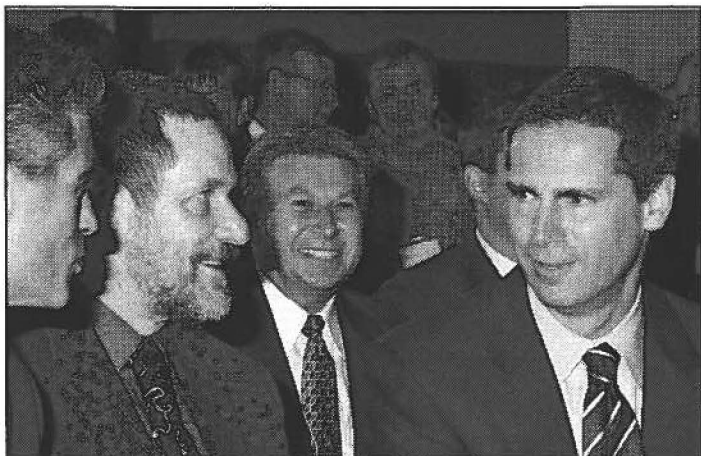


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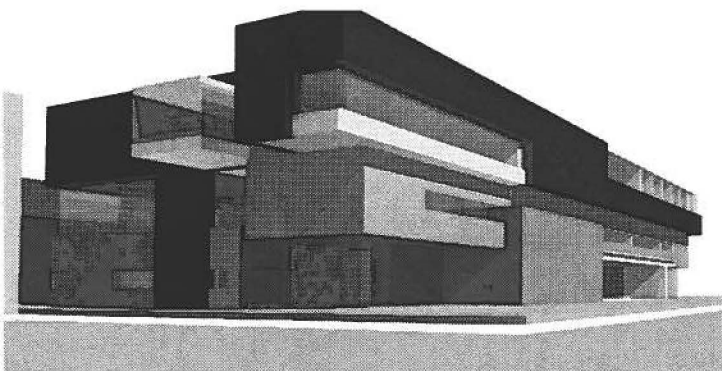
A Newsletter for Faculty,
Staff, and Friends of Lakehead University
October 2004, Vol. 21. No.4



(l to r) Bill Mauro, Dr. Roger Strasser, Ken Boshcoff, and Premier Dalton McGuinty

● We have a historic opportunity to make Ontario's health care system responsive today for the generations to come," said Premier Dalton McGuinty. "With the same hard work and perseverance that helped create the Northern Ontario School of Medicine, I know that we can deliver the high quality health care that Northerners, and all Ontarians, want and deserve."

Architectural Rendering of the new School of Medicine Building



Stories you may read online at agora.lakeheadu.ca

1. School of Medicine Breaks Ground

Ontario Premier Dalton McGuinty was at Lakehead on August 26, 2004, to participate in a historic ground-breaking ceremony for a new \$8-million building for the Northern Ontario School of Medicine.

2. Profiles

Dr. Laurie Hayes, Vice-President (Academic) and Provost

Dr. Rui Wang, Vice-President (Research)

Dr. Lauri Gilchrist, Associate Vice-Provost (Aboriginal Initiatives)

Dr. Gary Boire, Dean of Graduate and International Studies

Dr. Daniel Hunt, Campus Dean -- West, Northern Ontario School of Medicine

3. Department Feature:

Lakehead University Student Union

Student-centred learning is central to Graham Strickert and the projects he is championing as President of the Lakehead University Student Union.

4. Campus News

Construction begins on Multi-Sport Athletics Complex; In Our Shoes -- Disability Etiquette and Sensitivity: A Guide to Positive Interactions; Blue Bag Blitz; Name Changes

... continued on page 2

Ms V. Bonnie Moore
Alumni/Advancement

Lakehead
UNIVERSITY

Stories you may read online at agora.lakeheadu.ca

5. Accreditation

The Northern Ontario School of Medicine has been granted a provisional accreditation status for Year I by the Liaison Committee of Medical Education (LCME) and the Committee on Accreditation of Canadian Medical School (CACMS).

6. Paleo-DNA Lab receives Accreditation

Lakehead University's Paleo-DNA Laboratory is the first university laboratory in Canada to become accredited by the Standards Council of Canada (SCC) for Forensic DNA testing.

7. Dr. Walter Epp appointed to Kosovo Educator Development Project

Lakehead University Associate Professor of History Education has been selected to support Kosovar Educators in advancing the educational reform process.

8. Honors & Awards

Sarah Link; Kezia Pickard; Banana Split.

"One of the objectives of this program is for students and faculty to gain an understanding of the different cultures. How do engineers in Mexico, for example, address problems in the areas of environmental sciences and engineering?"

"Students who take part in the exchange program will have the opportunity to prepare themselves as internationally trained professionals, capable of confronting global problems with integrated and interdisciplinary perspectives. They will have the language skills, knowledge of other cultures, and understanding of global markets to be really effective."

To date, Panu has held one information session on the program and has been approached by two Lakehead civil engineering students who want to spend the winter term at either Louisiana State University or at Purdue University in Indiana. (The expected duration of study will vary from a minimum of one semester to a maximum of one year.) He is hoping to drum up more interest among students by hosting another information session and submitting articles to the *Argus* this fall.

The student exchange program is being administered collectively by International Academic Mobility (IAM), Learning and Literacy Directorate, Human Resources Skill Development Canada (HRSDC); the Fund for Improvement of Post Secondary Education (FIPSE), US Department of Education; and the Dirección de Desarrollo Universitario, Secretaría de Educación Pública (SEP) in Mexico.

The Project Co-Director at the University of Regina is Dr. Gerald Fuller, Professor and Chair, Environmental Systems Engineering Program. ■

For more information, contact contact Dr. Umed Panu at 343-8678 or by email: umed.panu@lakeheadu.ca

Exchange Program Promotes North American Mobility

by Frances Harding

Does the idea of spending a semester in sunny Mexico appeal to you? How about in the United States?

If you are concerned about issues in water resources, engineering, environmental sciences, and natural hazards, and want to benefit from the experience of studying in another country, contact Dr. Umed Panu.

Panu is a Professor of Civil Engineering at Lakehead and the Project Director of a trilateral initiative that will see up to 42 students (14 each from Canada, Mexico, and the United States) studying at six different universities over a four-year period.

The six universities include Lakehead University and the University of Regina in Canada, Louisiana State University and Purdue University in the United States, and the Universidad Nacional Autonoma de Mexico and the University de las Americas, Puebla, in Mexico.

Panu believes the Student Exchange Program will offer tremendous opportunities for everyone -- the participants, Lakehead's Faculty of Engineering, and the profession at large.

President's Message

by Dr. Fred Gilbert, President, Lakehead University

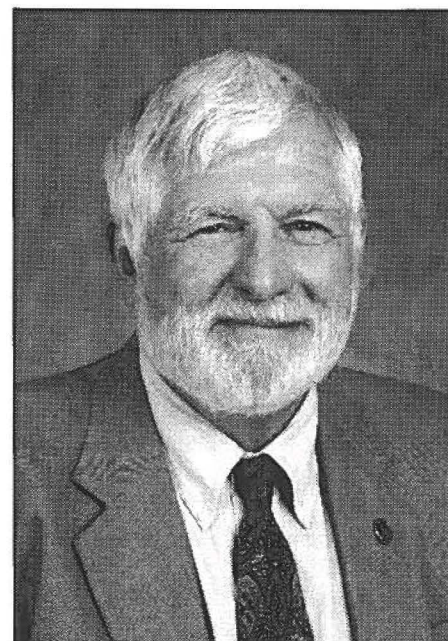
Welcome, everyone, to a new academic year. As you can see elsewhere in the Agora, we also welcome a number of new people -- faculty, staff, and administrators -- to the University. This summer has seen intensive competition for students, with the southern Ontario universities trying to maximize incoming numbers to compensate for budgets that were based on revenues promised by the former government. The only new money available is for growth, as the Quality Assurance funding did not materialize. This has meant budget reductions at many other universities in the 2-4% range. Fortunately, we based both our revenue and growth on conservative estimates, and it appears we can weather next year barring an unexpected expense.

The good news is that Bob Rae is conducting a review of the post-secondary sector, and I am convinced that he not only understands the needs of the system but also is aware of the special challenges to, and importance of, the northern universities. We still require that our unfunded Basic Income Units (BIU) situation be rectified. This alone would solve a good portion of our budgetary concerns and help assure that the remaining \$3-million debt is paid off within the expected time frame.

I firmly believe that Lakehead University will soon be recognized as the standard for performance in smaller comprehensive Canadian universities. Considering all the challenges we have dealt with successfully and the growing reputation of our research and teaching programs, Lakehead is a model of efficiency and productivity. We have not been satisfied with the status quo but have made strides to be a leader in post-

secondary education. We have made a commitment to more reasonable workloads and have completed our second Strategic Plan; and the second Campus Climate Survey shows us making progress on many fronts. While much remains to be done, we can take pride in our accomplishments as a community.

I wish you all a successful and productive year! ■



Dr. Fred Gilbert

40th Anniversary

by Heather Ives

The year 2005 marks the 40th anniversary of Lakehead University, and the Alumni Association, along with the campus community, invites you to join the festivities. Currently, plans are underway to hold celebratory events throughout the year, with our "Celebration Weekend" taking place September 8-11, 2005. All alumni, students, and friends are encouraged to attend as we honor our past accomplishments and look forward to future success. Possible activities for the weekend include a golf day, campus tours, open houses, the grand opening of the Northern Ontario School of Medicine, BBQs, gala dinner and much, much more. If you have an idea for an event please let us know.

Class and small group reunions will also take place over the weekend. Classes from 1965 (40th), 1970 (35th), 1975 (30th), 1980 (25th), 1985 (20th), 1990 (15th), 1995 (10th), 2000 (5th) are encouraged to celebrate their own unique anniversaries. As well, other small group reunions are also welcomed as part of the Celebration Weekend. The Office of Alumni Relations will offer assistance in planning reunions by providing mailings, helping to find lost classmates, booking venues and meals, and coordinating any other special details.

Of course, a weekend like this would not be possible without the help of many volunteers. Opportunities exist for volunteers to assist in various roles over the next year including participating in planning committees, organizing reunions, as well as assisting at the weekend itself. Make the "Celebration Weekend" an event you won't forget. Contact Heather Ives at (807) 346-7784 or by email: 40years@lakeheadu.ca or check out the website: www.lakeheadualumni.ca/40years ■

The Perfect Warm-Up

Tips from the world of competitive wrestling that have applications beyond athletics.

by Rachel Dean

Do you get really nervous before your wrestling matches? Do you start thinking about all the possible things that could go wrong? If so, then you are experiencing anxiety, which is a normal response to a situation where you feel threatened. There are two kinds of anxiety: cognitive (psychological) and somatic (physiological). Too much of either kind can hinder your performance, however, you need some somatic anxiety in order to arouse your body and get you ready to compete. The key to preventing negative thoughts from hindering your performance is mental preparation.

In the book, *Wrestle Your Perfect Match*, Coach Beasey Hendrix, a former US Olympic Greco Psychological Skills Coach, recommends designing a "perfect warm-up" that you do before each and every match. This warm-up becomes a ritual for you and becomes an automatic way for you to prepare for each match. Instead of using your warm-up as a time to worry and be anxious about your upcoming match, use the time to focus on your goals, get in your zone, and get your mind and body ready to wrestle.

Write down your perfect warm-up, step by step, including a detailed description of what you will be doing, what you will say to yourself, what kind of music you will be listening to, and who will accompany you. By performing the same warm-up

before each and every match, you will eliminate the negative thoughts that occur when you do a random warm-up. Whether you are wrestling a novice or last year's champion, you will do the same warm-up and think the same thoughts and cue words.

Think of cue words that you like to use and thoughts that you would like to think before your match. Some examples of cue words include: "explode," "drive," "punish," and "power." Examples of thoughts or affirmations include: "I am unbeatable," "No one can turn me," and "I control the tempo."

In order to help you implement your perfect warm-up, Coach Hendrix suggests creating a tape which has both music and dialogue on it. The dialogue could be your own voice, your coach's or the voice of someone who motivates you.

Listen to the tape each time you are getting prepared to wrestle in order to help you think positively. If outside thoughts enter your head, stop them immediately and focus back to the voice on the tape. Try to implement some of these strategies in the upcoming season as a method of controlling cognitive anxiety so that you can wrestle your best against each opponent you face. ■

"You don't have to set your sights on winning all your wrestling matches, just the next one." — Beasey Hendrix

Rachel Dean is a Master's student in Kinesiology with specialization in Gerontology. She wrote this article for the Ontario Amateur Wrestling Association.



Agora Online

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