

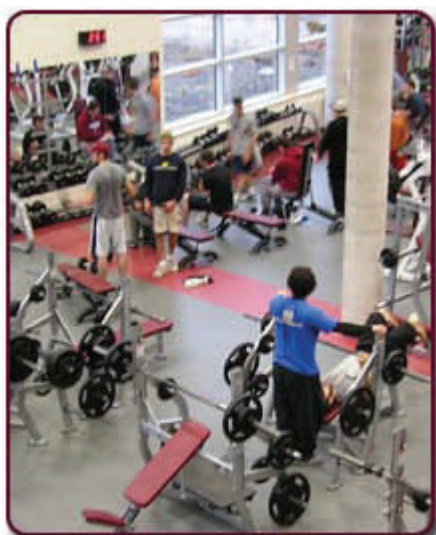
perspectives



Features

The Pulse of McMaster

By Tamara Monster



The Pulse, David Braley Athletics Centre

There has never been a better time to consider a gym membership to the **Pulse**, McMaster's official fitness club.

Late last year, a new building opened on campus: the David Braley Athletics Centre. On January 6, I was fortunate enough to have a tour of this amazing facility and immediately realized that the new Pulse (now housed within the new athletics centre building) offers everything I desire in a gym. I purchased a Pulse membership in February, and have been working out several times a week ever since. This spacious facility, which serves students, faculty, staff and the Greater Hamilton community, is the central point for everything relating to athletics and fitness for McMaster.

Located beside the Ivor Wynne Centre, the centre is named after David Braley, former McMaster student and varsity athlete (football and basketball). Braley is a Hamilton businessman and the owner of the Canadian Football League's B.C. Lions. Last year, Mr. Braley gave McMaster a gift of \$5 million towards the creation of the new centre, which officially opened in late 2006. Most recently, Mr. Braley donated another \$1 million to the Sport Medicine and Rehabilitation Centre which will also bear his name.

Inside this issue:

Features

- The Pulse of McMaster
- Generation Y Shorthand

Editorial

Mac Facts

Fun Stuff

Humour

While on my tour of the athletics centre, I was most impressed with the overall increase in size of the Pulse Fitness Centre, from its old home in the Ivor Wynne Centre. There is new and improved cardio equipment, a new indoor climbing wall and wonderfully wide, tall windows in the weight training area, and on two walls of the Fitness Studio. They flood the Pulse with lots of natural light and provide a constant vista to the outdoors. I found it very restorative to feel the sunshine while exercising on drab winter afternoons in the fitness studio. In the future, a new stadium will be built just beyond the walls of the David Braley Centre.

The Cardio Gallery contains over eighty machines from Concept 2, Stairmaster, Life Fitness, Wood way and Precor. A circuit training and stretching area is also part of the gallery (and if you travel the stairwell to the third floor, you will find the new indoor track, with four 200-metre lanes and six 60-metre sprint lanes). All of the cardio equipment (ellipticals, treadmills, stationary bikes, etc.) face windows, with a downward view of the weight training area and a side view of the 36 foot high climbing wall. A sound system and televisions with FM transmitters provide the entertainment element to your workout ses-

Top Ten Things to Look for When Choosing a Gym

- Location, location, location
- Membership Cost
- Membership demographic
- Extra Services
- Hours
- Personal trainers
- Group fitness classes
- Cleanliness
- Type/Quality of equipment
- Cancellation policy

Citation: www.bodybuilding.com

Author: Shannon Clark
(Edmonton, Alberta)

[Shannon Clark's website](#)

This elliptical fitness crosstrainer works your glutes, quads, hamstrings, calves and arms. The EFX 576i is not difficult to program, easier on your joints than a higher impact activity like running, and yet capable of providing an effective total body workout.



The Pulse in the David Braley Athletics Centre

The Fitness Studio, where all the fitness classes are taught, (with the exception of group cycling) has a wood floor that puts a spring in your step and lessens impact on your joints. You are likely to find a class at the Pulse that you enjoy, at a time that suits your schedule. The *Mac Mixer* class incorporates stepping, boxing, hi/lo aerobics, muscle conditioning and core stability training. All Pulse fitness instructors are certified by the National Fitness Leadership Advisory Committee. For a small, additional fee, you can participate in group cycling classes, held in the cycling studio. The

climbing wall is 30 feet wide and 36 feet high. I gave the wall a try one evening and was challenged by how difficult it really is to try to lift myself vertically! I was assured by Jordan Innanen, a Pulse climbing instructor, that it takes about three climbing attempts to make the body *learn to do what it needs to do* to climb effectively. It is both instinctive and natural to try to use your arms more than your legs, but climbing requires the use of both. I am convinced that climbing is an excellent way to tone up the muscles in the extremities and I plan to try it again!

This is certainly the best time to join the Pulse because it is not quite as busy during the summer. You will not regret it. Please refer to the [Athletics and Recreation's website](#) to stay informed of the many additional programs and classes that are offered each term. Or stop by the David Braley Centre, and pick up a summer brochure if you have not received one in the mail. There is something for everyone at the David Braley Athletics Centre!

G2R...Tamara Monster

Generation Y Shorthand

By Deridor Collier

Do you remember [Bumper Stumpers](#), the [Canadian TV](#) show that also aired in the US? It was a fun way to spend time with friends and family in the late 80's and early 90's deciphering vanity license plates. If you were comfortable with Bumper Stumpers, it isn't too much of a stretch to the text messaging of today.

Text messaging is described short text messages which are sent between a provider's web interface, mobile devices and PDA's. It is a quick, unobtrusive and an inexpensive way of communicating. There are text packages available from the carriers and there is no charge for receiving text messages. In the eyes of the unconverted it may appear cryptic. However, it is a great communication tool for teenagers and parents with teenagers. The first hurdle for 'older' parents is learning a new language and thumbing their way around a tiny keypad.

Text messaging may be commonly referred to as txts, texts, SMSes. If you are wondering "why 'SMSes'?", it is because text messaging evolved out of the Short Message Service found on digital phones and PDA's with wireless capabilities. Those who attempt to keep up with technology are probably using MMS. In case you are wondering, MMS means Multimedia Messaging Service. This service allows you add graphics, sound, video and 'rich text' to the otherwise plain text message. You will need a relatively new digital device and watch your monthly invoice because there is no such thing as a true unlimited data plan. Look at

It has been said that text messaging has allowed those challenged by old and conventional writing styles to exercise their creativity and flourish in an environment constantly changing with technological advancements. Last year a school in the UK seriously considered recognizing text messaging as an acceptable form of writing. At some point you may have received email with bits of text messaging. Perhaps at some point, text messaging may/will become an acceptable method of communicating with students and teachers.

As the world moves at a faster pace, text messaging has been used for many things and has been adapted to cultural values. People have proposed to prospective life partners via text messaging, divorced spouses, fired employees, announced the births and deaths of loved ones, and communicated to raise money during crises like Hurricane Katrina and the Tsunami in South-east Asia. International organizations are working on using text messaging as a communication method when faced with disaster.

On a different note and without indicating your age, do you recall Pitman short hand? Short hand was an acceptable short form of writing in an attempt to keep up with the speaker. It uses symbols to represent words and which can be written a number of

Try deciphering the texts below...

GTG	18	TTYL	IMO	FYI
ROFL	TYVM	NP	YW	GD
UR	Y	C U L8R	IDK	JK
NVM	TY	ILU	LV IT	LOL
BTW	THX	DEGT	G2R	TTFN

Answers are available on-line at:
www.workingatmcmaster.ca/perspectives/

TTFN!

Editorial

Every so often you will find me standing outside of my office building T13. Sometimes it's lunch hour and I am thinking about how I should be exercising (maybe I should get a membership to the new Pulse?). Sometimes I'm enjoying the sun and watching the wild life. I'm amazed that despite all the construction, the constant car noise and the occasional alarming ambulance on Main Street the rabbits have adapted well and still show themselves. They keep a steady eye on me as they devour a dandelion and if I get too close they quickly retreat into the bushes.

I wonder if my environment changed, would I be able to adapt so quickly? I chuckle as I pop my BlackBerry out of its holster to read the latest email.

It reads: Madeline, R U red-E 4 cof-E?

I reply with one single character: K

I love what I do but sometimes I need to unplug myself, walk away from the technology and retreat from the office and back into the sun. When I do this I find that I get a little extra boost and I am more productive with my day. I think I might be solar powered.

In this issue be sure to check out Tamara Monster's article on the new Pulse. Marlene Monster examines another odd campus building, T13, and Deridor Collier enlightens us with her article on Text Messaging. There is also a physical activity component with the first ever Scavenger Hunt!

Pour yourself a coffee, sit back and enjoy reading another issue of Perspectives.

TTFN!

Written by: Madeline Barr

Mac Facts

Now You See It; Now You Still See It: A History of Building T13

By Marlene Monster

How do you get to T-13? The route to McMaster's oldest temporary building (circa 1970) is circuitous. Follow the road between the IAHS on the west, the Psychology building to the north. Turn left at the Engineering construction dig and look east towards HSC. There you will see a light gray slab one-story structure that slightly resembles a bunker. Welcome to T-13.

Over the years this space has been home to many campus groups. Today it houses primarily the UTS (University Technology Services) staff. These are the people who give computer help to faculty, staff, retirees and alumni. During certain hours of the day, photo ID is also taken in T-13.



McMaster T-13 in the west end of the former Sunken Gardens

When you enter the main doors, which are located at the back of Psychology, you face a wall that displays clear information. Through the

doors on the right, you reach the Service desk, flanked by cubicles. Newly decorated in ochre and mahogany, this is a welcoming area. A tour through the building reveals a large classroom, meeting room, several washrooms and a lounge, complete with fridge and microwave.

According to staff, there are some bonuses to working in T-13. Williams Cafe is directly across the street; McMaster Hospital cafeteria and Emergency Dept is just up the way. Most importantly, Tim Hortons (IAHS) is closest of all!

Perhaps it is the landscape around T-13 that makes it especially unique.

It is situated at the west end of the former Sunken Gardens. These were three formal gardens created in 1929 and designed to be a showcase entrance to Hamilton and McMaster. However, plans for the hospital eliminated the Gardens. Prior to construction of HSC (formerly MUMC) in the late 60's, Hamiltonians were invited to dig out plants for their own gardens. Today, if you stand still outside T-13, you can sense traces of the original gardens. Rabbit families and voles make their homes in healthy shrubs. A "Dodo" robin pecks his way up and down windows. Maybe he ate too many berries from that unusual red-berry tree that blooms all year.

One day soon the UTS group will move into Burke Science. What will the future hold for T-13? DEGT!

Fun Stuff

The Amazing McMaster Race: How well do you know McMaster's Campus?

How much do you really know about McMaster's campus? Participate in our scavenger hunt to find clues and answer questions that even the most informed do not know! Individual or team (maximum of 4 individuals per team) entries will be accepted – **deadline for entries is Friday, July 27th.**

Submit your entries to Lorraine Redford c/o Wentworth House 101, or via email at redford@mcmaster.ca

Download [The Amazing McMaster Race](#) (35KB PDF)

Winter 2007 Crossword

We had a great response to the crossword in the Winter 2007 issue of Perspectives. The results are as follows:

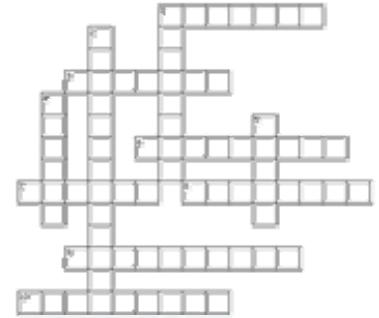
- 1st Prize: **Lisa Morine & Chris Hurley**, EOHSS (HR Services)
2nd Prize: **Rebecca Clifford**, Psychology, Neuroscience and Behaviour
3rd Prize: **Diana Parker**, Security and Parking Services

HONOURABLE MENTIONS:

Dylan Bailey, Greta Hardy, Janet Delsey, Liz Penney, Muriel McKay, Alexandra Coldwell, Debbie Good, Katie West, Mary Arnold

Thanks to all of you who completed the crossword!

Fun Stuff is a section where we post fun activities, puzzles, and contests. Check back each issue for a new challenge.



Humour

The OXYMORON that is the FREE CAT

Guest Writer: Rebecca Clifford

When we moved out to the country, we came with two urban cats, Tiff and Willow. In my dramatic imagination, I expected them to be carried off by raptors in the first few weeks. Red tail hawks notwithstanding, Tiff and Willow lived into their 20's. They were very patient with my fresh husband who was wet behind the ears in terms of pet-human dynamics, while their relationship with me was one of long standing.

One night as we drove home on the gravel back roads, a scrawny orange feral cat leapt in front of the truck [insert screech of brakes here] and eagerly devoured a moth illuminated in the headlights. This cat was a real "Gollum" of a thing, all tendons and toes, with head and ears looking enormous in relation to all else. In and of itself, this kind of encounter wasn't unusual - in the country, cats are everywhere.

For the next few weeks as I continued to adjust to our country schedule, my husband generously suggested I enjoy an extra few minutes of shut-eye before getting up; he'd feed the cats.

I thought he meant the ones we already had. At the 3-week mark, I shuffled downstairs in search of caffeine, just as he was coming in from the garage with a saucer in his hand. "Hun", I said quietly, "what are you doing?" The look on his face said it all - "I don't feed it every day. It only gets what Tiff and Willow leave behind. I don't want it to become dependent on us." Too late. "Hun, congratulations. You now own a cat."

"Well, it won't cost anything. It's a free cat", he said, appealing to my Scots side. I didn't have the heart to break it to him. He seemed so delighted to be charitable to this little creature. Besides, I had Tiff and Willow. It was only fair that he be ruled by a cat of his own. And all that comes with it.

So far he hadn't been able to get near that skinny ginger feline but it was hiding in the garage regularly. "So what will you name it? Most orange cats are male, so it's up to you." I said. "George", he pronounced, after a moment's thought. "Hun, this new cat - George - will need shots and he'll have to be fixed. He probably has worms, so let's work on gaining his trust. Then we can get him to the vet." Weeks passed and still no luck.

While weeding one afternoon, I heard a 'chirrrrrp' behind me, and then George came coiling around my ankles, finally willing to be sociable. I sat down and George hopped into my lap, purred like a motorboat, and flopped down like he owned the place. I rubbed his neck and ears; he stretched and rolled over on his back, obviously enjoying the attention. Then I paid attention... George was actually Georgia, and off to the vet she went. My husband's little project, de-clawed, de-wormed, de-sexed came with a \$300 down payment. And her upkeep continues.

She integrated well with our older cats and kept up her kittenish behaviour long after they departed. Now, years later, Georgia is queen of the castle, round and Rubenesque, and chirrrps her greetings to all who come to visit. And my husband chuckles knowingly when we pass the signs along country roads that offer "Free Kittens" to the unwary travelers possessed of kindly hearts. C&G.