

inside LAURIER

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Wilfrid Laurier University • April 2008



4 Staff and students spend a memorable week volunteering at a school in Mexico.



5 Meet Helen Basson, wardrobe coordinator and costume designer at Laurier's Waterloo campus.



6 Staff and faculty showcase their artistic talents at annual art show.

A celebration of song and dance

Laurier Centre for Music in the Community marks grand opening

By Lori Chalmers Morrison

The Laurier Centre for Music in the Community (LcMc) officially opened its doors to the public with a spectacular performance event, incorporating musicians, interpretative dancers and elaborate costumes.

On March 28 and 29, spectators were treated to the world premier of *Imaginibus Mundi*, which was composed by Laurier music professor Peter Hatch and senior students Colin Labadie and Heather Olaveson. This was followed by a multi-disciplinary production of Carl Orff's *Carmina Burana*, which highlighted the relationship between performance and life just as Orff intended it when he composed the piece more than 70 years ago.

It's something few modern interpretations of the piece have managed to do, but for LcMc director Dr. Lee Willingham, nothing could have been more appropriate for the centre's grand opening.

"The piece was written to be performed by professionals and amateurs together," said Willingham. "It exemplifies the purpose of our centre. The performance was remarkable and the audience was thrilled."

Formally established in 2007, the LcMc brings together interdisciplinary researchers from Laurier and other institutions to study the sociological, philosophical and educational aspects of community music, and how it is defined and expressed.

The centre also involves the community through performances, conferences, festivals, town-hall forums and book publications.

The LcMc's approach is based on the assumption that many people know a lot about music and use it purposefully.

"People are like wine connoisseurs — they know a great deal about the music they've chosen," said Willingham. "We're aiming to remove the walls of the hallowed high temples of music and find ways to open ourselves



Musicians and dancers perform Garmina Burana at the official opening of the LcMc.

Photo: Tomasz Adamski

to the community. We can learn a lot from each other."

Part of the process involves deconstructing traditional performance rituals, something Hatch calls the invisible barrier between performers and audience or "the fourth wall."

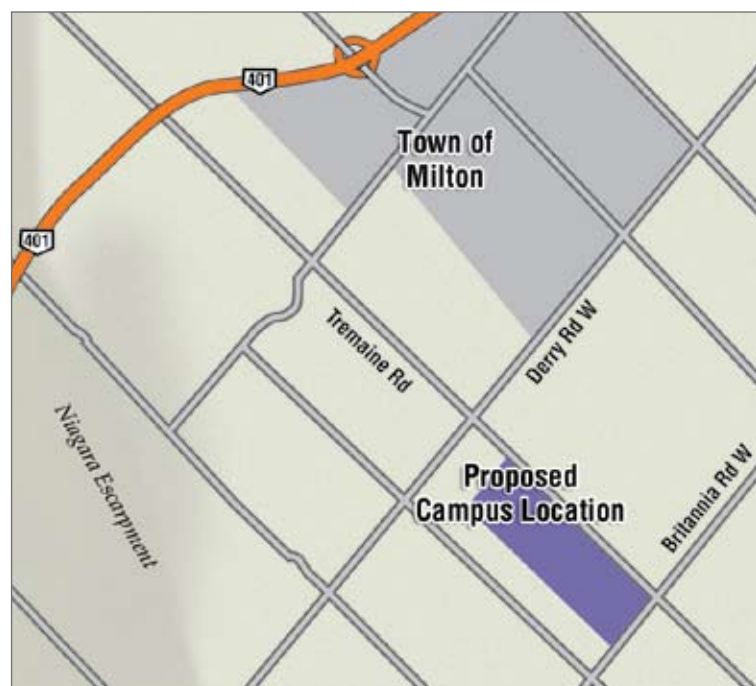
Imaginibus Mundi, for example, was written for the street, not the stage. Buskers welcomed audience members waiting outside Laurier's Theatre Auditorium, immediately immersing them in the performance and transforming them from observers to participants.

As the buskers led the audience into the auditorium, *Imaginibus Mundi* gave way to *Carmina Burana*, and attendees experienced community music like never before. The avant-garde Motus O Dance Theatre, Laurier choirs, instrumentalists, soloists and high school choirs came together to bring the classic piece to life. The addition of costumes, multimedia elements and live video footage of audience reactions took Orff's 1930s vision to modern new heights.

The event, which was financially supported by the Musagetes

Fund at the Kitchener and Waterloo Community Foundation and a special initiatives grant from Laurier, also included a Saturday morning town-hall meeting called Intersections: Music in Everyday Life. Martin de Groot, executive director of the Waterloo Regional Arts Council, and Edwin Outwater, music director of the Kitchener-Waterloo Symphony, joined community members for a lively discussion about how music faculties can intersect with people's musical lives.

For more information about the LcMc visit www.wlu.ca/music.



The proposed site of the new Laurier campus in Milton is on the southwest side of the town, next to the Niagara Escarpment. The campus would form part of a larger neighbourhood that might include student housing, a business/research park and an adjacent residential development.

Laurier explores a Milton campus

Town keen to partner with university

By Kevin Crowley

Wilfrid Laurier University is exploring the possibility of creating a new satellite campus in Milton, a thriving community on the west side of the Greater Toronto Area.

The university has signed a memorandum of understanding with the Town of Milton that gives Laurier first right to investigate the opportunity of establishing a university campus on a 150-acre parcel of land adjacent to the scenic Niagara Escarpment.

The memorandum outlines the intention of both the university and the municipality to work together over the next three years to pursue funding, resolve land-planning issues

and develop a master plan for the campus. The memorandum does not include any financial commitments at this time, but it does state that the 150-acre site would be conveyed to Laurier at no cost as part of the successful development of a university campus.

"This is an extremely important opportunity for Laurier to explore," said university president Dr. Max Blouw. "The demand for university education in Ontario is expected to grow for some time, and Laurier continues to receive an increasing number of applications each year. A Milton campus would allow us to respond to this demand while maintaining the intimate, community-minded

student experience for which Laurier is well-known."

The Town of Milton — Canada's fastest-growing community, according to census data released last year by Statistics Canada — has been working to attract a post-secondary educational institution since the mid-1990s. It stepped up its efforts a year ago by offering a five-acre site in the downtown and inviting colleges and universities across Canada to investigate the opportunity.

It soon became apparent that the five-acre site was too small, so the town recently concluded a land-swap with a developer to

MILTON Continued on page 2

PRESIDENT'S MESSAGE

Welcome to InsideLaurier

As I was preparing to join Laurier last year, one of the things I kept hearing about was the university's vibrant sense of community. In fact, it was one of the school's most appealing features — a mid-size university where staff, students and faculty enjoy a genuine sense of belonging to the "Laurier family."

This sense of community is a priceless asset, one that many other universities would dearly love to replicate. In many ways, it defines us as an educational institution and distinguishes us from other universities. But like any truly unique asset, our sense of community must be recognized, celebrated and nurtured. One of the most effective ways I know of fostering community is through regular communication.

Which brings us to this publication — InsideLaurier. Our goal in launching this monthly newspaper is to provide the Laurier community across all of our campuses with a regular vehicle for sharing news, celebrating successes and building connections between the many people who make up the Laurier family.

We have tried to capture this editorial mission with the tagline: Campus, Community, Connections.



You will find some "institutional" news in these pages, such as our plan to explore the possibility of establishing a campus in Milton, but I've asked the editor and staff of InsideLaurier to focus on the people who make Laurier a remarkable place to learn and work. In this inaugural issue, for example, you meet Helen Basson, who coordinates wardrobes and designs costumes for Laurier music and theatrical productions; and Prof. Lamine Diallo, whose teaching contributes to the success of Laurier Brantford's Leadership and Contemporary Studies programs. You can also read a wide range of news and features

about other people and events at Laurier.

InsideLaurier will also afford me, as president, the privilege of a regular column to share news and observations about developments affecting the university.

Communication can be a very positive and unifying force. I encourage all of you to share your news, successes and celebrations with InsideLaurier, and I look forward to meeting you in these pages and reading about all the great things going on at this very lively and accomplished university.

Dr. Max Blouw,
President and Vice-Chancellor

MILTON continued

provide a 150-acre parcel on the southwest side of the community.

The town is particularly interested in partnering with Laurier because of the university's experience at creating and running satellite campuses in Brantford, Kitchener and Toronto, and because of Blouw's personal experience helping develop the University of Northern British Columbia from a building site into a thriving educational institution.

"Laurier has had tremendous success with its Brantford campus and with operating a multi-campus university," said Mario Belvedere, chief admin-

istrative officer of the Town of Milton. "We have been working with Laurier for the past several months and we're very excited by the creativity and flexibility they've shown throughout the process."

The university campus is part of the town's vision for a "Milton Education Village." Under this concept, the campus would form part of a larger neighbourhood that might also include student housing, a business/research park and an adjacent residential development.

It is too early to say exactly what kind of academic programming Laurier might offer in Milton. However, Blouw said the chance to create a brand new campus in the

booming GTA is full of exciting possibilities.

"There are many facets to this opportunity and many details to be addressed, and we will be looking at all of them very carefully over the next three years," he said.

Blouw also noted that the Milton project dovetails with the Envisioning Laurier long-range planning process that is underway.

"We cannot let opportunities pass us by without examining them," he said. "Laurier must continue to lay the groundwork for its future, even while we are taking stock of our current position in the post-secondary landscape and establishing a vision to guide us forward."

Laurier appoints new chancellor

John A. Pollock will be installed in June

By Mallory O'Brien

Local businessman and philanthropist John A. Pollock has been appointed chancellor of Wilfrid Laurier University, effective March 31. He will be officially installed as chancellor at Laurier's spring convocation on June 4.

Pollock, 72, was born in Kitchener and has lived in the area all his life. He is the third generation of his family to run Kitchener-based Electrohome Ltd., a company founded by his grandfather in 1907. He joined the company in 1962, was elected president in 1971 and is now chairman, president and chief executive officer.

Pollock has also served on the boards of numerous companies and is active in many non-profit organizations.

"This is such a dynamic area and three post-secondary institutions add a dimension that is absolutely special," he says. "The positive relationship between the institutions and community is especially unique."

Pollock and his wife, Joyce, are parents to four adult children. The couple lives outside of Cambridge, in a home that has been many things since it was built in 1826, including a tannery, distillery and a power generating station. Now their country property houses an arboretum with over 40 species of trees. The couple shares a



love of gardening, and Laurier's new chancellor especially enjoys growing vegetables.

Pollock, who has been sailing since he was a boy, also likes to "play captain" on boating holidays in the Caribbean with his family.

Pollock earned a Bachelor of Applied Sciences degree from the University of Toronto and an MBA from Harvard. He also received Honorary Doctor of Laws degrees from Laurier and the University of Waterloo.

Pollock is looking forward to his time as chancellor at Laurier. "Laurier has grown significantly in size, reputation and scope over the past 10 years and is today providing a range of quality education in many different disciplines," he says. "I believe the next 10 years will be equally, if not more exciting. As they say, 'You ain't seen nothing yet.'"

Send us your news, events & stories

➔ Email: insidelaurier@wlu.ca

All submissions are appreciated, however not all submissions will be published. We reserve the right to edit all copy for accuracy, content and length.



Next issue of
insideLAURIER
May 2008



InsideLaurier

Volume 1, Number 1, April 2008

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InsideLaurier is published by
The Department of Public Affairs
Wilfrid Laurier University
75 University Avenue West, Waterloo, Ontario N2L 3C5

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comments and suggestions for stories.
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InsideLaurier (circ. 2,000) is published nine times a year by the Department of Public Affairs. Opinions expressed in InsideLaurier do not necessarily reflect those of the editor or the university's administration.

Printed on recycled paper.

PEOPLE AT LAURIER

For a complete list of announcements visit www.wlu.ca/hr



Dr. Quincy Almeida, director of Laurier's Movement Disorders and Rehabilitation Centre, was

awarded a prestigious Polanyi Prize by the Ontario government for his groundbreaking research in physiology and medicine.

Dr. John Metcalfe, a former Laurier registrar who now serves as director of the university's information and privacy office, and ombudsperson, received the Ontario University Registrar's Association Award of Achievement.



Dr. Flora Roy, a former professor and chair of the English department, passed away March 12 at the

age of 96. Roy started teaching at Waterloo College (now Laurier) in 1948 and served as department chair for 30 years. Remembered as an inspiring and devoted teacher, she was also a published author, penning, among other things, two memoirs about the evolution of the university.



Rose Untch lost her battle with cancer at the age of 62. A 17-year employee of the university, Rose worked in

University Development for the last 13 years. She was much loved by her co-workers and Laurier family. She leaves behind a daughter, five grandchildren and two great-grandchildren.

New appointments:

Jesse Derry, food services associate, Food Services.

Lisa Favero, manager of special projects, President's Office.

Caroline Graham, conference assistant, SBE.

Bill Januszkiwicz, coordinator: CAD systems and renovations, Physical Resources.

Carol Krego, coordinator: interior design and renovation, Physical Resources.

Sarah Lamb, biological/radiation/chemical safety officer, EOHS.

Caitlin MacKenzie, OneCard systems assistant, OneCard Office.

Gord Manning, inventory clerk, Bookstore.

Changes in staff appointments:



Tiffany Bradley, publications officer, Public Affairs.

Ben Broughton, groundskeeper, Physical Resources.



Jim Duketow, development reporting analyst, Advancement Services.

Laura England, research associate, Biology.

Ann Galea, manager of prospect research, Development.

Stephanie Giddings, development assistant, Development.



Chris Hancocks, operations manager, Special Constable Service.

Rick Hook, health and safety audit coordinator, EOHS.

Andrew Piatek, coordinator: research/IT, Psychology.

Janet Robinson, financial and biographical assistant, Advancement Services.

Maite Vega, systems analyst III, Information Technology Services.



Mike Whitehouse, coordinator, communications and technology, Athletics and Recreation.

Do you have a professional or personal milestone that you would like to share with the Laurier community? Email your announcement and photo to insidelaurier@wlu.ca.

Dr. Mercedes Rowinsky-Guerts, a professor and chair of Laurier's Department of Languages and Literatures, is one of 10 university professors from across the country to receive a 3M National Teaching Fellowship. The award, widely regarded as the top teaching honour in the country, recognizes excellence in the classroom and educational leadership.

"The classroom is my life and it's where I'm happiest," said Rowinsky-Guerts, who has been a professor at Laurier for 14 years. "There is a kind of magic that happens when I'm teaching, and I get so much pleasure from the students and their eagerness to learn."



University, CAS agree to new contract

Wilfrid Laurier University and the Wilfrid Laurier University Faculty Association reached a deal that ends a two-week-old strike by contract academic staff (CAS).

The three-year deal addresses a variety of issues, including:

- CAS members will receive wage increases of 3.5 percent in the 2007-2008 year (retroactive to Sept. 1, 2007); three percent in 2008-2009; and three percent in 2009-2010. As well, the base stipend for teaching a one-term course will rise by a "market adjustment" of \$50 on Jan. 1, 2008 and by \$50 on Jan. 1, 2009.
- A new two-step seniority grid will come into effect on Sept. 1, 2008 to provide CAS members who reach seniority status (i.e., have taught the same

course three times within 24 months) an additional stipend of \$120 per one-term, 0.5-credit course.

As a result of the contract, the basic per-course stipend for Laurier CAS members continues to be in the top half of Ontario universities.

"We are delighted to have resolved the labour disruption in a way that is fair and responsible to all members of the Laurier community," said university president Dr. Max Blouw. "We are now working together to ensure that our students can complete their academic term on schedule, and that members of our contract academic staff are welcomed back to work."

Blouw thanked students for

their patience during the labour dispute. He also thanked all those involved in reaching a new collective agreement, as well as staff and faculty who worked hard to maintain regular university services during the strike.

"This was a stressful event for everyone, especially our students," Blouw said. "Despite the differences of opinion that occurred during negotiations, I would encourage all members of the Laurier community to put these differences behind us and unite once again in making this university a shining example of post-secondary education."

The university will follow the regular, previously posted exam schedule. For more information, visit www.wlu.ca/negotiations.

Student cycles for cancer research

Laurier masters kinesiology student, Meredith Stockie, will ride in the inaugural cross-country Sears National Kids Cancer Ride to raise money for pediatric oncology centres across Canada.

Stockie will join 50 other riders, including her fiancé, Scott Weldon, a cancer survivor, for the 19-day ride from Vancouver to Halifax in June.

The couple hopes to raise \$50,000 before the ride begins. To date they have raised just over \$21,000, almost half their goal.

"I truly believe the opportu-

nities we create for children will influence how they grow and what choices they make when they are adults," said Stockie.

"By showing my support through these events, I hope to have a positive influence on kids facing this illness, and at the same time, help to support my fiancé."

To make a donation or find out more information, visit www.nationalkidscancerride.com, click on Donate Now and then on the link to pledge a national rider. Enter Stockie's name in the search box to make a pledge.



Scott Weldon and Meredith Stockie.

What are you reading?



Name: Kevin Klein
Job Title: Public Relations and Recruitment Officer, Laurier Brantford
Book Title: *The Golden Spruce: A true story of myth, madness and greed*
Author: John Vaillant

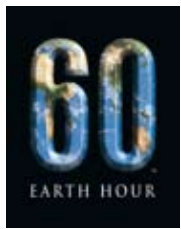
Set in the Queen Charlotte Islands in B.C., this book tells the story of a spruce tree with almost luminescent needles, which turn golden with no scientific explanation. The tree was of great significance to the Haida people, and the book parallels the history of the tree with the story of Grant Hadwin, the man who cut the tree down and ultimately disappeared into nature. It is an incredible story of nature versus man.

What are you listening to?



Name: Connie Palenik
Job Title: Senior Administrative Assistant – Program Assistant (Undergrad), Kinesiology and Physical Education
CD Title: *My December*
Artist: Kelly Clarkson

This is probably the most revealing and underrated CD of the year. Clarkson's voice alone is her greatest instrument and whatever song this girl sings, she makes it her own. She is one of the few artists who can cross over from genre to genre flawlessly.



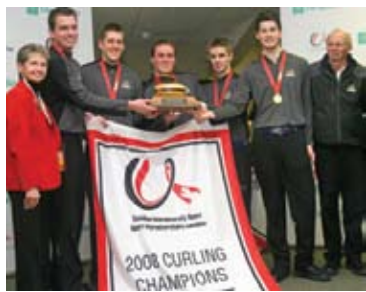
Laurier takes part in Earth Hour

The lights were powered down at the Laurier Brantford

and Waterloo campuses on March 29 from 8 p.m. – 9 p.m. in recognition of Earth Hour, a global movement that encourages people to turn off their lights for one hour.

The campaign originated in Australia last year, with more than two million Sydney residents flicking the switch and reducing energy consumption in that city by 10.2 percent for one hour.

The university turned off all unnecessary lighting and dimmed the lights that had to remain on, and faculty and staff were encouraged to participate at home.



Gold and silver for curling, hockey

The Laurier men's and women's curling teams captured Canadian Interuniversity Sport (CIS) gold with victories at the first nationally sanctioned event at the Guelph Curling Club

in March. The Laurier men, skipped by Mike Anderson, beat Calgary in the final, while the women, led by skip Hollie Nicol, defeated Manitoba 7-4 in the gold medal match. Both teams will go on to represent Canada next year at the World University Games in China.

In other sports news, the women hockey Hawks won silver at the CIS championships in Ottawa. The five-time Ontario champs fell 2-0 to the top-ranked McGill Martlets in a hard-fought final match. The lady Hawks now have one CIS gold, three silver and four bronze medals in team history.



Laurier acquires 500-year-old medieval manuscript

The university recently added a rare 500-year-old

hymnal to its Archives and Special Collections. The 15th-century manuscript, originally from northern Italy, was unveiled at a reception in April where members of Laurier's Chapel Choir brought some of the hymnal's songs to life.

"This is our first medieval manuscript, and it provides great potential both for teaching and research at Laurier," said Chris Nighman, professor of medieval history and coordinator

of Laurier's Medieval Studies program. "Unlike printed books, manuscripts are unique, completely different from each other. To acquire a manuscript in this condition is a remarkable achievement."

An 'egg'cellent idea

At the urging of undergrad students Mike Morrice and Erica Campbell, Laurier Food Services has switched to cage-free eggs. Morrice hatched the plan with the help of Food Services

director Kelly Ough, director of student services Dan Dawson, and WLUSU's vice-president of university affairs, Lauren McNiven. Laurier is among a small group of Canadian universities that have made the change.



Photo: Jim Hertel

Lauren Meschino, centre, balances a busy schedule of academics, varsity hockey and community service. So it's easy to see why the fifth-year kinesiology and physical education student was named the 2008 Outstanding Woman of Laurier. She received the award on April 3 at a gala luncheon that featured Olympic gold medalist Catriona Le May Doan, right, as the keynote speaker. The event was hosted by Laurier alumna and former World Cup soccer player Helen Stroumbos, left.

The Outstanding Women of Laurier Award recognizes a female Laurier student who combines athletic and academic achievement with an active commitment to leadership and the development of young athletes through community teaching or coaching. This year's finalists also included students Carolyn McEwen, Frances Minnema and Danielle Walker.

Staff and students volunteer in Mexico

Restoring school for special-needs children a "profound experience," participants say

By Stacey Morrison

It had all the elements of an exciting reading week trip: an exotic location, warm temperatures, lots of sunshine and a great group of people.

But this set of travellers didn't lounge on the beach. And they returned to Laurier with much more than a golden brown tan.

For nine days in February, a crew of six Laurier staff members and 19 students helped restore a school for children with special needs in Oaxaca, Mexico, as part of "alternative reading week."

The Office for Student Diversity, the Student Leadership Centre and Laurier's Centre for Community Service-Learning planned the trip, which organizers hope will be an annual Laurier tradition.

"This trip was a phenomenal illustration of powerful learning for both students and staff," said participant Leanne Holland Brown, manager of the Student Leadership Centre.

"Personally, I underestimated how profound an experience it would be and how it would change all of us."

In addition to Holland Brown, staff members Anita Abraham, Bridget McMahon, Cathie Hughes Meyer, Adam Lawrence and Drew Piticco travelled to Mexico. They arrived with six suitcases full of supplies, ranging from toothbrushes, toothpaste and other toiletries, to toys, books and school supplies that were donated by the Laurier community, the students' families and local churches.

The volunteers spent their days doing general repairs such as painting, restringing the basketball and soccer nets and building bench seats. They also helped spruce up the school grounds by weeding, landscaping and picking up garbage.

There was a little time for sightseeing too, with walking tours of Oaxaca where the group



Cathie Hughes Meyer, left, and Leanne Holland Brown get to work painting in Oaxaca, Mexico.

sampled spiced grasshoppers, a local specialty, and visited local ruins for a history lesson.

"One of our guides, learning about the purpose of our trip, put his hand over his heart and said 'My heart is happy that you're helping my people,'" said Holland Brown. "It helped us all to understand the gratitude felt by the people, even those

not directly impacted by our service."

The volunteers faced several challenges during their stay in Mexico, including heat stroke, cockroach infestations and mental and physical exhaustion. But the connections they forged with the children, teachers and community made it all worthwhile.

"I will be forever grateful that

I had the opportunity to share this rewarding experience with an amazing team of staff and students," said Hughes Meyer, who works in student services. "I have been a staff member at Laurier for over 23 years, but never have I been more proud to be a member of the Laurier community than during this trip."

COFFEE WITH A CO-WORKER

A look at staff and faculty across campus

Working with pins and needles

Name: Helen Basson

Job: Wardrobe coordinator and costume designer. Laurier employee since 1996.

Where you can find her:

Up the stairs to the left of the Theatre Auditorium entrance, somewhere in between the hundreds of hats, shoes, jewellery and endless rows of costumes that fill every nook of her workspace.



Photo: Jim Hertel

Can you describe your job at Laurier?

I maintain Laurier's costume supply. I cull, repair and recycle old costumes, rent costumes out and (laughing as she looks around her) keep things organized. I also coordinate our donations. Someone just gave us a whole box of wigs, and another person gave us sewing patterns from the 1950s. We get a lot of old hats from people whose grandmothers have passed away.

Do you design costumes too?

I design costumes for the Faculty of Music's Opera Excerpts and their main opera. I also design

costumes for the German department and support the costume needs of the French department — they each put on shows every couple of years.

Was it the love of theatre or the love of sewing that led you to this occupation?

I wish it were that pure! Thirty years ago my boyfriend at the time worked at the Stratford Theatre, so I started sewing there part time. I knew how to sew, but none of the theatrical costume tricks. I got on-the-job training from some of the best designers in Canada and I've worked there ever since. In the summer I'm the wardrobe mistress at the Tom Patterson Theatre.

What is your design process?

I always start with research. I research the period of the production and work closely with the director to find out his or her vision. It takes weeks to create the costumes.

Do you sew in your personal time?

No, I'm like the shoemaker whose children have no shoes! I sing in the Grand Philharmonic Choir in my spare time — that's my other love.

What is the most challenging part of your job?

Trying to realize the concept

between limited cost and time constraints. With theatre production it's like a slow burn and then everything boils over at once.

What excites you about your work?

Finally getting to see the costumes under lights in the first dress rehearsal. That's when you find out if they really work or not, and you fine-tune and tweak and look after the last-minute details that make them special.

Any wardrobe malfunctions?

No, not here!

What was the most unusual costume you had to design?

A two-headed ogre with three boots was my most unusual costume. We made the third boot to fit both performers' feet.

What is your favourite Laurier production?

A Midsummer Night's Dream and *The Crucible*. *A Midsummer Night's Dream* incorporated so many different worlds, and *The Crucible's* set was incredible. The costumes only work if everything else works.

By Lori Chalmers Morrison

UPCOMING EVENTS

For a complete list of events visit www.wlu.ca/events

41st Annual History Teachers' Conference

When: April 18, 2008
12:45 p.m. – 3 p.m.
Where: Paul Martin Centre
Cost: \$40

The theme of this year's annual conference is World History. Four sessions and a keynote address by award-winning author and journalist Lawrence Hill will explore some of the newest histories of commodities, exploitation and political movements. For more information, contact Blaine Chiasson at bchiasson@wlu.ca.

Tim Horton's Earth Day Litter Cleanup in Waterloo Park

When: April 19, 2008
10 a.m. – 12 p.m.
Where: Waterloo Park

Lend a helping hand removing litter from Waterloo Park in celebration of Earth Day.

Sunoco Earth Day

When: April 19, 2008
10 a.m. – 1 p.m.
Where: Laurel Creek Conservation Area, Waterloo
Cost: Free

Plant a tree for Earth Day and enjoy many hands-on environmental activities offered by local experts. Great for families!

Write Right Workshop

When: April 23, 2008
8:30 a.m. – 4:30 p.m.
Where: Location TBD
Cost: \$125 per participant (please discuss with your manager/supervisor for budget approval to participate)
To register: www.wlu.ca/ilove-myjob

This workshop will demystify essential points of grammar and explore principles of effective writing.

MBA Information Session

When: April 24, 2008
5:30 p.m. – 7 p.m.
Where: SBE 2250

Interested in pursuing an MBA at Laurier? Come out to this information session to learn about the degree options available to suit your lifestyle.

Renewing Worship: Stepping Forth

When: April 24 – April 26, 2008
6 p.m. – 9 p.m., 12 p.m. – 9 p.m., 1 p.m. – 4 p.m.
Where: Keffer Chapel, Waterloo Lutheran Seminary
Cost: \$95, including dinner
www.seminary.wlu.ca

Pablo Sosa is a composer from Buenos Aires, Argentina, where he coordinates the production of music for the community. Join us as he brings his approach to worship to the Waterloo Lutheran Seminary chapel.

Toronto FC vs. Kansas City Wizards

When: April 26, 2008
1 p.m. – 6 p.m.
Where: Pre-game party at the Amsterdam Brewery, Toronto.
Game at BMO Field, Toronto
Cost: \$61/ticket or \$40/ticket depending on seating.

Are you a Laurier grad and soccer fan? Join your fellow alumni and friends for an exciting game! For more information and to purchase tickets go to www.wlu.ca/alumni.

Managing Performance and Goal Setting Within the Collective Agreement

When: May 7, 2008
11:30 a.m. – 1:00 p.m.
Where: R138, 202 Regina Street
To register: www.wlu.ca/ilovemyjob

Learn how to create an annual cycle with unionized employees to set goals and provide effective feedback to enhance great performance.

Developing Skills for New Supervisors

When: May 14, 2008
1:30 p.m. – 4:30 p.m.
Where: Manulife Auditorium (Kitchener Campus)
To register: www.wlu.ca/ilovemyjob

Topics include building relationships, delegating effectively and managing time and priorities.

Tips for Eating Healthy at Work

- Prepare your lunch/snacks the night before to avoid the morning rush.
- Make extra for supper and bring leftovers for lunch or freeze some for those hectic days.
- Eat small meals regularly to prevent getting overly hungry, and avoid the "I ate too much too fast syndrome!"
- Drink plenty of water. Bring a water bottle to work and fill it up regularly.
- Include at least two of the food groups at each meal.
- Pack your lunch to control your portions and eat healthy too! (make fast food the occasional treat).
- Bring quick and easy-to-store healthy snacks to work (e.g., granola bars, a piece of fruit, crackers and peanut butter or cream cheese).
- Avoid overeating; keep meal sizes sufficient, but not over-the-top!
- Plan your meals for the week and shop accordingly.

For more information about nutrition and healthy eating or to obtain a copy of the latest version of the Canada Food Guide visit the Health Canada website.

Adapted from Ilinca Papaz and Holly Lotz.



Farcus

by David Waisglass
Gordon Coulthart



"I don't think I can learn a second language."

Understanding our world

Professor: Dr. Lamine Diallo

Class: The World in the 21st Century, Laurier Brantford

Description: An examination of some of the major currents in contemporary thought. Topics for discussion may include urbanization, war and peace, feminism, decolonization, race relations, consumerism, the impact of technology and the life of the individual faced with globalization.

An associate professor in the Leadership and Contemporary Studies programs at Laurier Brantford, Dr. Lamine Diallo has worked in a university setting for more than 20 years, the last five as a professor.

"I really like teaching," he says. "I try to provide a safe environment where students feel comfortable speaking freely about current world issues."

Diallo likes to engage students through the use of imagery, and he encourages regular student presentations. He also urges his students to listen to the news as much as possible.

"The course content often changes from year to year, depending on major events happening in the world," he says.

By Tiffany Bradley



Photo: Dean Palmer

Laurier staff, faculty display artistic talents

Annual art show receives great turnout

By Tiffany Bradley

The 27th annual Laurier Art Show once again uncovered hidden artistic talent in the Laurier community.

This year's show, which ran for just over two weeks in March, featured 38 dynamic pieces submitted by 22 staff, faculty and students. Nearly 250 people viewed the exhibition, which

was on display in the Robert Langen Art Gallery on the Waterloo campus.

Students usually enter the majority of works to the show, but this year submissions

among faculty and staff were up, representing almost 50 percent of the artwork. In addition, staff member Sondra Schwartz's entry, an oil painting, was sold during the show, as was a

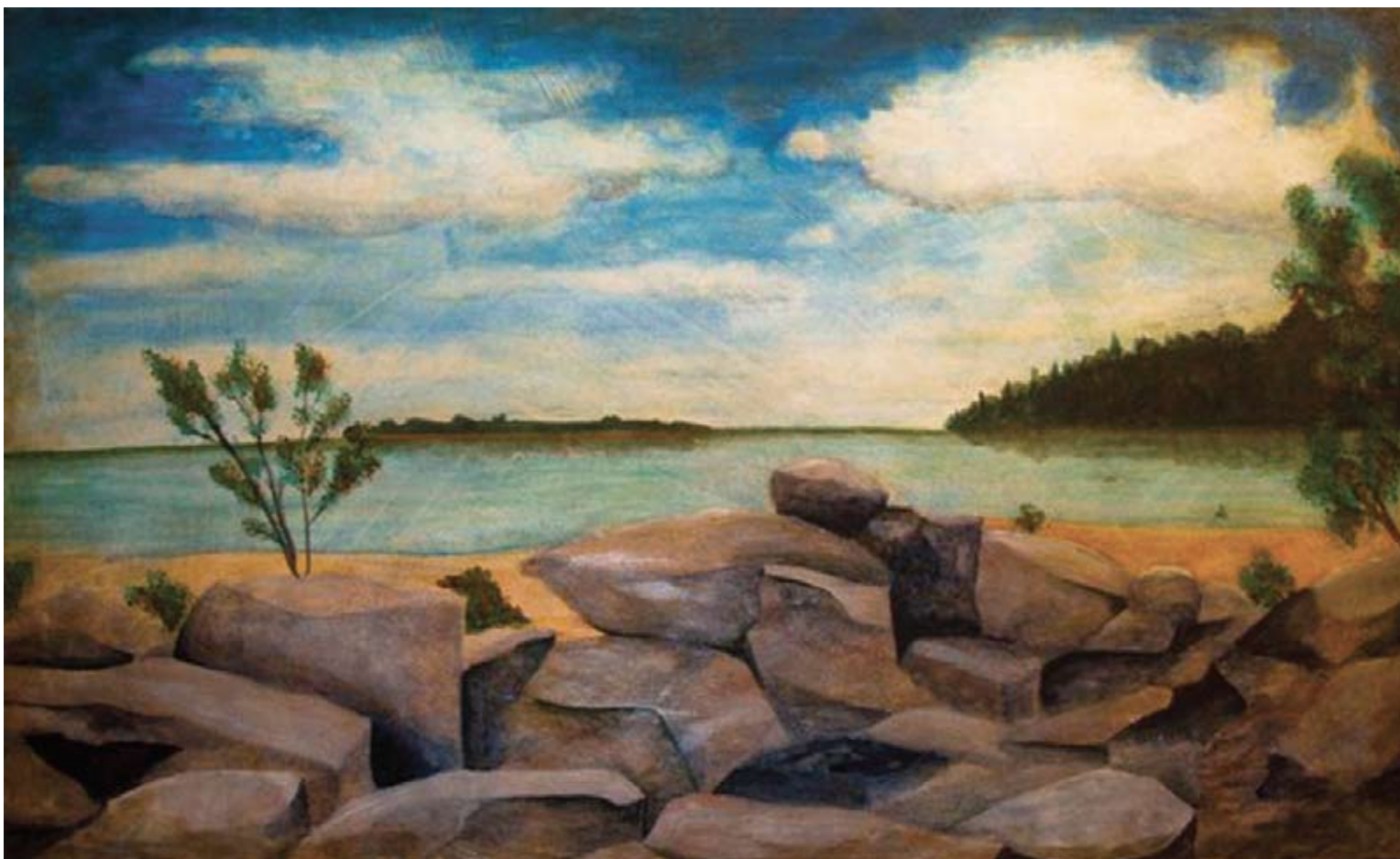
painting by retired staff member Frank Anatol.

Artwork on display represented a variety of media, including watercolour and acrylic paintings, photography, sculptures, woven pieces and embroidery.

"We had so many interesting pieces this year," said curator Suzanne Luke. "The talent that our community possesses continues to pleasantly surprise me. I look forward to seeing the submissions each year."

The show was sponsored by the Laurier Bookstore, and was an open call, which meant any interested member of the Laurier community could submit artwork.

"Exhibiting in this show is a unique opportunity to demonstrate a different side of us here at Laurier," said Laurie Minor, a Faculty of Education staff member whose painting was featured in the show. "Many of us have the image of being merely professionals in whichever field we are associated with. To me, the staff and faculty art exhibit offers a rare glimpse into our creative side, which many of us do not openly share with others."



Serenity and Peace, 2007, acrylic on canvas, 24" x 36" by Laurie Minor.