

Two Faculty Members Receive Canada Council Grants

Dr. Leo Zawadowski, Chairman of the Department of Languages, and Dr. James F. Evans, Assistant Professor in the Department of Psychology, recently received Canada Council Grants.

The award which was granted to Dr. Zawadowski will be used for research on French in Canada. It will enable him to spend some time in the French-speaking regions of Canada, to collect new materials related to the French language used there, and to take advantage of the large collections and library resources in Quebec City, Montreal, and other centres. His research will be primarily concerned with the phonetic and gramatical phenomena that char-

acterize the French speech in large centres which have much contact with English. Dr. Zawadowski will also enquire into the linguistic status of the various status of French.

The Canada Council Grant awarded to Dr. James Evans is in the form of a Leave Fellowship. (It consists of a basic award to supplement his sabbatical salary, plus an allowance to cover research expenses while on sabbatical.) Dr. Evans is an experimental social psychologist and his speciality is social motivation.

Three years ago, because of a weight problem, he began running for exercise. Now, he runs five miles a day, 6 days a week.

His experience with the effects of becoming physically fit resulted in a decision to focus his research on the social psychology of physical and mental health.

His research interests will take him to Europe, particularly the Scandinavian countries - where the physical fitness orientation of the Scandinavians is reflected in the environment they have constructed to encourage health oriented pursuits.

Dr. Evans will also study and work for approximately 10 months, with Dr. Per-Olaf Astrand, - an exercise physiologist and one of the world's foremost authorities on physical fitness - at the Swedish College of Physical Education.



Dr. Hart

President Booth recently announced the appointment of Dr. Keith Wood of the Department of Psychology as Director of

Dr. Keith Wood Named Director of Continuing Education

Continuing Education. Dr. Wood takes over from Dr. John Hart, who relinquished the position to return to full-time teaching as a Professor of Physics and to devote more time to his research interests.

Dr. Wood became an LU faculty member in July 1970. In the summer of 1971 he was named Director of the Family Life Programme and will continue his directorship of that programme along with his present duties.

Dr. Hart came to LU in 1965 as a Professor of Physics and Dean of the Faculty of Science (1965-1970). In 1971 - after a year away from Lakehead University as a Professor of Physics and Head of



Dr. Wood

the Department of Physics at Mahidol University in Bangkok - he was named Director of Continuing Education.

Christian Insights Continues

The series of free public lectures and panel discussions entitled "Christian Insights In A Confused World" which began last November - with guest speakers Gregory Baum and Tim Ryan - will continue on Tuesday, January 15th, at 8:30 p.m. in the University Centre Theatre. The guest speaker will be the Rev. Edward Checkland - pastor of the First Baptist Church in Edmonton, Alberta - on "The Person In Christian and Contemporary Thought" which will include a discussion of the contribution that Christian thought has made to the development of the individual, what

Christian thought can offer a person, and what is happening in the modern world through the impact of the technical mind and how Christian thought can help to offset the growing sense of alienation and depersonalization.

Edward Checkland was born in Ottawa. He received his B.A. and B.D. at McMaster University and completed two years of post-graduate work at Yale. He was the pastor of the largest Baptist church in Winnipeg for 7 years and in Hamilton for 5 years. He has been pastor of the First Baptist Church in Edmonton for 13 years

and is currently lecturing in the religious education course at the University of Alberta.

Lakehead University faculty members and local clergymen will act as resource people for the discussion and participation that is stimulated by the speaker.

This lecture series is sponsored by Lakehead University and The Thunder Bay Council of Clergy. Further lectures will be announced as details become available.

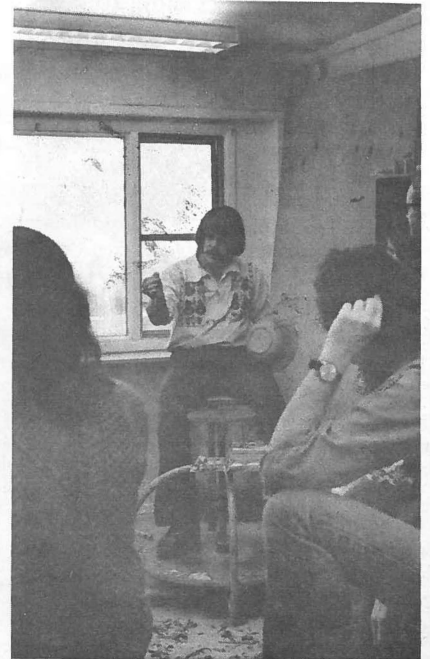
American Potters Visit Lakehead



Terry Anderson and Jasper Bond, teaching assistants to Professor Glenn Nelson at the University of Minnesota (Duluth) were at the Lakehead University Pottery Studio November 30 - December 2, to meet the students taking the pottery course and to instruct in a community workshop. Also, they gave a public lecture, accompanied by slides of Japanese and European potters and their work, and a movie of life in a modern Japanese pottery village.

The Pottery department at the University of Minnesota is known to be one of the best in the United States, and it is hoped this will be but the first of a continuing series of visits their faculty will make to us.

The next visiting potter is Mary Keepax, whose surrealistic pottery aroused considerable comment when she had her first show in London, England, a few years ago. She will be here at the end of January. These visits are organized by the Aesthetics Society - a local group - and are subsidized by an Ontario Arts Council grant.



Student Placement Information

Summer Employment

City of Thunder Bay, Parks and Recreation Department is looking for people for the summer programs (i.e. aquatics, playgrounds, day camp, wilderness camp, tennis instruction, etc.). There will be an information session in the L.U.S.U. Council Chambers on Wednesday, January 23rd at 2:00 - 3:00 p.m. Deadline for applications is January 31st; these are available as well as job descriptions at the Student Placement Office.

Ministry of Transportation and Communications - Interviews for summer employment 4th Year Engineering Civil students on February 14th. Deadline for applications is February 7th.

Attention FORESTRY STUDENTS:

Proctor and Gamble Cellulose will be interviewing on January 14th and 15th - thirty-eight of the students who applied. Please arrange an interview time at the Student Placement Office.

Kimberly-Clark - interested 1st, 2nd and 3rd Year Forestry degree and technology students inquire at Student Placement Office immediately.

Ministry of Natural Resources - applications to be sent to Toronto should be into the Student Placement Office by January 21st.

Permanent Employment

Bell Canada will be here to interview graduating Engineering Technology students on February 18th. Deadline for applications is January 18th.

Consortium News

Michigan Tech Joins Association - The Board of Trustees of the Association is pleased to announce the entry of Michigan Technological University, Houghton, Michigan into the Association. The announcement was made at the regular meeting of the Board of Trustees in Duluth on December 19. President R.L. Smith of Michigan Tech was present at the meeting. We look forward to a rewarding relationship with Michigan Tech.

Summer School in Europe - The Lake Superior Association of Colleges and Universities is sponsoring a special European Study Program for the summer of 1974. The program provides an opportunity for Association faculty to develop a 3-week course in a special field of interest and teach it in Europe to Association students. Assuming an approximate minimum of 15 students per class, *all of the instructor's expenses, including travel, will be paid.*

Charter Flight to Europe - Arrangements are being made for a jet charter flight to

Europe next summer. The flight will leave Duluth on approximately July 1 for a non-stop flight to Zurich, Switzerland with a return flight 3 weeks later. All students, faculty, staff and families of the Lake Superior Association of Colleges and Universities are invited to participate at a cost of approximately \$250 - \$270 per person roundtrip. Inquiries should be directed to the Office of the Executive Director of the LSACU, 220 Medical Arts Building, Duluth, Minnesota, 55802, phone 722-5511.

Energy Research - The Environmental Studies Committee of the Lake Superior Association of Colleges and Universities has learned that the National Science Foundation is funding a special wind-power research program. Interested faculty should contact Dr. Lowell Klessig, Northland College; Dr. Wayland Swain, UMD; Dr. Bert Dickas, UWS, or Prof. John Mothersill, Lakehead University. It may be possible to develop an Association proposal if there is enough interest.

Mathematical Sciences Guest Speaker

Dr. Stephen E. Fienberg, Chairman of the Department of Applied Statistics University of Minnesota, will be visiting the Department of Mathematical Sciences on Monday and Tuesday, 21-22 January, 1974. He will present two talks of an applicable nature:

(1) Monday 21 January 1974, Room RB-1047, 5:30 - 7:00 p.m. "Analysis

of Cross-Classified Data: Why Looking at Two Dimensional Tables May Not be Enough."

(2) Tuesday 22 January 1974 Room RB-2047, 4:30 - 6:00 p.m. "Simultaneous Estimation of Many Parameters".

Coffee will be served half hour before each talk in Room RB-2023.

If the Physical Fits.....



Dr. Norm Lavoie (left) applies electrocardiogram sensory contacts to part-time guinea pig and full-time assistant, Clyde Tuyl.

by O'Dwyer

Dr. Norm Lavoie is an exercise physiologist and an Assistant Professor in the Department of Physical and Health Education. And he had some news: "Can we talk? Okay, I'll meet you around 10:30 outside the Human Performance Laboratory at the Field House."

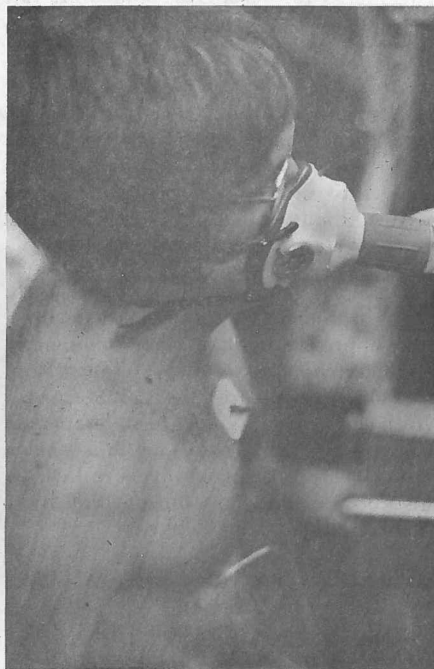
I grabbed my camera and headed across campus.

The mind wanders: What is a Human Performance Laboratory? It could be a large and dusty place, haphazardly strawn with battered Klieg lights' peeling scenery flats and sweat-stained costumes - a long-ago roar-of-the-greasepaint . . . smell-of-the-crown place. Do you go there, recite a few lines of Othello, or perhaps, mumble Brando's part from A Streetcar Named Desire, and receive a verdict on your acting ability from a panel of eminent thespians? "Well, son, on a scale from Troy

Donahue to Sir Lawrence Olivier, you rate somewhere between Vince Edwards and the department store mannequin in Miracle on 34th Street". (A minority verdict had it that Vince Edwards actually played the department store mannequin in Miracle on 34th Street.)

Funny, I thought, you're funny: I am easily amused, especially be myslef. Perhaps I would amuse Dr. Lavoie with my wonderful sallies.

I was early. Norm, I was told, could be found in the Squash Court. And so he was: a sizeable chunk of sweat and fury hurling himself after the small black squash ball with a type of dedication usually ascribed to the routing of devils from an unwilling body by a frantic exorcist. Norm won his point. The game slowed while his playing partner attempted to corral the recalcitrant ball and Norm looked up, saw me at the court-side window



This apparatus is used to obtain cardio-respiratory information from athletes. The rest of us are tested on the bicyclergometer.



Clyde walks a variable speed treadmill while heart rate and oxygen-intake data are fed into a computer monitored by Hartmut Rosenfeld.

and raised five fingers in a time signal. Presently, Norm climbed out of the Squash court womb. We met and shook hands - rather, he shook me, while I hung on.

Foreshortened by my topside vantage point at the squash court window, Norm looked formidable. Standing in front of me he looked BIG. I decided not to attempt to amuse him with any Human Performance sallies. (If, like Queen Victoria, he chose not to be amused . . . I shuddered.) "Come on, let's go to the lab."

As we jogged down the hallway, Norm explained his work: "At the Human Performance Lab, we have all the equipment necessary to evaluate an individual's level of physical fitness. And, we recently received a LIP Grant that will enable us to open the Lab facilities to the public.

"I believe that most Canadians are not particularly fit. Although, we do expect that the people of Northwestern Ontario

will be more fit than those from southern centres.

"People who take advantage of the tests will be told in what areas they are physically deficient and advised about how they can improve their level of fitness. The test results will be compiled and sent to a clearing house that will correlate data from similar programmes across Canada. 'Norms' will be established and the final results will be submitted to federal and provincial governments."

Norm estimates that approximately one thousand people will take advantage of the fitness tests. He intends to make the people of Thunder Bay aware of the programme through advertising and a half-hour television show which is presently being prepared - with the aid of Larry Hebert, an LU grad and Personnel Officer at Lakehead Psychiatric Hospital - and will be aired on CTNO, Cable 7, sometime soon. Norm continued: "We've already tested approximately 700 students in the North-western Ontario area, including 200 public school kids at Atikokan. You see, the Atikokan School Board is implementing a new physical education programme. We'll re-test the kids again, after the programme has been going for a while, and compare the results - to see if the phys-ed programme is working."

At the lab, Norm introduced me to Clyde Tuyl and Harmut Rosenfeld - both LU Physical and Health Education grads - who will assist in the testing procedures.

The fitness test itself actually consists of five separate tests: "But, said Norm, before the test can be administered, you must have a certificate of physical-well being from your doctor. This, of course, is no measure of your physical fitness - but it does indicate that you can take the tests without harming yourself. As a second precaution, we'll take your blood pressure.

If it's too high - we stop right there." *The mind wanders: I had decided to take the test myself. But not without a great deal of trepidation. Once I had been fairly active: of late, I have been extremely sedentary. I could easily imagine the test results: "Well, on a scale from Cass Elliot to Jorge Johansen (my name for that infuriatingly fit 65 year old Swede we middling-young Canadians are incessantly*

compared to) you rate somewhere between a pot-bellied Jack Spratt and a corpse." Unfortunately (probably in more ways than one) I did not have a doctor's certificate so could not be tested. A reprove, but I vowed to return.

I mentioned to Norm that - test or no test - I knew I was in poor physical condition and, to add injury to insult, I drank a bit and smoked a lot. As with most of my fellow addicts, I would like to quit smoking. But drinking . . . well, one vice out of the multitude available isn't too bad, is it?

"Well, Mike, we don't intend to tell people to stop everything they do - I drink the odd beer myself. But what we want to stress is this: No matter what you do, you'll enjoy it a heck of a lot more if you're physically fit.

"You should tell people, though, that if they want to take the fitness tests, drinking, smoking or eating prior to the tests will affect the results. So some abstention is advisable at that time."

The fitness test itself goes something like this:

First, the skin-fold test. A millimeter-calibrated pincher device is used to estimate the percentage of body weight that is fat. Measurements are taken in the tricep, chest and stomach areas. Fat, by the way, isn't necessarily unhealthy. A normal person carries about 8 to 10 per cent fat: but watch where you carry it.

Next, a grip device - squeezed alternately by right and left hand - is used to determine approximate over-all body strength. The vital capacity test is the next stop. This device measures the volume of air which can be held by the lungs. The person being tested - or "testee" as he is known in the trade and probably is in fact, by this time - exhales into the machine and a volume measurement is taken.

Lastly, the biggie: the maximum oxygen intake test - or, more professionally, the Astrand Rhyming Nomogram Test (named after Dr. Per-Olaf Astrand an exercise physiologist in the Department of Physiology at the Swedish College of Physical Education, originator of the test and a world-renowned authority on fitness).

Back to Norm: "The maximum oxygen intake is the amount of air the heart and lungs can take in and use in one minute. This is the best test for cardio-respiratory fitness which is the most important component in over-all physical fitness. A fit cardio-respiratory system is vital to a healthy person, and conversely, a fit person must have a healthy cardio-respiratory system."

The subject is hooked up to an electrocardiogram and placed on a bicyclers ro-gometer - a one-wheeled cycle-like machine, similar to the type used in places like Vic Tanney's. He then pedals in time to a metronome for fourteen minutes while Norm's gnomes make it increasingly difficult to pedal the infernal contraption - by tightening up the pedalling mechanism. And that's all there is to it. Well, almost. The results are tabulated and presented. Then, if the results are less than satisfactory and if you care about your health, the work begins.

The mind wanders: Tomorrow's Headline - Joggers Jam Throughways: Canadians Surpass Swedes in Levels of Fitness. The story continues: the car has become a thing of the past as millions of Canadians take to highways and byways on foot and bicycle in an unprecedented move to be fit and healthy . . . The Swedish Government has initiated a series of television advertisements which compare the average Swede to the average Canadian - with disastrous results to Swedish pride. An informed source stated that celebrated Swedish grandfather, Jorge Johansen, had a coronary when confronted with one such commercial . . . The USSR has joined the boycott of the 1976 Montreal Olympics, which now includes 22 countries. They maintain that there is no use in competing - the Canadians will walk off with all the gold medals anyway . . . The mortician's union is seeking government subsidies. A brief presented to the Ontario Legislature outlines their predicament. It states in part: "People aren't dying the way they used to."

But, all that is in the future. Meanwhile, I should get out and run around the block a few times. I should get over to the Human Performance Laboratory and see Norm. But it's cold and I am busy. Maybe tomorrow.

We ARE Amused: CAG '73

Last month, *LU Week* received a letter from Department of Geography Chairman, Dr. Brian Phillips, which said in part: "(Here) is a witty report on the very successful CAG '73 meeting the LU Department of Geography hosted May of last year. Written by Professor John Fraser Hart, present Editor of the *Annals of the American Association of Geographers*, the report is a blend of his own well known brand of humour and a generally good report of our work. I think . . . that the report would make amusing and interesting reading for many." We agree . . .

No one in his right mind expects a meeting of the Canadian Association of Geographers, the report is a blend of his own graphs to be enlivened by torrid terpsichore or educational films not totally without redeeming social value. The Department of Geography at Lakehead University in Thunder Bay, Ontario, which played host to CAG '73 on May 27-31, 1973, did its best to provide an innovative and stimulating program of intellectual and social activities.

The first full day, Monday, was devoted to Canadian aspects of that hardy perennial geography and public policy. The day was chaired by F. Kenneth Hare, who delivered a keynote address laced with skepticism. N.L. Nicholson placed the issues in historical perspective, R.S. Thoman discussed economic development, C.I. Jackson described the role of the Ministry of State for Urban Affairs in developing policy with respect to urban centres, and J.K. Naysmith talked about land use planning "North of Sixty".

Sixty-one volunteered papers were grouped into twenty sessions on Tuesday and Wednesday, an arrangement which provided quite enough time for the discussion of each paper. The unfortunate illness of L.E. Hamelin prevented the delivery of his Presidential Address on "Perception et Geographie: Le cas du Nord," which might have demonstrated that Canada is de jure si non de facto bilingual.

Tuesday afternoon was set aside for half-day field trips which focused on the city,

the local rural area, and geomorphology. Full-day trips on Thursday explored resources and the Superior shoreline.

The annual business meeting began on Wednesday afternoon. The President announced that the Award for Scholarly Distinction in Geography had been conferred upon L.E. Hamelin, and the Award for Service to the Profession of Geography upon E.G. Pleva. The customary reports were made by various functionaries. The ranks of the establishment were decimated by the announcement of three resignations: J.T. Parry as Secretary-Treasurer, J.H. Galloway as Editor and A.F. Burghardt as Review Editor, respectively, of *The Canadian Geographer*. The newly elected officers of the Association are President, P.J. Smith; Vice-President, L. Trotter; and Councilors, A.F. Burghardt, J.C. Dionne and R.R. Krueger. Brian Slack of Sir George Williams University has been appointed Secretary-Treasurer.

The business meeting was adjourned temporarily so that members could attend the annual banquet, which was a bushcamp dinner at the logging shanty constructed as a centennial project of the City of Port Arthur in 1967. The evening was rather damp. When the meal had ended, the President mounted one of the tables, attempted to create some semblance of order and reconvened the business meeting. A discussion of the financial support to which local divisions of the Association are entitled, which generated a number of spirited and eloquent speeches, was terminated abruptly when the bus drivers announced that it was time for them to return to the University.

The program of social activities was innovative. The University's Faculty Lounge provided hospitable facilities for conviviality each evening. Monday evening featured a wine and cheese reception and a concert by the Canadian Chamber Ensemble. On Tuesday one could choose between "Those Fabulous Men in Their Flying Machines" and Gilbert and Sullivan's "The Gondoliers", but the more serious members made the hard choice

Museum Society Publication

Dr. W. L. C. Greer, Sessional Lecturer, School of Library Technology, Lakehead University, Thunder Bay, and Secretary of the Thunder Bay Historical Museum Society, would like to announce that the Museum Society has just produced an excellent publication. Pictures include Robert Flaherty's *Eskimo Girl*. This volume begins a new series of papers and records, continuing those published by the former Thunder Bay Historical Society (founded in 1908). Other volumes in the new series will be issued from time to time.

Keith Denis, Past President and long-time supporter of the Society, has contributed a fine article entitled *The Sons of Freedom*

Parade along with a picture. Another contribution of Mr. Denis is entitled *The Winter Mail Trail to Pigeon River*. Other contributors and their articles include: Ken R. Johnson, *The Marks Papers*; Dr. W. L. C. Greer, *The Summer of '16* (logging in the Early Days); Jean Morrison, *Labour in Fort William and Port Arthur 1903-1913*; and Susan J. Campbell, *Competitive Fur Trade Tactics: Pointe de Meuron 1817-1821*.

The cost of the book is \$1.50 and orders may be sent to: Thunder Bay Historical Museum Society, 219 South May Street, Thunder Bay "F", Ontario.

and passed up such frivolities in order to view the educational film which was exhibited for their benefit. On Wednesday evening the group was treated to a stimulating display of local talent, including an energetic group of youthful Ukrainian folk dancers and a venerable coryphaean, Miss Sharon Lane, who was perhaps a bit longer on display than on talent.

The meeting next year will be in Toronto.

To Form C.L.T.A.

The beginning steps which would ultimately lead to the formulation of a Canadian Library Technicians Association were taken after the conclusion of a Canadian Library Association conference on "The Library Technician at Work: Theory and Practice", which was held at Lakehead University on May 8 and 9, 1970. Activities were co-ordinated through the work of graduate technicians and the School of Library Technology. Two years ago last April 29, a group of graduates of community college library technician training programs employed in the Winnipeg area formed the Manitoba Association of Library Technicians (M.A.L.T.)

The library technician movement has come of age throughout Ontario and a consensus to form a strong provincial organization has recently moved from talk to action. Humber College, Rexdale, Ontario was the meeting place for a group of 26 diploma technicians in late October. Since the majority of the members of C.L.T.A. were Ontarians, it was felt that a thrust should be made by forming strong provincial associations that would eventually form the foundation for dominion organization. The problems in organizing C.L.T.A. have been great due to lack of finances, geography, and the fact that all the organization is being done on a volunteer basis. Such an association could only be officially set up and organized at a conference for technicians. With these factors in mind, the technicians who attended the meeting felt that it is most important to begin the steps of organization for a Technicians Conference. Thus, an interim committee for the Ontario Association of Library Technicians was formed. This committee consists of Mr. Douglas Willford, Library Technician, Humber College (Niagara College Graduate), Chairman, Ms. Micheline Overall, Library Technician, Documentation Centre (Algonquin College Graduate), Secretary Treasurer, and Ms. Charlotte Elwert, Lab Assistant, School of Library Technology (Lakehead University Graduate), Chairperson of Publicity and Programming. This committee will draft a Constitution and make plans for the first annual meeting of the Technicians Association, and will endeavour to promote the aims and objectives of the Association. A meeting of the Interim Committee will take place in Ottawa in late February as Algonquin College (Ottawa) has offered to host this proposed conference, and so the Committee will be meeting to finalize plans for the two day conference.

events

- Friday
January 11 Library Technology films
"Assignment", "Because
They Are Different",
"Brendan Behan's Dub-
lin" will be shown at 1
p.m., Room L - 5002.
Chamber Music present-
ation in the Faculty of
Education Auditorium at
Lakehead University
commencing 8 p.m.
High School Basketball,
Fieldhouse, 6:30 p.m.
AMS Movie, "Deliver-
ence" and "Jeremiah
Johnson", UCT.
Dance, Main Cafeteria,
9 p.m.
- Saturday
January 12 AMS Movie "Deliveren-
ce" and "Jeremiah John-
son", UCT
- Tuesday
January 15 Thunder Bay French Tel-
evision program "Dans
le Sillon des Voyageurs"
can be seen at 8:30 p.m.,
Channel 7 CTNO-TV
- Thursday
January 17 ESS Januaryfest, Main
Cafeteria, 4:30 p.m.
- Friday
January 18 LU Womens Basketball
Team vs University of
Winnipeg, 6:30 p.m.,
Fieldhouse
LU Mens Basketball
Team vs University of
Winnipeg, 8:30 p.m.,
Fieldhouse
Library Technology films
"ABC of Puppet Mak-
ing", "Fun Factory",
"Help My Snowman's
Burning Down", "How
to Make Paper Mache
Animals" will be shown
at 1 p.m. in Room L-
5002,
LU Nursing Dance,
Main Cafeteria, 9 p.m.
- Saturday
January 18 LU Womens Basketball
Team vs the University
of Winnipeg, 8:30 p.m.
in Fieldhouse
LU Mens Basketball
Team vs the University
of Winnipeg, 8:30 p.m.
in Fieldhouse
- Tuesday
January 22 Thunder Bay French Tel-
evision program "Dans
le Sillon des Voyageurs"
can be seen at 8:30 p.m.
on CTNO, Channel 7.

NORTHERN
STUDIES
RESOURCE
CENTRE