My struggle with mental illness

A student speaks out with a message of hope

By Jennifer Francis

I guess you could say this all started in my first year of university. I remember after moving into residence my parents getting into their car, waving goodbye and saying, ‘I will see you in a month.’ I quickly said “I can’t wait and I will miss you,” then I turned around and walked away.

What I should have said looking back five years later was: “Mom and Dad, the person you’re saying goodbye to, you are doing it permanently. I am about to enter into the longest and hardest fight of my life, to ultimately save my life. When you do finally see me again, all put back together, I won’t be the same. I will have learned strength, hope, perseverance and what it means to fight for your life.”

It took six years of countless doctor’s appointments, medications, different therapies, and three hospitalizations to finally get to where I am today. Finally my diagnosis includes Bipolar Disorder Type II, Obsessive Compulsive Disorder and Panic Disorder. I take a wide variety of medications to treat these illnesses. I have a disability and it is chronic, which means I will be on medication for the rest of my life; but that’s not going to stop me. Accepting this wasn’t easy, but it was crucial to my recovery. I am now proud to say I have chronic mental illness, that I have beaten it, and that I will continue to fight it for the rest of my life. There are no words to express the gratitude that both my family and I have for The University of Western Ontario, especially the staff and faculty in Engineering. They have gone out of their way to help me through this. If it weren’t for their help, guidance, and encouragement, I would have had to withdraw from school a long time ago.

My family has also been instrumental in my recovery, especially my mom. Without her I can honestly say that I may not be around today. She has come to every appointment and every hospitalization without question. I have not and will never fight this battle alone because of her.

For me to solve my battle of mental illness is like putting the pieces of a puzzle back together. One piece to my puzzle is from a different source - it is my dog Spirit.

Spirit isn’t just an ordinary dog; she is specially trained to mitigate my illness. She is a service dog trained through an organization called Encouraging Paws Service Dogs.

Together, Spirit and I are the first mental health assistance dog team in London.

Research forecast calls for more wind

A unique wind facility will create tornadoes

By Becky Blue

You might want to button up, it’s about to get a lot windier at Western. Already recognized internationally for the study of wind-related phenomena, researchers want to add to that reputation with a new state-of-the-art facility.

Dubbed the WindEEE (Wind Engineering, Energy and Environment) dome, the revolutionary hexagonal wind tunnel will be the first of its kind in the world. Western Engineering professor and lead investigator Horia Hangan says the $23.6-million facility will allow researchers already working with wind to take their research to the next level by studying the positive and negative potentials of localized wind systems.

“It’s wind engineering, wind energy and wind environment. So essentially, the meaning of that is that wind has good parts and bad parts and we want to tackle both,” he says.

The dome will manipulate giant fans to simulate swirling wind and downdraft conditions which traditional wind tunnels cannot produce. Some of the research will include building scale-sized models of buildings and the natural environment, then simulating real-life wind conditions, including tornadoes, to assess the impact on our built environment.

Andrew Hrymak, dean of Western Engineering, feels the unique abilities of this six-sided facility will solidify Western’s reputation in wind engineering, already established with the Boundary Layer Wind Tunnel Laboratory.

“The project will enable researchers to look at three-dimensional effects of wind in catastrophic circumstances such as tornadoes, as well as the effects of wind on equipment such as wind turbines and solar farms,” he says.

The WindEEE project received a boost over the summer with the announcement of $9.5 million in funding from CFI. It will also study pollutant and contaminant dispersal.

Hangan says that most of the existing work studying storm damage is around large-scale wind systems, such as hurricanes.
2 November 5, 2009 Western News

FREE TICKETS available at: Western’s Book Store, Books Plus, the Faculty of Education, Oxford Book Shop, and the Central London Public Library

The Faculty of Education at Western and the Joan Pedersen lecture series present

Rex Murphy

REX ON READING

Thursday, November 19, 2009
7:00 pm - 8:00 pm
The Auditorium, the Althouse Building
1137 Western Road

Tickets are limited. Seats are NOT reserved. Parking available. Please arrive 15 minutes prior to 7:00 to ensure you are admitted.

The University of Western Ontario

Remembrance Day ceremonies

The University of Western Ontario will honour Canadians who have served their country in a time of war—and those currently serving—with several Remembrance Day ceremonies on Nov. 11.

A ceremony will begin at 10:40 a.m. in the University Community Centre atrium and will feature brief speeches by President Amit Chakma, University Students’ Council president Emily Rowe, and university chaplain Michael Wageman.

A student ensemble from the Faculty of Music will perform ‘In Flanders Field,’ to be followed by a moment of silence at 11 a.m.

A slideshow of images and Gazette articles representing the role of Western students in the First and Second World Wars will be shown.

Remembrance Day will also be marked in some faculties. Check faculty websites for information.

Marking Remembrance Day at Western’s affiliates:

KING’S UNIVERSITY COLLEGE
The Office of Campus Ministry will observe Remembrance Day through a celebration of the Eucharist at 12:30 p.m. at Christ the King Chapel. People will gather in prayer at 11 a.m. under the flagpoles in front of the Wemple Building. The service will include a bagpipe performance, moment of silence, a prayer and The Last Post.

HURON UNIVERSITY COLLEGE
The Chapel will have two services, open to the entire Western and London communities. At 8:40 a.m. the college community will gather in the chapel for a commemoration service using the Mass Kit of the Rev. Walter Brown, a chaplain executed by the Nazis just after D-Day in 1944. At 10:50 a.m. the college community is invited to gather in the Chapel for the Act of Remembrance and Wreath Laying ceremony which will conclude by 11:10 a.m. This will feature a reading of the names of the fallen and the moment of silence.

BRESCEIA UNIVERSITY COLLEGE
Brescia University College does not have a special ceremony planned. Students are encouraged to participate in events across campus. Brescia will observe a moment of silence at 11 a.m.

GRADUATE STUDIES

Learn how you can help shape the future of health care through research

Want your next degree for free? Find out how...

Graduate Studies Open House
Saturday, November 14
11 a.m. - 4 p.m.
North Campus Building
The University of Western Ontario

Meet researchers and students from 11 graduate programs and learn about our ZERO TUITION incentive for eligible students.

Register online at:
www.schulich.uwo.ca/gradstudies

The University of Western Ontario
R&D unit moving into research park

By Paul Mayne

Tenants have begun moving into a new $20-million, 90,000-square-foot building in Western's research park.

Among the first will be the butyl rubber global research centre of international specialty chemicals giant LANXESS, with staff from its Sarnia operations moving to gain access to Western scientists.

Senior officials toured the new facility last week in advance of the move.

“Many people, and that’s a real positive,” says Ron Commander, head of the Butyl Rubber Business Unit for LANXESS International (Switzerland). “It’s the only R&D (research and development) centre for butyl in the world, and it’s concentrated here in London.”

LANXESS, with 2008 sales topping $10 billion and employing more than 14,000 employees in 23 countries, searched globally after deciding to relocate its research and development group.

“We could have gone anywhere in the world,” says Commander, who plans to return to Western in December, when the office moves more of than 100 employees should be complete. “We did a strategic study and this place came on top.”

“We wanted to be here to be able to work with the professors. Plus, we also have access to a very large intellectual core of people, and that’s a real positive for us.”

Three world-scale rubber-manufacturing sites in Belgium, Canada and Singapore will be supported by the LANXESS site at the research park. Commander says they are already collaborating with two Western professors.

For research park executive director Joel Adams, having a company with the profile of LANXESS – with a core business of developing, manufacturing and marketing plastics, rubber, intermediates and specialty chemicals – is a fantastic opportunity.

“This is great news for the university, for the research park community, and for Canada,” says Adams.

“For us, we have small start up companies, we have the National Research Council and we have large companies like LANXESS. All of them work very entrepreneurially, depending on how large they are. Having LANXESS here is proof that we’re on the right track, and they will also be a major part of us going to the next level.”

Ralf Schenkel, head of Global Research & Development for Butyl Rubber with LANXESS, is thrilled the building is ready after years of preparation.

“The research park provides a real innovation culture that’s very exciting for our organization,” he says. “The whole culture you’ll find here is really quite unique, and it’s a unique step for LANXESS as a whole to go to a research park.”

While also housing start-up companies, the second major tenant for the new facility will be Surface Science Western, a main campus consulting and research lab providing analytical services to more than 200 industry clients each year in sectors ranging from automotive to nanotechnology.

Surface Science Western is a leading analytical laboratory in North America and the new building will provide collaborative space for scientists and engineers as well as industry-sponsored graduate students.

Huron ‘touches the future’ with campaign

By Paul Mayne

With more than two-thirds of its $12.5-million goal achieved, Huron University College has launched the public phase of Touch the Future: The Campaign for Huron.

Huron is aiming for more than twice its previous campaign result of $6.2 million (1998-2002). With gifts to date of $8.6 million, or 69 per cent of the goal, it already sits $2.4 million ahead of the last campaign – thanks in large part to alumni.

Alumni giving has gone from “strength to strength” over the last number of years, says Huron Principal Ramona Lumpkin. In this current campaign the college has raised three times more from alumni than in the previous campaign.

It is fair to say the campaign, which runs from 2005-2011, is well on its way to achieving its goal for the close to 1,300 students that call Huron home.

“Our alumni office and I have put a stronger focus over the last few years on increasing our contacts with alumni,” says Lumpkin, who visits alumni in Toronto two to three times each month.

“The more face time I have with alumni the more excited they get about what is going on at the college, and the more connected they get, and they are following up with strong financial support.”

Gifts to the campaign will primarily support endowments such as academic chairs, scholarships, bursaries, the Silcox Memorial Library, faculty research, the Chapel, and volunteer service and community-based learning opportunities for Huron students.

“Huron offers its students a very special educational experience,” says John Leitch, co-chair of the campaign. “The college’s commitment to small classes and professors whom students get to know in a supportive, connected they get, and they are following up with strong financial support.”

Huron’s honorary chair is former provincial cabinet minister Darcy McKeough, while the campaign honours co-chair Barry Grant, who passed away in late September.

The campaign’s goal is to send an invitation to alumni and friends to honour the past, extend a hand and share the Huron experience for today’s students, just as students yesterday benefited from the generosity of others.

An interactive campaign website (http://alumni.huronuc.ca) offers alumni and friends opportunities to share stories and photos from their time at Huron (specific decades), take a trivia quiz, and track the latest campaign results.

“Another one of the reasons we continue to attract such generous support for Huron is the attention received by our student satisfaction results reported in Maclean’s magazine,” says Lumpkin. “Huron is a well-kept secret no longer, and for the second year in a row we’re proud of the fact that the college finished first in the country in two of nine categories of student satisfaction: ‘supportive campus environment’ and ‘entire educational experience’ as rated by senior students.”

She adds Huron is doing more donor stewardship and keeping in touch with alumni and friends by letting them know how their endowments are supporting activities at the college and having the students who have received bursaries and scholarships write notes to the donors.

“Donors have confidence in Huron, and they’re supporting the college to keep it the strong and vital place they know for our arts, social science and theology students,” says Lumpkin.

Recently she and campaign volunteer, The Most Reverend Terry Finlay, visited Huron alumnus Galen Weston and secured a gift of $500,000 to support the teaching of British History at Huron and publication of a book about Canada and Britain in the two world wars.

“Our alumni and friends are devoted to the college’s future well-being, and carry with them that lively, engaging Huron spirit and dedication to keeping Huron strong,” says Lumpkin.

Librarians and archivists reach tentative agreement

The University of Western Ontario and its librarians and archivists have reached a tentative agreement, pending ratification by both parties.

The university has been in negotiations with UWOFA-LAUHFLA (University of Western Ontario Faculty Association: Librarians and Archivists) since May working to renew the group’s first contract, which ended July 1. UWOFA has scheduled an information meeting for today (Thursday) to present the tentative collective agreement to the 55 members that make up the librarians and archivists. They will then hold a ratification vote next week.

The agreement will also be presented to Western’s Board of Governors in the near future.

Contract details remain confidential until ratified by both parties.
Reflecting on 25 years of equity

By Caterina White

In November 1984 a national report, of which Rosalie Abella was the sole commissioner, was released to a chorus of boos. Now a Supreme Court of Canada judge, Abella was at Western last week for a conference on labour law and during a speech looking back on that experience compared the report’s release 25 years ago to “a movie everyone hates.”

Reflecting on her work on the federal Royal Commission on Equality in Employment, Abella says the objective was to remedy obstacles faced by women, Aboriginal Peoples, visible minorities and persons with disabilities in the employment realm.

Detractors or not, the report would go on to have a profound impact on the day-to-day lives of millions of Canadians. Her report coined the terms “employment equity” and “non-intentional discrimination” and would eventually get built into Canadian law. Abella was speaking at the Labour Law Conference, organized by Western Law and the Toronto law firm Koskie Minsky, last Friday in Conron Hall at The University of Western Ontario.

The creation of the commission was driven at least in part by pressure from Canadian groups seeking legislation similar to the American concept of affirmative action.

In her lecture, Abella says skepticism surrounded the commission’s work due to pre-conceived ideas about affirmative action and its implications for Canadian society.

Her idea was to develop a home-grown response. Abella re-conceptualized the idea of affirmative action into employment equity, the objective being “to get people talking about fairness in employment” beyond the confines of preconceived notions.

Her approach resisted a belief that equality meant “treating everyone the same.” “Equality is about acknowledging and accommodating differences.”

For example, “If you treat Aboriginal Peoples the same as me, you don’t take into account the experience of growing up on a reserve.”

In spite of some initial resistance to the report’s recommendations, she says “time is a wonderful thing.”

In March 1985, Abella received a call from the federal minister of immigration and employment who informed her of the report’s inclusion into what would become the Employment Equity Act.

In 1986, the act was passed, its purpose being to “achieve equality in the workplace so that no person shall be denied employment opportunities or benefits for reasons unrelated to ability and, in the fulfillment of the goals, to correct the conditions of disadvantage in employment experienced by women, Aboriginal Peoples, persons with disabilities, and visible minority people by giving effect to the principle that employment equity means more than treating persons in the same way but also requires special measures and the accommodation of differences.”

Language of the report, including employment equity and non-intentional discrimination would also be adopted by the Supreme Court of Canada and become instrumental in subsequent human rights cases.

Looking back on the experience, Abella remembers “how much she didn’t know and how much she learned by listening.”

VERBATIM

An occasional look at reports on higher education

Fountains: the GOOD, THE BAD, AND THE UGLY

The report’s findings show a disturbing trend of some institutions de-commissioning water fountains in older buildings and excluding water fountains in new buildings. In these cases students, staff and faculty are left to either bring water from home, drink from bathroom sinks or purchase bottled water. The elimination or exclusion of water fountains is considered alongside the converging trends of rising bottled water consumption and increases in beverage exclusivity contracts culminating in a picture of privatized water delivery on campus.

A report by the Polaris Institute, September 2009 polarisinstitute.org/files/WATERfountains.pdf
by Heather Travis

University of Western Ontario President Amit Chakma says an independent review of the Oct. 14 incident involving campus police and a student will restore confidence in campus safety. The review will be conducted by Gwen Boniface, OPP commissioner from 1998 to 2006. Boniface holds a Bachelor of Laws Degree from Osgoode Hall (1988). After retiring from the OPP, Boniface served as the deputy chief inspector of the Garda Siochana Inspectorate from 2006 to July 2009.

The oversight body promotes excellence in accountability in the police service of Ireland.

"The fact that we have such a high profile individual has nothing to do with one thing or the other; it simply has to do with our desire to get the best possible advice we can and we just found the right person."

Chakma is asking the community to reserve judgment until results from the independent review are released.

"There is no black and white in these sorts of things; probably, there is a grey area. I have been begging with people not to come to any premature conclusions," he says. "Yes, we can have our opinion, but at the end of the day we have to pay a great deal of attention to what experts say."

Details released to date indicate the incident began when a student, who appeared disoriented, confronted individuals in the Social Science Centre, barricaded himself in an office, and was able to escape when campus police attempted to detain him. Soon after, the student was apprehended by campus police and London Police officers. A video of officers restraining the student was posted on YouTube, attracting national news media and thousands of viewers.

"From the day this incident happened, we said we would conduct a review to understand better the full context of the events of October 14th, of which only 90 seconds were shown on the video," says Chakma. "I have confidence in our Campus Community Police Service and its officers. I believe this review will contribute to our ongoing efforts to ensure a safe campus community."

The review will look at policies and procedures, including:

- whether the situation was preventable;
- training and resources available to Campus Community Police Service;
- procedures for response to calls for assistance;
- procedures for securing areas where an incident may be occurring; and
- coordination with other responders such as London Police Service.

Western has not issued a timeline for the review process. Recommendations from the review will be made public.

The review will solely focus on the Campus Community Police Service because Western does not have jurisdiction over London Police.

In addition, Chakma says a committee has been established to look at how to support students who need help.

A separate "use of force" review of the actual confrontation seen on video is being conducted by the London Police Service in keeping with provincial standards and regulations. Chakma says Western is cooperating fully in that review.

By Virginia Burns

Quick! How do you tell if any of your co-workers are gardeners? If they’re acting more like hunter-gatherers lately it’s a pretty good bet.

See that person innocently wandering the paths in the Beryl Ivey Garden, stopping to smell the roses? Wait a minute! There aren’t any roses blooming. Did you catch the sneaky glances and quick sleight of hand? What the heck? Look! Over there – over by the Gerald Gladstone sculpture “Flight.” What is that person doing? Is there any true reason for cocking your head downward while grabbing hold of a daylily stem and shaking it? Where about the ones actually squirting down over by Campus Police? See? The one digging under that evergreen with a plastic fork – how bizarre is that?

No, this isn’t some weird and wacky stress-induced behavioural syndrome. It’s fall, and the gardeners on campus are collecting seeds and straying seedlings to take home to their own gardens. Here at Western we’re privileged to work in some of the most beautiful surroundings in the city, and it’s Jim Galbraith and his crew in Grounds Maintenance who keep it looking so delightful. According to Jim, that’s a task not always made easy by the so-called ‘forementioned ‘hunter-gatherers’ and their kin, the cute little animals found all over campus.

Did you know, for instance, that Western’s squirrels are ‘purple and proud’. One fall they planted their own private patch of purple and white tulips – later found in full glorious bloom in a compost pile in the bush (too bad about the usual lovely display at the Spencer Leadership Centre). Anyway, fall brings with it many changes. Falling fruit, falling leaves, falling people… huh? be the you see a flattened flowerbed during your Friday morning travels around campus the only animals you should blame are those of the party variety. Apparently they have an unusual feeding pattern. It seems to come out en masse on Thursday nights, and whatever it is that they’re ingesting makes them prone to tipping over into the flower beds and thrashing around helplessly trying to get back up again.

Come spring things change again… or not.

If you enjoy ambing around the gardens in spring, looking to see what’s breaking out into the sunlight and getting ready to greet you with colourful cheer in a few short weeks, don’t bother looking for nice swathes of bright sunny marigolds. Why not? Blame your favourite “pet” groundhog. He thinks it’s a delicacy, the perennial gardener’s nightmare. Groundhogs around campus (but not north of University gates) don’t eat the roots, and plants either. They tend to simply disappear. The writer is a technical specialist for Institutional Planning and Budget, Western Information Systems Group.

Research Western is pleased to announce the following competition:

Western Innovation Fund (WIF) Competition - new ROI deadline

The Western Innovation Fund (WIF) awards are made from funds provided annually by the Office of the Vice-President (Research & International Relations). Funded Projects are intended to move new research results forward along the path towards commercialization and to provide incentive to validate and develop commercial opportunities for the investigator’s research. The competitions are for one-time projects based on existing research initiatives and are expected to be of short duration (6-12 months). WORLDDiscoveries™ personnel are available for consultation on issues related to intellectual property and commercialization. ROIs must be submitted to WORLDDiscoveries™ one month before the LOI deadline date. LOIs should indicate the general scope of the proposed project and must be submitted with signature approval to RD&S one month prior to submitting the full application.

Grant Amount: Up to $50,000

Deadlines: Report of Invention November 20, 2009
Letter of Intent December 15, 2009
Application Deadline February 1, 2010

To see “What’s Happening in RD&S” and for more program information, please visit http://www.uwo.ca/research/rd.html

Contact:
Florence Lourdes
Internal Grants Coordinator
Research Development & Services
internalgrants@uwo.ca
519.661.2111 ext. 84500

Our beautiful gardens attract a lot of attention

Our beautiful gardens attract a lot of attention
Working with London’s hidden homeless

By Alan Power

Sitting in Abram Oudshoorn’s office is a poster drawn by one of his homeless clients. On a yellow background a fist is thrust into the air, above it is text that reads “after the creation came defiance.” The artist is a man who met Oudshoorn at London’s InterCommunity Health Centre, which came to Canada from Kenya and worked as a social worker, before becoming addicted to cocaine and ending up on the streets.

The man started using cocaine because of his girlfriend, who was addicted. “He thought he would be okay because he worked with people with addictions.”

Oudshoorn is a lecturer and year-four co-ordinator at the Arthur Labatt Family School of Nursing at The University of Western Ontario. He is currently completing his PhD in nursing, with his research focusing on people experiencing homelessness.

There are about 2,000 homeless people in London, “It’s a bit more hidden in London than in communities like Toronto or Vancouver,” he says, noting most of the homeless stay outside the downtown core and not many sleep outside.

Unfortunately a lot of Londoners don’t even know that it’s much of a problem here,” he says.

He is concerned with London’s high unemployment rate – currently about 13 per cent. “A lot of people are struggling,” he says. “It’s a growing issue across Canada and North America.”

Oudshoorn came to Western in 1999 to begin an undergraduate degree in biochemistry. However, it was not for him. “I wasn’t a fan of the minutiae.” He transferred into nursing and found his niche.

He completed his bachelor of science in nursing in 2004 and enrolled in the fast-track master of science in nursing program, finishing in 2005. The same year he began his PhD, which he will finish this year.

“I just calculated that this is my 11th year at Western.”

However, Oudshoorn, 28, has been in London for much longer. He lives with his wife Melissa and their two boys in London’s south end, where he was born and raised. Their son Benjamin, who is four, started junior kindergarten in September and two-year-old Christopher just began going to pre-school. They have a third child on the way.

His growing family lives in a 90-year-old house and though Oudshoorn is no handyman, he works hard at renovating when he has the time. “I like to get completely out of the books and the computer sometimes getting students to do impromptu group presentations in order to maintain their interest.

With the next generation of students the straight lecture format isn’t going to fly anymore.”

Students respond well to Oudshoorn, says his supervisor Dr. Catherine Ward-Griffin. “Abe has a real gift for teaching.” Ward-Griffin has been Oudshoorn’s supervisor since he held a research assistant position with her during his undergraduate years. For such a strong scholar and researcher to be so good at teaching is remarkable, she says. Oudshoorn is looking forward to teaching at Western for the duration of his five-year contract and improving his skills. “It’s that opportunity to do theatre that we all dreamed of at some point.”

The writer is a graduate student studying Journalism.
How green is our computing?

By Sarah Vanderwolf

The emerging field of green computing is beginning to take root at Western in an effort to make technology use more efficient and less wasteful.

As with many new fields, progress is more advanced on some fronts than on others. Success is only partly a reflection of willpower— in many areas, green computing is an expensive, time-consuming enterprise, often requiring technological advances not yet readily at hand.

At centres such as Western, green computing is not only an operational issue, it is also a research interest.

When it comes to dealing with the end of life of computing equipment, Western has a clear process in place.

Beginning in April 2009, Western complied with the provincial government’s new electronics waste diversion plan that aims to increase the amount of e-waste recycled or reused from 27 per cent to 61 per cent within five years.

Ontario residents and businesses dispose of 90,000 tonnes of old computers, printers, and televisions every year.

Western now ships used monitors, hard drives, printers, keyboards, and other technological equipment to GreenTec, a Cambridge-based company specializing in reverse logistics and recycling. The equipment is recycled or remanufactured.

Computer equipment is filled with potentially harmful substances such as mercury, lead and arsenic, making it critical this equipment be disposed of properly.

“It’s good,” says Jim Galbraith, Western’s grounds manager. “Western has been collecting e-waste for about five years now. We’re satisfied with (the new waste diversion program).”

Before the diversion plan was implemented, Western’s e-waste disposal was far less efficient and was performed on a company-by-company basis. To finance this initiative, consumers in Ontario must pay an additional $13 fee when purchasing a desktop computer and $10 for a television.

Despite the successful implementation of a green e-waste disposal strategy, energy-efficient computer use at Western remains in the theoretical stages, says Mark Bauer, a professor in the computer science department.

Like waste disposal, energy use is a critical component of a comprehensive green ICT (Information and Communication Technology) program. According to the Faculty of the Environment at the University of Waterloo, 0.3 per cent of the world’s total CO2 emissions are from computer servers, compared to 0.6 per cent for the airline industry.

Although Western is home to hundreds of computer workstations and is a member of the high-performance computing network SHARCNET, a practical method has not been devised for reducing energy consumption or harnessing the wasted energy generated from computer use, says Bauer.

Western isn’t alone—it shares this problem with many institutions requiring huge amounts of computer power. Some have looked at creating special units to recover inefficiencies but these large installations can be enormously expensive.

“The way to approach a green ICT program is to use more sustainable energy sources,” says Bauer.

“I’d love to see Western buy all their power from Bullfrog,” says Mark Daley, an associate professor in the same department. Bullfrog Power is a green energy source that uses wind and hydro facilities.

But purchasing energy from alternative sources is more expensive than conventional sources of power, says Bauer.

“They’re getting cheaper, but they are more money than today’s power,” says Bauer.

Besides the cost of greener energy sources, there’s coping with the infrastructure of a university, large parts of which were built before computing equipment was so important in day-to-day operations, let alone the recent arrival of green ICT.

“Western’s campus was built assuming we had unlimited energy,” says Bauer.

To do it properly, we’d have to tear everything down,” says Daley, in reference to creating and implementing a comprehensive green ICT strategy. For instance, he says many buildings could not support the weight of solar panels because their roofs and support structures were not designed with these panels in mind.

And just like the buildings, computers on campus were not designed to be “green.”

“Commercial hardware is designed to be cheap, not efficient,” Mark Daley, associate professor, Computer Science

“Commercial hardware is designed to be cheap, not efficient.”

Daley speculates it would be possible to place an instrument with high thermal conductivity, like a fork, into a CPU and channel the energy through pipes for use in a heat exchanger, such as a radiator, or even to heat the pool at the campus’s new recreation centre.

Daley notes a strategy such as this is also somewhat wasteful, since energy is lost at each step of the process. Moreover, the amount of heat generated in this way would not be substantial.

“You can’t do a lot with it,” says Bauer.

The incentive to implement greener energy sources would increase if there was a financial commitment from the provincial and federal governments, notes Bauer.

A few academic institutions have taken initiatives to make energy consumption more efficient, says Bauer. For instance, Massachusetts Institute of Technology is looking into creating a green data centre powered by a hydroelectric dam in collaboration with other colleges in the Boston area. The proposed centre is designed to be carbon-free and will generate “huge” network connectivity, he says.

Building such an energy source would be possible in a remote region such as northern Ontario, says Bauer, although it would require laying down extensive fibre network connections, which would also be very expensive.

“Western doesn’t have the money to do this now,” he says. “The good news is that people are beginning to pay more attention. Five years ago, no one talked about this [issue].”

“Carter saw all of this coming,” says Daley. Both professors agree that former U.S. president Jimmy Carter’s prescient observation in the 1970s that oil was not a sustainable energy source, and that other viable energy sources must be developed, has proven true.

While it’s true desktop PCs and supercomputers use a lot of power, other appliances on campus, such as kitchen ovens and hairdryers, drain at least as much and often more power than computers.

While a sustainable energy strategy may seem like an insurmountable challenge, the solution is not simply to do away with high-powered technology.

“Either you accept it and find a cure for cancer, or you don’t do it and don’t find the cure for cancer,” says Daley.

The writer is a graduate of Western’s journalism program.
Music forges partnership

By Janis Wallace

When Don Wright Faculty of Music professor Stéphan Sylvestre toured Brazil, playing piano with violinist Annette-Barbara Vogel, he had no idea it would spark a relationship that would cross continents and disciplines.

But the first step in a new partnership between The University of Western Ontario and a Brazilian university will take place Saturday and Sunday during a recital and masterclass by Mauricio Veloso, a pianist and professor at Universidade Federal de Minas Gerais (UFMG).

Veloso was impressed by Sylvestre’s performance in Brazil and the two chatted after the concert. “It was a wonderful connection,” says Sylvestre. “Veloso is in charge of the piano department and invited me to do recitals and piano masterclasses at UFMG.”

When Sylvestre returned in May for those masterclasses, the Brazilian students were also impressed and many stayed in contact. Some are now considering a graduate degree at Western.

“It was a great experience. I gave a seminar/lecture on music performance and preparation of the mind and the physical. The students were great. One recital was recorded by the radio and there was a large newspaper story.”

Because of the enthusiastic response, Veloso and Sylvestre began to plan a long-term exchange program between the two universities. Over the summer, an official arrangement was written with the support of Music Dean Robert Wood and Ted Hewitt, Vice-President (Research & International Relations), a leading Canadian authority on Brazil.

“This is just one of a growing number of agreements with top institutions in Brazil that we are developing,” said Hewitt.

Recently we completed an agreement with the University of Campinas for collaborative research and a dual degree program in Electrical and Computer Engineering. We have also interacted in the past with UFMG in the area of Canadian Studies.”

Hewitt, who speaks Portuguese, translated the agreement and assisted in negotiations.

“Brazil is quickly becoming an economic powerhouse with a long history of investment in post-secondary education and these types of agreements allow us to develop solid relationships with some of the best scholars in the world.”

Sylvestre and Veloso plan to build on their relationship to increase the professional teaching and performance aspects as well as research, such as Sylvestre’s lectures on performance. When Veloso is at Western this week, the two will discuss the next joint project.

“I’m certainly going back there,” says Sylvestre. “My Brahms CD will be launched there and I’ve been invited to play with the orchestra there, as well as give more recitals. Mauricio will give a short presentation on Brazilian composers and test the reaction here to music not often heard in London.”

That interaction of performance and ideas is a key component of the agreement.

Wood is pleased with the formal agreement between Western and one of Brazil’s largest universities. “In addition to a fine performance environment, the school also supports music composition and a broad research base in such areas as music education and the history of Brazilian music. The school also established a Centre for Research on Contemporary Music.”

Help available for students

Continued from page 1

including Seeing Eye, Hearing Ear, and special skills. These dogs are trained based on the needs of the individual.

Spirit attends school with me, including all of my classes and exams. She wears a blue harness and has an organization identification card on her.

They say heroes come in all shapes and sizes, but mine comes with four paws.

I want everyone to know mental illness does not pick and choose who it affects, it can affect anyone. There shouldn’t be a stereotype for this illness.

It took me six years to get to where I am today and I can proudly say I have beaten mental illness, a task that many consider to be impossible. My greatest fear is one day it will return, but no doctor can tell me when, or even if, it will. So, for now I live each day to the fullest.

Mental illness does not define the person I am, but it will help to define the person I become. One day a professor at the university asked me why I hadn’t just given up. I said, “If I give up, this illness wins and I am never going to let this illness win.”

I am speaking out with the hope that someone reading this will realize they are not alone and seek help and continue to fight. “Proudly say I have beaten mental illness, a task that many consider to be impossible. My greatest fear is one day it will return, but no doctor can tell me when, or even if, it will. So, for now I live each day to the fullest. Mental illness does not define the person I am, but it will help to define the person I become. One day a professor at the university asked me why I hadn’t just given up. I said, “If I give up, this illness wins and I am never going to let this illness win.”

The writer is an Civil Engineering student at Western.

IN MEMORIAM

MAXINE ABRAMS

Maxine Abrams, a retired staff member from the Faculty of Arts, died Oct. 24 at the age of 81. Abrams had 19 years of service at Western before her retirement in 1993.

A funeral was held at A. Millard George Funeral Home in London Oct. 29.

MARY LORENOWICZ

Mary Lorenowicz, a retired staff member from Food Services, died Oct. 5 at the age of 85. Lorenowicz had six years of service at Western before her retirement in 1987.

A funeral was held at Our Lady of Czestochowa in London Oct. 9.

Care to comment?

Western News welcomes your opinion.
Send letters to the editor and opinion articles to newseditor@uwo.ca
Engineers to the rescue when body fails

Tissue engineers help the body create its own replacement parts

By Carrie Simmons

Kibret Mequanint knows there is just no substitute for having a strong system of veins and arteries that move blood around the human body. That’s why, as a tissue engineer, he strives to create blood vessel replacements that use components from the body itself.

With traditional prosthetics used in bypass surgery, the risk of a patient rejecting the synthetic tissue is high. However, the replacement vessels being built by the associate professor of Chemical and Biochemical Engineering are much more likely to be accepted by the patient’s body. After all, he grows blood vessels in such a way that the synthetic part of the vessel breaks down and is replaced with the body’s own cells.

In short, he starts the building process and the body finishes it. “What we do is take cells from patients when they are diagnosed with vascular disease. Then we make a relatively simple, tubular template of a blood vessel and cover it with the patient’s own cells. This matures in a special incubator called a bioreactor,” Mequanint says.

“It is in this bioreactor that the steps are done where the body creates its own vessels. This is similar to what the body would produce on its own.”

After the patient’s cells have dismantled the template Mequanint and his colleagues built, there is nothing foreign about the engineered vessels. Since the template only exists long enough for the cells to rebuild their own infra-structure, the chance of rejection drops dramatically.

“This is a major step forward in regenerative medicine,” Mequanint says. “These results show the promise of this approach to produce vascular replacements that are compatible with the patient’s body.”

“Because we don’t come with spare parts, scientists have had to come up with ways of making replacements for diseased tissues or organs. What we’ve found is that the best environments are those that are designed and fabricated with the biological environment in mind, so we try to construct our templates that way.”

“Template building, however, is not an easy task.” Blood vessels are some of the most difficult tissues to construct because they are constantly battered by the flow of blood and must be able to withstand it.

Another difficulty arises from the complexity of vessels. Mequanint focuses on the middle layer of three layers that comprise each major blood vessel. This particular layer controls vascular tone; in other words, the relaxation and constriction of the blood vessel. The middle layer is special because it contains the protein elastin, which allows vessels to stretch and return to their original size as blood pressure fluctuates. But he says this protein has been elusive.

“Some people seem to be able to design a blood vessel substitute with sufficient amounts of elastin. Our primary research focus is on finding some way of convincing cells to produce this protein themselves.”

But coaxing patient cells into protein production has proven to be tricky. According to Mequanint, cells make elastin only in early stages of development. Adult vascular cells don’t normally produce elastin, but instead make collagen—which is a tougher, less flexible material. Right now, his lab is focusing on trying to poke and prod adult cells into ‘remembering their past.’

But they have to do it quickly. A further complication in vascular tissue engineering is that blood vessels need to be in good working order immediately following surgery. Mequanint says elastin must be present in at least some amount in order for the tissues to be functional right away. There just isn’t time for a lengthy healing process within the body.

“In cartilage tissue engineering, for instance, if there are certain proteins or components missing, you can still implant the replacement because the body will eventually make these things as it heals,” Mequanint says.

“Non-GLP research, or proof-of-concept projects, are proving to be functional right away. There just isn’t time for a lengthy healing process within the body.”

Associate Chemical Engineering professor Kibret Mequanint is growing blood vessels in his lab with the goal of potentially helping thousands of Canadians with vascular problems.

CSTAR offering medical testing grounds

By Paul Mayne

CSTAR, a branch of the London Health Sciences Centre and affiliated with The University of Western Ontario, has joined forces with Scarborough-based Nuco-Technics to provide pre-clinical research services to international companies in the biotechnology, pharmaceutical and medical device industries.

“Research and testing is often a multi-stage process in which initial work provides guidance on whether to continue with a new product. CSTAR (Canadian Surgical Technologies and Advanced Robotics) and Nuco-Technics will offer a full range of pre-clinical research services necessary to commercialize new drugs and medical devices.”

“CSTAR will conduct studies within-GLP requirements, while Nuco-Technics will conduct studies requiring GLP standards, which embodies internationally accepted standards for how lab studies are planned, performed, monitored, recorded, reported and archived.”

GLP helps assure regulatory authorities, such as the Federal Drug Administration and Health Canada, that the data is a true reflection of the study results and can be relied upon when making risk/safety assessments.

CSTAR and Nuco-Technics, have begun taking in customers and the first non-GLP proof-of-concept project is underway.

George Nikopolous, a Health Sector MBA graduate of the Richard Ivey School of Business and Business Development Scientist at Nuco-Technics, says teaming up with CSTAR opens up new market segments for the company.

“This partnership enables us to offer a complete pre-clinical research package,” says Nikopolous. “In addition, CSTAR’s capacity to validate new medical device technologies and develop high quality training programs will prove extremely attractive to medical device companies as they look to develop their devices through to commercialization.”
Keeping ‘up’ with United Way

Staff, faculty and students will be tightening their laces today as they make their way to the top of one London Place for United Way of London and Middlesex’s annual StairClimb.

It’s no trek to the South Pole, but this year’s ‘Climb of the Penguins’ theme will challenge participants to reach the top of London’s tallest building.

“It’s a great opportunity for the entire community to get involved,” says Andrew Lockie, CEO of United Way of London & Middlesex. “Together we have the power to create lasting change, and this event is a fun way to get involved and give back to our community.”

For more information on the StairClimb, visit uwlon.on.ca. Other upcoming events include:

Hospitality Services is presenting its fifth annual “Coffee Day for United Way” on Nov. 10 at all campus eateries. With the sale of every large or extra-large coffee (or other hot beverage), Hospitality Services will donate 25 cents to United Way.

The Faculty of Arts and Humanities will hold a United Way Chili Lunch and Silent Auction on Nov. 18 from noon until 1:30 p.m. in University College (Room 229R225A).

For a $5 donation receive a bowl of chili (meat or veggi), bread and butter, and a beverage. The silent auction will be in UC Room 224A from 11:30 a.m. to 1:30 p.m. If you have innovative items for the auction, take them to the dean’s office (Room 112).

Western has a United Way goal of $550,000. Last year, the university raised more than $534,000. To find out more about Western’s campaign, and to submit an upcoming event, visit unitedway.uwo.ca.

register today!

Our courses are E.A.P. eligible!

evening classes
two-day seminars
Lunch and learn online

uwo.ca/cstudies

coaching
communications
conflict management
languages
leadership
management
marketing
mediation
project management
western cim
writing

continuing studies
The UNIVERSITY OF WESTERN ONTARIO

Add a little purple... to your résumé with Continuing Studies at Western
Getting beyond ‘bombs, beards and burkas’

Afghanistan club offers a taste of home

By Shannon Kelley

Five-year-old Tamkeem Sharer was watching TV in the living room of his family’s house in Kabul on a Friday morning in September 1992 when he heard a knock at the front door. What was waiting on the other side would shatter the life he’d come to know and leave his family scrambling to flee the country they’d always considered home.

The door burst open, and Sharer’s mom was tossed aside by two men—one with an AK-47, the other a machine gun—who barged in claiming they had a warrant to search the residence.

They were mujahedeen, militant members trying to overthrow the Afghan federal government, who were posing as legitimate secret service officers. They knew Sharer’s father was a wealthy businessman so they were coming to plunder the house.

Sharer was terrified and ran to the backyard for safety. There, he says, another mujahed was waiting. The man grabbed Sharer, pulled out a gun equipped with a silencer, and held it to the young boy’s temple. By this time Sharer’s mother was also in the backyard.

“My mom (was) going crazy. She was screaming at them … and I’m crying, and I’m telling my mom, ‘Don’t shout.’”

Soon the local authorities arrived to try to stop the unfolding chaos, says Sharer. After a few more tense moments, the authorities were able to chase the mujahed away. As the group fled empty-handed one of the authority personnel fired his bazooka sending a missile after them.

Two weeks later, Sharer and his family were en route to India where they stayed for the next eight years before moving to London, Ont. in 2000.

Although Sharer left Kabul on bad terms, he still considers Afghanistan his home and he says he would love to move back someday to contribute to his homeland’s society.

But right now it’s not safe to do so. So Sharer, 23, who is in his final year of a joint degree program in business administration and visual arts at The University of Western Ontario, joined the Afghan Student’s Association.

The Af.S.A. was established in 2000 as a registered club at Western. Today it consists of 40 members and five executives, including Sharer who is the vice-president of administration.

The mission statement of the Af.S.A. “is to raise awareness about the Afghan culture, and to achieve a level of unity among Afghans and non-Afghans alike.”

Club president Mojgan Hasan, 22, is optimistic the club will fulfill this purpose through activities such as weekly Dari language classes, potluck dinners, a fundraising gala to support women and children of Afghanistan, and an annual volleyball tournament organized in collaboration with 10 other Afghan student’s clubs from universities and colleges across southwestern Ontario. Khalid Ulomi, a business managerial student at Western who left Afghanistan at the age of seven and is now the club’s VP of finance, says the Af.S.A.’s presence is important because it helps develop a balanced representation of Afghanistan in Canadian society.

“When people think of Afghanistan, they think of bombs, beards and burkas,” says Ulomi, “But there’s so much more to Afghanistan than that.”

Although many Canadians don’t know it, says Ulomi, there’re presently lots of Afghan pop singers who are making and selling their music.

Ulomi thinks the Af.S.A. will help highlight some of these unknown aspects of Afghan culture, and help people see beyond the stereotypical images. And according to psychology professor Victoria M. Esses, who is also the director of the Centre for Research on Migration and Ethnic Relations, Ulomi’s right.

Esses says clubs not only foster a sense of identity and a feeling of belonging amongst members, they also improve the level of understanding between those in the club and the general community.

“It’s an empowering way of getting the word out about your group,” says Esses.

The western media’s depiction of Afghanistan is overwhelmingly negative, focusing on tragedies and violence, says Esses adding, “we don’t get to see the individual Afghans that are just like you and I.”

But Esses says an organization like Af.S.A. that are visible to the public and are open to anyone regardless of his or her ethnic background, provide Canadians with an opportunity to see a positive image of Afghanistan and come to a deeper understanding of Afghan life and culture.

While Sharer, Hasan and Ulomi seek to celebrate Afghanistan through their involvement with the Af.S.A., all three say they feel thankful to be living in Canada and going to school at Western. Here they have safety and freedom that they wouldn’t in Afghanistan.

“I’m happy, and feel fortunate to be here,” says Sharer adding he still loves Afghanistan and hopes the club will help others learn more about the country he once called home.

The writer is a graduate student studying journalism.

---

Executive members of the Afghan Students’ Association includes, from left, Saradr Hyder Khan, VP Communications; Khalid Ulomi, VP Finance; Mojgan Hasan, President; Jassamine Tabibi, VP Social Events; and Tamkeen Sharer, VP Administration.

Submitted photo
Hey, Cupcake! ...
Your gourmet treat for before, after (& sometimes during) classes.

Drop by to see us for all your sweet tooth cravings. We’re here to help you through your year (seven days a week).

Specializing in Gourmet Cupcakes, Custom Order Cakes and Designer Cookies.

so close to campus ...
275 Wharncliffe Rd N
(at Oxford) 519-433-CAKE

Paul Mayne, Western News
Ted Sorensen, perhaps best known as U.S. President John F. Kennedy’s right-hand man, spoke at Western Oct. 29, taking students and faculty back to an era when some of the most important decisions in American history were made. Kennedy described Sorensen as his “intellectual blood bank.”
Reaching out to youth at risk for diabetes

BY HEATHER TRAVIS

A new study hopes to reach out to youth at risk for Type 2 diabetes and related cardiovascular disease through an exercise intervention that will put them back on the road to good health.

Researchers from The University of Western Ontario have teamed up with the London Health Sciences Centre Children’s Hospital on a clinical research study called “REACH: Reduction of Adolescent Factors for Type 2 Diabetes and Diabetes-related Cardiovascular Disease.” It focuses on comparing changes in lifestyle with diet and exercise programs at-risk youth aged 10-16 with similar lifestyle changes made in conjunction with the use of metformin medication, a pill that makes the body’s insulin work more effectively. Only a randomized group of participants (one in two) will be given metformin. The study participants have a body mass index that is greater than the 95 percentile for their age group and gender, which is calculated based on their weight divided by their height.

Cheril Clarson, section head, Paediatric Endocrinology at the Children’s Hospital and associate professor in Western’s Department of Paediatrics, is the principal investigator.

In this unique study researchers follow the progress of participants over two years, and it incorporates physical activity, pharmacology, counseling by a social worker and dietician, and parental involvement. The goal is to reduce the body mass index, as well as the added effect of risks, the effects of intensive exercise programs in at-risk youth aged 10-16 with similar lifestyle changes made in conjunction with the use of metformin medication, a pill that makes the body’s insulin work more effectively.

As the study progresses, participants are weaned off the structured exercise program held in the lab and encouraged to exercise in their own environment. They also receive a membership to a local community fitness facility. “For the first 12 weeks they get fit while they are here and after that they have the energy and they have the fitness level to actually engage in all of the sports and activities they want for an extended period of time and actually do it well,” says Justin Wilson, master’s student in Kinesiology and member of the research team.

The first wave spanned the summer months and the study is now in its second wave. They are currently recruiting teens for a January start for a third wave.

The study spans a two-year period, allowing researchers to examine the long-term efficacy of a lifestyle intervention program aimed at reducing risk factors for Type 2 Diabetes and cardiovascular disease. There is currently limited data evaluating the long-term effects of such programs—most childhood obesity studies focus on a six month intervention.

“This is really about lifestyle change. It’s really trying to give them skills that they feel they can do activity on a day-in, day-out basis,” says Pappavassisi. “This is a stepping stone to doing things out in your environment and in your community.”

Maggie Watson, research co-ordinator for the study at the Children’s Hospital, hopes participants will take the skills they learn “and incorporate it into their lives forever.” Part of this challenge is including parents, who are often primarily responsible for grocery shopping and food preparation. “We always try to engage families to be supportive in the coaching of the child,” adds Watson, noting this includes attending appointments with the dietician and social worker.
WindEEE to be ‘transformative’ research facility

Continued from page 1

But smaller, localized systems are the true culprit in most of Canada when it comes to storm damage. Large-scale weather systems are felt primarily near coastal areas. “But as you go in the interior, we figured out in the last seven, eight years that most of the damage to buildings and structures is not done by large-scale storm systems like hurricanes, but it is done by local storms like thunderstorms with manifestations like tornados, downbursts, low level currents, and things like that,” he says.

The investigation of wind farms as a renewable source of energy is also a priority. Hangan explains current models used to determine the output of wind turbines are based on computer programs which tend to over-predict the amount of energy produced by about 15 per cent. The WindEEE dome will produce more accurate, efficient designs.

“When you start looking at topographic terrain, all those models they have errors embedded into them, because it’s difficult to simulate those things,” he says. “So that’s the second big necessity for the WindEEE dome is actually to go into those models and through physical experimentation to get data and improve those models, essentially.”

More accurate models will eventually translate into dollars saved, but the efficiency of wind farms is not the only issue. Hangan acknowledges there are concerns over the impact of wind farms on human and wildlife populations. He hopes the WindEEE group can provide some of that information.

“Wind energy is a new area for Canada so there are lots of questions which are unknown related to the environmental impacts of a farm or a wind turbine,” he says. “And based on interest, people say yes or no to those things. But those yes’s or no’s have to be based on some knowledge and some research. And the research is not there yet. So I think in an objective way we will help solve those policy problems up until the very end.”

Hryanak sees another long-term benefit to such advanced technology that goes beyond safer homes and efficient designs. “WindEEE will definitely serve an engineering need to help design better buildings and renewable energy facilities, but it is also a research tool that will have state of the art measurement techniques,” he says. “Why is that important? Because the new technologies developed to measure the flows and control the complex flow fields generated inside the dome will also be important to industry, and provide opportunities for companies to create jobs in advanced manufacturing techniques or engineering consulting.”

The project involves 10 principal investigators. Five from Western, and five other from across the country. Hryanak expects the dome will reach far beyond Western’s borders. “It is a transformative facility for the research group and the faculty because it is truly unique we expect many researchers from around the world to be interested in using the facility and collaborating with Western researchers.”

WindEEE Research

Examples of research getting a boost from studying wind in three dimensions:

- Wind Turbines: The power produced will depend on local wind conditions and good design. Finding the ‘power curve’ is essential to getting the most from a turbine.
- Solar panels: The panels are vulnerable to wind, particularly when set out in large arrays. WindEEE does simulations to help reduce potential damage.
- Wind Mapping: The local landscape can cause variations in wind conditions, so builders often need a map of wind velocity and energy for specific areas.
- Extreme Winds: The WindEEE group has developed a small tornado vortex simulator to better understand the forces at work in this deadly wind condition.
- Aerodynamics: A problem with wind turbines is the noise from the rotating blades. The noise is caused by vortices in the wake of a blade, which also reduces the efficiency and causes fatigue. A similar problem is experienced by long span bridges with vibrations of the bridge deck, and fatigue in the structure. Minimizing swirling air can lead to more efficient turbines, and more reliable bridge structures.

“Windeee will definitely provide an engineer with the help of the better understanding of the wind conditions and what they can do to mitigate those conditions.”

WindEEE will allow researchers to study the effects of wind in three dimensions.

You don’t have to be the only one concerned about your retirement plans...

For over a decade, I have been working with many of your colleagues from The University of Western Ontario, specializing in Life Income Funds (LIFs) upon retirement.

My clients are enjoying retirement with the comfort of knowing that they have a trusted partner in managing and organizing their wealth management concerns.

You don’t have to be the only one concerned about your retirement plans...

Brian R. McGorman
First Vice-President
Investment Advisor
519-640-7745 or 1 800 265-5982
CIBC Wood Gundy

CIBC

Scotia McLeod

Retire With Dignity

“Fee-based investment consulting and asset management for portfolios in excess of $500,000”

Mitch Orr,
HBA. CMA, CFP, CIMA, RS
Director, Wealth Management
519-660-3230

Scotia McLeod

The Financial Post and Asset Management Canada in the Top 50 Wealth Management Firms in Canada."
COMING EVENTS

November 5
John Labatt Visual Arts Centre – “Song Show” curated by Daniela Srepovsz & Kathleen Pirie Adams. Art: Free. All welcome. An exhibition of eight video artworks. For more info call 519-661-2111 ext. 86055. Runs until Nov. 20.

“Song Show”

Physics and Astronomy MSc Public Lecture - Rvian Krayanov “Measurements of Avellan Oxygen Partial Pressure and Apparent Diffusion Coefficient of Hyperpolarized Gas in Rat Lung at 74 mT.” Physics is Astronomy 1231. 1 p.m.

Media Literacy Week – From Agora to Bioglobe and Beyond. Come for a discussion about the ways digital media is changing the nature of public discourse and the structure of society. Stevenson & Hunt (A + B) Central Library 7-7 p.m.

McIntosh Gallery Exhibitions – Andrew McPhail, Hamilton artist. “All my little failures” Opening Nov. 5th at 5:30 p.m. Runs until Dec. 5. Primary Foundations - recent purchases for the collection - Paul Nuijck, Gerald Vaandering, Jenine White and Francine Sullivan McIntosh-galleries, Phone: 519-661-3899.

November 6
Modern Languages and Literatures – Comparative Literature Research Forum. “Yeari with Angrez: Whiteness for a New Bollywood Hero” by Teresa Hubel. Bring your lunch and a coffee mug. UC 207/310 a.m.

Anatomy and Cell Biology Seminar - Alan Tilbrook, Monash University, Australia. Insights into how stress affects reproduction in females, glucocorticoids involved?” MSB 148, 12:30 p.m.

Don Wright Faculty of Music – The Baroque Trio Sonator: Joseph Lanca and Geneviève Gilardeau, Gabriele von Kuster Hall, 12:30 p.m. Baroque violins; Lucas Harris, theorbo; Sandra Sonator: Joseph Lanza and Geneviève Gilardeau, von Kuster Hall, 12:30 p.m. 1 p.m.

Don Wright Faculty of Music – “In Flanders Field” von Kuster Hall, 8 p.m. Don Wright Faculty of Music – Annette-Barbara Vogel and Paulina Zamarra perform works for violin and piano by women composers. von Kuster Hall, 8 p.m.

Faculty Mentor Program - “Experience Faculty Mentoring”, 2:33 p.m. Room 101, Weldon Library. Program details and registration available at uwo.ca/act.

Women’s Basketball – Laurentian at Western. 6 p.m.

Modern Languages and Literatures – Spanish Film Series “Historias de futbol” (Soccer Stories), UC 30, 7 p.m.

Men’s Hockey – Waterloo at Western. 7:30 p.m.

Men’s Basketball – Laurentian at Western. 8 p.m.

Department of English – Mini festival of plays by Anton Chekhov’s. The Bear and Uncle Vanya. Tickets $10 in advance, $15 at the door. Conron Hall, University College. 224, 8 p.m. Runs Nov. 6, 7 & 9th.

November 7
Women’s Basketball – York at Western. 7 p.m.

Men’s Basketball – York at Western. 3 p.m.

Don Wright Faculty of Music – Lecture-recital with Brazilian pianist Mauricio Veloso von Kuster Hall, 8 p.m.

November 8
Bedminston – Toronto at Western (Althouse College gym) 10 a.m.

Don Wright Faculty of Music – Masterclass with Brazilian pianist Mauricio Veloso von Kuster Hall, 2 p.m.

Department of Oncology – (CHEP Team in Imagine Guidance for Prostate Cancer) Martin Pomper, Johns Hopkins Medical Institutions, “Translational Molecular Imaging for Oncology” Best Western Lamplighter Inn. 9 a.m. - 4 p.m. Contact: 519-661-8500 x 51355 or email effect.eren.kildebrand@lhsc.on.ca

King’s University College – Roaming Display Holocaust Education Poster boards and video screening of “Perpetrators-Bystanders-Victims” (Yesterdays). The display will also be at fan. shawe (Nov. 12), Brescia University College (Nov. 10). The educational exhibit, developed by the Friends of Simon Wiesenthal Center for Holocaust Studies, features the history of the Holocaust, Heroes of the Holocaust, Teaching Peace and Human Rights by Example. Toyer Hall, Late Hall 1-1 a.m.


November 9
Oncology Grand Rounds - Department of Oncology and London Regional Cancer Program. – Petr Kavan, McGill University; “Practice Changing update on the treatment of GI Malig. nances” Update from ECCO/ESMO 2009” Room A3-104A/105 – 1 p.m.


Don Wright Faculty of Music – Chamber music and art. Mcintosh Gallery, 12:30 p.m.

Physiology and Pharmacology – Charles W. Gooden Memorial Lecture. Trevor Smart, University College, London, UK, “The afferent SABA A receptor: an exciting protein that underlies the processing of signals in the brain” USHC, UH Auditorium A 4 p.m.

Fertility and Endometriosis Research Network of London - An evening of information and support. An opportunity to talk to the specialist. London Public Central Library, 7 – 8:30 p.m. RSVP to Kenneth: emery@interrogers.com

Modern Languages and Literatures – Cineclub Italiano “Il Bambastituto” (The Embalmer), UC 84, 8 p.m.

November 11
Remembrance Day - The ceremony starts at 10:40 in the UC atrium. Features brief speeches from USC President Emily Rowe, University President Amit Chakma, and University Chaplain Michael Woodman. There will be an ensemble performance of “In Flanders Field” by Western students in the Faculty of Music, followed by the moment of silence at 11 a.m. There will also be a slideshow, which includes images and Gazette articles representative of the role of Western students in the World Wars. The theme of the ceremony and the presentations will be to recognize the reasons for which people sacrificed their lives, which is something Western students are just as passionate about today, helping people, and making the world a better place.


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 117. Email tertulia@uwo.ca

Office of Interprofessional Health Education and Research – “Case Coordination Workshop”. The Great Hall 5 - 7 p.m. Contact 519-661-2111 x 82334. Email info@ipher.uwo.ca

Wellness Series Wednesdays - Laura Gravelle, Campus Recreation. Journey to wellness. Western Recreation Centre. 3rd floor meeting room. No charge. All welcome. 5:30 – 6:30. Call for information and to register 519-661-3000.

Please send submissions to continuingevents@uwo.ca.

CONFERENCE CALENDAR

November 6-7
OGIRC Annual Conference - The Ontario Gen. engse Innovation & Research Consortium (OGIRC) 2009 Conference will feature plenary lecturer Hee Jia from the Center for Research for Excellent Food Components at the University of North Carolina (Greensboro) on “Metabonomics: Tool for Chinese Medicinal Research.” Visit www.ogirc.ca for agenda and registration. Email ogirc@uwo.ca or phone 519-850-2996, sb755.

November 13-15
States of Emergency: Crisis, Panic and the Nation - This conference is sponsored by the Canadian Association of American Studies and Western’s Centre for American Studies. Sessions will be held at the Hilton Hotel in London.

November 20
Infection and Immunity Research Forum – 9 a.m. 5:30 p.m. Hosted by the Department of Microbiology and Immunology, the one-day symposium covers undergrad, graduate and post-doctoral research. Student oral and poster presentations, with a career development session. Keynote Dr. Miguel Vazquez, University of California, San Diego on “Exploring the Pathogen Host Interface for Novel Therapeutic Strategies”. OH Auditorium 101/102.

Send submissions to comingevents@uwo.ca. This column features conferences based at Western or in London for a student, staff or academic audience.

OSSTF/FEESO welcomes its newest members, the Wilfrid Laurier University Staff Association

OSSTF/FEESO, uniting education workers since 1919, is a proven leader in bargaining exclusively for the education sector.

Bargaining from a position of strength
Expert negotiators
Financial resources
Effective government lobbying

For more information call Colombe Beauregard at 1.800.267.7867 or email beaurec@osstf.on.ca

Bill Anderson 519 661 0231 ext 222
bill@lcsworkplacefurnishings.com

WORKPLACE FURNISHINGS

WORKING WITH WESTERN FOR OVER 25 YEARS

CREATIVE | ERGONOMIC | PRODUCTIVE
**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 let-
ters@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 

**STUDENT SERVICES BULLETIN**

**ACADEME**

**PhD Lectures**

Samantha Doreal - Rehabilitation Sciences, Affordances in Early Motor Development. The Role of Contextual Factors, Nov. 5, EC 1300, 9 a.m.

Rebecca Shultz - Kinesiology, Applications of a Multi-Segment Foot Model During Running, Nov. 5, UCC 224, 11 a.m.


Pepenlii Chen - Geology, Taxonomy, Biodiversity, Palaeoecology, and Palaeogeography of Wenslo Brachipod Fauna from Arctic Canada, Nov. 10, BG 1004, 11 a.m.

**Public Space**

Tell campus neighbours about developments in your area or department in 500 words or fewer. The writer with the best description will be awarded $50 in Western News column. Also, guidance provided on how to obtain media coverage for your research.

**Attention Investors ...**

32.4% ROI - 2yrs
Seeking investor with $12,500 cash - low risk.

• 2 year commitment

• ability to assume $150k mortgage in good standing at favourable interest rate

• property bank appraised at $184k

• employed tenant interested in

• property bank appraised at

• 32.4% ROI - 2yrs

• cash - low risk.

**Sutton Group Preferred Realty Inc. Brokerage**

Contact: Loryn Lux
Sutton Group Preferred Realty (519) 438-2222