

Women's centre director has dual responsibility

By Olga Darcovich
The new director of Sheridan College Centre for Women, Pat K., will be functioning in a dual role. As well as being responsible for the operation of the centre she will be the college president's advisor on affirmative action for women.

Ms. Cook assumed her position July 18. She was formerly program development officer with the Women Crown Employees Office at the Ministry of Labor.

The advisory position is a new one for Sheridan College. Historically, it dates back to the report of the Royal Commission on the Status of Women which prompted the province to draw up guidelines for setting its own house in order, Ms. Cook explained. The guidelines called for development of affirmative action programs for women employees of ministries and crown agencies. The establishment of the advisory position at Sheridan is one of the results.

The objective of affirmative action is to raise and diversify the occupational distribution of women employees, Ms. Cook said. She added the definition would have to be expanded to include student women at the college.

"It's a special 'catch-up' program for women who want to move up or move laterally," she said.

"One of the first steps is to make men and women aware of the need for the program and how they can benefit from it," she continued. "A lot of women self-select themselves out of jobs they believe are unavailable to women. As well as working with managers we'll be encouraging women to make a move and to apply for positions."

Since affirmative action ties in with the utilization of human resources Ms. Cook said she expects to be working closely with Fred Woolley, new Dean of Educational Development, and Paul Matthews, new Director of Human Resources.

"I find the two men very supportive of what I'm going to try to do and I'm looking forward to working with them," she said. The women's centre will continue to operate as in previous years—working with

women faculty and students, speaking and working with community groups, operating a resource centre and, if the need arises, setting up special events such as workshops and speakers.

The centre's considerable collection of books and clippings related to women's issues will be available to community women, as will the reading room at the centre. Ms. Cook plans to investigate the need for, and the feasibility of, having the centre open occasional evenings.

The centre can also suggest speakers and help arrange special interest courses for community women's groups.

Last year the centre sponsored a series of lectures and seminars during the academic year. Ms. Cook is asking community women to suggest topics they would like to see covered this year.

Although counselling is not one of the functions of the women's centre, Ms. Cook said women seeking counselling—for example, women wanting to return to school—can come to the centre to discuss their needs and be referred to the appropriate counselling service.

Similarly, Sheridan women experiencing discrimination can come to the centre for information on how to deal with the problem.

Ms. Cook will be working actively with the College Women's Committee, which has two community members. Joyce Beaton of Milton and Etta Connor of Oakville sit on the committee.

"If other women in the community are interested in actively working with the centre, I'd certainly like to hear from them," Ms. Cook said.

Asked about the state of the women's movement today Ms. Cook said women are more aware of their rights than they were five years ago.

"Many women say 'I'm not a women's libber,' but when you go through the issues you find they are very much a liberated person in outlook," she commented.

A current issue of concern to women is Ontario's proposed new family law. She would like to see the proposed changes

effected.

No stranger to Sheridan, Ms. Cook was Community Services co-ordinator there from 1970 to 1975. During that time she developed programs for the adult community both on and off campus. She also served on the Sheridan Women's Committee.

Ms. Cook received her B.A. in English from the University of Western Ontario and

is currently working toward a certificate in personnel and industrial relations at the University of Toronto.

Sheridan Centre for Women, located at the Oakville campus, is open in the summer, although Ms. Cook suggests prospective visitors call before coming to be sure someone will be there. During the regular college session, the centre's hours will be 8:30 a.m. to 5 p.m.

Asthmatic child's family 'in the swim'

Some families go swimming together regularly. That's not so unusual, except that there's a family that swims in an indoor pool used by the Family Asthma Program of Halton Lung Association.

The young son of the family is learning Conditioning Exercises. That's not unusual either, except that this boy has asthma. The swimming and the conditioning are both part of the program, which is teaching him and his family how to live with his asthma.

Swimming, because it requires careful breathing control, is a sport that many

youngsters with asthma take to happily. It does not trigger the attacks of wheezing breathlessness that other kinds of physical exertion might do, and it gives the satisfaction and exercise of an activity they enjoy.

Conditioning exercises teach youngsters the self-discipline they need to control their asthma; it also gives them the pleasure of learning something that most of their friends don't know. That boosts their self-esteem.

The family involvement is an important part of the program. Parents who get to talk about their child's problems,

who have their questions answered and who share activities with the asthmatic child find living with the disease less distressing. The child, at the same time, gains support and understanding from his family. Along with the self-confidence and sense of achievement, this helps him to bear his disease, even to lessen attacks or avoid them.

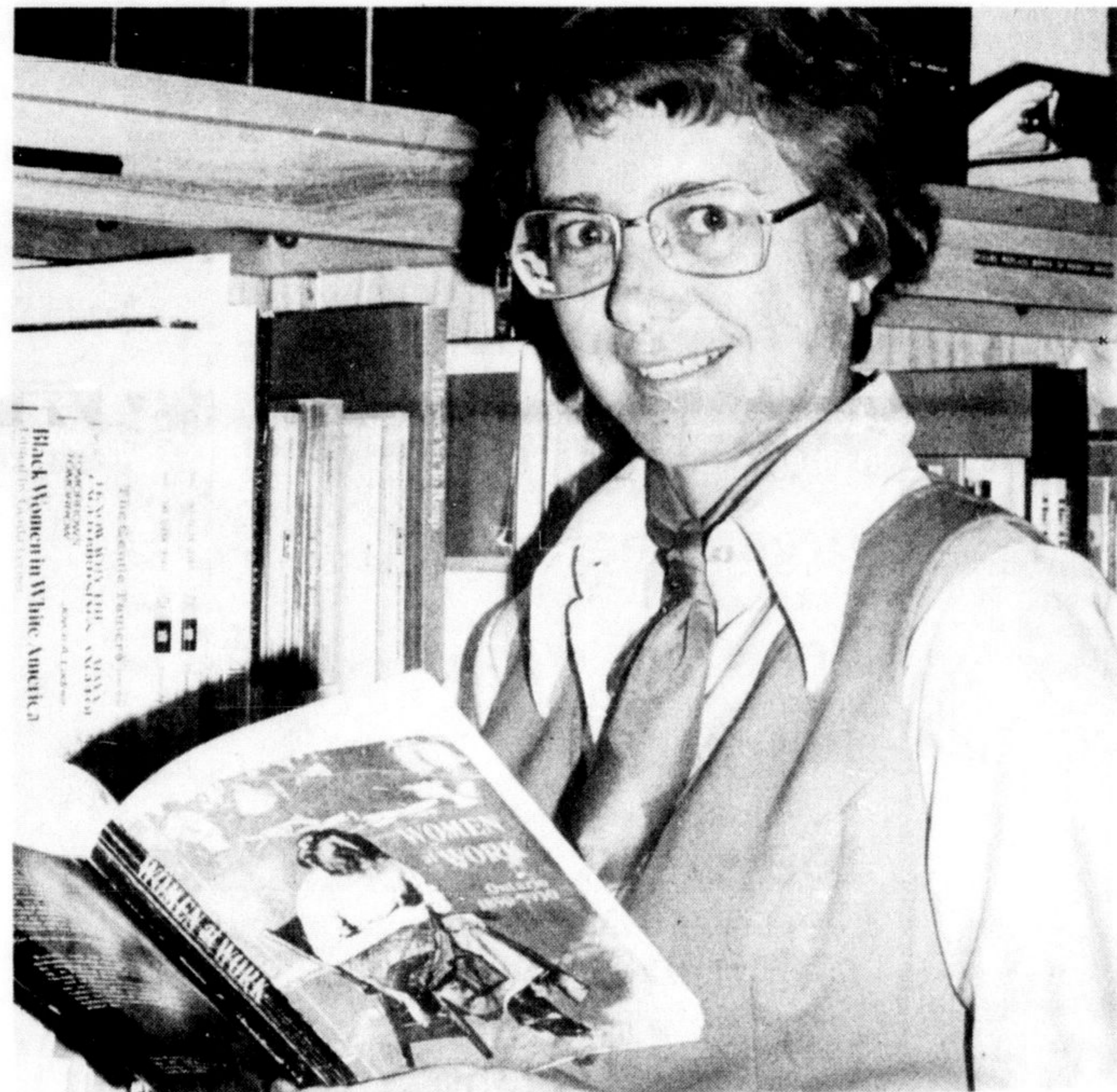
The Halton Lung Association, the organization of "Christmas Seal" people, cares about every breath you take.

—Summer wedding? The Champion publishes wedding photos and stories, but they must be submitted within one month of the wedding.

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NEWLY APPOINTED DIRECTOR of Sheridan Centre for Women Pat Cook invites community women to use centre's library.

Play safe in water

Water sports can be fun, but it pays to play it safe when you are swimming or boating, says the Industrial Accident Prevention Association.

The IAPA has these suggestions for fun and safety in or near the water:

—Never swim alone; always swim with at least two other people.

—Never swim after dark.

—Know your swimming area. There may be underwater dangers.

—If you want to swim a long distance, follow the shoreline and always be accompanied by a boat.

—Wait two hours after eating before going in the water.

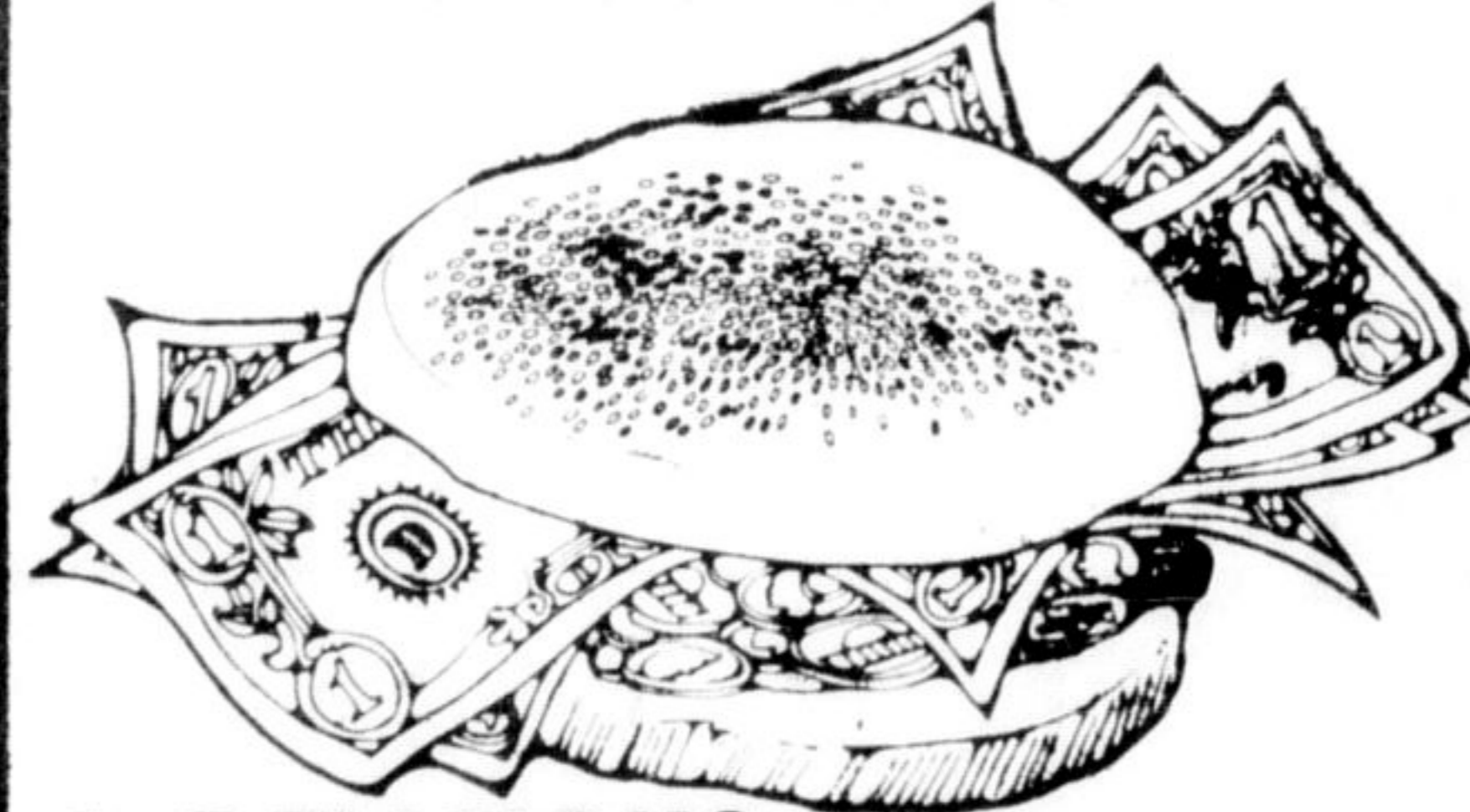
—All non-swimmers must wear life-jackets when playing in or around the water.

—Boating is fun, but all non-swimmers must wear life-jackets.

—Sit still in the centre of your boat. If you want to change places, go to shore.

—If your boat capsizes, HANG ON even if you are only a short distance from shore.

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