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Pro Tem



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Strike Is Over

By Stefan Liale

"I think you'll see a heavy negative vote," says YUFA chairman, Hollis Rinehart regarding the tentative two year contract.

After the two day strike, the professors and librarians will now vote on a tentative two year contract that would give them 0.5% more in the first year than the administration had offered them before the strike began. The second year settlement will be a choice of one of three deals in which the one providing the biggest increase will be accepted.

The tentative two year contract agreed upon by the administration and YUFA negotiators will be voted on for ratification in one week to ten days. "It's on the low side (but) it was an 'acceptable' settlement," said Rinehart.

After negotiations came to a halt last Monday, the faculty member went on strike the next day. According to Rinehart, approximately 2 out of 3 members voted to strike at Glendon College out of the 80% who voted.

Asked why YUFA went on strike if a settlement was so close (0.5% increase accepted), Rinehart said it was a "demonstration by members that they stood by their faculty members".

He also put the blame on the administration saying, "they leave things to the last minute, they stall and this spills over to a strike." YUFA had been without a contract since April of this year.

On the issue of the pensions, Rinehart admitted "(they) weren't able to make much progress there." YUFA offered to take one percent out of their salary increase and put it toward their pension if the administration would match their 1% into the fund. The administration said no.

Regarding sabbaticals, YUFA was able to have the administration rescind their policy of dictating who would be eligible to go on sabbatical. Instead YUFA members will have a greater say in this area.

The issue of mandatory retirement was resolved by the administration agreeing to put a stop to this policy at York University. Two professors forced to retire last summer will be reinstated.

On the issue of class sizes, there was no agreement made. The administration and faculty are still far apart on the problem. "That will continue to be a contentious issue," says Rinehart.



Photo André Lévesque

From the onset, the administration claimed it didn't have enough money. Government funding persists to be a problem, and York is ranked 14th out of 15 in receiving funding per student from the province. "If you would put U of T in a per capita basis like York, they would immediately lose \$56 million," according to Vice-President (Finance & Employee Relations) Farr of York University.

YUFA maintained York did have enough money to give the faculty the increase they wanted. Instead the administration was charged with putting this available money and borrowing more money towards the construction of new buildings. The construction projects undertaken would put York in debt \$4 million and paying an annual debt of \$100,000. The administration cited the need for new buildings, since statistically York

is last in Ontario in space per student.

With many issues not resolved, it was asked if faculty members will ratify the settlement. "There is a wide range of opinion," Rinehart said; and there is a chance it will not be ratified. If that occurs, negotiations will resume again, but on the question whether faculty will go back on strike, Rinehart said, "no."

Le centre d'orientation et de consultation



Photo Marie-Claude Petit

Par Marie-Claude Petit

Le centre d'orientation professionnelle et de consultation psychologique se situe au rez-

de-chaussée du pavillon Glendon (local 116). Désireux de répondre au divers problèmes rencontrés par les étudiants, le

centre offre un vaste choix de services, tant au niveau de l'orientation que de la consultation.

Le centre met au service des étudiants deux conseillères: Nina Josefowitz et Pam Broley, toute deux bilingues. Des rencontres personnelles, entièrement confidentielles sont offertes. Ces consultations peuvent être de natures diverses. Beaucoup de problèmes se posent au niveau scolaire: tension créée par les études, difficultés dans l'organisation du travail, stress engendré par les examens. Les spécialistes du centre vous aideront à surmonter ces difficultés scolaires ainsi que des problèmes strictement personnels qui peuvent se présenter.

Le centre offre aussi de nombreux services au niveau de l'orientation professionnelle. Il dispose d'une documentation particulièrement élaborée sur

les possibilités d'emploi au Canada, au sein du centre de ressources. Des informations sur les études de 2e et 3e cycle sont aussi disponible.

Pour ceux dont le choix d'orientation demeure encore confus, il est possible de passer des test d'intérêts et d'aptitudes. Ces test permettront aux conseillères de mieux vous guider dans le choix de votre carrière, considérant vos intérêts ainsi que votre personnalité.

Au niveau de l'orientation professionnelle, le centre favorise vos contacts ultérieurs avec le milieu du travail. Il vous permet l'apprentissage de techniques nécessaires face à la recherche d'un emploi, à la présentation d'un curriculum vitae et à la préparation d'un entrevu.

Le centre organise des "groupes" abordants diverses difficultés auxquelles l'étudiant doit faire face. Ces groupes,

comptant une dizaine de personnes porteront entre autre sur l'apprentissage ("savoir apprendre") et le stress. Les groupes "savoir apprendre" sont le lundi 12-1:30 pour les anglophones, le jeudi 3-4:30 pour les étudiants adultes et le vendredi 12-1:30 pour les francophones. Les étudiants intéressés par ces groupes n'ont qu'à se rendre au centre aux heures mentionnées. En ce qui a trait aux autres groupes, veuillez vous adresser au centre pour plus d'informations.

Les services du centre d'orientation et de consultations sont très variés. Que vous affrontiez des problèmes de nature scolaire ou personnelle, on vous écoutera avec attention, on répondra à vos questions et on vous guidera.

AS I PLEASE

by Matthew Alexander

As of the early morning of Tuesday, October 8th, 1985, the York University Faculty Association was on strike. As I have dealt with my views on the financial issues presented, I will concentrate the focus of this column on the concept of teaching as a profession. (Just as interesting, but unfortunately not discussed this week is a column on why the supposed intellectual elite of the system, our professors, and the administration of a highly renowned university could not reach a simple agreement after SIX MONTHS of negotiations.)

This column will not attempt to place blame on anyone's doorstep. What I wish to consider is the question of teachers as professionals. Is being a university teacher or professor just another job, like being a postal clerk, or a TTC driver? Or is it in fact a form of calling? Is it a SERVICE, like the police, the armed forces or the medical profession? People enter these fields knowing full well that they will often be required to give that little bit extra, an extra that other jobs do not have to face. A doctor will be yanked out of bed at 4 am because one of her patients has broken a hip, a soldier knows he may be shipped to Cold Lake or Cyprus, and so on. While the requirements of teaching at a university are not of this nature, the fact remains that there are PEOPLE DEPENDENT ON YOU. Being in the teaching profession immediately places a professor in a position of being responsible for the well-being (in this case intellectual or career well-being) of others. Students have nowhere else to go.

What raises teaching to this somewhat exalted, perhaps thankless level?

Well, as noted above, part of it is dependent on the position

of the teacher, but this is not all.

The teacher's role revolves around the existence of the STUDENT. It is the student and his role in the institution that removes the professors from the run of other jobs.

Why is a student at school? As a general rule, he or she is there because they desire to be better qualified for their re. Thus the removal of the service of teaching does not simply remove a good from the market; it places a direct obstacle in the lives of thousands of people. It is a denial of the right to progress smoothly on the road to one's future.

It is very hard to picture a sector of society that is more helpless in the face of labour strife than a student. He cannot use another form of the provided service; he cannot switch suppliers. He has to sit tight while two factions, administrative and union, fight it out. The student has no input whatsoever in the process something other consumers often have in labour negotiations.

But as we have seen, the student, in terms of his rights and position, is far more vulnerable than a consumer. A consumer often has a way around strike. During a TTC strike, one can ride a bike. During a postal strike, a business can use a private courier service.

Who is a student to turn to? They can turn to no one, for they rely on their professors to do what they are hired to do. And when those same professors simply shut down the system and say "no more", there is absolutely nothing we can do. It seems that our professors have forgotten the meaning of the word RESPONSIBILITY. This is not the way to set an example for Tomorrow.

CLASP: Legal Aid It's Free

By Stefan Liale

On October 7, Osgoode Hall Law School had set up their first "Legal Aid" clinic at Glendon College.

Last year the Glendon College Student Union voted in favour of having one dollar of each Glendon student's fee put forward to establishing the Legal Aid clinic at Glendon. The Legal Aid clinic, part of the Community and Legal Aid Services Programme (CLASP), is free to all those attending York University.

The clinic is run by students from Osgoode Hall Law School who work under the "guidance" of a full-time staff lawyer.

During the school year these law students work on a volunteer basis. The only payments an individual using their services might have to make is in regards to items such as forms and court costs.

The clinic is able to help a student with a variety of cases in the area of criminal charges, small claims court (up to \$3000), tenant rights, welfare and family benefits, employment rights, etc.

The Legal Aid clinic will come to Glendon every Monday, holding meetings in the Heartheroom until the end of the school year. Again, there is no charge for the service and you can

request either a French or English speaking law student. You should make an appointment beforehand for a time slot on a Monday. They cannot give advice over the phone.

For an appointment, telephone 667-3143, or you can go in person to Room 125, Osgoode Hall Law School, York University, 4700 Keele Street.

The Legal Aid clinic is a long time in coming to Glendon College and with the nominal amount of money GCSU pays for the service, Glendon is getting not only a great benefit but a great deal.

Finding Elixir

By Kevin McGran

The littlest known of all Glendon activities or clubs is Elixir, Glendon's literary magazine. Due to bad timing, lack of funds and, perhaps, poetic apathy, Elixir comes in last in terms of student awareness. In an attempt to give a higher profile, this article is being written, and thanks to ProTem, published.

For those of you who do not know, and that means about 95% of you, Elixir publishes, every year, poetry, prose, and short stories of the Glendon population. Photographs and drawings are also considered. Elixir is faithfully organized by

its editors, but by the time enough quality material is amassed, it is not until exam time in April that Elixir is available — a time when students have more pressing matters to attend.

Funded by the GCSU, the Dean's Office and a grant from the Ontario Government, Elixir is available free to anyone who desires a copy. It is available, usually through the French or English Departments.

Elixir publishes in French, English and, starting last year, in Spanish. Traditionally, Elixir has failed to attract massive entries and has had small copies. The last three years

has seen an about face of that trend. last year, due to energetic arm twisting, Elixir had enough quality entries for two volumes but, because of the high cost of printing, had to limit its size.

With the hope for more money this year, the Editors of Elixir are accepting entries in all three languages for this year's edition. Fear not, the editors do not change anything, they merely organize the book for print. The English Department is open for submissions. With a higher profile and a quality volume, Elixir should take its share of the Glendon limelight.



Your Views

Strike Three and We're Out ...Again

By Neil Orford and Kate O'Neill

Oh, well, I didn't need that \$1359.00 anyway. Strikes to York are becoming what Oktoberfest is to Wilfrid Laurier — an annual interruption. This year, yet again, York students have been denied their right to a decent education by a faculty-flock, misled by terrorist-shepherds. The YUFA executive must be held solely responsible for this strike. Their decision to use a slim 60% 'yes' vote as their mandate for a strike has split the union and choked most student sympathy for them, with the stench of foul logic. Indeed, some of the placarded professors parading their posts today, appeared at times "sheepish," while proselytizing their propaganda. However, let's not make too light of this crisis, for it is the students who remain the sole bargaining tool of the union executive in their battle with the administration. As tools, we should feel abused; in this campaign, we have obviously become weapons.

Because of the three strikes in two years, what will our degrees be worth? Isn't it enough that York must suffer as the fifteenth worst funded university in the province. Must we also have our budgets slashed and our programmes jeopardized merely to keep the school functioning? All this, yet the YUFA executive demand security in their materialism - 40,000 is not enough!

Acknowledging the glut of unemployed academics that exist in the world, who are young and eager to work, why must YUFA argue against mandatory retirement? Is it fear that motivates some professors to cling tenaciously to their offices, or merely avarice?

Some faculty members have not subscribed to the dogma of the union executive. Some professors believe their duty to the profession to be of greater importance than allegiance to the union — for this we commend them.

It is sad that York University is so underfunded by the province. It is sad that the Faculty feel underpaid and insecure. It is even sadder, however, that as a result of both, students will graduate from York University undereducated.

Counselling and Career Centre

By: Suzanne Aplin

This year, the Counselling and Career Centre has planned several workshops and counselling sessions to help the students with their plans for their career and studies.

One of these is a series of three sessions on 'Exam Anxiety Reduction' which helps students get in touch with their negative thoughts and helps them understand why they blank out during exams, etc. The main goal of these workshops is to help students identify their thoughts and learn to think positively about their exams. The workshop also teaches relaxation training (both mentally and physically). The first session is on Oct. 21st.

A series of four workshops will be given on 'Stress Management' starting October 17. This will deal with methods of relaxation, identifying sources of stress and ways to deal with

it. It will attempt to analyse life situations and show how to re-evaluate your way of seeing things.

There will be three workshops on career counselling which do things like matching your personality with a career, help you to decide what you can do with a B.A. in whatever field you are studying and will generally help you decide what to do with your life. There will be interest and personality tests involved in this process.

At the Counselling and Career centre, there are also many helpful people to guide you through these troubled times, if you prefer a more individual approach to counselling. Alena Strauss is one of the counsellors who is available on Wednesdays this term and two days a week next term. Her expertise is in career counselling, and she can help you decide what kind of

career is right for you and where to find information about this career. Strauss helps student with resumes and interview preparation as well.

Of course, you don't have to see a counsellor to use the Centre. There is a Resource Centre in the office which has lots of information on other educational institutions, both in North America and abroad. You will find information on employment, more career info such as various job descriptions and steps to take to pursue them.

The Glendon Counselling and Career centre offers a very practical kind of counselling on various aspects of life. There is probably something interesting for everybody, so drop by and have a look.

News Nouvelles

The Face of the Future

By Elizabeth McCallister

The President of the Council of York Student Federation (CYSF), Reya Ali is at present changing the face of student government at York University.

With three discussion papers, to date, Ali is remodelling CYSF to fit the new ideal of a centralized student government at York.

The new By-Laws are being examined by a lawyer, and this new constitution will have its first reading in the CYSF Council soon. After this reading, the Constitution will be presented to the CYSF constituencies for a 30 day review period. During this time, Ali will be welcoming suggestions from those constituencies. Following this, the document will have its final reading and, if passed, will be implemented. There will be no ratification referendum at the Keele campus.

Representation

Under this model each College/Faculty will have "three representatives to the committees." The President of CYSF will be elected by all the students. Student Council presidents will "automatically sit on the CYSF Board of Directors."

The "representatives will report back to their own Councils on the committee work while the President would report on the work of the Board" the document states.

The main purpose of this Council will be political and not social. Each Council will still have its own cultural activities. Ali hopes this Council will be better able to present student concerns to both the York University administration and

outside bodies.

Ali says one of his major priorities is "to get it (the new model) in place to do some effective work."

Glendon and Atkinson have yet to have arrangements made for their membership. Both Colleges are separate faculties in the university.

GCSU Invited To Join

Ali presented his models and invited the Glendon College Student Union (GCSU) Executives to join this summer. At that time, the Executive declined to give a definite answer one way or another.

If Glendon decides to join CYSF, it would do so under a separate by-law. This by-law is referred to as By-Law 8 — Bilingual Campus by-law (Glendon) in Ali's third document titled *A New Central Student Government At York*.

Should Glendon decide to join, some of its trust fund monies may be used to establish bilingualism within CYSF. There will be a Bilingual Director.

While Ali states, "the Speaker may be bilingual", the meetings will not. However, if francophones wish to address Council, the Speaker will interpret.

Glendon will receive special treatment and other York Councils feel this is fair. It is readily acknowledged by Ali that Glendon is separate geographically from the rest of York University.

Board Of Directors Will Negotiate

The new Board of Directors will "deal with Glendon" about

membership according to Ali. The Executive has already sent a list of demands.

Kathie Darroch, GCSU President, states it is "not a list of demands per se" but rather the GCSU Executive is "seeking to guarantee language rights of French and English." To do this at minimal cost to Glendon, Darroch states Ali has said CYSF "would absorb all costs of bilingualism." The Executive has tried to include in this CYSF document that the "Speaker, President, Secretary and Treasurer must endeavour to improve their French skills." It should be noted here that there is a francophone community studying at the Keele campus.

Darroch feels "now is the time to put it (the guarantees to Glendon) on paper. Yet, she admits, "No one has any information" since the talks to date have basically been informal. "It was sort of mutual agreement with nothing on paper."

Darroch was surprised Ali intends to have the new Board of Directors negotiate with Glendon. She "thought I was going to negotiate directly with him."

Glendon Ratification Referendum

However, Ali had requested the GCSU Executive draw up a tentative by-law by the end of October. The Executive asked for more time. Darroch declares "I don't want to do anything that everyone will regret." Since this by-law with its resultant CYSF membership "would change the whole (GCSU) constitution," she feels she must bring it to a referendum at



Photo Rob Bradt

Glendon.

Glendon should remain autonomous according to Darroch, since her understanding of the new centralized CYSF is that it will mean "a division of local concerns and university-wide concerns." Ali has stated he does not intend to replace individual student councils at York University but rather institute a centralized student government where students can voice their concerns more effectively.

"What, How Or Why"

Darroch still has reservations about membership in CYSF. "We're not certain what kind of special treatment we're going to get." She wants a definition of "special case. What, how or why; we're going to get anything."

Her impression is CYSF constituents who have been attending the meetings regularly (Calumet, Vanier, Bethune and Environmental Studies are

groups she mentioned) "all recognize we (Glendon) are different geographically and language-wise, and we should get some sort of guarantees."

The GCSU Executive is "trying to work within the system" Darroch states. She feels Glendon's attendance caused quite a stir. Darroch says they were "all surprised and impressed Glendon showed up for discussions"

"It's A Nice Feeling."

Ali has mentioned that he intends to hold the first meeting at Glendon. Darroch replies to this idea: "It's almost like an education for the people down there." She continues Glendon is "forever going up to meetings at York North. Finally, they — he is acknowledging that there is a Senate Chamber here where we can hold meetings. It's a nice feeling."

"They're recognizing that Glendon exists."

GCSU Strike Survey

By Elizabeth McCallister

"the most important obligation you (students) face is giving the Student Union the information it needs to represent your interests."

With this line, the GCSU student strike survey begins. The Executive prepared this statement last week during the strike by the York University Faculty Association (YUFA). On Thursday with the strike over, the Executive decided to go ahead with this survey anyway.

A copy of this survey is being mailed to every Glendon student. The GCSU Executive intends to use the results of the survey to assess the effects of the strike on students and their opinions on the strike. While the strike is finished, the GCSU Council intends to use the results of this survey to present an effective policy on this YUFA strike and strikes in the future.

Questions in the survey include what classes were affected by the strike and how. Follow-up questions are included as to the quality of the make-up work assigned by professors.

students whether they are willing to sacrifice their Reading Week due to a strike.

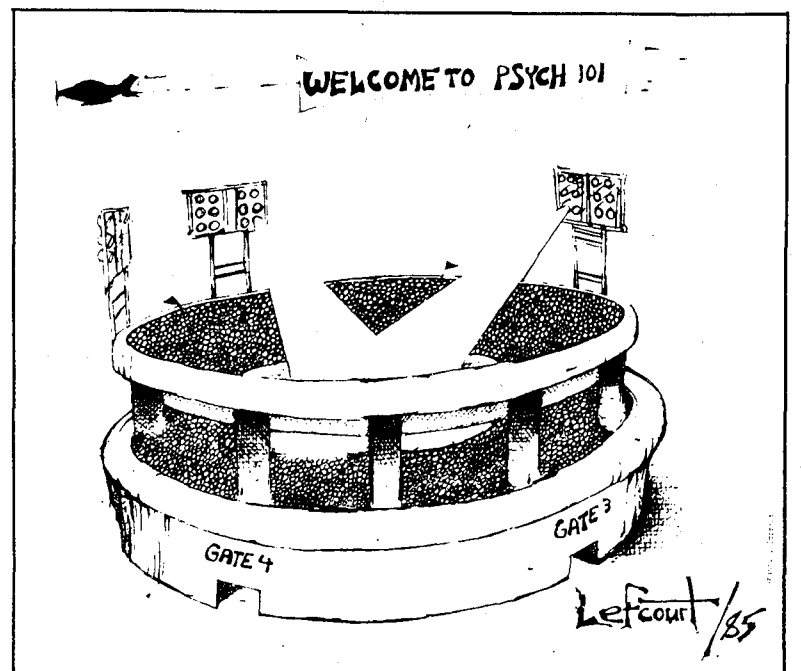
While the survey is now the primary focus, this mailing includes valuable information to students on their rights during a strike.

Students cannot be forced to cross a picket line during a strike. No academic penalty should be incurred for such a refusal.

However, it is illegal to threaten a striker in any way. The GCSU had recommended, "If the pickets wish to distribute their literature, accept it and cross the line politely."

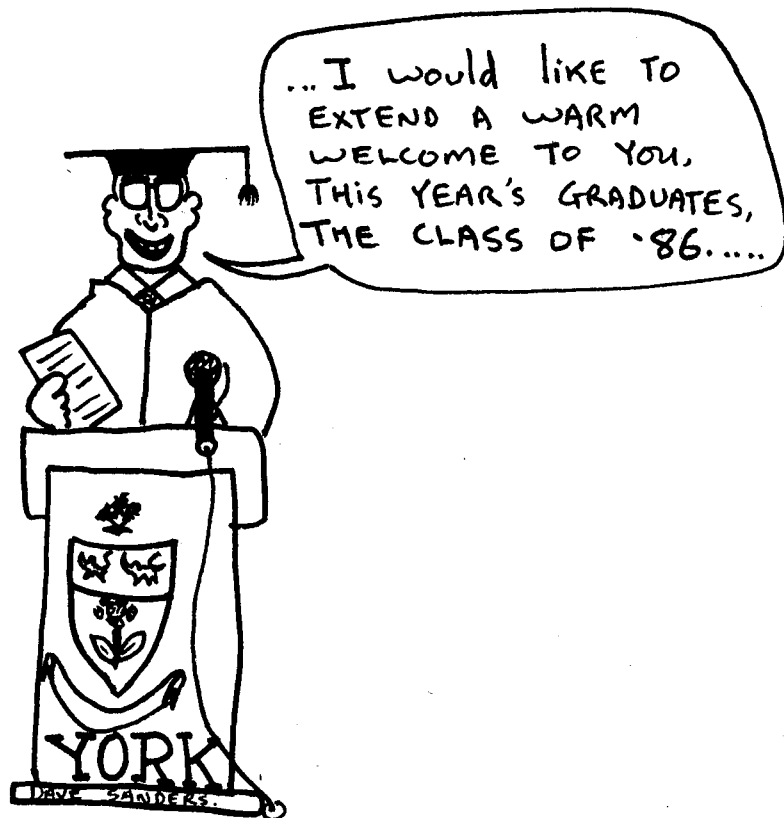
While this information is no longer immediately necessary, the GCSU is still providing students with basic information of what to do in the event of a strike.

All responses are confidential. Students may drop off their completed surveys at the Student Union office. The Executive ends the package with the statement: "Remember the people who are out there on the picket lines are members of our community. In other times, some of them have been our best friends. Let us not be hostile towards them."



Editorial

AUGUST
4
1998



YORK'S 3RD STRIKE WITHIN A YEAR.

Our Leaders

During the recent strike, the Glendon College Student Union (GCSU) Executive prepared two statements.

Both of the statements were masterpieces of diplomatic, pro-everyone doubletalk. Students who wanted the Student Union to take a firm stand were left disappointed. The Executive neither supported the Union nor the Administration.

In the second statement being mailed now to students, the Executive refers to students as "strike hostages" and on the next page refers to those taking the students hostages as our friends. They also advise students not to be "unnecessarily victimized" by the strike action.

To their credit, the Executive realized that for students, statements were not enough. To rectify this situation, the Executive is mailing a survey to students with an accompanying text of student rights and obligations during a strike. The Executive was going to attempt to set study sessions had the strike been of greater length.

This is nice, but why didn't the Executive come out and fight for students? It was within their powers to make a stronger statement to the press. Everyone would then have known how Glendon students felt about a strike that was viewed alternately as merely a demonstration that Faculty would strike, and a strike which could be prevented had the Administration handled negotiations differently.

There is one comment that students should take seriously now that the strike is over. "Remember that the people out there on the picket line are members of our community. In other times, some of them have been our best friends."

Hostility after the strike will only be detrimental to the community. Students should get on with their education and try to forget their studies were interrupted.

After all, it was only a two day strike.

Letters

Dear Editor:

This letter is in protest to an article printed in your paper the week of October 7. The article was a political satire criticizing and poking fun at the Tuna Gate affair. I was thoroughly enjoying it until I read the lines "not fit for a dog ... or starving Ethiopians for that matter". Is

this the attitude people have about the misery of others at Glendon? A joke is a joke but callous bad taste is another matter. Even if it wasn't the author's intent to compare Ethiopians to dogs that is how it came across, and to put it bluntly, that stinks..

Michael Den Tandt

Les lettres à la rédaction seront encouragées en autant qu'elles ne contiennent aucune allusion sexiste, raciste ou diffamatoire. Pro Tem se réserve le droit de reproduire les textes. Les lettres doivent être signées (les noms peuvent ne pas être publiés si l'auteur en fait la demande), accompagnées du numéro du téléphone de l'auteur et elles ne doivent pas dépasser 200 mots de longueur. Des lettres plus longues peuvent être publiées si l'espace le permet. Ceci est laissé à la discrétion de l'éditeur.

Letters to the Editor shall be encouraged as long as they do not contain any libellous, sexist, or racist material. Pro Tem reserves the right to edit all copy. Letters must be signed (names may be withheld upon request), be accompanied by a telephone number, and must not exceed 200 words in length. Letters of greater length may be printed if space restrictions permit at the discretion of the editors.

Nos leaders

Durant la récente grève, l'exécutif de l'Association des étudiants du Collège Glendon (AECG) a émis deux déclarations.

Ces deux déclarations étaient des chefs-d'oeuvre de diplomatie à double sens, supportant tout le monde. Les étudiants qui voulaient une position ferme de la part de l'Association étudiante ont été déçus. L'exécutif n'a supporté ni l'union, ni l'administration.

Dans la seconde déclaration envoyée aux étudiants, l'exécutif décrit les étudiants comme étant les "otages de la grève", et, à la page suivante, décrivent ceux qui prennent les étudiants en otages comme nos amis. Ils conseillent aussi aux étudiants de ne pas être inutilement victimes de la grève.

A son crédit, l'exécutif a réalisé que ces déclarations n'étaient pas suffisantes. Afin de remédier à cette situation, l'exécutif a envoyé un sondage aux étudiants, accompagné d'une liste des droits et obligations des étudiants durant une grève. L'exécutif se préparait à organiser des sessions d'études, au cas où la grève aie été de plus longue durée.

C'est bien beau, mais pourquoi l'exécutif ne s'est-il pas battu pour les étudiants? C'était en leur pouvoir de faire une déclaration plus forte à la presse. Tout le monde aurait alors su comment les étudiants se sentaient devant la grève, vue alternativement comme une démonstration que la faculté voulait la grève, et comme une grève qui aurait pu être évitée si l'administration avait négocié autrement.

Il y a un commentaire que les étudiants devraient prendre sérieusement maintenant que la grève est finie. "Souvenez-vous que les gens sur les lignes de piquetage sont des membres de notre communauté. En d'autres temps, certains d'entre eux ont été nos meilleurs amis.

Les hostilités d'après-grève se font au détriment de la communauté. Les étudiants devraient continuer leurs études et oublier qu'elles ont été interrompues.

Après tout, ça n'a été qu'une grève de deux jours.

Pro Tem

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Soulons 2 – Conclusion



By Dana Smith

The Women's Volleyball team worked hard but unfortunately did not do as well on the second of a two-night inter-college tournament. Overall Glendon won 4 out of 12 games, finishing 5th overall.

We had a lot of fun and showed a lot of spirit. Many thanks to our chauffeurs Steve Maasland and Bruce Fuhrman and especially to our great coach Allen Chong who spent a

Photo Linda White

lot of time with us. Unfortunately, we didn't get the "10 min." for making it to the finals. This year's women's team included:

Nancy Westerhof
Allison Kendall
Michele Burnett
Dana Smith
Marie Davie
Ellen Luk
Sarah Lapp
Lucie Bouchard
Monika Schweigl
Maryse Gaouette

Earthball at Laurier – Ya, Ya, Ya

By Dana Smith

On Saturday, Oct. 5, Glendon participated in the 5th annual Earthball Championship hosted by Sir Wilfrid Laurier. Glendon was one of the many schools represented including Ryerson, Waterloo, Seneca, George Brown and two teams from York.

Glendon's spirited team made a big hit in their designer skirts, prescription glasses, bugles and football shirts.

A banquet and party followed

at which our own Lindy Meyer was given the Wild Woman award and Glendon was given the Most Spirited award. A team from York Main won the championship.

Everyone involved had a blast, making skirts in a Tim Horton's, throwing the refs in the mud at the mud fight, and partying in the Turret. Glendon definitely left its mark not to mention a few voices at Wilfrid Laurier.

Return of the Yeomen

By Dana Smith and technical advisors Jodi Anderson and S.K. Lem

Once again, the mighty Yeomen conquered the impotent Blues by a count of 17-7.

The Yeomen fans outnumbered the Blues fans by 10:1 in bodies and spirit. Great camaraderie was shared by all

Yeomen fans; many partied on the field together at half time.

When U of T finally scored a T.D. (late in the fourth quarter), the York fans were heard chanting: "It just doesn't matter!"

The ladies were a little less crude this year than in the past, but with a little imagination, we

managed to 'fornicate' a new cheer.

"It's too bad that U of T could not put up much of a fight," said one Glendon fan.

The Yeomen have proven with the past two years' victories over the Blues that they will reverse a 13 year loss into a 13 year win!

Tai Chi: The Gentle Martial Art

By Donna-Marie Macleod

Tai Chi classes, given by the taoist scholar Bink-Kun Young will be held in the small gym on Thursday, October 17th. Although originally scheduled to begin on the 10th, it has been postponed due to the strike.

There will be two series of classes offered: the first will take place every Thursday night from 6:00 to 7:30, and the cost of this series of classes is \$20/month for Glendon Students and \$25/month for others; the second series will take place every morning (excluding weekends and holidays) from 7:00 to 8:00, and the cost is \$40/month for Glendon students and \$50/month for others. Because of the difference in class time available, the two classes will differ somewhat. Thursday night's class will teach Peking style Tai Chi as well as elements of gestalt therapy, meditation, massage, Buddhism, Taoism and Zen. The early morning classes will study Yang style Tai Chi in much more depth and detail.

Tai Chi is a way of being, a way of flowing with your life's energy and letting it flow throughout your mind and body. Its rhythmic movements allow you to become empty and still,

and therefore allow things to come to you naturally. The principles of Tai Chi involve the emptying of the mind in order to discover, not what you think you are, but what you truly are. Closely related to this are the principles of gestalt therapy, meditation, massage, Buddhism, Taoism, and Zen. These unblock the mind and body in order to allow a deeper understanding of yourself and the world around you.

Gestalt therapy involves three things: to be alive, to be real or genuine, and to take a stand. It breaks down your preconceptions about what the world should be like, and allows you to see it as it really is. It involves the study of obvious things: how you react to people, the things you say, the way you sit or smile, etc. in order that you may understand yourself and those around you.

Meditation frees the mind and massage relaxes the body. Buddhism, Taoism and Zen are three inseparable elements of Chinese culture which teach you to be still, to be independent, to flow and to become part of the strength. They teach you that everything starts with nothing, so that all you have is extra. You are grateful for everything, for you expect nothing, and so you are never disappointed.

These are Bink-Kun Young's first classes in Canada, although he has taught in Europe and has been with the Stillpoint Taoist Hermitage in Manitou Springs, in Colorado for the past five years. He has also

translated many ancient Chinese classics, including *I Ching*, which is soon to be published. He hopes to incorporate the teachings of *I Ching* into his classes.

I Ching acts as a guide to discovering harmony (including harmony with anger and negativity) and natural rhythm. It expands your perception by encouraging you to be more positive and more negative and so, having tried both, allows you to choose which you prefer. It is a relationship between how you deal with the world, how you deal with nature, and how you deal with yourself.

Young is eager to see how Canadians respond to his teachings, for he believes that it is time that the East and the West combine their views about energy and life. The Western thought seems to be "go, go, go", and the Eastern view is to know when to stop at the right time. Bink-Kun Young believes that Taoism can come naturally into the Western world because the West is getting a little tired of its' fast paced life, and is looking for a way to slow down, to rest, to be at peace.

To register for the morning or the evening classes, contact the Proctor Field House office. "Feel free to come, feel free to leave, feel free to come again." For more information, contact Bink-Kun Young at 487-6232 (room A106 Wood Residence). The first class is free.

INTER-COLLEGE LEAGUES SCOREBOARD

SPORT	GAMES PLAYED	W	L	T	STAN.	UPCOMING GAMES
Men's Flag Football:	Oct. 7 Glendon 39 – Osgoode 23	3	2	–		Oct. 16 Y.B.S. – Glendon
Women's Flag Football:	Oct. 8 Glendon 0 – Calumet 20	2	4	–		Season finished
Men's Soccer	Oct. 9 Glendon – Y.B.S. (Won by default)	2	2	2		Season finished
CoEd Basketball:	Oct. 7 Glendon 49 – Osgoode 22	2	1	–		Oct. 16 Glendon – Calumet (home, 6:00pm)
Men's Hockey	Oct. 9 Glendon 6 – Calumet 2	1	–	–		Oct. 16 Glendon – Osgoode

RESULTATS INTER-UNIVERSITAIRES YORK

SPORT	PARTIES JOUEES	G	P	N O.	C.	PARTIES A VENIR
Soccer Masculin	Oct. 6 York 3 – Laurentian 1	5	2	1	–	Oct. 12 York – RMC Oct. 19 York – Toronto
Football Masculin	Oct. 10 York 17 – Toronto 7	3	1		2	Oct. 19 York – McMaster
Basketball féminin						Oct. 15 York – Laurier Oct. 19 York – McMaster
Basketball masculin					1	Oct. 18 York – Alumni
Volleyball féminin					1	Oct. 16 York – U of T (Tournoi)
Volleyball masculin					2	Oct. 17 York – Alumni Oct. 19 Invitation à Brock
Hockey masculin	Oct. 5, 6 York/Seneca Tournoi de démonstration, victoires contre Michigan, Guelph et Laurier				1	Oct. 17 York – Scarborough



COMMANDO... "a bloody good time"



Copyright 1985 Twentieth Century Fox Film Corp.

By Harry Davidson

Before I begin this review, I should make two confessions. One, I have never seen an Arnold Schwarzenegger movie before; two, I have yet to see any of the currently popular

"blood'n-guts we're Americans and we'll shoot anybody we please" movies (with the possible exception of *Silverado*, and they didn't have M-16s or rocket launchers in the Old West). Does this make me

qualified to review *Commando*, the latest quasi-mercenary movie with the ex-Austrian bodybuilder in the lead role? Yes, because *Commando* is a comedy, a James Bond-meets Stephen King dressed up in fatigues.

Word of warning — this is not comedy for the weak of stomach. As the body count grows, the methods of death become more and more gruesome. Schwarzenegger plays Colonel John Matrix, a retired U.S. Army special forces leader, skilled in the fine art of dealing out death. As he wades through his foes we are struck with a keen perception that Schwarzenegger is Nemesis, and Nemesis is not so much a bullet to the brain as twenty through the major intestines.

Did I say James Bond meets Stephen King? The gore you have been forewarned about, but there should also be a warning for those who cannot stomach puns. Schwarzenegger dispatches foes with a raised eyebrow and a dismissing farewell that would make Bond-

film producer, Albert Broccoli green with envy. Mind you, Schwarzenegger does a good job when he's actually called upon to act (you can even understand what he's saying), and co-star Rae Dawn Chong (daughter of Cheech and Chong's, Tommy Chong) is adequate as the reluctant sidekick. The rest of the cast, ably abetted by gobs of fake blood, perform their stunts magnificently.

Finally, if you to go to see *Commando*, be prepared to willingly suspend your disbelief. Steeped in the time-honoured tradition of Wile E. Coyote humour, this film has neither redeeming qualities nor a deep social message. However, if you need a good, gory laugh, *Commando* fits the bill.

Wetherby: The Trials and Tribulations of an Upscale Coronation Street

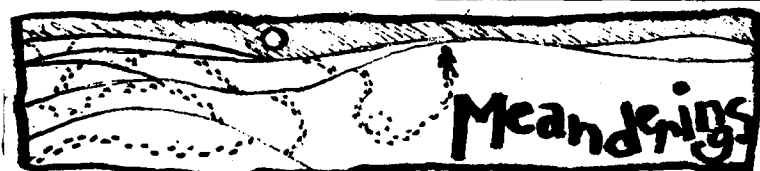
By Cathleen Bryson

Let me briefly sum up my impression of this movie: I did not stick around to see the credits roll. Even my sister, the Harold Pinter fan, left. It was, nonetheless, brilliantly acted, and the photography was super (always a good thing to say, when you've seen one of these existential movies.) 'Wetherby' challenges both actor and audience, it really is too much to expect. After all, are you willing to admit that all life amounts to is an extended, slightly upscale version of 'Coronation Street'?

Most of the 'action,' (though the philosophy of the makers of this movie seems to be less is more) is centered around a macabre practical joke. The setting: the quietly haunting, Yorkshire countryside. The plot: a middle-aged schoolteacher (Vanessa Redgrave),

falls in love for a day, becoming the victim of the joke. Her lover, the joker, is a suicidal young graduate student. He gatecrashes her dinner party, a stranger unknown. They fall in love. The next morning he drops in for a cup of tea, and quite graphically blows his brains out. The highpoint of the movie now over, the rest remains to be endlessly rehashed in an aching slow, stagnant, lurching matter. Like *Camus*, *The Stranger*, the characters lead lonely, uneventful lives, but for the one momentary incident. The funniest scene in the movie is when a friend of the schoolteacher (a librarian, badly needed comic relief) burns the bacon and eggs and tries to extinguish the fire with a garden hose.

At best, *Wetherby* gives a realistic portrayal of middle-class Yorkshire society.



Insomniac: A Perspective on My Day

By Kevin McGran

While listening to the sounds of autumn — the rustling leaves and the pitter-patter of little rain drops (which have pitter-pattered all day), I, the insomniac-would-be-anything-if-I-could-find-the-time journalist remember fondly the events of this past summer. Such fine memories I have, which, by the way, I'm not going to share because you probably have better ones and would only write to ProTem telling me of them and getting me all depressed.

Instead, in a bold journalistic move for a light-hearted column, I'm going to depress you. I'm going to tell you about my day. (You know, the one with all the pitter-pattering rain drops).

After two gruelling hours of tossing, turning, adding covers, removing covers and finding the cold side of the pillow, I gently slumbered off at 2 a.m. this morning to the sound of pitter-pattering little raindrops.

I remembered no dreams (which was probably a good sign) as my Loved One pinched me in a private area to awaken me. "Yes, I could hear the bacon frying," my Unconscious State informed me. Yet a dark

fear lumbered in my heart and, as Reality emerged, I found myself listening, not to bacon, but to the pitter-patter of little raindrops and faith was renewed in me that, on Earth, nothing changes (except of course for extremely successful cola drinks).

After a delightful breakfast, prepared for me by my Loved One, I was reminded that it was my turn to do the dishes. As I was at her cottage and at her mercy, I adhered. As I scrubbed, I looked out upon Nature, the colourful autumn leaves, the glorious weather, and then I dried the dishes to the glorious autumn sound (that goes pitter-patter) of a constant, yet irritating, rain.

The day continued as such. We studied to the rain, we played games to the rain, we kissed to the sound of the rain. Yes indeed, we travelled 150 miles to do these things to the sound of pitter-pattering raindrops.

Alas, the sun shone. We knew not what to do. After much debating, we went for a walk. But IT knew IT could not lure me out. IT waited for me. When we were as far away as

we intended to be from the safe, dry confines of my Loved One's cottage, those cumulonimbi re-appeared and showered.

'Pitter-patter, pitter-patter, pitter-patter' went, not the rain, but our feet as we thought it foolish to wait out the rain and we scampered through mud-puddles, soaked.

Dried off, inside, the rest of the day, evening, night went as such. We kept a vigil waiting for the animals to start walking in pairs.

Tonight, as I write this in the wee hours of tomorrow morning, I lament the passing of summer, the advent of snow and cursed those who say 'pitter-patter.' My Loved One tells me that it isn't so bad; that rain is pretty (?). I start to whistle, "Raindrops keep falling on my head."

In all honesty though, I tell you of my day not to depress you, but to cheer you up. Surely you had a better day than this. Surely I did. It couldn't have been that bad. Late at night my memory fails.

Good Night Fellow Insomniacs, or at least Late Nighters.

Le 16 OCTOBRE ELECTIONS DES DIRECTEURS ET DU REDACTEUR

Conformément à la Constitution du journal du Collège Glendon, les personnes suivantes sont considérées membres de Pro Tem et ont plein droit de vote. Si votre nom n'apparaît pas sur cette liste et si vous croyez qu'il devrait s'y trouver, veuillez vous mettre en rapport avec votre rédacteur ou directeur le plus tôt possible.

Antoinette Alaimo
Scott Anderson
Suzanne Aplin
Stéphane Bégin
Suzanne Belanger
Rob Bradt
John Bragança
Carmen Bourbonnais
George D. Browne
Dave Chaikoff
Jeanne Corriveau
Cathy Da Costa
Robert Delaney
Morag Farquharson
André Lévesque

OCTOBER 16 ELECTIONS OF THE EDITORS

In accordance with the Glendon College Newspaper Act, the following people are considered staff members of Pro Tem and have full voting privileges. If your name does not appear here and you think it should be, please contact your editor as soon as possible.

Stefan Liale
Kevin McGran
Ted Morgan
Susie O'Connor
Neil Orford
Chris Reed
Dave Sanders
Kathryn Stewart
Nancy Stevens
Dana Smith
Kate Thomas
James Tracy
Chris Reed
Linda White
Michael De Tandt
Veronica Gaylie
Paul Kay



October is UNICEF month

Have your coins ready for Halloween!

Support Unicef

A Needed Kick in the Can

By Chris Reed

One of the more famous creations of Pop Artist/celebrity Andy Warhol is his series of paintings featuring the Campbell Soup Can in varying states of decay. The desire to expose the fallacy of the notion that there is security of even glamour in recurrence is amongst the few coherent justifications Warhol offers for his creation(s). There may be no security in what we often dismiss as being conventional but, as the Second City, Old Firehall troupe ably demonstrate, the absurdity of the topic is food for a great deal of quality satires. "Andy Warhol, Your 15 Minutes Are Up" is the title of the latest mosaic of dramatic sketches which lovingly poke fun at the daily grind of big city living.

The situations range in length from sixty seconds to six minutes. All of the action takes

place on one stage, painted the neutral colours white and varying shades of grey. Settings are established by shuffling the five wooden chairs, which remain onstage during the entire performance, while music director Bob Derkach fills the blackouts with appropriate sounds from his synthesizer. The situations that work best dramatically are those that are not directly related to new items. Ronald Reagan visiting a Nazi War Criminals and a ballad to Maple Leafs' owner Harold Ballard were lost to the many negative associations with their overexposed subject matter. Their best topic is not news but nothingness, the grey area between meals and sleep. Two women calmly sit and watch a frenzied man run alongside their GO Train window as they pass over the Don Valley Parkway. The man's persistence

is not fueled by heartache, rather, he's a victim of convenience. He lost his set of keys for his wife's car.

The understanding that people's desires often lead them to extremes of behaviour is present in close to all of the well crafted material. Dana Anderson, Bob Bainborough, Linda Kash, Debra McGrath, Bruce Pirrie and Adrian Truss confidently fill the writing performance duties of the revue. The importance of spontaneity in the troupes' collective creativity is highlighted during the last hour of the Monday to Thursday shows when audience-suggested improvisations are the rule.

The same way the troupe takes an offered lipstick and transforms it into a fifteen minute, bilingual sketch about a dog dying from Alpo, the routines generated during these exchanges are reworked and edited to become

the basis of the following revue. The present, "Warhol" show is expected to close around February/March '86 and marks the 23rd in a series of revues dating back to June '73.

Using the audience as the basis of their performance keeps the comedy routines fresh and the perspective changing. The Old Firehall is allowed to be irreverent and extreme, given that their mandate of developing quality comedy provides them the objectivity necessary for artistic expression. In contrast, the new Saturday Night Live gang is so concerned with mass appeal and ratings (...Status by

any other name) that its largest audience has become the Yuppies that John Belushi et core wanted to avoid by entering the nocturnal bowels of New York City's underground Pop culture.

Andy Warhol became the spokesperson/symbol of all who were misunderstood, and/or on the fringes of reality. For this reason, there is a certain covenant that his image is used to package the opening of the many different cans of worms that have been mass-produced to feed the constant motion in The Second City.

The Jagged Edge

By Cathy daCosta

The jagged edge of a six-inch blade. The knife was seen in locker 122, the locker of Jack Forrester. It was the same sort of knife used to kill his wife, Page Forrester and his wife's maid Jack Forrester claims he is innocent and Teddy Barnes, the defending lawyer, believes him.

The Jagged Edge is a mystery movie, in the sense that life is a mystery. However, the movie is multidimensional and also deals with the themes of truth, love, and loyalty. Also worked into the movie is an inside look at the American judicial system. As the movie progresses, the audience is never absolutely sure of Jack's guilt or innocence. In this respect, Jeff Bridges was the perfect actor to cast in the lead role. He has the ability to look innocent and yet manipulative. He becomes

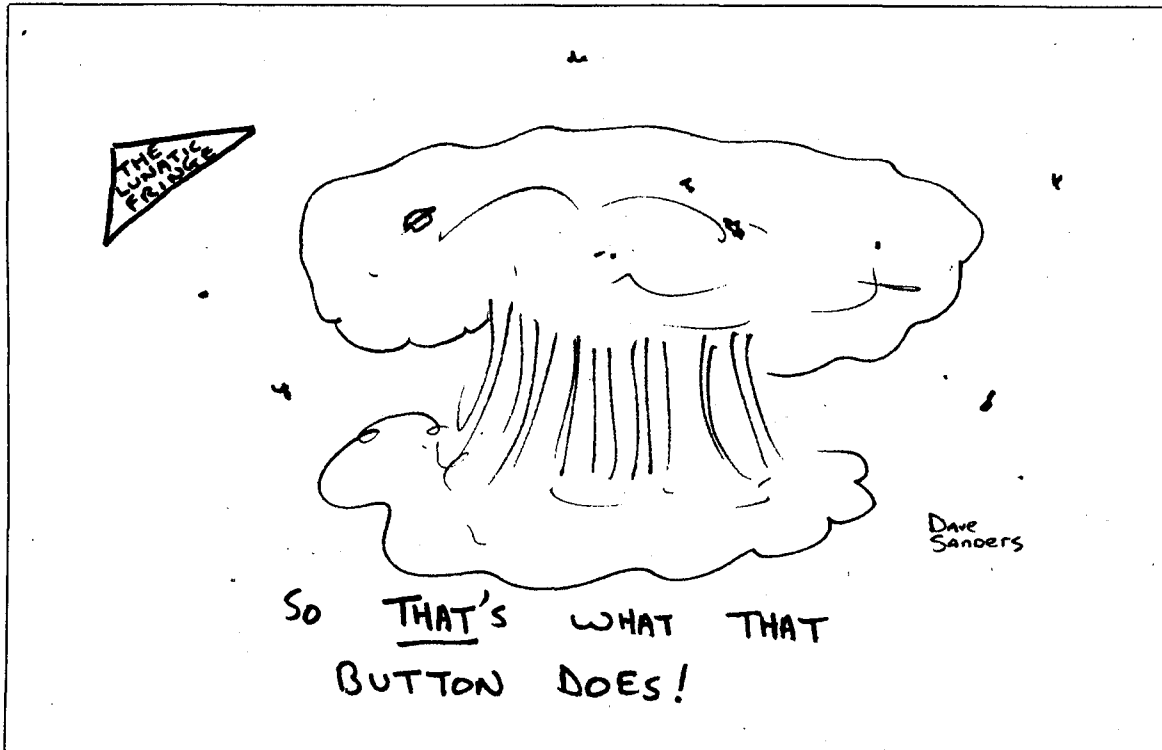
very emotional when describing to Teddy what it was like to discover his wife's murdered body. Glenn Close plays the part of Teddy superlatively. Intelligence and warmth radiate from her presence on screen. She is particularly expressive with her eyes. In fact, all of the actors are very natural.

There is hardly any background music because it isn't necessary. The movie is suspenseful and exiting without it. It begins with a man dressed in black walking up the stairs, inside a beach house, on a dark and stormy night. As a contrast to it, the next scene is a daylight scene with police walking around, investigating the murder. There is symbolism in this movie. The main element of symbolism is the jagged which symbolizes truth, as portrayed in the movie. It symbolized the plot as well,

which is full of sharp twists. Another symbol is Page's blood, used to write "BITCH" above her bed. It symbolizes the dark side of humanity: anger. The hunting knife with the jagged edge is also a clue to the mystery. Another clue is a series of anonymous letters typed on a 1949 Smith Corona typewriter.

The main part of the movie takes place in court, where the interplay between the characters creates more suspense. The witnesses keep the audience riveted to the screen. Overall, the movie is definitely worth seeing.

The Jagged Edge is a new movie released by Columbia Pictures, produced by Martin Ransohoff, starring Jeff Bridges, Glenn Close, Peter Coyotes, Tobert Loggia, and John Dehner.



EVENEMENTS A VENIR UPCOMING EVENTS

EXHIBITIONS/EXPOSITIONS

Glendon Gallery

Oct. 10-Nov. 10 — *Painted Pottery — Continuing the Tradition of Tin — Glazed Earthenware — Mon.-Fri., 10 a.m.-5 p.m., Thurs. 6 p.m.-9 p.m., Sun. 2 p.m.-5 p.m. Admission is free. (487-6206)*

York University

Oct. 15 — Nov. 15. Selected York MFA Alumni 1976-1985. *Selected York Alumni Art Work* on display at various locations. Mon.-Fri.: 10a.m.-5p.m., Tues.-Thurs.: 10a.m.-7p.m., Sun.: 12-5p.m. (667-3427)

Royal Ontario Museum

Sept. 14-Nov. 24 — *The Precious Legacy — Judaic Treasures from the Czechoslovak State Collections* Daily 10 a.m.-6 p.m., Tues. & Thurs. 10 a.m.-8 p.m. (978-3991)

Ontario Science Centre

Oct. 8-Oct. 31 — *Japanese Film Festival — Twelve of Japan's best films (1935 to 1982) — Oct. 8—Lightening (Inazuma); Oct. 10—Fuefuki River (Fuefuki-Gawa) 7 p.m. (429-4100 ext. 293, 300, 310)*

Oct. 20 — *Black Boxes* — a presentation on the On Board Flight Recorders. 2p.m.

La Maison de la Culture

16 au 31 octobre. *Gatien Moisan-Luiles. lundi, mardi, jeudi, vendredi: de 11h à 17h. mercredi: de 1h à 20h, dimanche de 13h à 16 h. (487-6203)*

MUSIC/MUSIQUE

Roy Thompson Hall

Oct. 20. *Gwyneth Jones (soprano). 2p.m. (593+4828)*

Church of the Holy Trinity

Oct. 17. CBC Festival Toronto's 7th annual free noon hour concert series. Marina Piccinini (flute), Dorothy Lawson (cello), Walter Prossnitz (piano). 12 noon.

COPA. Oct. 15. WEA Recording Artists. "X" 7p.m. door.

THEATER/PIECE DE THEATRE

The Second City

Andy Warhol, Your 15 minutes are up — Mon. - Thurs., 8:30 p.m. Fri. and Sat., 8 and 11 p.m. Old Firehall (863-1111)

Hart House Theatre

Travesties. Oct. 15-19. 8p.m. (978-8668)

Crow's Theatre Circus

Tarragon Estra Space. "The No-No Domain" Oct. 15-Oct. 20. Tues.-Fri.: 8p.m., Sat.: 9p.m. and 12 midnite. Sunday 2:30p.m. and 7:30p.m. (531-1827)

Act One Productions

Palmerston Theatre. *Duet For One.* Oct 2-19. Wed-Sat: 8p.m. (781-8397)

Toronto Free Theatre

Oct.16-Nov.10. *Through the Leaves.* 26 Berkeley St. Tues-Fri: 8p.m., Sat.: 4:30p.m. and 8:30p.m., Sun.: 2p.m. (368-2856)

SPECIAL/EVENEMENTS SPECIAUX

Harbourfront

Oct 18-Oct.25: *Harbourfront International Festival of Authors.* (364-5665)

Classifieds

Jewelry Sale!

Up to 65% off on diamond sapphire, ruby, emerald and other rings. Also up to 65% off on 10K, 14K and 18K gold chains and charms. Call *Discount Jewelers* today. Phone 481-3275 and save!!!

LEARN TO SAVE A LIFE - C.P.R.

Become certified in cardiopulmonary resuscitation. Course Date: Sat. Oct. 26, 9:30 a.m. - 1:30 p.m. Fee: \$15 (includes books and materials). Register in person at the Proctor Field House office no later than Thurs. Oct. 18.

GLENDON COLLEGE "LUCKY 13" TEAM RELAY RACE.

Sat., Oct. 19, 1985

Captains' and Marshalls' meeting - 9:15 a.m.; Start 10:00 a.m.

"Lucky 13" - The race course is approximately 13 km in total. Teams consist of 4 people - male, female or coed. The race is a relay with each team member walking/jogging/running approximately 3.3 km.

"Lucky" - because one lucky but deserving student will be the recipient of the John Proctor Sports Organizer Award and will be sent to the Ontario Intramural Recreation Associa-

tion Conference held in the Spring.

All proceeds - entry fees and sponsorship money for the "Lucky 13" Team Relay will be applied toward this new and special award. Glendon's Intramural recreation and sports program depends upon the invaluable input and effort of the student organizers involved and the John Proctor Award will recognize the outstanding contribution of one worthy student organizer each year. The award will be presented annually at the Recreation Glendon Dinner/Dance.

Mr. Proctor has generously established a foundation for this perpetual award. Recreation

Glendon now would like to raise money to build on that foundation.

Get a team together. It's a fun run! There are prizes awarded for the most sponsorships and the team with the best/most original uniform along with many participation awards.

Don't miss out on a good time and help build on an award that recognizes the contribution of a fellow student.

Entry forms are available from Recreation Advisory Council members, at the G.C.S.U. office and at the Proctor Field House.

Entries are due Thursday, October 17th, at 4:00 p.m.

into TAI CHI chuan & dance

know the strength of man keep the flexibility of woman

be the stream of the universe

At the small gym. Glendon.
1. Every Thurs. night 6:30 - 8.
2. Every morning 7-8
First class free. Eight classes \$50, Glendon student \$40.
For information phone 487-7012. Register at "Recreation Glendon".

Interested in learning a new sports skill or activity? Try one of Recreation Glendon's instructional courses. They are offered throughout the school year and are open to students, faculty, staff, athletic members and the community. No skill or previous experience is required for most courses. All classes are offered at Glendon's College's Proctor Field House. What is being offered?

Fitness classes - 17 classes are offered each week. The Recreation Glendon Fitness program is offered for people who are interested in total health. All classes are taught by qualified and experienced instructors. Classes include warm up, general muscular conditioning, flexibility, aerobics, co-ordination, cool down, and fun in a friendly, non-competitive atmosphere. Classes are offered evening and weekends. The Glendon "Fitness Pass" provides you with the opportunity to participate in an unlimited number of classes throughout the week. You pick the days and times that are most convenient.

FITNESS PASS: Students/Athletic members - \$50/term; \$90/year.

Interested in learning a new sports skill or activity? Recreation Glendon has lots to offer. Classes include: Fencing, Jazz Dance, Women's Self Defence, Tai Chi, Karate, C.P.R., Swimming Stroke Improvement, Strength Training, Squash Clinic, RLSS Bronze Medallion and Bronze Cross.

For more information about what is being offered call the Recreation Glendon office at 487-6150.

Les annonces classées sont gratuites pour tous les étudiants, clubs et organisations de Glendon. La date limite est mercredi midi.

The Classifieds are free to any Glendon student, club or organization. Deadline for submissions is Wednesday noon.

A CLEAN HIT, HOME OR AWAY.



FOR THE TASTE THAT'S CLEAN AND TRUE, CALL FOR THE BLUE.

JOB SEARCH ASSISTANTS are available to help you with resumes, applications and interview techniques. Contact the Glendon Career and Counselling Centre at 487-6154.

Study Skills and Exam Anxiety Workshops At Glendon This Fall

The Glendon College Counselling and Career Centre is offering Study Skills and Exam Anxiety workshops this term. The Study Skills workshops are designed to help students develop their own study system. Techniques will be presented on managing your time, effective reading and notetaking, and exam strategies.

We asked Nina Josefowitz, the Director of the Centre to give us an example of the kind of study techniques discussed in the workshop. "If you review material you have just learned within 24 hours, you can dramatically increase your retention capacity. For example, after you finish reading an article, quickly go over the main points in your head. Try it; see if it helps your memory."

Pam Broley, a counsellor at the Centre, found that many students get so stressed during exams, that they can't remember a lot of the material they had previously studied. The Exam Anxiety workshop teaches students practical ways to cope with their own stress patterns.

The study skills workshops run for 5 sessions and are held at the Glendon College Counselling and Career Centre (Room 116, Glendon Hall). Study Skills in English start October 7, 12 to 1:30 p.m., in French on October 11 from 12 to 1:30 p.m.. The Exam Anxiety Workshop runs for 3 sessions and is also held at the Counselling Centre. The workshop starts Monday, October 21 from 2 to 3 p.m.. Registration for all of these workshops can be done in person at the Counselling Centre or by phoning 487-6154, or just drop by at the Centre on the day of the workshop.
