

University To Honour Senator Paterson

Senator Norman McLeod Paterson, recognized numerous times in the past for his contributions as builder and philanthropist in the Canadian Lakehead since the turn of the century, and in Ottawa since being called to the Senate in 1940, will celebrate his ninetieth birthday on 3 August, 1973. In honour of the occasion, and in recognition of Senator Paterson's outstanding contribution to Lakehead University as its founding Chancellor, 1965-1971, the University will confer upon him the degree of Doctor of Civil Law (honoris causa) in a Special Convocation Ceremony at 4:00 p.m., 2 August, 1973, in his home at 500 Wilbrod Street, Ottawa, Ontario.

Although Senator Paterson has not held permanent residence in Thunder Bay since accepting his Senate appointment in 1940, his presence continues to be felt in the imposing grain elevators and massive shipping industry which he was most instrumental in founding since first arriving in the Lakehead in 1908.

Born in Portage la Prairie, Manitoba, 3 August, 1883, Senator Paterson was educated in local public schools and at the Wellesley School in Toronto. He began his career with the Manitoba Railway and Canal Company in 1897, later joining the Great Northern Railway of Canada as telegrapher and rising to the position of purchasing agent before resigning in 1903 to go into the grain business with his father.

In 1908, he founded and organized N.M. Paterson and Company, Limited, now succeeded by N.M. Paterson and Sons, Limited, owners and operators of large numbers of grain elevators in Ontario, Manitoba and Saskatchewan, as well as many freighters on the Great Lakes. In addition to his business accomplishments, Senator Paterson has been responsible for considerable public contribution in Thunder Bay. He was alderman of the City of Fort William in 1919. He helped organize the Canadian Club and the Fort William Ski Club. He donated his home to McKellar Hospital in Fort William and a Cobalt Bomb Installation to Port Arthur General Hospital. Even in his absence he has continued his active citizenship to the point of donating a park and municipal parking area.

Since accepting his appointment to the Senate in 1940, he has continued his strong citizenship in Ottawa. His numerous donations to Carleton University have been instrumental in the development of many new buildings, programmes, and student awards. He has served as a member of the Board of Governors at Carleton since 1947. That University honoured him with an honorary doctorate in 1959.

Senator Paterson continues to have far-flung business and community interests and responsibilities. He is president of Western Engineering Service, board chairman of the Royal Edward Hotel, past-president of both the Canadian Club of Canada and the Victorian Order of Nurses. He is a patron of the Ontario Federation of Anglers and Hunters, as well as the Orpheus Operatic Society.

He was appointed Knight of the Order of St. John by King George VI in 1945. He married Eleanor MacDonald in 1915, and has six children.

The Lakehead University Board of Governors, Senate, Faculty Association and Student Union will take an active part in the Special Convocation Ceremony, to register the appreciation of all segments of the University for the many years of support Senator Paterson has so unselfishly afforded Lakehead University.

New Appointment

F.X. Shea, Chairman of the Board of the Lake Superior Association of Colleges and Universities, has announced the appointment of Dr. Donald Fouts, Illinois educator, as Executive Director effective August 15, 1973.

Prior to accepting the appointment Dr. Fouts was head of the Department of Higher and Continuing Education and Assistant Superintendent of Public Instruction for the state of Illinois. Earlier he held teaching and administrative posts at Western Illinois University and Northern Illinois University.

Fouts earned his B.A. degree at the University of Chicago and his Ph.D. in political science at the University of Minnesota. He is a member of the American Association for Higher Education, the Adult Education Association of the United States and the American Political Science Association. He is married and has three children.



ren. The Lake Superior Association of Colleges and Universities was formally organized at a two-day meeting held at Lakehead University, Thunder Bay, Ontario, Canada, in October of 1972.

According to Shea, who is also President of the College of St. Scholastica, the purpose of the Association is to develop cooperative links among the institutions which will improve academic programs, expand educational opportunities, and increase the efficiency of institutional operations. The Executive Director will be responsible for planning and coordinating these joint endeavours.

Mental Practice Studied

Mr. Bob Elvin and Mr. Eero Vuorinen who are teachers at Hammarskjold High School recently completed a study entitled "The Effects of Mental Practice on Motor Performance and Learning". These teachers completed a course given by the Lakehead University B.P.H.E. Department and headed by Professor Gordon T. Garvie in the area of Human Motor Performance and Learning.

Well, what about mental practice and rehearsal and how does it affect performance and learning? Elvin and Vuorinen cite studies by Vandell (1943) and Twining (1949) which indicate that mental practice does in fact aid performance, although learning was not specifically examined. Other studies by Clark (1960) and Start (1960) have found that learning has been positively affected by mental rehearsal.

The two teachers examined the effects of mental practice on performance and learning on the labyrinth game. This game may be found in novelty stores and requires manual manipulations of dials in order to move a steel ball around a maze on a moveable platform. Two groups of people were defined: Group A (control) - This group practiced for 15 trials with no mental practice; Group B (experimental) - This group practiced for 15 times but with trials three to thirteen under conditions of mental practice.

A trial was defined as practice until an error was committed at which time the subjects received a thirty second rest break. This is where the main practice difference occurred. The control group (a) read names and phone numbers

out of the phone book to occupy themselves while the experimental group (b) observed an expert practising the task and mentally rehearsed the desired physical movements.

Several scores were calculated once all the subjects were tested. (a) *An initial score*, the average of trial one and two indicated no significant difference between the groups to start with. (b) *A performance score*, the average of trials 3 - 13, was the second calculation made which also indicated no significant difference between the two groups although the experimental group performed slightly better than the control group. (c) *the final calculation*, that of a learning score (average of trials 14 or 15 minus the average trials of 1 and 2), resulted in a significant difference between the two groups. The mental practice group learned more than the control group.

These results then support the findings of Clark (1960) and Start (1960). Mental practice of a physical activity does seem to aid in learning. Mental practice seems to aid the performance as according to Vandell (1943), Twining (1949) and others. This type of work has a definite and logical application to teaching and coaching. For example, we all know that periodic rest breaks aid performance as fatigue, both physical and mental, may dissipate. Why not then, to increase learning efficiency, interpolate mental rehearsal during actual physical practice rest breaks? This is logical as time is saved and the participants learn at faster rates.

Let's make direct application to hockey, young boys are being instructed on how to perform the slap shot. They practice the skill physically until they become tired. The coach orders a rest break while he demonstrates again and the boys continue to practice but now mentally. Then they return to physical practice. Don't you think learning rates would increase?

The results of this study can only give insight into coaching since the task used doesn't even remotely resemble hockey although it is a physical activity. We may now ask what is the best combination of physical and mental practice for hockey? Does this vary with skill level and are there differences depending upon the sport? These and many other questions are asked.

In other areas such as feedback or knowledge of



results, is feedback about performance essential for learning? When should it be given and in what form?

In order to efficiently instruct sports it is most beneficial to study the area of human motor performance. For all you amateur coaches out there, sure you're pressed for time and you coach because in some cases nobody else would do it. But, by examining these basic problems you will enjoy your teaching more, receive greater satisfaction, the participants will become more skilled and you as an instructor will be admired more for simply throwing the puck on the ice, umpiring a scrub game of baseball often-times called a practice or simply getting boys together to wrestle with no thought of detail. Keep up the good work you are doing while at the same time improving your teaching methods.

Watch For It

Portions of language training sessions in the regular French and English Immersion Programmes at Lakehead University will appear on local Cable Television in the coming weeks. The first in a series of six programmes will appear on "Ethnic Report", Channel 7, Tuesday, July 31, at 6:30 p.m.

Drama Award

The Clifford E. Lee Award is a National Playwriting competition and Playwright-in-Residence program, designed to encourage Canadian writing of importance to the stage, while at the same time affording the playwright in-depth experience of the process of stage production. The program and Award are jointly sponsored by the Clifford E. Lee Foundation (Edmonton), and the Department of Drama at The University of Alberta, Edmonton. The winning play will be produced by the Department.

A prize of \$1,500, plus travel and in-residence expenses, will be awarded to the playwright whose script makes, in the opinion of the Selection Committee, the most significant contribution to the Canadian Theatre, and which satisfies the selection criteria. The winning playwright will live in residence at the University of Alberta, as a guest of the Department, during the rehearsal period. All production expenses will be

paid by the Department. Deadline for the script entry: November 30, 1973.

For further information write: The Clifford E. Lee Award, Department of Drama, The University of Alberta, Edmonton, Alberta.

New Officers

As of July 5, 1973, the student executive for the Summer Session Society of Lakehead University is as follows: President, Lynda Pettit; First Vice-President, John A. Butler; Vice-President, Rick Potter; Director of Finance, Laurie Fraser; Secretary, Carol Crabe.

Interstellar Editor

Dr. J.S. Griffith has been appointed to the Editorial Board of the Journal of Interstellar Studies. This new journal will cover the field of scientific research into interstellar communication and exploration. Topics such as biological and biochemical investigations into the evolution and means of detecting planets; interstellar propulsion methods and spacecraft; radio or other techniques for contacting extraterrestrial civilizations, if such exist; the probability of other intelligent life in the universe, will be included in the journal.

In the 1930's the British Interplanetary Society was pursuing the idea of lunar and planetary missions when such ideas were unfashionable. Over the past twenty years we have seen manned lunar missions and various planetary probes become a reality, and the Society has decided to raise its sights by initiating this new journal and move into a realm which at present may appear to be science fiction, but which may yield discoveries which would remove the last vestiges of egocentrism from the human race.

At one time the Earth was considered to be at the centre of the universe, then it was the turn of the Sun to be thought of as central. Eventually we discovered ourselves to be inhabiting a small planet orbiting a mediocre star in the outer regions of an average galaxy. At present the only unique aspect left to our planet is the presence of life, and reputable scientists have put forward the proposition that life spores may exist on Mars. Other scientists have discovered planets around other stars, but the existence of life forms elsewhere is as yet undecided.

weekly events

- Thursday
July 26 —Canadian Chamber Ensemble, 8:30 p.m.
University Centre Theatre.
- Friday
July 27 —Summer Session Dance, "Trinity Freak",
9 p.m. - 1 a.m., Cafeteria
- Saturday
July 28 —Summer Session Dance, "Trinity Freak",
9 p.m. - 1 a.m., Cafeteria.
—Summer Session Movie, "Summer of '42".
6:30 - 9:00 p.m. University Centre Theatre.
- Sunday
July 29 —Summer Session Movie, "Summer of '42",
6:30 - 9:00 p.m., University Centre Theatre.
- Wed.
August 1 —Summer Session Beer Garden, 4:00 - 8:00
p.m., Cafeteria.
- Friday
August 3 —Summer Session Dance, "Brutus", 9:00
p.m. - 1:00 a.m., Cafeteria
- Saturday
August 4 —Summer Session Movie, "Glen and
Randa", 6:30 - 9:00 p.m., University Centre
Theatre.
- Sunday
August 5 —Summer Session Movie, "Glen and
Randa", 6:30 - 9:00 p.m., University Centre
Theatre.

Accreditation

Dr. Andrew D. Booth, President of Lakehead University, recently announced that the School of Forestry has been accredited by the Ontario Professional Foresters Association. This means that all degree graduates of the school will become Registered Professional Foresters upon application to the Association.

Among the Lakehead University faculty who are active in the Association, Ken Hearnden, Chairman of the School is a past president, and John Blair is currently Northern Counsellor for the Association.

Ensemble Visits

The Canadian Chamber Ensemble will be the guests of the Thunder Bay Symphony Orchestra on Thursday, July 26. The Lakehead University community and public at large are invited to take in the performance, which is scheduled for 8:15 p.m. in the University Centre Theatre. There is no admission charge.

meetings

Manitoba Trip

From Friday, July 20 to Sunday, July 22, staff and students of the Summer Immersion Programme travelled by bus to southern Manitoba to join in a social weekend with the immersion students of the University of Manitoba.

The group arrived in Winnipeg Friday evening, settled into Taché Hall at the University of Manitoba, and participated in folk singing and dancing with the students there.

Saturday and Sunday were spent touring the area. Stops on the excursion included the Planetarium and Centennial Building in Winnipeg, the Parliament Buildings, the Musée Historique de Louis Riel, as well as tours of the University of Manitoba campus and the Winnipeg Zoo.

Dr. M. Colina, director of the Lakehead University programme, thanked his counterpart, Professor Philip Clark of the University of Manitoba, for making the group so comfortable.

