



the brunswickan

Canada's oldest official student publication

"If it takes a bloodbath, let's get it over with. No more appeasement." —Ronald Reagan, on the question of silencing campus radicals in 1970

"No one in his right mind would make such a statement." —R.R.'s press secretary, upon hearing the above remark.

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Student Women's Committee celebrates Women's Day

In 1910, Clara Letkin, an active member of the German Women's movement and a social democrat, urged women over the world to march on March 8 to express solidarity with striking German workers in New York City.

Ever since, International Women's Day has been celebrated across the world as a special day for women to publicly unite around issues of special concern to women.

Women's groups in Fredericton have also been active in celebrating I.W.D. This year, the Student Women's Committee has organized a celebration on campus. A display in the blue lounge in the SUB will be featured the whole day, and Kay MacPherson, a Toronto-based feminist and peace activist, will talk at 12:30 in Room 103 of the SUB, about "Women: Status and Survival".

But first a little bit of history about the Student Women's Committee.

In 1979 a task force report to the president on the status of women at UNB recommended that an action committee be appointed with a mandate to take action when problems related to the status of women were brought to its attention.

In early 1984, such a committee, the Advisory Committee on the Status of Women at UNB, was appointed. In the spring of 1984 the Student Women's Committee was formed to meet the special needs of women on campus. The Student Women's Committee supports and advises the student's representative on the advisory committee.

The objectives of the SWC include:

- providing information about women's issues in the form of lectures, workshops, films and articles for women on campus.
- supporting any women's group that is interested in improving the status of women
- to provide action and support for any women who have problems related to gender.
- to increase the awareness of sexism on campus and take steps to eliminate it.

In the past year the SWC has been involved in the organization of several events related to women's issues. In March, 1984, it held a women's night at the Woodshed. Various women's groups in Fredericton were invited to give information on their services.

In October the SWC co-sponsored the conference on Women's Issues. Lectures and panel discussions on topics of concern to women were presented, as well as an address by well-known feminist activist, Mary Daly.

In November, two information sessions on female sexuality were held in the Woodshed.

As well, the SWC has raised the issue of sexism on campus by filing a complaint with the Human Rights Commission regarding sexist material in the engineering handbook. An investigation is currently taking place.

The SWC is presently in the process of writing a constitu-

tion as a collective. Planning for the 1985 fall conference will begin soon. Regular meetings of the SWC are held Tuesdays at 12:30 in the Woodshed. Anyone interested is welcome.

Jody Germaine Hramits
Student Women's
Committee

1985 Heart Marathon this week... Training tips

Do you often think of starting a running program, but find legitimate reasons (like not enough time), for not doing so? You might be surprised that aerobic exercise, such as running, only requires 12-15 minutes, three times a week, to get positive results. This can mean weight loss and an improved cardiovascular system. If you think hard enough, you might discover that you do have a spare 15 minutes in your day, that can be put to good use.

As you embark on a regular running program, you often end up using guesswork as to how to approach it. If you are a beginner start out as previously described, and gradually increase it. How do you do that.

There are three components you should become familiar with; (1) the frequency (how often you run), (2) the duration (distance or elapsed time

of your run), and (3) the intensity. The intensity simply refers to your running pace. Stay within a pace that is comfortable for you. A good rule of thumb to follow is that you should be able to carry on a conversation with a running partner.

As you get used to that pace or intensity, you can gradually increase one of those 3 components. This is called "overload." Your body continually adapts to exercise, and it will stay at a certain fitness level, unless you give it more stress to which it can adapt. Play around with these factors in your running program and find out what's best for you.

A word of caution. DON'T OVERDO IT! many beginner runners become a little overzealous and run harder than their body can handle. Gradual progress is the key to a successful and injury-free running program.



It has reached Brunswickan ears that a UNB Administration Vice-President of Irish descent is disgruntled with somebody or something and has decided to hit the road.