

More letters

Waiting for the snow and wind

As a second year non-residence student who is not in possession of a car, I am disturbed at the thought of the approaching Canadian winter. My prime means of transportation is the TTC, specifically the Jane bus, which stops at quite a distance from the main buildings. Indeed, many of the freshmen are in the same position but are undisturbed as they fail to comprehend, through drifts in temperatures significantly lower than those in downtown, the difficulty of fighting high-powered winds due to lack of windbreaks and the feeling of helplessness on being blinded by snow or hail on the half mile hike (at least to my estimation) from the bus stop to the center of the campus.

Indeed, during last April's Great Snowstorm it was obvious to me that the uncovered distance from the Stong-Bethune complex to that inadequate bus shelter was a possible hazard. It is too isolated

for safety at night especially in the wintertime. After a late class, few female students would enjoy walking the distance alone in the wintertime as the feeling of isolation is frightening.

Perhaps my quarrel is with the TTC, but failing a change in the bus route, I feel the university should provide for commuting students some inexpensive form of shelter, which can be easily dismantled and rebuilt, along the path from the bus stop to the Stong-Bethune complex.

A tunnel would be superior to an above-ground shelter, but I am only asking that the university supply what we need — a few boards over our heads and perhaps cheap plastic walls to break the wind. The shelter could be designed and built by students in short time, hopefully before this winter, and the usefulness and benefits derived from it would be far above its meagre cost.

I feel that this shelter is viable

and worthy, perhaps more so than other projects being undertaken at the university at the present time.

Zlata Premr

Exemplary

I would like to single out one of your reviewers for his article, "Brother Can You Spare a Dime; Depression movie is ominously relevant," in the Oct. 2 issue of Excalibur.

Mr. Gladstone's review of the film reflects thought, imagination, and an attempt to judge the values of the film fairly. In this way, his review is an example of the standards which should be, and on occasion, in your newspaper aren't met by a review of the arts.

The professional vigour and sincerity of his writing should be an example to your less skilled reporters who would attempt to garnish their thoughts with a sauce they call "style".

Michael Barris

No problem required

By MICHELINA TRIGIANI
Encounter, sensitivity, gestalt, assertiveness training, couples, hatha yoga — these are among the group programmes being offered to the university community this year by York's Counselling and Development Centre. They are all free of charge.

And you don't have to have a problem to join, adds programme assistant Eva Pila.

For the past six years, the Counselling and Development Centre has been offering similar programmes at York. Response has increased each year and both Pila and programme coordinator Ann Salter expect this year's version to be among the best.

Many of the groups are getting underway this week.

According to Salter, "the programme is for people who want to become aware of themselves and grow." For example, people concerned with their individual development should join the gestalt group, but those wanting to learn about themselves in a group framework should join the Encounter group.

Some of the groups focus on specific problems.

"The ability to make your needs known without hurting someone else" is co-ordinator Salter's definition of being assertive. And in the Assertiveness Training group,

you will learn to return bought merchandise or tell off a rude waitress. The aggressive person will also benefit from this group by learning to tone down his tendencies.

In addition to the on-going Gestalt and Sensitivity groups, the Centre also offers one sensitivity and one gestalt week-end group per semester. These groups are generally of a more intense nature than the on-going groups. The other two week-end groups are male-female awareness and the workshop for York Staff led by Dr. Herbert Pollack, consultant to the group programme and a psychologist at the Clarke Institute.

The centre's one-day workshops, led by specialists called in from outside, may prove more convenient to people who cannot attend the on-going or week-end groups.

The first workshop will be held on Saturday, Oct. 25 and is especially for singles-never married. It will "explore the challenges and rewarding possibilities of being single" through such methods as role-playing and self awareness exercises.

The sensory awareness workshop will take place on Jan. 31. While most of the other groups tend to be rather verbal, this workshop will stress non-verbal behaviour. Ann Salter recommends for the person "who wants to become aware of his own body and how it interacts with his emotions."

"Bioenergetics is based on the idea that muscular tensions, and chronic holdings are manifestations of blocked emotions and can be released by direct body work." In the bioenergetic workshop, the therapist will help the individual explore physical tension and pain and help him realize how these are associated with a psychological problem. Salter feels this group is appropriate for physically-oriented people who find it hard to talk about what's bothering them. The workshop will be held on March 6.

For further information about these group programmes, contact Eva Pila or Ann Salter at 667-2305, or go to room 145 in the Behavioural Sciences Building. All the groups will start soon and are filling rapidly.

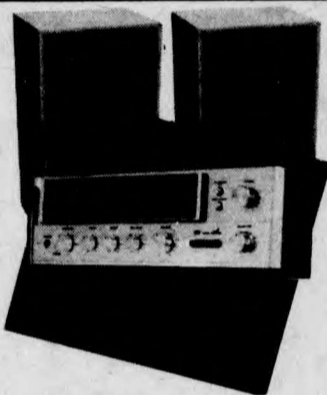
Says Salter, "the groups can be fun, stimulating and they're not all heavy".

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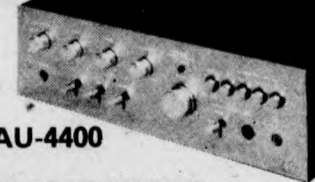
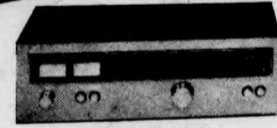
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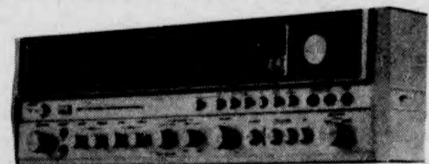
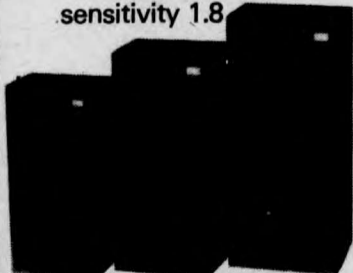
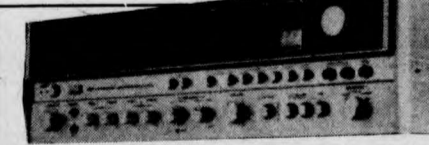
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