

WASN'T
IT FUN



NUGGET

NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY

CEC?

Volume 6 No. 1

104

Edmonton, Alberta

NAIT INSTRUCTOR FIGHTS CITY OF EDMONTON

"The greatest crime that has ever been perpetrated into a 'free' population under the guise of 'the democratic process'."

With this statement, Morris Simon, a NAIT instructor, challenges the right of the City of Edmonton to introduce fluorides into the public water supply.

"To accomplish this," Mr. Simon goes on, "there has been a deliberate suppression of facts and unashamed untruths designed for the purpose of misleading the voter. In Edmonton the most obvious perpetrator of this deception is the Edmonton Journal." Mr. Simon contends that the city's action in fluoridating the water is

an invasion of privacy, has instituted proceedings against the City of Edmonton on their action which was recently approved by public vote. Mr. Simon is basing his charges on two solid grounds: The Food and Drugs Act, and the Alberta Pharmaceutical Act. His case was granted a hearing, which is presently under way, and will possibly be concluded within the next week. As the hearing is presently continuing, information on its progress is not public.

The medical professions, particularly the Canadian Dental Association has given its full support to fluoridation. Mr. Simon, however, is not of the opinion that the mem-

bers of the Association are as united as they might appear. He states that there is "intimidation of membership within the ranks of the Canadian Dental Association" which accounts for their united front. Mr. Simon believes that the Canadian Dental Association is applying pressures on its members to prevent them from taking a contrary stand. He also stated that "there has been an abdication by the medical profession of their responsibility".

Regarding alternatives to fluoridation, Mr. Simon informed Nugget reporters that there are a number of ways fluorides can be made

available to the public. One method which has worked successfully and has been recommended by dentists is providing a fluorine compound that can be put into milk, at the discretion if the user desires it. In some areas, there is a separate milk available on the market with the fluorides already combined. One other method is oral applications of a fluoride by dentists during a dental checkup, at the request of the individual who desires it. Mr. Simon asserted that although there was fluorine available in other sources, people tend to discontinue use because of waning determination. But as for putting fluorine into the water sup-

ply his comment was: "It is morally wrong to impose medication on an entire population for their entire lifetime against their will and consent."

Mr. Simon feels that his fight has perhaps caused some individuals to renew their thinking on this matter, and he has received support from a number of people. He said that he has not been attacked for his stand.

Whatever his stand, Mr. Simon has exhibited an admirable interest and concern for his democratic rights. His fight now is to preserve the rights which are his and everyone's.

NAITSA EXECUTIVE KEEPS STUDENTS IN THE DARK

Last October, the NAITSA executive attended the fall conference of the Alberta Association of Students to learn about the organization and to decide whether NAIT should become a part of the organization.

At this conference, our delegates joined the AAS on ratification of a Student referendum. Now the Association has jumped the gun and considers NAIT a member, although the membership fee has not been paid, and the students of NAIT

have not been given the chance to express their desire to join or not or for the most part have not even been made aware of any intention along these lines.

Presently, the AAS is comprised of the University of Alberta, University of Calgary, University of Lethbridge, Foothills School of Nursing, Galt School of Nursing, Lethbridge Junior College, Mount Royal Junior College, Red Deer

Junior College, Saint Michael's

School of Nursing, and the Southern Alberta Institute of Technology. The infant organization is stumbling along on its new legs, trying gamely to live up to its objectives and its role in Student Activities in the Province of Alberta. The Association describes itself mainly as a communications system between the member educational institutions but deals in research and Student Services.

Every school that belongs to the

AAS is levied a 12 per cent student rate to pay for the upkeep of the organization. At this rate, the tab for getting our name into the AAS would be \$350.

At this time our executive appears to be deciding just how they should go about presenting the Alberta Association of Students to the Student Body. The Nugget is sure they are doing this in good faith, but we think a committee from student council should

be formed to investigate all aspects of the AAS and then present recommendations. Then the school should be informed about the Association and then given an opportunity to decide on membership through referendum.

Considering student interest at this school we can possibly see the motives for Council's action. However, Council should keep in mind that decisions of this nature rest with the Student Body and not exclusively with the Executive.

R.T.V.T. STUDENT FOILS THIEVES

Two would-be thieves were behind bars in city police cells Wednesday night due to the courageous actions of a first year Nait student.

Jerry Leskiw, a twenty year-old radio and TV Technician student was awakened around 11:30 Wed-

nesday night by the sound of break-in glass across the street from his house.

Calling his father, Jerry dressed hurriedly in shirt, pants, and shoes minus socks and grabbed a 22 calibre rifle he had received as a

Christmas present.

While his father called the police Jerry dashed out into the 25 Below Zero night.

He checked the rear of the store and finding it locked returned to the front and called to the thieves,

who he heard inside at the cash register.

The two young thieves came outside and surrendered to Jerry who held them at gunpoint. In desperation the thieves offered Jerry

the \$200.00 they had stolen if he would let them go. Within five minutes the police arrived and Jerry then returned to his house. And ironical finish to the episode: Jerry's rifle had no ammunition in it.

Good Luck Queen Candidates

THE SECOND PAGE

ELECTRONICS FIGHTS BACK ?

War is declared. I have been involuntarily involved in an "IHATE THE ELECTRONICS GANG" revolt. Being an ardent reader of our fan mag, the NUGGET, I could not help but notice two articles concerning us, and a "lost letter" conveniently "found" in time for that issue.

The mention of our "tea party" was a complete outright fabrication of a twisted and warped mind, obviously put in to stir up trouble. We have no such party planned. Even if we did, we would have more people attending it than any other three parties combined. Like you said, we really do swing! The main article was a real dandy condemning us and our jackets, called us the "106 St. HELL'S ANGELS". This one was written by a highly emotional and jealous individual obviously in need of extensive psychiatric care to relieve his feeling of inferiority. It is not our fault that we have the most distinctive and DISTINGUISHED jackets of all the club here at NAIT. We are proud of these jackets, and wear them so that we may be more easily told apart from the mundane masses. There isn't one of us that wears and Iron Cross, not do any of us carry bicycle chains or shivs. Our participation and spirit in ac-

tivities is second to none. Our club has more members than most technologies have students, period. We are third in overall intramural standing at the moment, and have recently claimed first in both badminton and cross-country. As for the Yearbook, why blame us if no one in the Institute chose to answer the ad for help? What's wrong with the several thousand other students in this school? Or are they here merely to criticize and find fault with the GREAT ONES? We have been relegated to pet whipping boys merely because there are more of us. The tendency is always put the big guy down if you can, isn't it? Ah, well, you're number one, you have well, when you're number one, you have to put up with a lot of feeble attempts to dethrone you!

P.S. It is interesting to note that right after the articles were circulated around the school, so was SANTA CLAUS, I hear, by way of the Short Circuit that he was an Electronics student is disguise. He was obviously engaging in more of that non-participation for which we are known. Santa's Anonymous will benefit greatly from that bit of gangsterism, won't it?

HINTON FORESTRY STUDENTS REBEL

The Hinton Forestry Students threaten succession from Naitsa unless certain demands are met by the Naitsa executive.

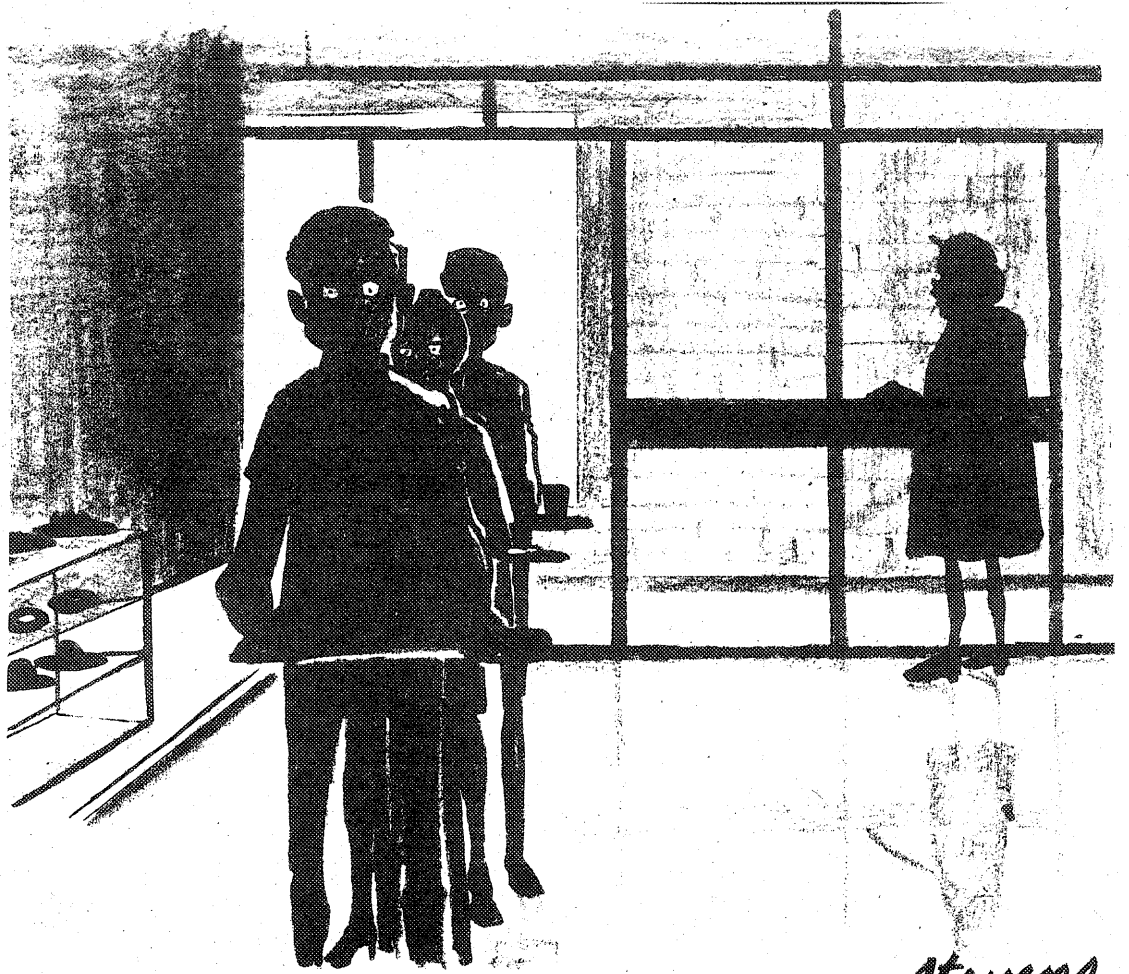
The Forestry students claim that because of their remote locations they are not receiving any of the benefits of the Students Association.

They say they do not receive the newspaper, their pictures are not included in the yearbook and they have no athletic activities they have no athletic facilities to

use. At the same time they still pay student association fees. The Forestry School demands money for athletic activities and more communication between the Institute and themselves.

In the near future Naitsa President, John Law will take a trip to Hinton to investigate the Hinton problems.

The feeling of the executive is that Forestry is a beneficial part of Naitsa and should be kept as part of this school.



Stevens

GOODNIGHT MABEL—SEE YOU WHEN THE CAFETERIA OPENS TOMORROW

A new year begins and students of Nait have four months to complete their goals for this academic year. The majority of the Nait inhabitants have only to worry about completing a year of education but there are others active in student affairs who have much to finish in the next few months. The executive certainly hasn't completed all their campaign promises or started on many important issues for the 1968 term. The Aretean Society could use a bit of reorganizing and it seems that a few girls could pitch in and help instead of leaving it to one or two people. The possibilities the Aretean Society has are unlimited and steps should be taken to develop them. If half a dozen girls would get together and work

on the Society, the ground work would be set for a sound organization next year.

Nait television hasn't become a dependable operation because of a definite lack of interest. If Nait TV organized along the lines of a professional station (with a station manager, program manager, and producer) and found offices similar to the Nugget or Yearbook more interest could be stimulated. Nait television is a prestige facility to the institute and should be encouraged to become a properly functioning service. It appears quite evident that if the students of Nait want a Students' Union Building they're going to have to fight for it. The executive should take the lead, approach the government and tell

them of our unhappiness with their decision. It shouldn't be too hard to show them we have a definite need for this type of facility. We lost the ice arena last year, let's try and hang on to the activities building. If the students don't show an interest in a building that was designed especially for them, then maybe the government is justified in postponing its construction.

These are a few of the MANY areas that the "privileged key holding student organizers" should start looking into and developing properly.

It's time we all started to get this institute into shape for ourselves and for prospective Nait students.

Letters To The Editor

Dear Editor:

Your December 13th issue carries an article under the headline "Staff -- Get On The Ball", which criticizes a goodly number of staff members for failing to have their pictures taken. You have been charitable enough to allow for sickness, etc., but have not discovered what appears to me to be the reason for this "boycott". I know of a large number of instructors, myself included, who had their pictures taken last year, paid \$3.00 for the same plus \$6.00 for the year-book, only to find their pictures absent and replaced by the note "not available".

Others have found their photos inserted with technologies other than their own, some have been freely promoted or demoted from their actual status, and many instructors' as well as students' names were misspelled... a grave sin considering how important the name is to its bearer. However, misspelling must be considered in the best of tradition established by "The Nugget" itself.

So, if many staff members declined to see the photographer this year, do not be harsh in your judgment but remember the 1966 67 year-book... shudder!

(I had my picture taken this year again: a hopeless optimist.)

Yours with a pearly smile,
R.E. Juthner
Engineering Sciences Department

Dear Nugget or is that Editor
Was I mistaken when I thought I heard Mr. Mannings "We know what's good for you, speeches within your newspaper. I am referring to the very enlightening criticism or was that constructive sarcasm about our supposed slack-ass electronics students, or was that not so slack-ass students.

By now you probably realize that I am very confused about this article. Please or should I say do state what you really mean.

It would also be very nice to know who was the young protege who that wrote slanderous article.

Yours truly,
P. Zaworonok

Dear Editor:

Regarding CRITIC Ron Landry's review. So he has a beef concerning the so-called "Plain Janes" of NAIT does he? For his sake I'm all broken up. I suppose all the girls should be "screened" for beauty above academic requirements - and by all means disregard the "Personality bit" completely! I'm sure it would be a big hit with Administration. If you're willing to get out and meet the Nait "plain Janes" and get to know them for what they are instead of how they look you will find each one is individually a great person. It would be nice if the same could be said for the boys of Nait - there certainly are few men. Now, how would one classify Nait males - perhaps "danceball Jonnies" would suffice. Sorry to disillusion you, Ron baby, but we're not all exactly "turned on" by computer systems - least of all the females - and - Oh! Yes! we don't all go by the name of "Jane" either.

"Sexy Sue"

NUGGET

NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY

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QUEEN CANDIDATE PHOTO -D.G.LAWRENCE

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STUDENT VOICE

Question What do you think of our cafeteria facilities?



Margaret McClellan
B.S.

Year one

"There is not enough room! If the Cafeteria Closed at 10:45 A.M. and reopened at 11:00 A.M. instead of five minutes late at 11:00 a.m. the N.A.I.T. Buffalo Stampede would be extinct."

Richard Niddrie
Photographic
Year A

"I think our cafeteria facilities are excellent. My only complaint is that I wish there was a wider dinner meal menu. Since there is generally only two dinners meals offered many students settle for the old hamburger which does not provide the vegetables, etc. one needs."



Shirley Deagle
Secretarial
Year two

"It is much too small and crowded. It is not fair to have to stand for half an hour just to eat. Also, I feel it would help if the cafeteria opened on time for a change, or opened earlier."

Dennis Hoffman
Architecture
B-2

The hours the cafeteria is opened for lunch should be increased. The organization is very poor as there are three or four lines in one small area, and the line at the cash registers crosses in front of the door. Food is bad.



Lynda Rouleau
Respiratory
Year one

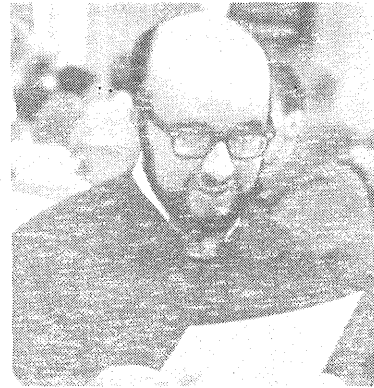
"Compared with other cafeterias NAIT rates!! The variety of meals are great. One problem: not enough seating area, especially during late lunches. I like meeting boys but not by sitting on their knees at lunch time."

Saul Rabinovitz

Electronics Year C 3

"Not enough room at rush hours. Dinner, short orders should be extended to 2:00 P.M. Coffee should be served from 7:30 - 8:30 then closed until 9:30 to cleanup."

"The hours that the cafeteria is opened for lunch should be increased. The organization is very poor as there are three or four lines in one small area. The line at the cash registers crosses in front of the door. Food is bad!"



A LETTER FROM INDIA

As time draws closer to final submission of CUSO application forms it may be of particular interest to prospective students to read this particular letter.

It was sent to Nait by Chris Herklotz a graduate of Nait in Dietary Technology. Last year Chris was accepted by Cuso and a few months later found herself in India. Her letter may give this years Cuso students an idea of what the future holds for them.

Home Science College
Punjab Agricultural University
Ludhiana, India
Namastee!

We're now into another year and I guess it's about time I sat down and wrote a few lines on how things are going here.

I'll start at the beginning and that of course is Orientation in Toronto. It was an exhausting five weeks. Our day would start at seven and it would go till ten and then there was Hindi studying to do after. Our heads were saturated with such things as Area Studies, Professional Training, Medical Training, and about five hours of Hindi Language lessons every day - they called it a crash course.

August 18th we tearfully stepped into a big Canadian Pacific Bird and started for our adventure half way around the world. On August 19th we spent 10 glorious hours in Rome and I managed to tour the Colosseum and take in a "Sound and Light Show" at the Roman Forum. The time there was too short and by twelve midnight we were again on our winged way - next stop - Delhi. We flew over the Mediterranean by moonlight and it was the most beautiful and weird experience I've ever had. At two in the afternoon we stepped out into scorching heat unto the soil of India - we had actually arrived. Another two weeks were spent in orientation with more of everything but now we could begin to see what everyone had been saying in Canada. During these two weeks we managed a trip to Agra by bus to visit the Taj Mahal. It is truly one of the seven wonders of the world. We were all quite impressed. September 3rd most of by colleagues departed for their various jobs. I unfortunately, had to wait for some official papers to go through the offices of the Punjab State Government. So for two weeks I roamed the streets of Old and New

Delhi visiting the main bazaars as often as possible and poked around the many varied shops. In this time I also learned the very handy art of bargaining - it's a ball. On September the 19th I arrived in Ludhiana - my home in India for the next two years. Ludhiana is mostly an industrial city which produces such things as bicycles, machinery, woollen clothing, etc. On the outskirts is the Punjab Agricultural University where I am living, working, and learning. It's one of the very few institutions in India that runs on a Trimester system similar to Nait. I'm on the Home Science College staff and this trimester I'm teaching Foods and Nutrition to the second year girls who are working for their Bachelor of Science Degree (4 year program). Next trimester which starts in February, I hope to be going into Food Science Research. It's been a good three months so far with the expected job frustrations and inevitable depression periods. The frustrations seem to work themselves out or you get used to them.

My most enjoyable time is jogging to the bazar as often as possible by rickshaw. I become so intrigued and fascinated everytime. There's always something new and interesting to see. It's been many a time that I've almost been run over by a bullock cart or bicycle because I was so entranced by another aspect of bazar life. I think a person could go to the bazar everyday for two months and always see something different and exciting. There's also many things to spend your rupees on and many shopkeeper who would like to take them.

It didn't take me too long to adopt the traditional Punjabi dress. That's a pair of tight pants called churidars with a shift type dress over them and a two yard chiffon scarf thrown over the shoulders (it usually matches the color of the churidars). Of course, I've also bought a couple of silk saris and I swear they're the most elegant things. A girl feels so feminine in one.

Well, I guess I'll end for now. If there are any question anyone has feel free to write. I'm only too happy to receive and answer mail.

Bye for now.

Sincerely,

Chris

O.K.
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TENDER

Tenders are now being accepted by N.A.I.T. Student Council for the contract and operation of the Used Bookstore for the term February 1, 1968 to January 31, 1969. Tenders will be taken by Les Nicolson in E133.



QUEEN WEEK 1968

Lois Brygadyr age 17 Distributive

Valerie Koshure age 19 Chemical

Lynne Adams age 20 Civil Tech.

Sharon Kitz age 18 Electronics

Linda Shewchuk age 20 Business Admin.

Wendy Strazdine age 19 Architectural

SEVEN COMPETE FOR QUEEN TITLE

On Monday January 15, eight of the cutest little things in skirts or pants for that matter begin vying for the final honors in a week long "blow-out" known as "Queen Week". At 9:30 A.M. the activities will commence when all contestants head for the photographers to have their lovely countenances placed on film. Meanwhile the various sponsoring technologies begin putting up campaign posters and the "Queen Ball" committee begins ticket sales. The committee informs us tickets to the "Ball" will be on sale Monday to Friday from 11:00 A.M. until 1:00 P.M. in the South Lobby. Also, there will be students sell-

ing tickets throughout the school. The salesmen can be easily identified by a white arm-band on their left arms. Incidentally, the price of the tickets is \$4.50 per couple.

Each day from 11:00 A.M. to 1:00 P.M. Monday to Thursday the sponsoring technologies introduce their candidates to the students. Monday it will be Distributive Technology in the auditorium and Chemical Technology in the south lobby. Tuesday Business Administration will be in the auditorium and Civil Engineering in the south lobby. An added piece of entertainment on Tuesday, will be interviews on N.A.I.T. T.V. with four

of the Queen candidates during lunch hour. On Wednesday Drafting Technology will introduce their candidate in the auditorium and simultaneously Club Culinares presents their candidate in the south lobby. Thursday there will be more N.A.I.T. T.V. interviews at the noon hour. As well, Architectural Technology will put on their show in the auditorium and Electronics will be in the south lobby.

Thursday at 2:00 P.M. the Queen candidates will be presented to Mr. W.A.B. Saunders, Mr. Meadus, and the N.A.I.T.S.A. executive body, at the annual "Queen Tea". The

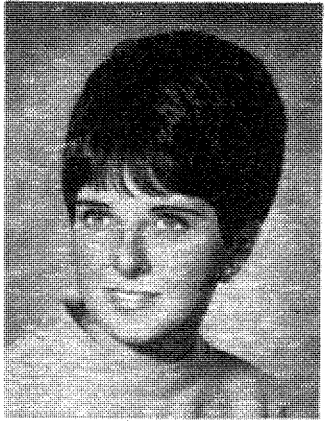
tea will be held in the staff lounge.

Friday the 19th, all campaigning ceases and the student body goes to the polls to cast their ballots for Miss N.A.I.T. The balloting will be on a first, second, and third choice basis. The remaining third choice basis and will account for 60% of the points awarded to the girls. The remaining 40% of the points will come from the judges at the biggest social event of the year, the Queen Ball. This year's panel of judges is made up of Mrs. W.A.B. Saunders, Mrs. Irene Dalton, and Mr. Colin MacLean. All three are well known to the student body and

can do nothing less than enhance the occasion.

The "Queen Ball" begins at 8:00 P.M. and goes until 12 P.M. Don Walker will be the master of ceremonies and music will be provided by the highly touted nine-piece members from the P.P. C.L.I. Regimental Band.

Our sincere best wishes go out to all of the candidates and a "tip-of-the-hat" to the participating technologies, especially Distributive Technology, the coordinators of Queen Week. This year has the appearances of a smashing success so try not to miss any of it.



FASHION FOCUS

VALERIE PANIAK

If I've heard it once, I've heard it a thousand times; "I've gained so much weight over the Festive season." If I haven't gained weight, then, all my clothes have shrunk. The zippers just won't go up as easily as they used to." These cliches are common complaints voiced by almost every female alive. Even the slimmest of girls can admit that they too have gained weight over the holidays.

In this article, I hope to give a few ideas on how to lose that "extra undesirable weight" and how not to gain it back.

Probably, the single most important element in any physically healthy person's efforts to lose weight is emotional. Before one can lose weight, they must realize: "I'll lose weight when I really want to." You have to be ready to set about this extremely difficult task. Constant suggestions about diets, repeated objections at the table about the kind or amount of food eaten, the raised eyebrow, the resigned attitude, all add to the problems of an overweight girl.

At best, losing weight isn't smooth going. There are crash diets, followed by stuffings, followed by despair. Some backsliding is to be expected of course, but a long-term pattern of losing weight and gaining it back, losing and gaining, points to deeper problems. Numerous doctors agree at this pattern points to overweight in later life. This in turn, leads to heart ailment.

There is a vast difference between hunger and appetite. Hunger is physical. In famine, starving people will eat leather, grass and even each other. Hunger is Need; appetite is not. Appetite can be set in motion by all sorts of stimuli. Some are social: at a party, for example, you don't eat because you need food. There are emotional stimuli too—fear, anxiety.

It is important to know that people who become obese don't overeat because they're hungry; their appetite has gone wrong. Sometimes they eat more than they need, simply out of habit. The simple answer to any weight problem, of course, is to eat less and exercise more, but what is lacking in that trite formula is mo-

tivation. Motivation plus exercise are the most important factors in successful dieting.

Skipping breakfast, eating a light lunch and a big dinner is the kind of meal pattern that keeps one over-weight. It is much better to have a good breakfast (low-calorie cereal, skim milk, grapefruit or juice,) than to skip it all together. For lunch take a slice of meat, a chunk of cheese and maybe a pickle. For desert, perhaps an apple. You may be different than the other 2500 lunch packers at NAIT but be assured those sandwiches and white and chocolate milks add the inches -- a few every week. A word to the budget minded: grapes, oranges, apples and most fruits in general, are much less expensive than cakes, cookies, and fancy deserts. They are much more nutritive. It is not harmful to skip lunch if you have had a good breakfast. Eat a full dinner. Go heavier on the meats and vegetables and lighter on the potatoes. Cottage cheese, boiled eggs, fresh fruits, and fresh vegetables (such as celery and raw carrots) are excellent low calorie snacks.

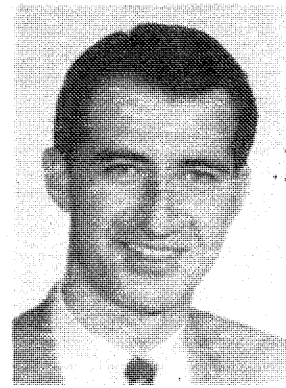
Here are 7 suggestions that should help you.

1. Drink a glass or two of water before meals. You feel less hungry and eat less.
2. Eat a big breakfast.
3. Figure out your most fattening treats (chocolate bars, French fries, desserts, nuts,) and give up those foods entirely—Will Power!
4. Eat salads. When you're out, order a salad instead of the usual cheeseburger, French fries, and milk shake. More than just being slimming, "it gives you such a good feeling of power over yourself - of pride."
5. Eat slowly and you won't eat nearly so much.
6. Look in the mirror often. This may sound vain, but it helps keep your shape in mind.
7. Exercise at least ten minutes every day.

WATCH FOR MUK — LUK FEVER IN FEBRUARY

The Muk-Luk Mardi Gras will return to a three day fun filled action packed weekend - February 16 - 17 and 18. This is one of the most significant changes decided upon by the new board of directors. The Board, headed by Donald Sharp, well known businessman and sportsman in the city has been planning, organizing, and working on Muk-Luk events since the annual meeting in May. Others on the board are Pat Gilker, Ambrose Kroetsch, Bill Fotty, Dan Koyich, Norm "Mugsy" Forbes, Don Sprague, and Oliver Devore. Mr. Sharp stated that he feels Muk-Luk offers a great deal to Edmonton and Edmontonians. "We've had growing pains and each year we've learned by our successes and from our failures. This year, we have had the earliest start on our planning-program and have a group of men who have experience with the Mardi-Gras. We plan to keep most of our events and will add some new features. We learned from last years' Muk-Luk that we must centralize our events in one area. With the exception of very few events, everything will be at Polar Park - in the Exhibition Grounds".

In an effort to become self-supporting this year, Muk-Luk will hold a number of Pre-Muk-Luk events - the first being the teen dance at the Edmonton Gardens, Saturday, Dec. 30 headlining one of the top ten recording groups - The Boxtops ... also playing for this show and dance will be Willie and The Walkers and The Lords. Tickets for this presentation are on sale at The Bay Ticket Office.




AROUND THE CAMPUS WITH HANS SCHNEIDER

N.A.I.T. students have created a good name for themselves in respect to the support they have given to charitable organizations such as the United Community Fund, Red Cross, and Santa's Anonymous. This appeal goes out to all the girls in Naitland. Just before Christmas I received a letter from a member of the Unitarian Services Committee. As I understand, this organization helps and supports destitute children in the Far East. The request is for old nylon stockings. I would like to see executives from the female

technologies organize a drive in their own technology and then get in touch with me. I will make arrangements to have the nylons delivered. So how about it girls? Show us your school spirit of which I will have some comments to make in the next issue.

On behalf of the Student's Union and the Nugget, I would like to thank all the people that turned out for the Red Cross blood drive. Thank-you's from receivers are impossible, but I'm sure a great deal of personal satisfaction is involved.



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about our
little sister?**

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AT THE NAITSA OFFICES

IMPRESSIONS OF ZAMBIA

In October of 1967, our principal, Mr. Saunders, left for Zambia where he spent two months as an advisor to President Kaunda. While in Zambia, Mr. Saunders accessed the present technical educational system, and made recommendations on its improvement.

Zambia, formerly known as Northern Rhodesia, became a republic in October of 1964. It has a population of some 3,600,000 people, with a total land area of 290,323 square miles. Zambia is located in Central Africa between the Congo to the north and Southern Rhodesia to the south.

INTERVIEWER:

What was the purpose of your trip to Zambia?

MR. SAUNDERS:

I was asked by the Canadian government to go over to advise the president of Zambia on technical training, which includes hospital training and trade schools.

INTERVIEWER:

Were you the only one in the party?

MR. SAUNDERS:

Yes, I was a one-man committee. In a way that was unfortunate because it is more interesting when you have someone to go with you.

INTERVIEWER:

How were you chosen to go to Zambia?

MR. SAUNDERS:

The President of Zambia, Mr. Kaunda asked External Affairs for a Canadian to advise him. Mr. Ryerson, our Minister of Education was contacted and recommended me.

INTERVIEWER:

Could you please give us a brief outline of your schedule.

MR. SAUNDERS:

It was a very interesting trip as you can imagine. I left on September 26, stopped at Ottawa for an administrative meeting then flew from Montreal to London to Rome. We stopped briefly at Cairo, then flew to Nairobi in Kenya. From there we went on to Dar-el-Salem, then into Zambia to Endola and Lizaka. I reached there on October 2.

It was very well arranged, while I was there in the two months, I visited 45 different establishments, and saw quite a bit of the country. I was in the big mining areas at Endola and Kitway, and visited RST, one of the large copper mines. From there I travelled to Kobeway and Livingston. We also toured one of the game farms where we saw white rhinos, water buffalo, elands, and all varieties of animals.

INTERVIEWER:

Were all the places you visited technical institutes?

MR. SAUNDERS:

There were a variety of things. I visited a number of trade schools, some that didn't have electricity, therefore used hand saws and hand tools. The schools concentrated mostly on plumbing, bricklaying, painting and decorating, and without power tools which their industries need, the students are finding difficulty in obtaining jobs, which is understandable. The technical school at Lukzaka is very well constructed, and teaches business administration, hotel management, and a little in radio and television courses. The students are just starting to come into this school. I also visited one of the technical institutes in Endola where the mechanical technology was excellent. It was a good solid basic course, and the electrical courses were also of a good type.

This was the thing I was most interested in as Zambia needs more technicians to keep its industry rolling without outside help from the Europeans. The prime thing the President was interested in was how more of Zambians people could be trained for these jobs. In addition, he wanted to know what courses should be offered, such as medical technicians or dental assistants courses, which are not presently being offered. Although only 800 graduated last year out of a population of 3,600,000, in two years there will be about 5000 graduates. So with their copper mine industry, I sincerely feel Zambia can look forward to a bright future.

INTERVIEWER:

What were your impressions of the country?

MR. SAUNDERS:

There's a lot of potential in the people, they're very friendly and they certainly treated me well.

INTERVIEWER:

Could you tell us what a few of your recommendations were?

MR. SAUNDERS:

Well, it was a confidential report to the President but I don't think he'd mind if I told you I recommended a trade school aimed directly at the mining industry. Right now the mines do quite a bit of training, and they do a good job of it.

INTERVIEWER:

Did you have any free time to spend or was your trip strictly scheduled?

MR. SAUNDERS:

It was schedule pretty tightly, but I saw more in my two months than most people see in a year, simply because they had it all arranged for me. Therefore I was able to make a more meaningful report.

INTERVIEWER:

Did you have a chance to watch any of the traditional festivities?

MR. SAUNDERS:

Yes, I was there during their independence day Celebrations and was most interested in their dancing. Their sense of rhythm is terrific! One day at the hotel a group of children, none of them over twelve had a little band of their own. Their instruments were all handmade, and the harmony and music would put some of our bands in Edmonton to shame! I also saw some tribal dances, and Miryan Makeba was there too at the same time I was.

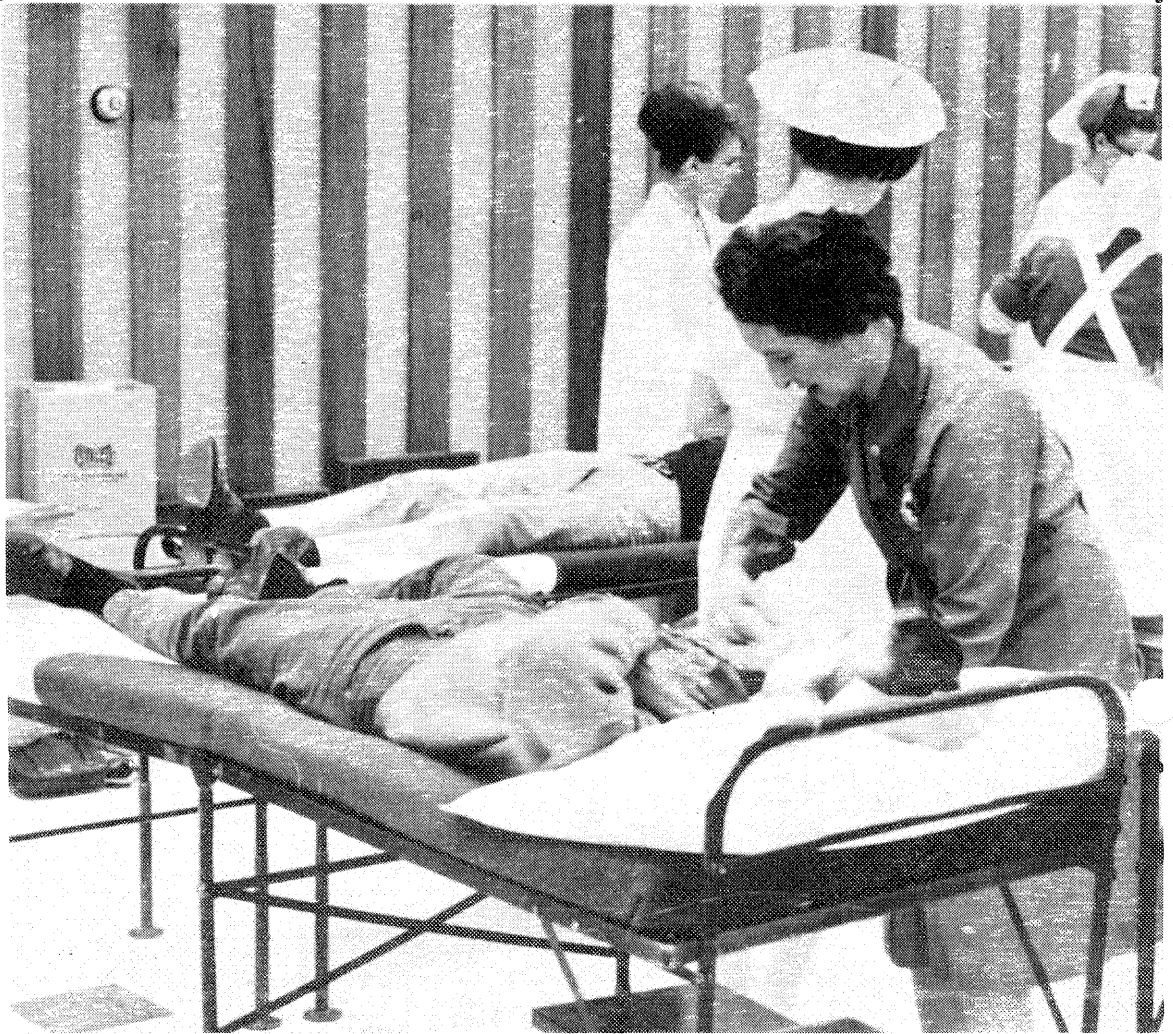
INTERVIEWER:

WHAT DID YOU THINK OF THE COUNTRY AS COMPARED TO CANADA?

MR. SAUNDERS:

This surprised me, because with their elevation and dryness, although it was about 90 degrees, I never felt the heat at all. I thought it was an ideal climate.

blood drive



Once again the Bloody Mary trophy is up for grabs at NAIT, as the Red Cross blood team has stived with a supply of empty bags, and a staff of beautiful nurses armed with the usual array of needles and tubes. Shop has been set up in the Auditorium, and the clinic has been in operation since Monday of this week.

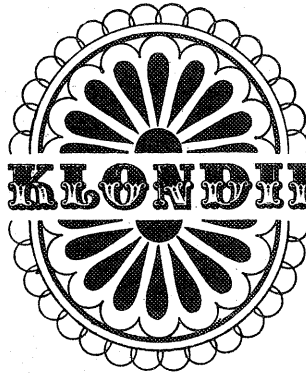
The Red Cross had expected, or at least hoped for 1,350 pints from our Institution, although from figures to date it appears that we will fall somewhat short of this objective. Monday saw a total of 240 pints donated with Tuesday's total at 245. At press time these are the only figures available, however projecting these to Friday,

(and taking into account a general slackening off towards the end) we can come up with roughly 1000 pints, which was also last years total.

NAITSA vice-president Jim Stangier has predicted that this years donations will equal those of last years, however he comments regarding the scheduling of classes to permit the technologies proceed through in a semblance of order. The present system of scheduling has not been as successful as was hoped, as some classes could not, for various reasons, be dismissed when required. Jim suggested that next year the clinic be run strictly on a volunteer basis.

The head nurse at the clinic expressed satisfaction at the smooth operation of the clinic. The co-operation of the students has been helpful, and no problems have been encountered. The nurses felt that perhaps the procedure was a little slower this year due to the new plastic bags which are being used in place of the old bottles. All in all, the clinic has been successful, and a vote of thanks is expressed to all the students who have come out to give their pint, especially to the new donors who staunchly bared their arms for the first time.

The gift of life has been given, and will be received everywhere with a deep "thank you".



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STENE ON SPORT

N.A.I.T. W.I.C.C. MEN'S CURLING PLAYDOWNS

Playdowns to determine who will represent N.A.I.T. in the W.I.C.C. Championship will be held on January 13 and 14. The cost of entry is \$14 per rink and all entries must be submitted to Mr. Spencer, Curling Coach.

Playdowns to determine the N.A.I.T. representatives in the W.I.C.C. Mixed Championship will be held January 20 to 21. Entry fee is \$14 per rink and all entries must be submitted to Mr. Spencer, Curling Coach.

TEAM STANDING AND STATISTICS

Men's Basketball

Friday, January 5
N.A.I.T. Ookpiks 110
Olds Agriculture and Vocational College 26
High Scorer for N.A.I.T. - Gary Young with 22 points

Saturday, January 6

N.A.I.T. Ookpiks 119
Olds Agriculture and Vocational College 36
High Scorer for N.A.I.T. - John Simonsen with 19 points
Mens' Basketball statistics were released by the W.I.C.C. this week and it showed that our NAIT Ookpiks are right up there on top where they should be.
The standings are as follows:
NORTH DIVISION
TEAM
N.A.I.T. Ookpiks
R.D.J.C. Kings
C.L.C. Vikings
O.A.V.C Broncos

NAIT Teams on Top!

The two major team sports in the W.I.C.C. are headed by Nait teams. The hockey and basketball Ookpiks have performed like professional teams, and are very much deserving of the first place positions. The basketball team has had resounding victories by ridiculous margin. Their last game was won by a score of 110 - 26 and 119 - 36 over the hopeless Olds Agriculture School. Congratulations to the basketball team coach Don Gilmet. Keep up the good work!

On Friday, Dec. 15, I eagerly cancelled all engagements in order to go to the Ookpik vs Mount Royal Cougar hockey game at the Gardens. I had been waiting for this game from the beginning of the season, mainly because the Ookpiks had never run into a better team than Mount Royal. I watched the Ookpiks fluke out against the superior Cougars last year to win the final, and I fully expected retaliation supreme by the Calgary

Club at this game.

Things started rather slow, but by midway through the first period the Nait team began what was to be a very convincing Slaughter of the Southern Club. The score was Nait 10 - Calgary 1. It would be hard to pinpoint the Ookpik power. Maybe I could say the presence of massive Art Barry. The Calgary team, who last year pushed the Ookpiks around at will, were skating very lightly after Barry collided with a chosen few of them.

The other defense men were excellent too, Bill Caton played like Pierre LaPlante. The other forwards skated all over the Calgary squad and Rick Young did his part by keeping the Calgary squad to only 1 goal.

I now have become a sincere Ookpik supporter. I honestly cannot see any team in the W.I.C.C. beating this squad. Credit must go to the players and coach of the Ookpiks for their tremendous showing this year.



**BIG ART AND LITTLE DENNIS HOCKEY DEFENSE
PAIR FOR LEADING OOKPIKS**



COACH GILMET POSES WITH HIS FRONT RUNNING BASKETBALL TEAM

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OFFICE TO ARRANGE
AN INTERVIEW. A
REPRESENTATIVE WILL
BE ON CAMPUS**

**WEDNESDAY
JAN. 24, 1967**

take five

with
KEN TOMLIN

Well, I hope you all had a very Merry Christmas and enjoyed yourselves on New Year's Eve. I know I had a good time (at least that's what everybody told me) and can hardly wait till next year. Now that 1968 is here we can forget about all the commotion we caused at Nait during 1967 and think about the commotion we're going to cause this year. But besides commotion we can also create.

Remember the front page story of the last edition? About our new Student Activities Building being demoted to second priority? Well I have come up with a plan that will see us GET that building. And almost every technology can participate. Here's how it will work.

First, we get Surveying Technology to survey the land. While they are doing this, Architecture and Drafting detail the building inside and outside. Banking Technology will look after the expenses involved. Civil Technology will be the superintendents, but we won't let them get carried away! During the course of the project, Photography will keep a picture file on its development.

Now that the preliminaries have been taken care of we can begin production. Heavy Duty Equipment will move in with a massive fleet of machines and clear away half of the parking lot, leaving a 20 foot depression in the land. We are now at the critical stage, what do we use to construct the Student Activities Building? No need to fret. We hold a "Collection Day." Everyone will bring anything which might be good construction material. Examples are: Japanese Orange crates, text books, an old wall around the house, discarded cigarette packages. With all the materials piled up in the Gym we hold a ceremony which will mark the beginning of our Centennial plus One Project. Mr. Saunders will lay the corner stone, which in this case, might be a 1936 Telephone Directory. Afterwards, Disturbative Technology will sponsor a gigantic party with Business Administration taking notes. Food will be served by Commercial Baking and Commercial Cooking and Electronics will have their TV cameras on hand to film a 2 hour spectacular - just of the party! Then SAB can take form. I volunteer the Apprenticeship Division to construct the actual building, with Electrical doing the wiring, Air Conditioning and Re-

frigeration installing the air conditioning, Telecommunications putting in the telephone network, Secretarial, Med. lab, X-Ray, Dental Lab, and Dental Assistants providing the cheesecake.

But we aren't finished yet! To top off the whole schmozzle after completion, Commercial Printing and Signwriting will prepare a sign stating: "To the Students of the Northern Alberta Institute of Technology from the Students of the Northern Alberta Institute of Technology". Underneath will be the signature of every person who aided with the project. The sign shouldn't be more than 50 feet by 50 feet and could be placed in an inconspicuous spot such as the other half of the parking lot.

And that's it! We have our Students Activities Building, and it has only cost us about \$300 - for the party!

Although it is impossible to imagine such an undertaking, it would get our building done right if we messed it up enough.

MINI OUT - TURTLE IN

Tony Anthony's wearing them, the Kennedy's are wearing them. Henry Singer is wearing them, so why aren't we wearing them? I'm talking bout the most "in" thing to come along since the mini-skirt. (Actually there wasn't much in the mini-skirt). I'm talking about the turtle-neck sweater! You don't wear the turtle-neck sweater to keep warm anymore, you wear it to look dressy. Instead of a shirt and tie, you don a turtle-neck sweater and sports jacket or suit, and you're dressed the the Chateau Lacombe, or even the Queen Ball. I wore one to Nait last week and the way everyone looked at me I thought I had forgotten my trousers. Before the month is up, at least half of Nait will appear on the scene in their turtle-neck sweaters. Just wait and see.

HELP STAMP OUR HIS STAMP

While on another crusade in Mr. Meadus' office, he was called upon to approve some sort of poster. So out came the old rubber stamp and ink pad. When he lifted the lid off of the pad I couldn't believe it. The center of the pad was worn down to the base of the box. Is this the kind of co-ordinator we want? One who will approve everything brought into his office? Doesn't he investigate to see if there is any possibility of criminality involved? I SAY THIS MUST STOP! SOON HE WILL BE MOVING IN ON OUR PRINCIPAL AND APPROVING HIS ACTIVITIES.

THERE MUST BE SOMETHING WE CAN DO. LISTEN TO ME! DON'T JUST STAND THERE! TAKE YOUR HANDS OFF ME. LET ME GO! HE'S A MENACE TO MANKIND I TELL YOU! DON'THELP.... GAUGH...!

* * * * *

Now that I have calmed down, there is another fact about Mr. Meadus which concerns me. That is, the sign on his door. We know he likes to take a leading role in student activities, and we know he likes to run a good ship, but I DON'T think it's necessary that he call his office "The Captain's Cabin". Just how much power is he taking? If this continues, soon everyone in a top position at NAIT will be hanging signs on their doors. It may come to this:

"The President's Palace" on John Law's door

"The Ruler's Roost" on Mr. Saunderson's door

"The Editors Ediface" on the door of the Nugget Editor

"Starrits Stable" on Mr. Starrit's door

It is time this nonsense stopped. We should ban together and remove this outrageous display of exhibitionism. Just trying to attract attention, - that's all he's doing. But will we let him get away with it? SIGH Probably.

CECILIA HALWA TO BE REPLACED

Jan. 15 - 19. Queen Week. Already! It sure doesn't seem like a year has gone by since Cecilia Halwa was crowned Miss NAIT. And now her reign is nearly over. I think it would be most appropriate at this time if I listed the activities in which Cec participated. There weren't many, but they were important, and fun.

During February--On the NAIT float for Muk-Luk Mardis Gras During March--On television to promote Open House Participated in the Open House Wlecoming During September--Participated in Frosh Week

During November--Greeted the Governor General at NAIT

Our Queen also had the privilege of being kidnapped by SAIT, so you can see that there are risks involved as well as the many pleasurable moments.

We hope that our new Miss Nait will be as capable and enthusiastic as Cec was in her responsibilities, and I would like to wish now, as successful and enjoyable year to the new Miss NAIT of 1968.

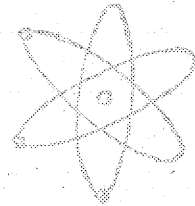
ELEGY WRITTEN TO A FORMER SKYWALK SITTER

Was the same every morning day in and day out
There it sat on the ledge vibrating it's snout
Blocking the skywalk, whistling with glee
Everytime there passed a N.A.I.T. Beauty

But alas the poor beast's days were near an end
For each time to see legs it forward did bend
It came a little bit closer, this great throbbing mass
A little bit closer, to that sheet of glass
And alas it did happen, one morning so rare
It fell through the glass with a screech of despair
To make matters worse, there walking below
Came a commercial baker; cream tarts in tow
And out of the whipped cream and cherries and mingle
And "Electronics" crest was barely distinguishable.

Med Lab. student

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