

LOVE
THOSE

NUGGET

ESKS

NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY

Vol. 7 No. 1

September 13, 1968

OFFICE PRINTING

Edmonton, Alberta

SHINERAMA DAY, SATURDAY, SEPTEMBER 14

FROSH WE NEED YOU!

Seniors from all technologies welcome you to NAIT. We know that you are in store for lots of fun (and lots of work) and lots of memories when you leave.

To start the ball rolling for this year we are asking for your help in making NAIT's "Shinerama '68" fund raising campaign a success.

What is Shinerama you ask? Well, Shinerama is a one-day shoe-shine fund drive on behalf of the Canadian Cystic Fibrosis Foundation. All proceeds from Shinerama will go to the Foundation to aid in research and treatment of cystic fibrosis.

Cystic Fibrosis is the most serious disease of infancy and childhood. It affects the lungs and digestion. Treatment is costly and the cure has yet to be found. But there is hope through continued research. We are asking you to help by joining in Shinerama '68.

You will be in teams of threes, two boys and a girl, at various (97) places throughout Edmonton. You will be shining shoes for any contribution the "Shinee" wishes to make. For your efforts you will receive a double-fold reward. Firstly, you will be helping a most worthwhile cause, cystic fibrosis. Secondly, there will be a party for you that night.

All the equipment (polish, brushes, stands, collection cans, etc.) will be supplied, as well as transportation to and from your shine site plus sandwiches and drinks. The party that night will also be free. All you have to do is to contribute your time and energy.

Your club executives and technology seniors will be talking to you about Shinerama. You can also find out more about it by coming to the office of the vice president in the Students' Executives Offices, room E 133. We will be glad to answer any questions and to enroll you for Shinerama day.

Come out and support Shinerama '68. Give NAIT a reputation for being a responsible institute and NAIT students a reputation for being capable, industrious young adults.

Support Shinerama '68 September 14.



HARDER, HARDER, RUB HARDER



ATTEND FROSH ACTIVITIES TODAY

KANGAROO KOURT
11:30 to 1:00P.M.
GYM

FROSH DANCE
8-12P.M.
GYM

EDITORIAL

Once again another session at NAIT has begun. The staff of the Nugget would like to welcome all first year students to the Institute and also to congratulate those students, called seniors, who somehow managed to find themselves being accepted into 2nd and 3rd years.

Each year it is told how NAIT is a relatively young school with a great future ahead of it. This great future will only come about with the help of those who pass through its doors, mainly you and me. Because it is a young Institute there are still many "firsts" which have yet to happen, and it is up to you freshmen to think, act, and make these "firsts" happen during your years here at NAIT. I am sure you will soon realize that we are No. 2 across Canada. Our objective is therefore set for us; that being, TO BECOME TOP DOG!!! This will only come about as a result of your participation in extra-curricular activities as well as obtaining good marks.

We now have a P.R. dept. which was long overdue and came about through the hard work of last years students; maybe you and your classmates will be responsible for more and improved parking or even in the building of the much needed STUDENTS UNION BUILDING.

Student apathy has a good chance of getting a firm hold on the students here because, so they say, we are only here for one or two years. I feel this is a pile of rubbish. It was your choice to come here as the final step in your life before entering that big bitter world of business. Because you did this you should feel very proud that you had enough in you to do so; you should be proud of attending an institute of this calibre and also want and try to back every and all student activities.

Your first chance to prove to the seniors that you are willing and able to improve the NAIT image, and therefore in the long run your own image upon graduation, has been provided for you through SHINERAMA, this Saturday. The seniors want it to be a success, NAIT wants it to be a success, and you NEED IT TO BE A SUCCESS. So let's go Frosh, and prove to your seniors that you are just as creative, and even more successful than they are. Good Luck to all of you!

MESSAGE FROM THE DIRECTOR OF STUDENT SERVICE



Once again I wish to express my appreciation to the Nugget for giving me this opportunity to welcome the students to the Institute. I hope that as in the past you will all avail yourselves of the wonderful curricular and co-curricular opportunities which exist at N.A.I.T. This will require of you a diligent application of your energy to your studies as well as active support of the Students' Association and participation in those co-curricular activities which may be of greatest interest and benefit to you.

In the past years the students of NAIT have demonstrated this capacity to both work and play hard and have as a result established for themselves and the Institute an excellent reputation. I hope the freshmen are aware of this and will be able to follow and perhaps even improve on this fine tradition.

Finally, it is my sincere wish that all of you have an enjoyable success-filled year and that when we terminate in the spring your ambitions for the most part have been fulfilled.

NUGGET

NORTHERN ALBERTA INSTITUTE OF TECHNOLOGY

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TOAST MASTERS

Our Toastmasters Club is a group of men interested in self improvement, and willing to work at it on the well-established principle of "learning by doing."

To this end, our members practice talking before the fellow members. Then we give our impressions of what has been said, and how it could have been said more effectively. Thus, we combine the two principles of "learning by doing" and "improvement through constructive criticism."

In addition to becoming a better Toastmaster and speaker, this club helps you to gain greater understanding of the vast field of communications. We feel this is very important. We know that through successful communication, we arrive at understanding; and when we understand each other, we can work together constructively.

Our conception of public speaking is that it is, in the main, "enlarged conversation." Whether the audience is one, two, or a thousand the essential principles are the same. We gain valuable practice in public speaking by engaging in Table Topics, short impromptu speeches that help you gain the ability to think and talk on your feet, formal prepared speeches, and the opportunity to gain valuable practice in public speaking by watching one's manner of speaking in conversation.

We meet every Tuesday night at 6:15 in the north cafeteria to practice what we preach. PLEASE COME OUT AND WATCH, WE HAVE ROOM FOR YOU IF YOU ARE INTERESTED.



WELCOME TO THE FRESHMAN

It is indeed a pleasure to welcome the Freshmen to the Northern Alberta Institute of Technology. You are on the threshold of a new adventure, which, in all probability, will be remembered all the rest of your life. There is always a certain amount of tension and frustration attached to the first few days at the beginning of a new term for the staff and students alike. Usually it is quite hectic trying to get everyone registered, allocated to proper classes, through the Book Store, etc. We hope that your eagerness, enthusiasm and sense of adventure won't be dampened by the ordeal, but will continue as long as you are at the Institute.

Because we have grown so rapidly, it is often difficult for us to know you personally. I am sorry that such is the case, and I would ask you to make a real effort to know as many of the staff members as possible. You will be pleasantly surprised to know that most difficulties and misunderstandings are easily resolved when we know each other. The staff members are here to help you at any time. Please take advantage of this help. You should feel free to approach us at any time. We are genuinely interested in you. In addition to your regular course work, you investigate the various extra-curricular activities. We have an excellent student association offering a very wide range of activities. This is where the Institute spirit develops. As you are aware, we are a young Institute, but already the students have established the basis for some very fine traditions. Please make an effort to uphold and add to these traditions--you will find it most rewarding.

Your courses will be very demanding. They have to be if you are to meet the standards established by modern industry. We expect to treat you as adults, and as such, we expect you to assume responsibility as adults. The best advice I can give you is to make a very rigid study routine for yourself right away. Please don't be lulled into a sense of false security because the first few days appear to be rather relaxed and not very demanding of your time. We expect each person entering a course will be able to successfully complete that course, or we wouldn't have let you attempt it. We know, however, that regardless of your background or mental ability, you will not complete your course successfully unless you study at least two and one-half hours per night every night starting now.

1968 YEARBOOKS HAVE ARRIVED

STUDENTS MUST
PRESENT LAST
YEARS I.D.
OR
CREDIT CARD
TO
STUDENT STORES
RM. E. 131

HELP! THE YEARBOOK IS HOLDING ITS FIRST ORGANIZATIONAL MEETING

MONDAY, SEPT. 16, 7 p.m.
PM: E 127



10402-118 AVE.

EDMONTON, ALTA.

PHONE 474-2370

N.A.I.T. STUDENT SPECIAL
T.V. RENTAL RATE
\$8.00 PER MONTH

COUNSELLING CORNER

The staff of the Student Counselling Services would like to welcome the new students to N.A.I.T. and say a friendly "hi" to those returning for their second or third year. We hope your stay at the Institute will be pleasant, interesting, and rewarding.

To acquaint you with the services provided by the Student Counselling Services, the following information is presented for your perusal:

WHO MAY USE THESE SERVICES?

All NAIT students, prospective students and parents are invited to make use of the free services available at the Counselling Office.

SERVICES AVAILABLE

Student Counselling Services are available to assist students to obtain maximum benefit from their studies at N.A.I.T. and to develop their potentialities to the fullest extent. In order to accomplish this purpose, the following services are provided to students and prospective students.

1. Educational Counselling - assistance with selection of program, choice of options where applicable, study skills and academic difficulties.
2. Personal Counselling - students with personal concerns such as worry, restlessness, inability to concentrate or pre-occupation with personal problems which interfere with their academic or social interests should seek counsellor assistance.

Vocational Counselling - students may wish to explore their vocational interests, aptitudes, abilities and vocational opportunities with the assistance of a counsellor.

4. Financial Counselling - information regarding scholarships, grants and loans is available.

5. Testing - the purpose of the testing program is to enable the counselling staff to assist students in self-appraisal of their

interests and aptitudes.

These tests are administered to all ACCEPTED first year students on a scheduled group basis. Other tests may be administered on an individual basis when considered useful by the student and counsellor.

6. Occupational - Educational Information - reference materials on occupations, universities, technical institutes and colleges are available for student use.
7. Group Counselling - group sessions may be scheduled during the year.

CONFIDENTIALITY

All communication between student and counsellor is held in the strictest confidence. Only with the written consent of the student will confidential information be released.

LOCATION

There are five counsellors on staff. They are located in the Tower Building on the main floor in room T112.

APPOINTMENTS

Appointments may be made personally or by telephone 318 (black) or 158 (grey) internally or 479-8471 extension 318 externally.

CHAPLAINCY SERVICES

A team of voluntary chaplains present denominational and interfaith programs and are available to assist students in religious and personal problem areas. This is not a duplication of the efforts of the Student Counselling Services, but rather an important supplement. Appointments with a chaplain may be made through the counselling office. The following denominations will have representatives:

Baptist - Rev. Littman
United Church - Rev. Cantelon
Catholic - Father Stein
Lutheran - to be named
Anglican - Rev. Flagler

In the future, there are to be articles written by the members of the Counselling staff on current subjects. We hope you will find them interesting and informative.

S.M. Checkley,
Head, Student Counselling Services

INSTITUTE OF ELECTRICAL AND ELECTRONIC ENGINEERS

(On Friday, February 19, 1965 the Institute of Electrical and Electronic Engineers honoured the Northern Alberta Institute of Technology by presenting the Charter for the newly formed I.E.E.E. Student Associate Branch. I am not sure that the students of this Institute are fully aware of the honour bestowed on us by the I.E.E.E. They should realize that we are one of the few Technical Institutes in Canada recognized by the I.E.E.E. and that not many years ago only University students would have been considered for such a Charter.)

The above was a quote from Mr. W.A.B. Saunders.

The Institute of Electrical and Electronic Engineers was founded in 1884 for the "advancement of the theory and practice of electrical engineering and the allied arts and science, and for the maintenance of high technical and ethical standards among its members".

Because it is a world-wide organization, every member is recognized by every country in the world as the best informed on the latest technical information in the electrical, electronic and telecommunications fields.

As an I.E.E.E. member you receive a number of benefits. These are:

- A. latest technical information in your field;
- B. projects of your own choice in which you can gain practical experience;
- C. local field trips to industry;
- D. education films;
- E. industrial speakers;
- F. social functions and;
- G. association with professional people.

In the future, these benefits could pay-off in the form of higher wages or better positions. We invite you to "cash in" on these benefits by joining the student branch of the I.E.E.E. this fall.

DEADLINE FOR ENTRIES FOR INTERMURAL GOLF IS THURSDAY, SEPT. 19, 1968

STUDENTS

Check out the students' bookstore for:

- * Used Books
- * Crests
- * Sweatshirts
- * NAIT Pins
- * Jackets & Blazers

and much more

All the Phys. Ed. Equipment needed.

* * * * *

CAMPUS KITS!

\$5.00 VALUE, Only 25c!

(To student - Bring your student card)

E131 - Your first stop after registration. — N.A.I.T. Students' Association Bookstore.

OPEN EVERY WEEKDAY DURING NOON HOUR AND AFTER CLASSES UNTIL 5:00 p.m.



Someday I'll be an actress



or a writer



or a musician



or an international spy

Before you take Broadway by storm, you'll have to learn to be an actress. That's common sense. It also stands to reason that becoming a mature and graceful woman will be easier if you learn certain things now, like proper posture, speech and manners. There are some other things, too, that'll make femininity easier. Like Tampax tampons. The sanitary protection that was developed by a doctor to be worn internally. Tampax tampons are made of pure surgical cotton. The silky-smooth container-applicator assures hygienic insertion and easy disposal. Your hands need never touch the tampon. And there'll be no more pins, pads and belts to limit what you can wear. Try Tampax tampons. They're one of the little things that just might make it easier to become a famous woman.

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FOR FURTHER INFORMATION CONTACT
MR. CUMMINGS
RM. E137

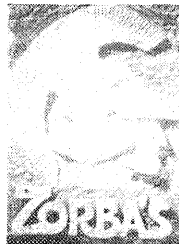


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ENTERTAINMENT NIGHTLY

CAMPUS TOWER BLDG.
(DISCOUNT TO N.A.I.T. STUDENTS)

"THERES ONLY ONE THING BETTER THAN ZORBA'S"

take five

KEN TOMLIN

Not Limited to Frosh!

The 1968-'69 session at NAIT has officially started and for the second year in a row, the Nugget has brought out an issue DURING Frosh Week. Actually, this fact has no bearing on what I will be talking about, but I thought you would be most impressed with this little bit of information.

I would like to take this opportunity to welcome the 1900 Frosh attending NAIT this year...Unfortunately, space doesn't permit me to do so. (!???)

\$79.00 - BAH!

I don't know what would happen if everything planned during registration and Frosh Week were to go off as anticipated. It would probably make coming to NAIT so dull that applications would stop coming in. I honestly believe these little booboo's are though up by a special committee to make sure that the students are put off on the right foot by having something to bitch about. For instance, the Frosh Barbecue was held last Friday with only about 600 showing up. Now, with over 4000 students, that is pretty poor attendance. This was mainly because the major portion of the 2nd year people hadn't even registered by last Friday. Evidently, the Barbecue date was set last May by the Students Council. Now don't try and tell me we're supposed to remember Sept. 6 for 4 months! REALLY!!!

Another example of a typical NAIT booboo is the taking of pictures. This little chore is supposedly set up weeks in advance. So what happens? Nothing serious. Just that 25% of the student pictures are no good. The cameraman evidently had the camera turned the wrong way and is now at home admiring his 1000 self-portraits!

I would like to close off with this little ditty. There is a wild rumor circulating among a select few that is suggestive of a student revolt here at NAIT. Now you KNOW I would NEVER print anything without having concrete evidence to back me up...so I would like those ELECTRONICS students to fill me in on all the details of their planned "violent uprising."

CROSS COUNTRY PREPARATION

On September 11, at 4:30 p.m. the formal practices for the cross country team will be initiated. Both experienced and inexperienced runners are welcome to attend.

Practices will be conducted from 4:30 - 6:00 p.m. on the N.A.I.T. track Monday through Friday. Arrangements will also be made to train at Kinsmen Park or one of the golf courses for actual cross country experience. It is hoped that with a good turn out, an intersquad meet can be held prior to actual W.I.C.C. competition. In addition to the finals at Camrose on October 26th, 1968, several dual meets are also being arranged. The team to be selected will consist of six men and five women. The men run a distance of 3 1/2 miles. The women compete in a 2 1/2 mile relay with each woman running 1/2 mile. Prospects look good for our team improving their second place finish of last year.

Any interested students should contact Mr. Sorensen, Rm. E-137, grey phone #436. It is anticipated that 60 - 70 students from various teams (cross-country, hockey, basketball, volleyball, soccer, wrestling and badminton) to be out to get in top shape for the coming season. Therefore, managers are required for the cross-country team - one and one woman. Interested individuals apply to Mr. Sorensen, Rm. E137.

Let's make it another successful inter-collegiate year at N.A.I.T.

INTER-SCHOOL WRESTLING

Prospective wrestlers and returning team members are invited to attend the team meeting, Wednesday, September 18th at 4:30 P.M. in the bowling.

Season plans, operations, home and travel meets, training procedures, and practice schedules are to be discussed.

Twelve weight classes ranging from 114 lbs. to over 213 lbs. exist. Two competitors are needed in each class.

GREETINGS FROM THE SPORTS DESK

with Gord Johnston

Needless to say not much in the way of sports is taking place at NAIT so far, unless you call the endless and confused ritual undergone by all students during registration as sport. Despite this opening shock I trust all will be fit in the coming three quarters to defend NAIT's standing in the W.I.C.C. as well as take part in the many intramural events provided.

Some of the sports undertaken in the WICC include hockey, wrestling, basketball, curling, badminton, and cross country to mention a few. I think it's quite fair to say that NAIT dominated the league last year with our terrific showing in most of the events, ending up with the highest total of points and of course the supremacy trophy emblematic of the WICC championship. It will take a great deal of effort for NAIT to repeat her domination of this

league, since every year the competition improves, but I'm confident that our new athletes arriving this year along with the seniors can keep the supremacy trophy here at NAIT where it belongs.

More details on the sporting events can be obtained from any of the physical education instructors who I'm sure will be only too happy to help you out. The staff offices are located in E 137 near the gym.

Well that's about all I have to say for now except to urge all those interested in entering any team competition to join in the pre-season training being held every day starting Wed. Sept. 11 at 4:30 on the track. Let's get out and get in shape for the upcoming season which can be even better than last years. After all we didn't win quite everything, you know.

HEADQUARTERS FOR STUDENTS CLOTHES

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— SCHOOL —

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