

NEWS

Deadline: Wednesdays at 12:00 noon. Newsdesk: 453-4983

\$25,000.00 goal met

Freshmen engage once more in successful Shinerama

by Pat Fitzpatrick

Last Saturday was no normal Saturday in Fredericton, as freshmen engaged in one of the older traditions of orientation: Shinerama.

Shinerama is the yearly event in which freshmen canvass the area seeking donations for the Canadian Cystic Fibrosis Foundation. Beanie-clad students became an integral part of the landscape as they scoured the Fredericton/Oromocto area for donations.

In years past, many Fredericton residents have grown to dislike Shinerama, coming to feel "very harassed by the students' efforts to solicit donations." To combat this feeling, Shinerama director Martha O'Sullivan and her committee revamped the program.

In the new campaign, much has changed. In particular, the actual canvassing by students was much more highly restricted this year, as the shift was turned from canvassing in

retail areas and intersections, to residential areas, representing an attempt by the Shinerama Committee to "...become more integrated and foster a sense of community with Fredericton residents."

Further, in return for donations, freshmen gave thank/you organ donor cards, also a new innovation in the program. The dual purpose cards served as proof that the person had already been approached by a freshman so that they would not be repeatedly asked to donate.

Representing a new project by the CCFF, the organ donor card is designed to help alleviate the need for lungs and other organs for transplants and medical research.

As a result of the change in focus to the residential districts, the Orientation Committee foresaw lower totals in the actual Saturday canvassing.

However, freshman turnout for this event was exceedingly high, as witnessed by Joe Doering of Beaver Foods. The

annual Shinerama Breakfast was, according to Mr. Doering and Ms. O'Sullivan, "the largest ever." So large that it even seemed as though they would run out of food at one time.

Thus, through the hard work of the frosh and the large turnout, a spectacular one day total of \$18,515.00 was attained.

This figure has been further increased by funds raised through the revamped boat race, Cosmo Night, Hill Top

Breakfast and other events. By the time the Bucket Bonanza is held Sept. 22, the final total for Shinerama is expected to easily meet the goal of \$25,000.00.

This was also the last year in which long-time CF Child Todd Burgess would participate. Burgess, now thirteen, is stepping down as CF Child and, after seemingly conquering the disease, will return to the life of a typical

teenager. His days of association with the UNB Shinerama and "bagging babes" with Orientation Chairperson Bob Shaw are over until Todd returns to UNB as a freshman himself in four years.

Thus, as this year's Shinerama campaign comes to a close, the committee wishes to thank all those Fredericton their Saturday morning to serve all the frosh.

"UNB Pride" leaves freshmen with lasting memories

by Aime Phillips

"UNB Pride" was the theme for Orientation Week this year, and UNB pride was present in full force leaving freshmen and organizers with memories to last a lifetime.

One of the most talked about events was the Toga Party, favoured because of all the people who participated. As one freshman put it, "dressing up in a sheet was weird, but after awhile you didn't feel silly because that's what everybody had on. It gave you something to talk about."

Another event everyone enjoyed was Casino Night. Although some freshman found it was too difficult to meet new students (due to the high stakes atmosphere), the majority had a great time. Kelly, a freshman from the Dunn, said, "I lost all my money, but it was fun doing it!"

Dan, from Moncton, liked the Mystery Hunt because "I got to know the campus!" and anyone else who has ever participated in the hunt would probably agree with him.

Freshmen, orientation organizers and upperclassmen all loved Thursday night's outdoor concert, this year

featuring Montreal's The Box.

Of the red-shirted Orientation staff, the freshmen had nothing but praise and admiration. "The red shirts made you feel welcome," is how one freshman from Newfoundland felt. Sarah from Fredericton wants to thank the staff for helping her out during registration. "Beaner" from Neill House thought the orientation committee "knew what they were doing."

When asked about the no-alcohol policy Orientation week had, the freshman interviewed agreed it was a good idea to have the scheduled events dry. As Mark said, "it's a lot easier to meet people and remember them when you're sober."

With such a great group of new students it is easy to see how a fantastic time was had by all. Riel Givan, of the Orientation executive, best summed up what the freshmen's enthusiasm has to do with UNB Pride: "What I noticed about froshweek was the freshmen who turned out were really motivated and the spirit was there. It's one thing to come to an event, it's another to come in style." And it's our style and motivation that keeps UNB going."



Shining Shoes - UNB Frosh shine shoes for the Shinerama Campaign which was held last Saturday. Photo by Pat Fitzpatrick

Counselling services at UNB offer relationship workshop

Press Release

If you and your partner seem to be taking each other for granted and the relationship has become routine, or if you're arguing more now, but not reaching any resolutions, then you may be interested in the Couples Communication Group offered by Counselling Services.

The workshop is designed for couples of all ages who are married, living together, or who have been going together for a few years and who would like to improve their relationship and learn communication skills.

The workshop may be especially useful for mature students. Returning to school can sometimes create added friction at home when one partner doesn't feel supported or when one's partner feels left behind. The pressure of the academic year can also place additional stress on a relationship.

Good communication is the ability to become aware of

your own needs and feelings and then to express them to your partner. It also means understanding the needs and feelings your partner shares with you.

The workshop involves training, practice, and feedback to help participants develop skills that will encourage mutual understanding. Initially, participants receive information on communication skills, listen to audiotape recordings demonstrating the skills, and "learn-by-doing" in short conversations with their partners.

Participants also receive constructive feedback so they can gradually improve their skills. The importance of being specific is also emphasized in the workshop. Accusing your partner of "always spending his/her time with other friends" doesn't give a lot of information and makes it difficult for your partner to hear. Instead, saying "how alone and hurt you felt last night at the party when your partner was talking with other

people" is easier to hear and gives more information.

The workshop also provides participants with an opportunity to work on and resolve relationship issues. Both in the group and for homework, participants talk to each other about aspects of the relationship they would like to improve, and gradually work up to tackling more difficult relationship issues as their skills increase.

The group is limited to four couples and meets Thursday evenings for ten weekly sessions starting September 27. Each session runs from 7:00 p.m. - 9:30 p.m. It is free and open to any interested couple where at least one member is a full-time or part-time student of UNB/STU. Interested couples will need to have a preliminary interview prior to attending the group. For more information or to register, contact Larry Finkelman at 453-4820.