History students dig deep to remember

The long-forgotten story of a star athlete who went to war will be commemorated today.

By Bob Klanac

The lost tale of a Western star athlete killed in battle during the First World War has been brought back to life by a King's University College professor and his history class.

Alfred Edwin (Eddie) McKay's name likely isn't familiar to First World War buffs but King's history professor Graham Broad says that was exactly why they chose him.

"Some of the other Western students in the world wars are commemorated in markers at University College and Huron College but Eddie's name isn't on those," he says.

continued on Page 9

RESEARCH

Should we prescribe pushups instead of pills?

By Karen Otto

Ten per cent of the population has diabetes.

The percentage of those at risk for the disease is reaching "epidemic" proportions.

Those already diagnosed with diabetes and those at risk for it are also predisposed to cardiovascular disease which is the number one health problem in Canada.

And a team of researchers from the Faculty of Health Sciences, Schulich School of Medicine & Dentistry and Lawson Health Research Institute have been awarded millions of dollars to do something about that.

“Our whole mandate is to look at exercise prescriptions as the intervention of choice to control cardiovascular type two diabetes and type one diabetes,” says Rob Petrella, principal investigator of a study entitled Cardiovascular Complications in Diabetes.

The Canadian Institute of Health Research, the Canadian Diabetes Association and the Heart and Stroke Foundation of Canada have awarded the prescriptive exercise study $3.8 million over five years with the option of renewal for another five years.

Prescriptive exercise is just that, exercises prescribed by a doctor and tailored to a patient to control or prevent a disease from progressing, just in the same way medications are prescribed.

Needless to say, Petrella, the Beryl and Richard Ivey Research Chair, and a professor in the Department of Family Medicine, the Department of Physical Medicine and Rehabilitation, and in the Department of Health Sciences, is excited about the study.

continued on Page 9
First novel startling collision of innocence, reality

By Jim Etherington

Although Three Day Road is the first novel by Canadian author Joseph Boyden, it is a superb and finely crafted book such as you’d expect from a seasoned writer.

Boyden uses the characters of Xavier Bird, a Cree Indian from Moose Factory, and his aunt, the mystical Niska, to weave the tale of innocence colliding with the harsh realities of World War One battlefields, and the beauty of the natives’ communion with nature thrust against death, destruction and madness of the Wemistikoshiv’s (white man’s) war.

Xavier Bird and his childhood friend Elijah Weesageechak (known as Whiskey Jack by his fellow soldiers) leave their hunting and trapping life in Northern Ontario to join the Canadian army.

Both are expert rifle marksman and in France become celebrated snipers renowned for their uncanny accuracy. Elijah, outgoing and boastful, receives medals for his skills while Xavier, quiet and speaking little English, is largely unrecognized although he is Elijah’s equal with the sniper rifle.

Xavier is deeply affected by the German deaths he causes and experiences mental anguish, while Elijah relishes the job of killing the enemy, taking many risks to add to his reputation and become the top sniper in the Canadian army.

Elijah fuels his bravery and covers his fear by becoming a morphine addict. In the end it is Xavier, with a leg amputated and himself depending on morphine for the pain, who alone returns to Moose River to be met by his aunt Niska.

During the three days she paddles her canoe away from civilization carrying her wrecked vehicle hit a large football-sized rock. The rear suspension was ripped from the chassis and the ground. The rear suspension was ripped from the chassis and both front tires popped after the vehicle hit a large football-sized rock. Incredibly, after pulling together the necessary tools the team managed to get the SunStang back on the road in less than five hours.

“IT IS NOT IN EASY SUCCESS BUT RATHER IN EXTRAORDINARY CHALLENGE THAT ONE’S METTLE IS TRULY TESTED.”
Fred Longstaffe, Provost and Vice-President

SunStang completes adventure Down Under

From eating kangaroo meat to unexpectedly taking a tannin tula along as a passenger, Western's SunStang Solar Car team had more than their fair share of adventures during the annual Panasonic World Cup Solar Challenge in Australia.

While only completing 1,680 of the 3,000 kilometre race, called a day early due to gale-force winds, Western’s team still found competition to be a learning experience. The race experience required teamwork, ingenuity and on-the-spot problem-solving skills right from the start.

On the first day of the race the team awoke to discover all the decals on the chase vehicle had been stolen.

Then, just an hour into the race, the SunStang was traveling well when it suddenly flew about a foot off the ground and was thrown into a spiral while skidding on the ground. The rear suspension was ripped from the chassis and both front tires popped after the vehicle hit a large football-sized rock.

Incredibly, after pulling together the necessary tools the team managed to get the SunStang back on the road in less than five hours.

In updating Western officials in London, Pranay Krishen and Dan Rogers, co-managers of the project, said: “According to race officials at the scene, such an ambitious roadside repair had never been successfully attempted and completed in the 20-year history of the World Solar Challenge.”

In a response, Fred Longstaffe, Provost and Vice-President (Academic), praised the team, noting: “It is not in easy success but rather in extraordinary challenge that one’s mettle is truly tested. Your response to this adversity makes Western even prouder (if that is possible!) of the Western SunStang Team than we were before.”

However, the accident caused a misalignment of the rear drive wheel and made steering erratic after only a few short kilometres the following day. Once the rear motor was disassembled it was clear the accident had caused much more serious damage than was earlier believed.

Still, the team continued to make adjustments and earned wide respect as well as unmatchable experience.

To read about their experience, visit www.eng.uwo.ca/sunstang/blog.html

November marks the second installment of the monthly London Reads book events. Join celebrity readers Ashley White, current Western student, and George Clark, News Director of Rogers Television on Nov. 14 to discuss a powerful first novel, Three Day Road by Canada’s Joseph Boyden, and participate in the program.
Panel debates ‘crisis’ in universities

BY PAUL MAYNE

Are universities a system in crisis or an organization in need of minor repairs?

While there was no fence sitting at a recent well-attended panel discussion about the state of post-secondary education, most of the voices seemed to convey the opinion that changes are necessary.

Close to 300 students, staff and faculty were at the Great Hall on Monday where the recently published book *Ivy Tower Blues: A University System in Crisis* provided the launch pad for arguments, testimonials and opinions on the state of post-secondary education in Canada.

Authors Anton Allahar and James Côté, sociology professors at the University of Western Ontario, have discussed their controversial book at length across Canada since it was published earlier this year. The book points to a disengaged student body with unreasonable expectations, which in turn fosters resentment among faculty.

The authors were joined by President Paul Davenport, USC President Tom Stevenson and faculty members Rebecca Coulter (Education) and Nick Dyer-Witheford (FIMS).

“It’s all about the numbers,” says Allahar. “By increasing the volume of students we’re not creating quality educational opportunities. It should be about education and not about processing.”

Côté said grade inflation plays a significant role in the quality of higher education. He gave examples at Western, noting the influence is felt in just one faculty, but has become widespread. In 1991/92 in Social Science, 43.1 per cent of first-year students and 48.1 per cent of upper-level students received As and Bs. By 2005-06, higher marks had risen sharply – 52.5 per cent for first-year students and 62.1 per cent for upper-level students.

“Some see us as pessimists, but for Western I see this as an opportunity to take the high road and stress quality over quantity,” says Côté.

Steps he suggests taking include pushing back on high school grades regarding grade inflation and the lack of preparedness among students; reducing student-faculty ratio to 15-to-1; and a redesign of course evaluations and student assessment.

Davenport said he read two separate books in Allahar and Côté’s writing.

The first book was a self-help guide giving parents and students fodder for discussing whether university or college is right for them.

The other book documents a crisis and suggests universities don’t offer quality over quantity.

“I truly do not believe that describes our university here at Western,” says Davenport, adding Ivy Tower Blues paints a bleak picture.

Davenport raised the question of how many students taxpayers are willing to support and how many the universities can accommodate.

He made particular note of Western’s initiative to freeze undergraduate enrolment, but added that won’t solve the nationwide problem.

“We can’t do it on our own,” says Davenport, adding a public policy debate is needed on the rush of students to universities.

Dealing with university admissions in the province as a whole will get us to a better student-faculty ratio. The whole system has to grow in a way that respects quality and gets the ratio back to where it should be.

While Coulter referred to universities as “sauces factories”, Dyer-Witheford agreed, saying the promise of post-secondary education has been lost, replaced by a factory environment.

“We need to slow the line down and think of something radically better,” he says.

Stevenson says he’s not surprised students treat their degree as a commodity.

“If you’re spending $30-, $40-, or $50,000 at university, you expect something in return for your investment,” says the USC president, adding “there is no one person or situation to blame.”

Allahar stated the book was not student-bashing and there is a “solid core of students who will make a difference in the world.”

Universities are steeped in a “feel-good culture” in which he says failure is not permitted, which makes it increasingly difficult for teachers and students to connect.

While the debate over the book continues, Allahar and Côté are already at work on a follow-up to *Ivy Tower Blues*, entitled *Ivy Tower Renewal*. Best practices in leading universities.

“We’re hoping we’ll be able to profile Western as one of the universities that are leading the way,” says Côté.
Slow reading refuge from hectic pace

By John Miedema

Slow reading is about reading at a reflective pace. There are many different kinds of reading, both fast and slow. Fast reading is greatly facilitated by digital technology. For a time, we thought that digital technology would replace books altogether. We were wrong about that.

Print and books are more prevalent than ever. We are in the middle of a cultural shift that is still learning the proper place of digital technology. Fast information is terrific when we need a quick, rough answer, but like fast food it often leaves one hungering for something more substantial.

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Slow reading is an art form, a third way of reading not just for information or entertainment. The reader calls upon creative faculties and is changed in the process of reading. It has both the serious purpose of reading non-fiction to better understand things, and the playful imagination of reading fiction to see things in new ways. There is no artifact of this art form; no book, no painting, no sculpture; but like all good art, the act of slow reading exercises our imagination to develop interiority, our psychological framework.

Slow reading is a community event, restoring connections between ideas and people. The continuity of relationships through reading is experienced when we borrow books from friends; when we read long stories to our kids till they fall asleep; when we take turns reading a play aloud with our teenagers; when we share what we are reading with family and friends over dinner.

Slow reading is closely associated with the larger Slow movement and its theme of locality. Not only do we change our relationship with time, but with space too. Slow readers support local libraries as a public space in the overwhelming presence of commercial space. Libraries are a shelter and turning point for those with few resources; a place for entrepreneurs to get started; a hall for public discourse among citizens interested in social change.

Slow reading is a form of resistance, challenging a hectic culture that requires speed reading of volumes of information fragments. Slow reading is therapeutic as it restores a sense of well-being. It enriches our private lives and better equips us for the world. Slow reading is recognition of the intrinsically worthy act of reading. It is good for our minds, our emotional health, our communities and planet. For a more formal treatment of the subject, see the entry in Wikipedia.
Can nations rebuild after citizens brutalized?

By Joanna Quinn

I was once called “the accidental professor.” I think it suits me. I do know that the kind of life I lead is seen as strange by many. And I certainly couldn’t have planned that my life would turn out this way. My research is in Uganda. It is an extraordinary country filled with beautiful people—most of whom have experienced untold horrors at the hands of the state. It is the home of Ida Amin and Milton Obote, who between them killed an estimated 600,000 to one million people in a 20-year period from the time of independence in 1962 to 1986. Millions more live with the memories of brutal attacks and the violent deaths of loved ones. And conflict in the country is ongoing; presently in Northern Uganda, more than 1.8 million people live in camps for the internally displaced, 30,000 or more children have been abducted by rebels; thousands of women have experienced rape and sexual violence; and insecurity buffets registered places of worship. So while we are used to hearing about the HIV epidemic, we are not used to hearing about the post-conflict social reintegration. I am particularly interested in the role of the acknowledgment of past crimes and its role in the rebuilding of societies.

Specifically, my research has demonstrated that acknowledgement is a necessary but not sufficient condition for the promotion of social trust, civic engagement and social cohesion, the building blocks of democracy. All of this is encompassed in an area called “transitional justice”—an emerging field that encompasses a number of disciplines, including Political Science, History, Psychology, and Anthropology. Uganda, sadly, is particularly fertile ground for this kind of research. Last year, I spent nearly five months in the field. My experiences there have led me to believe there is much more needs to be done. I have been deeply affected by the people with whom I interact there. And so I straddle the line between academic legitimacy on the one hand, and advocacy and development work on the other. The funding I am able to obtain is often not granted by regularized agencies such as SSHRC; rather, in the last year, I have been funded by both the Canadian International Development Agency, and the United States Institute of Peace. And I feel keenly a sense of commitment to the Ugandan people. I wouldn’t have planned things this way. But I can say with certainty that I wouldn’t have it any other way.

The writer is an assistant professor of Political Science and Chair, Nationalism and Ethnic Conflict Research Group. Her teaching areas are human rights, democratization and international relations while her research interests are truth commissions and transitional justice.

International Research

Letters to the Editor

Is Noise the Price of Progress?

I enjoy taking lunch time walks down along the Thames River. The path to the river takes me down past the new Biotron and over to the Visual Arts parking lot. I can’t help but notice the roar of the air exhaust system from the Biotron buildings. To hear it yourself, just walk by the area on Perth drive. The noise from this exhaust system is incredibly loud. Does this stack run day and night? The new MSA building behind the Biotron has three more of these exhaust stacks mounted and ready to go when that building gets completed. Is the resultant level of noise pollution taken into account when such new buildings are designed? Is this the price of progress?

Henry Leparskas

On Feminism

In her letter in Western News on Sept. 24, Jenna Oswianik questions whether the women killed by Mark Lépine in the Montreal Massacre, fre Nov 1, 1989, saw themselves as feminists. No, they didn’t appear to, but all of them—the 12 engineer- ing students, the data processor and the nursing student—have been granted the status of ‘femi- nist’ in some feminist writings.

“Does that even matter?” the writer asks, of how the women saw themselves. Yes. I don’t believe ‘feminist’ should be used as a label for women who have been raped and killed to be in line of fire while pursuing non-traditional occupations. Surely to be a feminist requires that one have some knowledge of feminist theory, its history, and ideally an awareness of how this movement and ways of thinking have impacted on society. And doesn’t that go against feminist values, to place an ‘identity’ upon someone not of their own choosing?

Student engineer Nathalie Pro- vost, one of the survivors of the shootings at the Polytechnique, had pleaded with Lépine that they were not feminists, just stu- dents taking engineering. Was it a way of trying to avoid getting killed, and did her background include feminist theory and an understanding of changes in society and how they would have impacted on men such as Marc Lépine? Was Provost a pious woman taking a non-traditional university program, as she said?

It’s typical to try to assign institutional problems and social issues appear as relationship problems, and the writer pre- fers to blame it on society as the Montreal Massacre and the “L’abaisse Majora Carnage” article on “a system of patriarchy that heterosexualizes male and female relations.” If one examined these more closely, however, one would find that careers, and not just relationships based on a par- ticular sexuality, could well be at the root of the problem.

Sue McPherson ’93

Oshawa

Centre Deserves Support

After reading the letter attacking Louise Pitré and the Sexual Assault Centre of London (Western News, Nov. 1, page 4), I had to go back and read the original article (“United Way supports sexual assault education” (Oct. 18) to see what I might have missed. And it turns out the letter- writer’s wild complaints have no factual basis in anything from that story: the figures reported by Pitré (from Statistics Canada, not exactly a hot-bed of feminist ideolo- gues) are simply the reflect- tion of reality, nothing more.

There is absolutely no “hatred” towards anyone in Pitré’s message. Men, (par- ticularly men known to their victims) sexually assault women in our society, and rape (espe- cially date-rape) is terribly under-reported – do we really need to “debate” these facts further? What we do need to do is talk about these serious issues in our community, and we need to address them seriously, not try to discredit the mes- sage for pointing them out.

The centre deserves all our support, both directly and through the United Way.

Sue McPherson ’93

Oshawa

Students Show Terrific Diversity of Skills

The article on page 3 of Western News from Nov 1, 2007, relating to universities in crisis, deserves some comment. I appreciate the efforts of Drs. Allen and Cote in formulating their book, but I believe that there are some demographic- ies not fully considered.

I agree that the teaching load is increasing, and indeed after 15 years at Western, I have the highest load I have ever had, with large increases in class numbers, and expectations of increased graduate supervision, but with no support (or at least none that I have received) from either the university or the faculties (apart from the usual unfilled rhetoric). I am certainly re-assessing my own place here at the university.

However, from the perspec- tive of the students, differences between disciplines need to be recognized. I have written about this before, but it deserves repeating. From the perspective of students in Physics, I have to say I am not disappointed.

I do not see the degrada- tion of attitude or enthusiasm discussed in regard to other disciplines. Indeed I see a terrific diversity of skills.

Science requires more than brilliance. It requires the intuitionist, the brilliant mathematician, the scientist who can work through volumes of data unaided, the organizational, the computer genius, the teacher, and a host of other skills. These are never invested in one person, and the students I have seen have had - and still have - one or other (or in some cases several) of these skills.

It is true also that as we accept more students, we will accept some with lower high-school marks, but I do not consider high school grades the ultimate indicator to success. Often a mature age student, or a “weaker” student, may have one of the skills I have mentioned above, and find a good niche in research and science. I have to say I was somewhat disappointed with the students that I teach, and am comfortable that all will make good contribution to society in years to come.

With regard to the (Ivory Tower Blues) meeting on Nov 5 - yes I know I was too busy with lecture preparations!

Wayne Hocking

Physics and Astronomy
By Kim Fisher

Just a few short months ago, Ben Lester was sipping regional Italian wine on a garden patio in Venice.

Having just completed a PhD dissertation, he was in the midst of exploring Rome and Venice with his girlfriend, Amy Roslow, before settling back into the realities of academia.

Today, he's abandoned the wine for coffee, and the patio for an office tucked neatly away in the back corner of Western's Social Sciences Building.

Lester, 27, is one of the newest and youngest faculty additions to the department of economics. Fresh from graduate school at the University of Pennsylvania, he's an applied theorist who specializes in monetary and financial economics.

"... when you start to take a lot of mathematics at the undergraduate level, at some point you sort of ask yourself—what am I going to do with this?"

Ben Lester

Economics

Lester began his academic career at Cornell University in Ithaca, N.Y. It took a few years, however, before he chose a specific direction of study.

"I was always a mathematically oriented person," he says, "but when you start to take a lot of mathematics at the undergraduate level, at some point you sort of ask yourself—what am I going to do with this?"

When he discovered economics, Lester had his answer. "It turned out to be a really nice application of mathematics," he says. "I was interested in policy, and economics is a nice blend between a world where you use quantitative skills and one where you ask policy questions."

The appeal of economics drew Lester to graduate school, where he sought a depth of knowledge that was lacking in his undergraduate experience. Despite his love of learning and schooling, however, Lester faced some challenges along the way.

"Finding a topic for your dissertation is pretty painful," he admits. "You're trying to find something to work on, and most interesting topics Nobel Prize winners have been looking at for 30 years. To figure out something new at your first shot is pretty tough." After much debate, he settled on a study of liquidity and prices.

But making the choice wasn't only tough—it was also lonely. Partway into his research, Lester decided that he was tired of working on his own. So Huck—the golden retriever—came into the picture.

"He keeps me company," laughs Lester. "I'll work from home sometimes just to hang out with him."

Roslow agrees. "He's actually pretty protective of Huck," she jokes. "He made sure we went on a few dates before he introduced me to his dog."

It's no coincidence that Lester chose a retriever—his family home in Pennsylvania was crowded with them during his childhood.

And as a kid, when he wasn't playing with the family dogs, he was playing sports—soccer, tennis, squash, football and anything else he could get involved in.

"I used to play tennis with my dad all the time," Lester recalls, "until I could beat him."

Having devoted the last nine years to academia, Lester is trying to get back into sports. "You don't get to do that much during your dissertation," he says.

But his colleagues seem convinced that his work was worth all the time and effort.

Igor Livshits, an assistant professor on this year's hiring committee for the department of economics, was concerned Western might lose out on the opportunity to hire Lester.

"We expected him to do very well in the market," he says. "We are lucky to have him."

"He definitely has the spark," adds Livshits. "He gets very excited about things he is working on. He is an innovator who asks interesting questions."

And Lester is grateful to have found a career he enjoys. "There are a lot of hard parts to academia," he says, "but at the end of the day, you're working on something you want to work on. There's a lot to be said for that."

He recognizes that many students aren't so lucky.

"A lot of kids just sleepwalk into jobs they are told are right for them—like finance or law. Think a lot about what you actually want to do before just doing it. It's a big world out there."

The writer is a graduate student in journalism.
Lights out on inefficiency

By Brandon Watson

Physical Plant is turning the corner on a five-year plan to eliminate inefficient lighting. Mike Wolowich, Physical Plant Energy Electrical Engineer, has been steering the retrofitting project and is more than optimistic about the projected results.

Energy-saving T8 ballasts are replacing nearly 50,000 T12 fixtures that illuminate the rooms and halls in dozens of campus buildings. According to the figures in the audit, conducted by King Energy management Inc., the project will pay for itself through energy savings in about three years. The new fixtures are estimated to use at least 30 percent less energy than that of its predecessor.

“The new lamps have a lot of advantages,” says Wolowich. “In addition to being more efficient, the quality of light output is much greater.”

At half of their rated life, standard T12 lamps produce only about 80 per cent of their initial rated light output, compared to about 95 per cent for T8 lamps. Furthermore, the light from T8 lamps has a higher “color rendering index,” or CRI, than standard T12s. The higher CRI makes objects and surfaces in a room appear more like they would under natural light.

Aside from the retrofit project, all new capital projects involving new light fluorescent fixtures will have T8s installed.

Housing has also begun to replace their inefficient light sources. Housing Assistant-Director, Chris Bumbacco, has partnered with London Hydro to begin converting the standard incandescent light bulbs to more energy efficient compact fluorescents (CFL) in residence fixtures.

For more information, call 416.675.6622 ext. 3439 or visit us at business.humber.ca
Zen Sitting Group
Twice weekly sitting practice with recorded Dharma Talks and Buddhist Courses by Steve Hagen.
For more information:
londonzencentre.org
telephone: 519.860.9599
email: londonzencentre@gmail.com

NEVER GET LOST AGAIN
The Department of Geography is hosting a Geographic Information Systems (GIS) Day Nov. 14 (10 a.m. to 2:30 p.m.) as part of Geography Awareness Week. The open house in the Serge A. Sauer Map Library, Social Science Centre (SSC) Room 1051 will feature poster and map displays, live demonstrations, a hands-on GPS workshop, door prizes and more. Presentation session 1:15-3:30 p.m. in SSC Room 9420. Visit http://geography.uwo.ca/gisday/ or call 519-661-2111 ext. 83424.

ONLINE LEARNING STATS
Statistics Canada’s free online publication, Education Matters: Insights on Education, Learning and Training in Canada, features articles about online learning and health education. Visit the agency’s website at www.statcan.ca then navigate to Publications > Free Internet publications > Education, training and learning > Education Matters.

ICE AGE AND BEYOND
The Don Wright Faculty of Music presents “The Ice Age and Beyond” today (Nov. 8) featuring Patricia Green, mezzo-soprano, with guest artists Midori Koga, piano, Kimberly Cole, clarinet, Caroline Stuart, violin and Dessislava Nemova, cello. Works include Barbara Pentland’s Ice Age and Imagination of Their Hearts by acclaimed young Canadian composer Kati Agocs. The free concert begins at 8 p.m., von Kuster Hall. For information, please call 519-661-2111, ext. 85694.

BENEFIT CONCERT
The Western Adventist Students’ Association presents their third annual benefit concert on Nov. 10 in Conron Hall, 7-9 p.m. Funds support Adventist Development and Relief Agency Canada’s Food Security and HIV & AIDS Programs in Malawi and Togo. Tickets in advance ($7) in the UCC atrium (Monday to Friday from 11:30 a.m. to 1:30 p.m.) or at the door ($10). Information: usc.clubs.adventist@uwo.ca.

SERVICE-LEARNING COLLABORATORS Sought
Western is seeking community groups to partner with the service-learning component of a third-year statistics course starting in January. As part of graded and faculty-supervised class work, students’ objectives will be to analyze and meet an identified statistical need in the community. Projects may include research, survey design, evaluation, feasibility analyses, or data collection. Contact Catharine Hondzel in the Career Centre @ Western at 519-661-2111 ext. 82676 or email wvp@uwo.ca.

INFECTION RESEARCH
The Department of Microbiology and Immunology will hold an Infection and Immunity Research Forum on Nov. 16. This forum will consist of oral and poster presentations from graduate students/post-doctoral fellows on the subject of infection and immunity. Keynote speaker will be Jonathan Yewdell from the National Institute of Allergy and Infectious Diseases in Bethesda, Maryland. www.uwo.ca/mni/MNI/IIRF/
The Richard Ivey School of Business has received a $2.5-million gift from Ivey alumni and Advisory Board Member, Paul J. Hill (MBA ’69), and his wife Carol Hill. The donation will support a number of areas over the next five years with particular emphasis on HBA student scholarships.

The Hill's donation to Ivey was announced at a press conference in their hometown of Regina, Sask. and forms an integral component of a larger gift being used to name the University of Regina's undergraduate business program.

Their unique donation will create a mutually beneficial relationship between the Richard Ivey School of Business and the new Paul J. Hill School of Business. At least $1.2 million of the Hill gift will provide $120,000 annually in scholarship funding for students entering Ivey’s HBA program from the Hill School of Business.

About six students per year will be selected to receive these awards through a joint Hill-Ivey selection process. Two awards of $25,000 annually for four years will support doctoral candidates to attend the Ivey PhD Program.

The relationship between the Hill and Ivey Schools will also extend to the development of case studies, case workshops, as well as support and advice to the Hill School of Business as it relates to course and program design and case method applications.

It will also provide opportunities for Ivey faculty to develop a deeper knowledge of the resource-intensive industries of Canada’s western provinces and create new relationships with people and organizations in Western Canada.

Exercise as important as medication with diabetes

One of the study's goals is to determine markers so the very first sign of the micro-vascular and macro-vascular changes in blood vessels are noticed to alert doctors of a problem with their patient. Researchers will also implement individually-tailored exercise regimes using aerobic and strength training exercises to help improve patients' health.

"It’s been proven that exercise is at least as important as medication in preventing diabetes,” Petrella says. “And we also know exercise is as effective as lowering blood sugar as medication.”

To track that, researchers will conduct studies on both animal and human subjects to discover what the best combination would be for enhanced benefits.

Another goal the researchers have in mind is creating new technologies to non-invasively measure such markers and other technologies that would keep an eye on patients.

"One of the new technologies we’d like to develop in humans is to have individual patients monitor themselves and their exercise program and then we’d link that (information) to their doctors,” Petrella explains.

Ensuring patients keep to the program is one of the potential pitfalls of the study. After a certain time period, Petrella says, “people fall off the wagon” so researchers will also institute some kind of a support and reward system to ensure compliance.

But most of the $3.8 million will go towards trainees, including graduate students, undergraduate students, and postdoctoral fellows, some of whom will travel to Finland and all of whom will work with patients and be taught the benefits of prescriptive exercise.

“We’ll be training a whole new workforce that will be able to disseminate that information,” he says.

Once the study is complete, information will be given to doctors and the findings published and shared, and the technologies made available.

As Shoemaker sees it, individually, exercise and medication are good. But combining the two could be something great.

“You put the two together and you might get something much, much better.”

The writer is a Western journalism graduate and freelance writer.

Kris Dundas for Western News

Unique gift supports Ivey scholarships

The Western Team

Robert Petrella, principal investigator, Beryl and Richard Ivey Research Chair, Schulich School of Medicine & Dentistry
Kevin Shoemaker, Faculty of Health Sciences
Cheril Clarson, Schulich School of Medicine & Dentistry
Robert Petrella

W E S T E R N  N E W S  N O V E M B E R  8 ,  2 0 0 7  9

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As Shoemaker sees it, individually, exercise and medication are good. But combining the two could be something great.

“You put the two together and you might get something much, much better.”

The writer is a Western journalism graduate and freelance writer.

Kris Dundas for Western News

Unique gift supports Ivey scholarships

The Western Team

Robert Petrella, principal investigator, Beryl and Richard Ivey Research Chair, Schulich School of Medicine & Dentistry
Kevin Shoemaker, Faculty of Health Sciences
Cheril Clarson, Schulich School of Medicine & Dentistry
Robert Petrella

W E S T E R N  N E W S  N O V E M B E R  8 ,  2 0 0 7  9

Exercise as important as medication with diabetes

One of the study's goals is to determine markers so the very first sign of the micro-vascular and macro-vascular changes in blood vessels are noticed to alert doctors of a problem with their patient. Researchers will also implement individually-tailored exercise regimes using aerobic and strength training exercises to help improve patients' health.

"It’s been proven that exercise is at least as important as medication in preventing diabetes,” Petrella says. “And we also know exercise is as effective as lowering blood sugar as medication.”

To track that, researchers will conduct studies on both animal and human subjects to discover what the best combination would be for enhanced benefits.

Another goal the researchers have in mind is creating new technologies to non-invasively measure such markers and other technologies that would keep an eye on patients.

"One of the new technologies we’d like to develop in humans is to have individual patients monitor themselves and their exercise program and then we’d link that (information) to their doctors,” Petrella explains.

Ensuring patients keep to the program is one of the potential pitfalls of the study. After a certain time period, Petrella says, “people fall off the wagon” so researchers will also institute some kind of a support and reward system to ensure compliance.

But most of the $3.8 million will go towards trainees, including graduate students, undergraduate students, and postdoctoral fellows, some of whom will travel to Finland and all of whom will work with patients and be taught the benefits of prescriptive exercise.

“We’ll be training a whole new workforce that will be able to disseminate that information,” he says.

Once the study is complete, information will be given to doctors and the findings published and shared, and the technologies made available.

As Shoemaker sees it, individually, exercise and medication are good. But combining the two could be something great.

“You put the two together and you might get something much, much better.”

The writer is a Western journalism graduate and freelance writer.
By Paul Mayne

What's more fun than going up the down escalator? Perhaps going down the up escalator. Whichever the choice, Western's Leslie Gloor Duncan, coordinator of University Transitional Programs at the Centre for New Students, will be first in line with her Little Sister Bree.

"Big Sisters is a huge part of my life. Without the United Way funding who knows what would happen to the programs they offer."

Leslie Gloor Duncan

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"She's a great kid, someone I can be goofy with," says Gloor Duncan, who says the time has gone by so fast since being matched with Bree five years ago through Big Sisters of London. Gloor Duncan realizes the program is not about being a parent to Bree, but rather acting as a friend with whom she can share concerns, questions and, of course, laughs – of which they have plenty.

As a United Way sponsored agency, Big Sisters of London is in its 33rd year of providing girls, between the ages of six and 16, with a role model and caring older female to guide them in making healthy decisions and self-confidence. While there are numerous matches across the city, there's a waiting list of almost 60 girls for big sisters.

Gloor Duncan has always been heavily involved in the volunteer sector. It was after she had just begun at Western that she decided to offer time to Big Sisters of London.

"You just have that gut feeling that the time is right," says Gloor Duncan. "For me, things were falling into place and I knew this was what I wanted to do."

While the first year with Big Sisters of London involves a strong commitment – a three- to four-hour-per-week pledge – Gloor Duncan and Bree now meet up every few weeks.

With Bree being into the Internet and computers, the pair has spent a lot of time online. Along with trips to zoos, basketball games and other adventures, it often seems to be in non-traditional girl activities.

"She's more of a tomboy, which is why we probably get along so great because so was I growing up," she says.

While Gloor Duncan encourages everyone to consider volunteering, people should "research their volunteer opportunities to ensure the commitment level meets their needs" and to make sure they can handle it.

With 40 per cent of funding for Big Sisters of London coming from United Way of London and Middlesex, with other support from individuals, local businesses, and sponsors, Gloor Duncan is aware of how important the United Way is to Big Sisters, and all the programs across the city.

"Big Sisters is a huge part of my life, she says. "Without the United Way funding who knows what would happen to the programs they offer."

Western's United Way campaign currently sits at about $200,000 or 40 per cent of the $500,000 goal. The city- and county-wide United Way campaign is at $2.4 million or 34 per cent of its $7.2 million goal.

For more information, visit http://unitedway.uwo.ca/.
Living ‘la vida local’

By Julie Rochefort

You may be familiar with the terms vegetarian and vegan; what about “localarian”? Localism has been suggested to describe those who try to consume food that is grown and manufactured locally.

When it comes to food, some have looked past its composition and wondered where their food was coming from. This new outlook on food has begun a revolution of food in the eyes of the public, especially with the release of a recently published book called The 100 Mile Diet by the Vancouver couple, Alisa Smith and James MacKinnon.

This diet proposes a single challenge to the reader: to eat foods grown and manufactured locally within a 100 mile radius of cities. Is this possible? Although The 100 Mile Diet was published in 2010, this challenge has begun a revolution of food in the eyes of the public, especially with the release of a recently published book called The 100 Mile Diet by the Vancouver couple, Alisa Smith and James MacKinnon.

This diet proposes a single challenge to the reader: to eat foods grown and manufactured locally within a 100 mile radius of cities. Is this possible?

As a Western student embarking on this challenge, 100 miles around London would include consuming food within this radius of cities. Is this possible? Although The 100 Mile Diet is a challenging experience, it can definitely be possible, while simultaneously being rewarding.

There are many perks associated with eating locally and appreciating one’s surrounding environment. Wouldn’t it be wonderful to reminisce about the taste of locally-grown summer strawberries instead of tolerating the mundane taste of strawberries shipped from across North America all year? One of the challenges of eating locally may include the search for knowledge on this topic in your community. For instance, you might need to do some research to find local farmers or farmers markets that will be available to you in your journey.

Also, preserving food for the winter, budgeting and having transportation to and from the farms are among other challenges that may arise when deciding to eat strictly locally grown food. Is this practical for students? With busy schedules and restrictive budgets, a one-year local eating challenge may be quite difficult.

However, this doesn’t mean it is impossible to increase the amount of local foods you add to your grocery bag. For instance, researching which foods are in season is important. Another tip is looking at the signs above the produce you are purchasing; you will find not only the price, but also indications of which foods are in season (such as apples in October and cauliflower in November) is a great step towards local eating.

Another tip is looking at the signs above the produce you are purchasing; you will find not only the price, but also indications of which foods are in season (such as apples in October and cauliflower in November). For instance, researching which foods are in season is important.

Living “La Vida Local” presents a pleasant challenge in bridging the gap between you and your food. Buying locally provides a taste advantage as well as an opportunity to learn more about the food you are purchasing. For information on London area farms, farmers markets and what’s in season visit www.harvestontario.com/whatsin.html.

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The writer

Julie Rochefort is a certified personal trainer and third-year Brescia University College student specializing in Food and Nutrition Sciences. Contact her at uwonutrition@gmail.com. This article was reviewed by Dr. June Matthews, a registered dietician and assistant professor, Food and Nutritional Sciences, at Brescia University College.

Columnist Julie Rochefort takes a step toward ‘localism’ – buying locally-grown produce – at an area orchard with Golden Delicious apples.
For the sixth year in a row, Western ranked number one among large Canadian universities for the most satisfied students, says The Globe and Mail University Report Card 2007.

President Paul Davenport was cited in the main story “How Western stays on top” while Tim Blackmore was called “The greatest professor that ever lived” by one of his students in the article “Technology on Campus,” in which he is heavily quoted.

On the night the Ontario electorate gave Dalton McGuinty and the Liberals an extended four more years to lead the province, Western faculty had the Big 3 in Canadian television covered.

Cameron Anderson, an assistant professor of Political Science, led the 5:30 p.m. broadcast of Global National with Kevin Newman while Huron University College Political Science Chair Paul Nesbitt-Larkin was featured on CTV News with Lloyd Robertson. Political Science professor Cris de Clercy was interviewed by CBC Newsworld and also worked the desk for A Channel’s local coverage.

Michael Rieder, Professor of Paediatrics, Physiology and Pharmacology, and Medicine at the Schulich School of Medicine & Dentistry, was the main spokesperson for the Canadian Pedriatric Society regarding the recall of infants’ cough and cold medications. He was featured on CTV News, Global National, CBC TV, CBC Radio and A-Channel, as well as The Toronto Star, Globe & Mail, and London Free Press.

According to Shape, America’s #1 selling active lifestyle magazine for women, and Canada Research Chair in Musculoskeletal Rehabilitation Trevor Birmingham, “go ahead, ditch that bulky knee brace.” So read the headline in Shape’s November issue, which cited a recent study by Birmingham, an assistant professor in Western’s School of Physical Therapy, who conducted his research for the American Orthopedic Society for Sports Medicine.

Gordon “Oz” Osinski, assistant professor of Earth Sciences and Physics & Astronomy, was featured in the sixth and final episode of Discovery Channel’s critically acclaimed series “Mars Rising: Search for Life” on November 4. Osinski’s research focuses on understanding the processes that shape the surfaces of planets with a particular interest on meteorite impact cratering.

Keeping with the world’s number-one nonfiction media company, research conducted by Earth Sciences professor Neil Banerjee on microbial life in volcanic rocks was explored on Discovery Channel’s “Daily Planet” on November 1.

Capturing the attention of London Free Press readers on Halloween, with nearly entire front page coverage, was Andrew Nelson and Rethy Chhem’s work using computed tomography, more commonly known as CT-scans, to unravel the mysteries of mummies on loan from the Royal Ontario Museum (ROM). Nelson is an associate professor of Anthropology at Western and a Research Associate of the ROM while Chhem is a Chair of Radiology at the Schulich School of Medicine & Dentistry. The research also garnered interviews with Discovery Channel, Toronto Star, National Post, Globe and Mail, A Channel and Rogers Television.

Huron University College Political Science professor Alfred L. Chan made international headlines with interviews for Reuters, The Guardian and Globe and Mail regarding the strength of Chinese President Hu Jintao and his Communist Party, who granted him a second five-year term as leader.

Longtime biology professor dies

London resident Margaret Alice Elgie, 61, a faculty member in Biology with 35 years of service at The University of Western Ontario, died November 3 following surgery at Victoria Hospital. Elgie graduated from Western with a BSc in 1968.

According to her obituary: “Though she suffered through many illnesses over the years, Margaret never lost her zest for life, maintaining many friendships and interests, which included Scottish country dancing, and Dance Fit. “Margaret greatly enjoyed travel, and made many friends worldwide. She was also an active volunteer in an Ostomy support group and Patient Partners.”

A funeral service was held Nov. 7 at James Harris Funeral Home, 229 St. James St., London.
Is university as challenging as it should be?

Jeremy Bird  
Bio-geology IV

I can’t speak for any department outside of science but I think that’s true for the sciences. They have a very high standard and they say to us at the beginning of each year that they do not bend marks. The workload is ridiculous. I don’t even have a job and I have a hard time keeping up. I don’t know how people have a job and do this at the same time. It’s definitely challenging.

Jason Fasano  
Huron / Soc Science I

I think so but it’s not so much the teacher’s pushing as it is you choosing that you have to do well on your own. If you do it the work is challenging. Some classes are actually fun when you participate in class. It’s not as hard as I thought it would be. But if you do all the work it’s still challenging.

Victoria Kahn  
Sociology III

In some of the courses I learn a lot and in some of them it’s kind of knowledge that I already know. They make a lot of the exams difficult so even though the material is kind of basic they make it so the questions are hard. The questions don’t always test your knowledge of the material. Many times they work it in ways that don’t actually show that you know the material.

Elizabeth Gaudry  
Kinesiology I

Yes it is. There’s a lot of work involved. It’s my first year of university and in high school it wasn’t the same thing at all. When you come to university you have to change your whole method of how you do your work. It’s a lot different. You have to spend a lot more time with your work because it’s harder. When you come to an exam the questions are not always straightforward. The working of the questions is going to be a lot different as in “it could be this or it could be that as well”. It’s a lot harder than I thought it would be.

Stephen Sousa  
Political Science/Criminology II

I think the expectation level is higher than it was in high school. When you get to post-secondary education it’s a lot harder. They expect more of you in terms of independence. They expect you to do much more on your own. They expect much more of you as students.

Is university as challenging as it should be?
COMING EVENTS

November 8

McIntosh Gallery - Child's Play. Barb Hunt; antipersonnel / Jamie Owen: Target Map. Two commentaries on the easy appropriation of war and weaponry into contemporary experience. Opening 7:30 p.m. runs until December 9th. Call 519-661-3181 – email celliots@uwo.ca

Don Wright Faculty of Music - Les Choristes, von Kuster Hall, 12:30 p.m.


King’s University College - Religious Life Lecture Series “Through the Prism of the Roman Ghetto: Jews and Christians in the Eternal City” Sister Margaret McGroth, Labatt Hall, 7:30 p.m.

Classes without Quizzes - A Community Lecture Series “War and Remembrance”, Jonathan Vance, History Professor and Canada Research Chair in Conflict & Culture. The Royal Can- dian Regiment Museum, Wolseley Barracks, 701 Oxford St. E, The museum opens at 6 p.m. that evening for tours. To RSVP, please call 519-661-2111 ext. 85739 or email programs@uwo. ca. For more information, visit www.classeswith- outquizzes.uwo.ca.

Don Wright Faculty of Music - The Ice Age and Beyond, Patricia Green, mezzo-soprano with guest artists Midori Koga, piano, Kimberly Cole, clarinet, Caroline Stuart, violin and Dessislava Nenova, cello. Works include Barbara Pentland’s Ghetto: Jews and Christians in the Eternal City” by acclaimed young Canadian composer, Kati Agocs. von Kuster Hall, 8 p.m.

November 9

Planetary Science Research Symposium - Planetary scientists from across Canada are coming to this one day meeting and faculty students from Physics & Astronomy, Earth Sciences and Geography at Western are presenting talks or posters as well. Michael’s Garden, Somerville House. For more information, please visit http://aquarid.physics.uwo.ca/planetsci/PS_Research_Symposium_2007.htm

Remembrance Day Ceremony - Students who Fought for Students, Remembrance Day 2007. Everyone is welcome to attend the Remem- brance Day ceremony, UCC Alumni, 10:00 a.m.

Biological Department Seminar - Bill Plaxon, Queen’s University, Visual Arts 100, 12:30 - 1:30 p.m.

Fall Epidemiology and Biostatistics Research Seminar Series - Bridget Ryan, PhD Candidate “Factors Associated with Adolescent Family Planning Under the Collective Agreement” 2 to 4 p.m. Teaching Support Centre, Room 122, D. B. Heldon Library.

Faculty Mentor Program - fourth workshop/ information session. “Getting Ready for Tenure and Promotion Under the Collective Agreement” 2 to 4 p.m. Teaching Support Centre, Room 122, D. B. Heldon Library.


Women’s Basketball - York at Western, 6 p.m.

Men’s Basketball - York at Western, 8 p.m.

French Studies Department - Sur les lévres (Jacques Audibert, 2001) 7:00 pm, UC 142. All welcome! http://www.uwo.ca/french/films/fran- cais.htm

November 10

Western Adventist Students’ Association Benefit Concert. University College 224 (Cor- ron Hall) from 7:00 p.m. Funds support ADRA Canada’s Food Security and HIV & AIDS Programs in Malawi and Togo. Tickets available in advance (5$) in the UCC alumni Monday to Friday from 11:30 to 1:30 p.m. and at the door (10$). Con- tact uwo.clubs.adventist@uwo.ca or visit www. uwo.ca/clubs/adventist.

Women’s Basketball - Guelph at Western, 12 p.m.

Men’s Volleyball - Guelph at Western, 2 p.m.

Women’s Hockey - Toronto at Western, 4 p.m.

Women’s Basketball - Laurentian at Western, 6 p.m.

Men’s Hockey - Brock at Western, 7:05 p.m.

Men’s Basketball - Laurentian at Western, 8 p.m.

November 11

Remembrance Day - Wreath laying at Huron’s chapel at 9 a.m. Contact, Canon Bill Clift, 519- 431-7224, ext. 294, willifh@huron.uwo.ca

King’s University College - Remembrance Day Celebration. Christ The King University Parish, Office of Campus Ministry, Eucharist 10:00 a.m. Windermere on the Mount, 146 Richmond Street and 5 p.m. Eucharist at Elizabeth A. “Bes- sie” Labatt Hall.

Women’s Volleyball - McMaster at Western, 1 p.m.

Men’s Volleyball - McMaster at Western, 3 p.m.

November 12

Physiology and Pharmacology Colloquium - Michael J. Bennett, Medical Physics, University of Edinburgh, U.K. School of Clinical Sciences & Community Health. “Medical ultrasound—can the natural world teach us any new tricks?” Physics & Astronomy 123, 1:30 p.m.

Chiropractic Clinic - Laura Baxter, “Under- standing Fatigue and Energy Levels – Can we help?” No charge seminar. Everyone welcome. UCC Rm 49, lower level. 7 – 8 p.m.

November 13

Senior Alumni Program - James Korapatrick, Director, Cancer Research Laboratory Program, Department of Oncology. “Stubborn – Drug resistance in cancer cells” McKeil Hall, UCC, 9:30 – 11:00 a.m.

Oncology Grand Rounds - Department of Oncology and London Regional Cancer Program. Angela M. Davies, UC Davis Cancer Center. “2008 update on targeted therapies in non small cell lung cancer: Incorporating new evidence into practice” Room A3-904 4:12 - 1:00 p.m.

Physius & Astronomy Colloquium - Michael J. Bennett, Medical Physics, University of Edinburgh, U.K. School of Clinical Sciences & Community Health. “Medical ultrasound—can the natural world teach us any new tricks?” Physics & Astronomy 123, 1:30 p.m.

Chiropractic Clinic - Laura Baxter, “Under- standing Fatigue and Energy Levels – Can we help?” No charge seminar. Everyone welcome. UCC Rm 49, lower level. 7 – 8 p.m.

November 14

Campus Communicators is a Toastmasters club. Develop and improve communications skills, in a supportive and learning environment. SLB 330, 12 noon. Contact Mark Phipps markip@uwo. ca. or Megan Popovic meganpop@uwo.ca.

GIS Day at Western - Open House and Pre- sentation Session - Department of Geography is hosting a Geographic Information Systems (GIS) Day, as part of Geography Awareness Week. Learn about GIS. Open to everyone. Open House: 10 a.m. - 2:30 p.m. Serge A. Sauer Map Library, SSC Room 1051. Poster and map displays, live demonstrations and a hands-on GPS workshop. Door prizes and other free stuff. Presentation Session: 1:15 - 3:30 p.m. Dean’s Conference Room, SSC Room 9420. Speakers from Western and local business community. http://geography. uwo.ca/gisday/

Don Wright Faculty of Music - Sophie Roland, mezzo-soprano and John Hess, piano, von Kuster Hall, 12:30 p.m.

Modern Languages and Literatures presents “La Tertulia” - Spanish Conversation Group. Any- one wishing to speak Spanish and meet people from different Spanish-speaking countries is welcome. Wednesdays at 3:30 p.m. UC 17.

Clinical Pharmacology Grand Rounds - Gregor Reid, “Probiotics - Started as Food - Soan be Drugs” LHSC, Auditorium C 4 p.m.

Please send submissions to comingevents@ uwo.ca.

A new McIntosh Gallery exhibit, Child’s Play, offers commentaries on access to weapons.
Distinguished University Professorship
Call for Nominations

The Distinguished University Professorship program is Western’s highest recognition of those who have built a record of excellence in all three of teaching, research and service over a substantial career at Western.

Recipients of the Professorships will receive the honorary title of Distinguished University Professor, an award of $10,000 to support scholarly activities and a citation to be presented at an appropriate occasion. Recipients will also be expected to deliver a public lecture. The number of Professorships is limited. Full details can be found at:

http://www.uwo.ca/univsec/senate/dist_univ_prof.pdf

Selection from among nominees will be made by a Senate elected committee that will complete its work by April 1, 2008. Nominations should include a letter describing the nominee’s qualifications for the award, a curriculum vitae prepared by the nominee for this purpose, and at least three confidential letters of reference. The letters of reference, at least one of which must address teaching and one at least of which must address research, should be from arm’s length individuals who are recognized authorities in the nominee’s fields of scholarship, and who can speak to the nominee’s achievement in teaching, research or service. Original nominations, plus 6 copies should be sent to:

The Office of the Vice-Provost (Academic Planning, Policy & Faculty)
Room 138, Stevenson-Lawson Building
The University of Western Ontario

The deadline for receipt of nominations is January 31, 2008.
GET INVOLVED!

Weekly spotlight on volunteering, study abroad and service-learning

Fostering open access to education

If you believe open access to education is the way to a better world, then exploring the Western branch of the World University Services of Canada (WUSC) may be for you. Established in 1939, WUSC is a network of individuals and post-secondary institutions who believe all peoples are entitled to the knowledge and skills necessary to contribute to a more equitable world. Their mission is to foster human development and global understanding through education and training. Projects undertaken by the group are chosen to address local needs and reduce poverty, and are delivered with local partners to ensure sustainability.

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Listen to Western's news

Western In 5 podcast at www.uwo.ca