to know if he was okay,” laughed Brown. “And he did hurt his hand, but not severe enough for a lawsuit.”

Why Lawyers Love Golf will soon be available at The Book Store at Western and Chapters (Wellingston Street), but can be purchased online at scribblers-publishing.com.
IN PROFILE: NEW FACULTY

Old coins like postcards from past

BY ALEXANDRA STADNYK

Martin Beckmann recalls when he was a young boy and collected coins his cousin used to bring him when visiting from Hong Kong. That is when his interest in the iconography on coins began.

“I would just love it,” says Beckmann, 36.

“Those days, there are boring images on coins,” he says. In the past, there were limitless varieties of coins linked to politics and each coin was imperial propaganda, he adds.

Today, in his office at The University of Western Ontario, books about coins and ancient Rome sit arrayed on a bookshelf alongside photos of ancient sites. Beckmann, a Classics professor, has just started teaching at Western.

Coins aren’t his only passion, however. Beckmann is organizing a summer excavation in Nysa, in Southwest Turkey—an archaeology project he learned about while a student at the University of Freiburg in Germany. Beckmann, who will be taking six to eight students to Nysa, is excited about the dig.

“The site itself is brilliant. It was a very important city in Roman times, but now it is entirely abandoned, which means it hasn’t been disturbed by later construction. My team will be excavating the gymnasium - the centre of physical and academic education in the ancient city,” he says.

Excavation on the site is being carried out by a Turkish team from Ankara University. Beckmann, who traveled to Nysa last summer to “test the waters,” believes it is a great opportunity to dig up a rich area of the Roman empire.

Beckmann earned his BA from Wilfrid Laurier University in 1995. He completed his MA at McMaster University in 1998 and his PhD from McMaster in 2003. Beckmann was born in Germany and grew up near Ottawa, but he has spent time all over Europe and in parts of the Middle East, either visiting friends he has made throughout his academic career or participating in digs. Beckmann has been on dozens of archeological digs all over the world, but his favorite one was “likely Tell Jawa in Jordan, because the mini-villa we were digging was essentially a snapshot of a time when two cultures co-existed in the Middle East, Greco-Roman and Islamic. We found ceramic lamps with both Greek and Arabic inscriptions on them,” says Beckmann.

Professor Musa Kadioglu and his team at Ankara University will team up with Beckmann and his students in Nysa.

Kadioglu, 36, met Beckmann in 1998 while they were both working on their PhD in Freiburg. Beckmann travelled to Freiburg on a German academic exchange. Kadioglu recalls drinking gluhwein (hot wine) in the winter before their seminars.

“We did our best in those semin...”

Kadioglu and Beckmann have remained friends. “He is very calm, hardworking, reliable and has a very good sense of humour,” says Kadioglu of Beckmann.

Professor Simon Hoffmann, 28, also met Beckmann in Freiburg when both were studying archaeology. Hoffmann says Beckmann is a “thorough scientist” but, that he also knows how to have a good time.

“After work, he’s a great fellow who appreciates Black Forest cooking and brewing,” says Hoffmann.

Huron collaboration to aid Tanzania’s poor

BY BOB KLANAC

Huron University College and Tanzania’s University of Dar es Salaam are collaborating on an initiative to bring the voices of rural Tanzanians into the process of eradicating poverty.

“How do you get input from men and women living in rural remote areas with varying levels of literacy?” asks project co-leader Arja Vainio-Mattila.

“How do you connect that group directly with development partners with its stages and mechanisms? “That’s really at the heart of the project I think - the right to participate in policy development.”

Vainio-Mattila, along with Benedict Mongula of the University of Dar es Salaam, are co-leaders of the project called Building Civil Society Capacity for Poverty Reduction. The six-year $882,000 project is funded through the Canadian Agency for International Development by the University Partnerships in Cooperation and Development Program of the Canadian International Development Agency.

The project may be new but Vainio-Mattila says she and Mongula have collaborated on projects for the past 10 years.

“This is a really long term partnership we’ve had,” she says. “We’ve had students who’ve gone from Huron to do their masters there in development studies. It’s a long, long term relationship we’ve had and this is one new aspect to it.”

The idea of how to engage the world academically has been an issue for Vainio-Mattila, who notes one cannot be involved in development issues and not take sides.

“If you are working with the poor then that means you are critically negotiating with all kinds of structures that keep the poor in poverty.”

Vainio-Mattila says over the past 10 years, universities have been seeking a new role for themselves in society, something that is even more difficult for institutions of higher learning in developing countries.

“I think this a process in which we have something to give,” she says.

“Working with the University of Dar es Salaam to work on rearticulating the role of higher education in that country, to take a more proactive integrated role in the society.”

The key according to Vainio-Mattila is to create policy in the country that reflects input from all its citizens. Currently if a small women’s group in a rural district in Tanzania present their ideas to a group in a larger centre, “it becomes to some degree, dismissible.”

“It’s dismissible because it’s not articulated in such a way that the people who are doing the policy can actually use the material,” she says.

“How can we package this knowledge and information so it can be used by people trying to make their case in these debates?”

Vainio-Mattila says she sees it as crucial that all involved in the policy creation “own the project.”

“Tanzania is a country that has a very strong political rhetoric around participation. So there’s a lot of different forums for people to do that.”

The project is a unique one in that it is “a university to university collaboration.”

“One of the outcomes of the project is to strengthen the universities’ ability to work together with a civil society,” she says.
Consortium preps unique 3D scanner for market

By Sheldon Smart

Imagine capturing a 3D image as easily as you snap a photo. A new low-cost, hand-held 3D scanner invented at The University of Western Ontario aims to do that. The scanner’s innovative design has attracted a substantial funding commitment from NSERC.

A 3D scanner collects 3D shape information about an object. The collected data can then be used to create three-dimensional computer models of the object. These models are useful for a wide variety of applications from animation to manufacturing.

The 3D scanner is based on technology developed by Jonathan Kofman and George Knopf at The University of Western Ontario. The duo received a patent for the underlying technology in 2003.

Kofman, now a University of Waterloo professor, continues working to turn it into a commercial product. Kofman’s efforts received a boost when recently awarded $92,000 from the Natural Sciences and Engineering Research Council’s Idea to Innovation (I2I) program for development of a prototype for field trials. As well, Kofman will continue to develop the unique algorithms that set the device apart.

The scanner promises to be easier to operate and maintain than current commercial 3D handheld scanners, which require additional tracking components, or require markers to be placed on the object being scanned.

Conventional scanners generally place the target object on a moving table or attach the scanner to a mobile arm. Kofman examined several approaches early in his career when he was developing body scanners for use in prosthetic limb clinics. No single 3D scanner could handle the diverse requirements of the clients.

Frustrated, Kofman set out to design a more flexible handheld scanner which features tracking-free and markerless operation.

This new scanner has a wide range of uses beyond fitting prostheses. The entertainment industry routinely scans items to be used in animation and CGI (computer generated images) for movies, TV shows and video games. Manufacturers scan parts they are trying to reverse engineer and scan finished products to check quality. Museums scan fragile artifacts to allow them to be studied without risk of damage.

“Receiving this I2I support from NSERC is a real vote of confidence in this technology,” said Mark Innes, the C4 Industry Liaison Officer, based at Western, who shepherded the proposal through the I2I application process.

Western and Waterloo are founding members of C4, a technology transfer consortium that brings together the technology commercialization efforts of universities across Southwestern Ontario.

Kofman’s efforts to commercialize the technology have been aided by the close working relationship the technology transfer offices at Western and Waterloo have formed as part of the C4.

“What’s the best automotive buy? At $20,695 this may be the most car for the least amount of money.”
– Glen Woodcock, Autonet

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Leaf pile hides savings, valuable soil

BY BRANDON WATSON

The slow drop of leaves and fast approaching ‘freeze up’ will mean the leaf collection program may suffer a bit compared to past years but Jim Galbraith, Supervisor of Physical Plant’s Grounds Crew, isn’t worried. He has been in charge of Western’s grounds program for 20 years and anticipates the holl this season will have minor effects on the collection and spring cleanup.

The university recycles and reuses 100 per cent of the leaves on campus. Leaves on the forest edge are blown back into the wooded lots. Removal of leaves from forest floors is not recommended because it removes much-needed material that provides organic matter for a healthy ecosystem within the forest.

The material from the compost process makes an excellent top-dressing and soil additive. The mixture adds organic material to the existing soil ... Composting organic yard material saves the university roughly $8,000 ...

Leaves that are on the lawn and flower beds are collected and transferred to the university’s leaf composting area on campus. On a good, dry day it is not unusual to contribute up to 200 cubic yards of leaves to the compost pile.

Other materials, such as grass clippings, plant material, soil and turf from landscape installations are also added to the mix. Throughout the composting process, micro-organisms such as bacteria and fungi break down leaf and green matter into simple organic matter. The material from the compost process makes an excellent top-dressing and soil additive. The mixture adds organic material to the existing soil, which improves drainage, aeration of soil and nutrients utilized for plant growth. Composting organic yard material saves the university roughly $8,000 – the estimated value of purchasing such a nutrient-rich top-dressing.

In the past, the Grounds Crew has rented a screening machine for the compost pile and when the screening process was complete there was about 300 yards of compost material – enough to renovate both practice fields next to the Services Building.

“The collection and composting of leaves contributes to a sustainable campus,” says Galbraith.
Remembering allows learning, improvement

Continued from page 1

Becky Blue, Western News

Engineering student Jessica Barker sees importance in remembering events such as the Montreal Massacre to create awareness around violence against women.
Enrolment future uncertain

With major shifts expected in the age groups that have historically attended Canadian colleges and universities, Statistics Canada has developed three scenarios for enrolment over the next 25 years.

The issue is critical for university planners who must anticipate and respond to the volume of applicants. According to Statistics Canada, with the so-called baby-bust during the 1970s, there was a large decline in Canada’s population aged 17 to 29 between 1991 and 1998. Numbers started to increase for the age group about 2003 with the ‘echo boom’ group. Forecasters anticipate growth will peak around 2012 or 2013, followed by a decline.

**STATUS QUO**


Full-time post-secondary enrolment is projected to grow steadily until 2012/2013 to nearly 1.3 million students, about 50,000 more than between 2003/2004 and 2005/2006. Then a major decline in the size of the group would begin to affect enrolments. Full-time enrolment would hit a trough in 2025/2026 with a student population nine per cent below the peak in 2012/2013.

The shift would be felt differently across the country. In Atlantic Canada and Saskatchewan, enrolment would start to drop early in the period. In Quebec, new entrants would increase significantly early in the period.

**GROW AND PLATEAU**

This scenario is based on participation rates observed over a much longer term.

It assumes post-secondary enrolment for the age group 17 to 29 would rise in part due to increases in the size of this population early in the projection period, and in part due to increases in the percentage of the group deciding to attend school. Rising participation rates would compensate for declines in the size of the age cohort to 2030/2031 and offset potential enrolment deficits caused by a drop in the size of the university-age population after 2012/2013.


**MORE MALES**

Participation rates for male students would rise to match rates for women that existed between 2003/2004 and 2005/2006. University participation rates are consistently higher for women, especially those aged 17 to 24.

If the university participation rate of men rose to match that of women, male enrolment would increase dramatically to 2030/2031 and offset potential enrolment deficits caused by a drop in the size of the university-age population after 2012/2013.

Enrolment for 2007

This is the final issue of Western News for the fall term. The newspaper will resume publication on Jan. 10. Reporters will continue to publish news in coming weeks on the Daily News Service on Western's homepage (www.uwo.ca). Please send proposals for news articles to newseditor@uwo.ca.

The advertising deadline for inclusion in the next issue of Western News is Jan. 3 at noon. Please submit information/orders to Advertising Coordinator Denise Jones at advertise@uwo.ca.

**IN MEMORIAM**

Katarina Wilk

Retired Food Services staff member Katarina Wilk died Nov. 27 at the age of 79. Wilk, a resident of Arva, retired in 1984. Visitation was Dec. 3 at Westview Funeral Chapel in London. She is survived by her son Herman.

**Last Issue for 2007**

Applications and nominations are invited for the newly-created position of Vice-Provost (Graduate Studies) at The University of Western Ontario. The appointment, to be effective July 1, 2008, is for a period of five years, renewable.

One of Canada’s leading research universities, Western is engaged in a significant expansion of graduate programs and enrolments. The evolving structure of graduate education at Western, moving toward a newly-configured School of Graduate Studies, will specifically focus on providing the highest quality academic experience with opportunities for personal and professional development to a highly-engaged graduate student population. The University also anticipates that the new School will become the academic and administrative home for postdoctoral fellows. Further information may be found at www.uwo.ca/pvp/vpacademic/gsreview.html

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One of Canada’s leading research universities, Western is engaged in a significant expansion of graduate programs and enrolments. The University is committed to the development of international initiatives involving graduate study and graduate research.

The University of Western Ontario is committed to employment equity and welcomes applications from all qualified women and men, including visible minorities, Aboriginal persons, and persons with disabilities.

The Selection Committee will begin its consideration of candidates in February 2008. To ensure consideration, nominations, applications, and expressions of interest should be received by Friday, February 1, 2008. Applications should include a curriculum vitae, and contact information for at least three referees. All correspondence should be submitted in confidence to the address shown below.

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Chair of its Council; communicate with graduate programs about policy, procedural, funding, and other decisions taken by the Council; represent the University in all direct contacts with the Ontario Council on Graduate Studies (OCGS) and related agencies, including oversight of the review of graduate programs, submission of new programs for OCGS approval, and participation in OCGS activities that pertain to the overall framework for graduate programs in Ontario universities; represent Graduate Studies at Western and at the provincial and national levels, by advocating before government and engaging with granting bodies and organizations focused on graduate education and students; encourage and advocate
Good for the oceans, bad for the heart

By Julie Rochefort

This past October, federal Health Minister Tony Clement announced the start of an expert Sodium Working Group. What’s so important about sodium (a.k.a. salt)? High intakes of sodium increase the risk of developing hypertension which in turn increases the risk of developing cardiovascular disease, a leading cause of death among Canadians.

Cardiovascular disease is a group of conditions affecting the structure and function of the heart and blood vessels. Hypertension (persistent high arterial blood pressure) increases the risk of developing cardiovascular disease due to its damaging effects on the heart.

To illustrate, take your hand and make it into a fist (heart). Now, open and close your hand repeatedly (heart beat). Doesn’t take much effort, does it? Now, what if you attach a rubber band around your fist? The rubber band adds resistance (hypertension) – opening and closing your hand takes a lot more effort and makes your fist (heart) tired, quicker. This added resistance is similar to the resistance imposed on the heart for those suffering from hypertension.

Hypertension is multifactorial condition associated with obesity, genetics, physical inactivity, alcohol consumption, and smoking, as well as dietary factors such as high sodium intake. Results from the 2004 Canadian Community Health Survey (CCHS) indicate that among those aged 19 to 70, over 85 per cent of men and 60 per cent of women had sodium intakes exceeding the recommended upper limit of 2,300 mg/day. The average Canadian consumes about 3,100 mg of sodium per day.

Studies have found that children aged 1 to 3 had an average intake of almost 2,000 mg/day, twice the amount recommended by the Institute of Medicine. Are children at risk of cardiovascular disease as well?

One cup of canned soup has roughly 1,000 mg of sodium. Marketplace (CBC television) recently reported that one menu item at a casual-dining restaurant had over 4,500 mg of sodium.

Most of the sodium consumed by Canadians is hidden in processed foods. “Visible” sodium (added at the table) accounts for only five per cent of the total daily intake. The 10 main sources of hidden sodium in Canada are: pizza, sandwiches, submarines, hamburgers, hotdogs (representing 19 per cent); soups (7.4 per cent); and pasta (5.7 per cent).

It has been estimated that one million Canadians have hypertension from excessive sodium intake. Seeing that hypertension can be easily detected and is usually controllable, the federal government has asked the expert Sodium Working Group to explore options for reducing sodium intake and cardiovascular disease among Canadians.

To ensure sodium intakes favourable to health (within the range of 1,200 – 2,300 mg/day), a sodium policy has been recommended by a coalition of health care organizations. Some of the recommendations include: reducing Canadians’ consumption of sodium to the healthy range by Jan. 1, 2020, working with other levels of government and stakeholders to create supportive environments, and including incentives for food industries. Reducing sodium intake to 1,940 mg/day could prevent 1 in 6 hypertension cases.

Educating Canadians about the risks of high sodium intake and how to reduce their intake is important.

How can you reduce your current intake of sodium? As suggested in Canada’s new Food Guide, using the Nutrition Facts table on food labels can help.

More tips on eating well are available at www.healthcanada.gc.ca/foodguide, where you can create a customized food guide.

With most of our sodium being hidden in processed foods, achieving the goal of reducing sodium consumption will require that manufacturers make changes in food processing techniques. It will be interesting to see what incentives the government develops to encourage this kind of change. Until then, staying active, eating less processed food, and achieving a vegetable and fruit intake of 9-10 servings per day is a proactive way to control blood pressure and reduce risk of hypertension and cardiovascular disease.
They left their mark

The month of December is a time for reflection as well as celebration. We acknowledge the passing over the past year of many members of Western’s extended family of students, staff, faculty and retirees.

Jan. 9 - Elizabeth Dickson (Plant Sciences)
Jan. 17 - Bill Daniels (Anatomy)
Jan. 28 - Antonio Marti (Modern Languages & Literature)
Feb. 2 - Jean Andrews (Food Services)
Feb. 6 - June Burr (TRAC)
Feb. 14 - Marie Mason (Libraries)
March 10 - Michael Troughton (Geography)
March 18 - Parti-jo Blake (Dentistry)
March 23 - William (Keith) Morgan (Medicine)
March 24 - Ralph Stewardson (Physical Plant)
April 1 - Pasquina Marcotullio (Food Services)
April 2 - John Thomas Slanuwhite (Physical Plant)
April 9 - Janet King (Ivey)
April 9 - Richard Mervyn Colley (Libraries)
April 12 - Mohammad Haq (Statistical and Actuarial Sciences)
April 14 - Harry Bishop (Biochemistry)
April 19 - McKenzie H. Hey (Education)
April 22 - Lois Brown (Libraries)
April 28 - David G. Almond (Medicine)
April 28 - Stephen Johnson (Physical Plant)
May 3 - Opal Lane (Libraries)
May 3 - Suzanne Bernier (Anatomy & Cell Biology)
May 5 - Gene Hamilton (Purchasing Department)
May 10 - Gaetano Megaro (Physical Plant)
May 11 - Wayne Davis (Anatomy & Cell Biology)
May 28 - Norman West (Physical Education)
June 6 - William Magree (Biochemistry)
June 8 - Gerhard Wuenisch (Music)
June 8 - Douglas Wickware (Psychiatry)
June 21 - Frederick Jones (Registrar’s Office)
June 27 - Allen Philbrick (Geography)
June 28 - Robert Booth (Physical Plant)
July 2 - Christopher Mathew Dixon (Student)
July 3 - Antonio Buccione (Physical Plant)
July 4 - Malcolm Smith (Dentistry)
July 6 - Edwyline Fingland (Nursing)
July 20 - William Scalcwell (Education)
July 21 - Marjorie Clark (Music)
July 29 - William Mater (Student)
Aug. 6 - Marilyn Hardy (Secretarial and Administrative Studies)
Aug. 7 - John E. K. Foreman (Engineering)
Aug. 9 - Johannes Jorgensen (Veterinary Services)
Aug. 25 - William Enright (ITS)
Sept. 17 - Boleslaw (Bob) Kretolcz (Physical Plant)
Sept. 24 - Anwar Mann (Biology)
Sept. 25 - Yi (Louise) Du (Student)
Sept. 28 - Rocco Rossini (Physical Plant)
Oct. 3 - Bert P. Kristoferson (Physical Plant)
Oct. 10 - Pat Dibsdale (English)
Oct. 24 - Arthur Downner (Plant Sciences)
Nov. 2 - Thelma Potter (Nursing)
Nov. 3 - Margaret Elgie (Biology)
Nov. 5 - Harry Taylor (Geography)
Nov. 8 - William Robertson (Physical Plant)
Nov. 8 - Gertrude Trewartha (UCC employee)
Nov. 9 - Ronald Cape (Medicine)
Nov. 14 - Donn Ekdahl (Director, Bookstore and Graphics)
Nov. 15 - Helen Hampton (Libraries)
Nov. 15 - Donald Miles (Physical Plant)
Nov. 16 - John Young (Physical Plant)
Nov. 18 - John F. Graham (Ivey)
Nov. 25 - Charles J. Lemmon (Ivey)
Nov. 27 – Katarina Wilk (Food Services)
Polynomial Solving by Values, December 11, 9:30 am, Room 204 MC

Marcia Milne, Kinesiology - The Role of Social Cognition in Influencing Exercise Behaviours, December 11, 3 p.m. Room 142 SLB

Olto Reich, Economics - Essays in Public Economics and Political Economy, December 12, N/A

Alice Taylor, History - Selling Abolitionism: The commercial, material and social world of the Boston Antiblavery Fair, 1834-1895, December 12, N/A

Ryan Robb, Philosophy - Rights, Interests, Choices and Autonomy, December 12, N/A

Soubhik Auddy, Electrical and Computer Engineering - Modeling and Resonance Issues of Wind Farm Interactions with Related FACs Applications, December 12, 2 p.m. Room 234 TEB

Benjamin Hedy, Medical Biophysics - Suppression of Metastasis by BRMS1 Mediator of Survival and Growth, December 12, 9 a.m. Room 292 MB

Carlos Campana, Applied Mathematics - Elastic Green’s Function Techniques For Molecular Dynamics, Applications to Tectonics, December 13, 10 a.m. Room 200 MC

Nikhil Chel, Business Administration - Subsidiary Diversification in Large Multinational Companies, December 13, 9 a.m. Room 1605 Ivey

Yvonne Mark, Business Administration - Predicting What Type of Customer You Will Be Tomorrow, A Stochastic Segmentation Approach, December 14, 1 p.m. Room 2809 Ivey

Xiaofang Xie, Computer Science - On the Recognition of Handwritten Mathematical Symbols, December 14, 8:30 a.m. Room 316 MC

Laura Fazaky-Demko, Psychology - An Integrative Cognitive-ffective Model of Stochastic Thinking and Behavior Public Lecture - December 14, 9 a.m. Room 9420 SSC

Richard Hon-Mai Au, Chemistry - Supramolecular Organogold(1) and Organoplatinum(IV) Complexes - Public Lecture - December 14, 3:10 p.m. Room 115 ChB

Sara Hamilton, Biochemistry - Rhamn Promotes Negative Regulation of Transcription and Progression through the Regulation of Ehk12 Activity and AP-1 Mediated Transcription, December 14, 1 p.m. Room 2009 SEB

Evan G.R. Davies, Physics - Using Gravity as a Proxy for Stress Accumulation in Complex Fault Systems, January 10, 10 a.m. p.m. Room 259 PFA

Philip C. Igwe, Mechanical and Materials Engineering - Deformable Volumetric Self-Organizing Feature Representation Using Energy Based Models for Conceptual Design, January 4, 1 p.m. Room 203 SEB

Tyler Hayes, Geophysics - Using Gravimetry as a Tool for Orogenic Regressions, January 10, 10 a.m. p.m. Room 259 PFA

Faculty & Staff

John G. Hatch (Visual Arts Department), presented a paper entitled “Was Albert Einstein Really a ‘Dada’?” at the Universities Acta Association of Canada’s Annual Conference, hosted by the University of Waterloo (Nov 13).

Hot off the press

Nancy Rhodes, History, editor, English Atlanticics: Revised, Web-only Queen’s University Press, 532 pages, $59. Leading scholars and emerging historians offer new perspectives on the English Atlantic from the early 17th century to the American revolution. The essays are inspired by major themes developed by pioneering scholar Ian Steele whose work furthered the current wave of interest in Atlantic studies. A wide range of contributors based in Canada and the United States includes Western academics Michael Dover, Randy Dunn, Margaret Kellow, Sara Morison, Barbara Morrison, David Norton and Nancy Rhoden.

Rhoden is author of Revolutionary Anglicanism, published a new book? newseditor@uwo.ca

Faculty members with research interests outside of Canada can write about their work in this regular column. Contact Douglas Keddy, Research Communications Coordinator, for more information at dkg@uwo.ca or 519-661-2101 ext. 87485

International Research

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Mid-Year Exam Timetable December 2007

The Final Schedule is now posted on the Registrar’s website. Students booking flights for the holidays are advised to book a flight date of Dec 20, 2007 or later. The deadline has now passed for giving notice if, for religious reasons, you are unable to write exams on a Sabbath or Holy Day. Therefore, please contact your Academic Counselling Office as soon as possible to explore possible options.

Due Dates for Tuition Fees

The second instalment of fees for undergraduate and graduate student must be paid by Jan 7, 2008. Graduate Winter term fees are due Jan 11, 2008.

January OSAP Distribution

For students in the following faculties: Arts and Humanities, Science, Social Sciences, Health Sciences (including Nursing), Engineering, Music, Information and Media Studies, Business (HBA and MBA), Graduate Studies. For professional programs check with your faculty for location and times.

Several avenues are available for communicating through Western News. They include:

Advertising

Advertise your service or product the way you want it presented. For rates and information, contact advertise@uwo.ca

Coming Events

The weekly feature outlines seminars, sporting events, lectures and cultural events for the coming week. Send submissions to cominews@uwo.ca. Events may also be posted on the events calendar at www.uwo.ca.

Faculty & Staff

Have you presented an important scientific paper, earned a milestone appointment or published a new book? newseditor@uwo.ca

Funding

In 50 words or fewer outline your campus group’s plans in support of a recognized non-profit charitable organization. This space is for event-based projects and not ongoing efforts. Events may be held on-or-off campus. newseditor@uwo.ca

Bursaries

The bursary application is still available for students who have not yet applied. To be eligible you must be a Canadian citizen or a Permanent Resident, be registered at main campus in a full or part-time program, and demonstrate genuine financial need. To apply log onto the website as determined by off-campus organizations. Submit a brief article of 200 words or fewer about the award and the winner. newseditor@uwo.ca

Tribute

This occasional feature recognizes significant accomplishments by faculty, staff and students as determined by off-campus organizations. Submit a brief article of 200 words or fewer about any aspect of campus life. newseditor@uwo.ca

Student Services Bulletin

For students who have already applied and been approved, bursaries will be applied to your account in December and mailed to your home address in late December.

February In Absentia Convocation

The application is now available for the February In Absentia Convocation at student.uwo.ca under “Graduation”. Eligible students must apply by Jan 22.

Information Services (Room 190) Hours

Monday, Tuesday, Thursday, Friday - 9 am to 4 pm, Wednesdays - 10 am to 5 pm

The Office of the Registrar will close at 2:30 pm on Thursday, Dec. 13 for our Annual General Meeting.

For more information visit www.registrar.uwo.ca

Letter to the Editor

Offer praise, criticism or a fresh take on the news, or any aspect of campus life. Letters of up to 300 words should be submitted to letters@uwo.ca.

Opinions

Western News welcomes Viewpoint articles of about 600 words. Offer a perspective on campus and post-secondary education issues. Send submissions or find out more at newseditor@uwo.ca.

Overheard

Faculty members, have you been interviewed recently by the media? Contact Media Relations at jrenaud9@uwo.ca for possible inclusion in this monthly Western News column. Also, guidance provided on how to obtain media coverage for your research.

Public Space

Tell campus neighbours about developments in your area or department in 500 words or fewer. newseditor@uwo.ca

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Classes without Quizzes - Community Lecture Series, “Olympic Proportions” Kevin Wamsley, Faculty of Health Sciences, YMCA of London, 362 Waterloo St, 7:30 p.m.

Physics & Astronomy Colloquium - Georges Michaud, University of Montreal. “Atomic Diffusion, Globular Clusters and WMAP” Physics & Astronomy 123, 1:30 p.m.

December 7
Biochemistry Visiting Speaker Seminar - Paul Goddick, Department of Biological Sciences, State University of New York, Buffalo. “Regulation of the Tryphtophan genes in Bacillus subtilis Involve Protein-RNA and Protein-Protein Interactions and lots of subunits” MSC 384, 10:30 a.m.


Department of Philosophy Colloquium - Jannam Ismael, University of Arizona. “Probabilistic Classical Physics” T C 341, 3:30 – 5 p.m.

December 10
Adult Influenza Immunization Clinic - Free adult immunization clinic. 9 a.m. - 12:45 p.m. No appointment needed. A health card is required to obtain a flu shot. Children may not receive flu shots at the clinic.

Physiology and Pharmacology Seminar - Wendi Roscoe, Physiology, Western. “Altered Expression of Connexin43 Gap Junction Proteins in Neuroinflammation and Recovery” DSB 3008, 4 p.m.

December 11
Oncology Grand Rounds - Department of Oncology and London Regional Cancer Program. Jeff Chen, Physics and Engineering, LRCP. “Treatment Planning Techniques for Intensity-Modulated Radiation Therapy” Room A3-904a/b. 12 – 1 p.m.

Seminar, Laura Baxter-Gravell - “What is Chiropractic?” No charge. Everyone welcome. UC CC rm 49, lower level, 7 - 8 p.m.

December 12
Campus Communicators is a Toastmasters club. Develop and improve communication skills, in a supportive and learning environment. SLB 330, 12 noon. For more information, contact Mark Philips markphilips@gmail.com or Megan Popovic mmpopovic@uwo.ca website cctm.freetoasthost.info

Faculty of Education Seminar Series: Kathy Hoberg and Teresa Vandeven - Overlapping Academic Neighbourhoods: An Examination of how Educational Scholarship is Institutionalized in Radiology and Nuclear Medicine. Faculty of Education, Rm 1139, 1 p.m. All welcome. Refreshments served.

Department of Modern Languages and Literatures presents “La Tertulia” - Spanish Conversation Group. Anyone wishing to speak Spanish and meet people from different Spanish-speaking countries is welcome. Wednesdays at 3:30 p.m. UC 117.

December 13
Physics and Astronomy Colloquium - Péter Gural, Science Applications International Corp. (SAIC) Virginia, USA. “Hypervelocity Lunar Meteoroid Impacts - Status of Phenomenology” Physics & Astronomy 123, 1:30 p.m.

December 17
Geography Speaker Series - Andrew Brush, Earth and Atmospheric Sciences, University of Alberta. JSC, Rm. 9450, 2 p.m. Visit geography.uwo.ca/speakerseries/.

Oncology Grand Rounds - Department of Oncology and London Regional Cancer Program. Dwight Moulin, Departments of CNS and Oncology, Western. “Discontinon or No Discontinon: That is the Question” Room A3-904a/b. 12 – 1 p.m.

Department of Modern Languages and Literatures presents “La Tertulia” - Spanish Conversation Group. Anyone wishing to speak Spanish and meet people from different Spanish-speaking countries is welcome. Wednesdays, 3:30 p.m. UC 117.

December 19
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OSSTF welcomes the University of Ottawa support staff

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Congratulations to OSSTF’s newest members — support staff from the University of Ottawa. For more information contact Colombe Beauregard at 1-800-267-7867. E-mail beaureg@osstf.on.ca
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King’s University College area – beautiful three bedroom builder’s home, extras include in-law suite with private entrance, security system, wood burning stone fireplace, second-storey balcony and landscaped backyard, complete with pool. Call Nick 519-601-7988.

Short Term Rental

For Classifieds, call 661-2045 or send email to adver@uwo.ca. Rates: faculty, staff and students – $20; others and services/ commercial ads – $20. Beyond 35 words, please add 50 cents per word. Payment must accompany ads. Submit by 9 a.m., Thursdays to Western News, Room 335, Stevenson-Lawson Bldg. No refunds.

GET INVOLVED!

Weekly spotlight on volunteering, study abroad and service-learning

Children’s Museum seeks volunteers

If you live off-campus and would like to find a way to contribute to your community, London’s Children’s Museum offers a variety of roles for volunteers. The long-time London facility offers hands-on interactive science, arts and heritage exhibits geared toward children from infancy to 12. Volunteering includes giving demonstrations in the galleries, assisting with educational programs, helping with special events, working on committees, and assisting with day camps during school holidays. This volunteering opportunity is of value to students going into teaching or administration careers, as well as those applying to professional schools.

Contact: For this and other opportunities, contact Catherine Hondzel at 82676 or email at wvp@uwo.ca

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1 bedroom suite in heritage house – living room, bedroom, eat-in kitchen with small balcony and an open concept bedroom on the 2nd floor. Parking for 1 car. No laundry. $600 + utilities (heat included) Call Damian 519-639-6430 or Anne 519-675-9632, email: anne.byrne@schulich.uwo.ca

Too many room-mates? Need your own space? Single professional woman has guest room available in her 2-bedroom condo at “The Gables” Richmond Street at Western Road. Monthly July start, 519-204-1105 after 5 p.m.

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