



Dear Nugget Staff;

Hello, we are the OOKNAPPERS. Don't laugh, this is serious.

We are a militant group devoted to insanity, loud music, and wild parties. We are very dangerous.

In case you haven't noticed, we have kidnapped the Ookpik, and we are holding him for ransom.

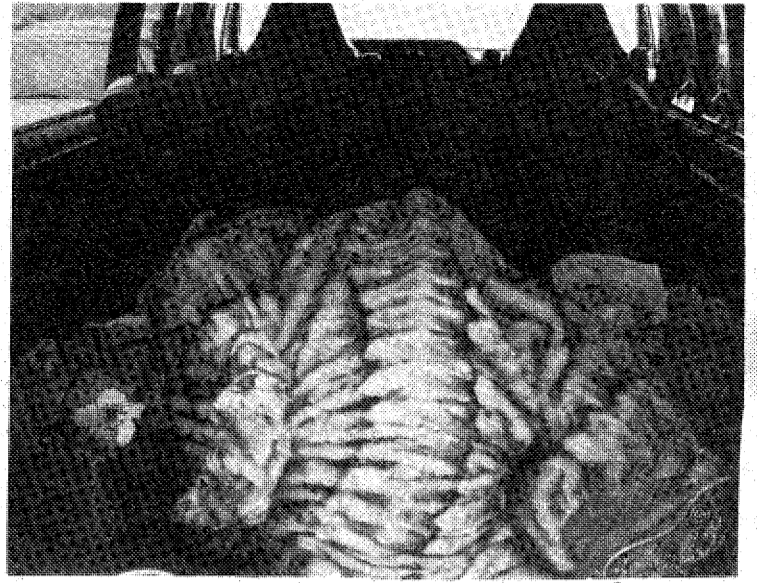
We have established a connection and it is Roy Stasiuk of the NAITSA Exec. Everything from now on will pass through him.

We would appreciate you printing this letter as we need publicity.

Onto the ransom...

For return of your beloved Ookpik, we demand exactly the sum of 99 cents in unmarked coins to be delivered in a plain brown wrapper to Roy. Delivery must be made by the 12th of Dec. or your Ook will suffer the consequences. (By the way, does it shed?).

Yours truly,  
the OOKNAPPERS.



the

NORTHERN ALBERTA OF TECHNOLOGY STUDENTS' NEWSPAPER

# NUGGET

'America is the only country  
that went from barbarism to  
decadence without  
civilization in between.

Oscar Wilde

VOLUME 12 ISSUE 11

Thursday, December, 4, 1980

## Wandering Fingers writing competition

'It took me 15 years to discover that I had no talent for writing, but I couldn't give it up because by that time I was too famous.'

--Robert Benchely

The Nugget is sponsoring a writing competition. It is open to all students at NAIT who wish to exercise their creative writing talents. It is a chance for students to dig out and polish their favorite writings or create a new masterpiece. It is a chance for students to become famous.

The competition is divided into two categories; fiction and nonfiction. Prizes are offered to the winner in each. The winners will have their writings published in the yearbook. Winners, and runnerups, and other entries will be printed in the Nugget throughout the year. The prizes will be offered; amounts to be announced later.

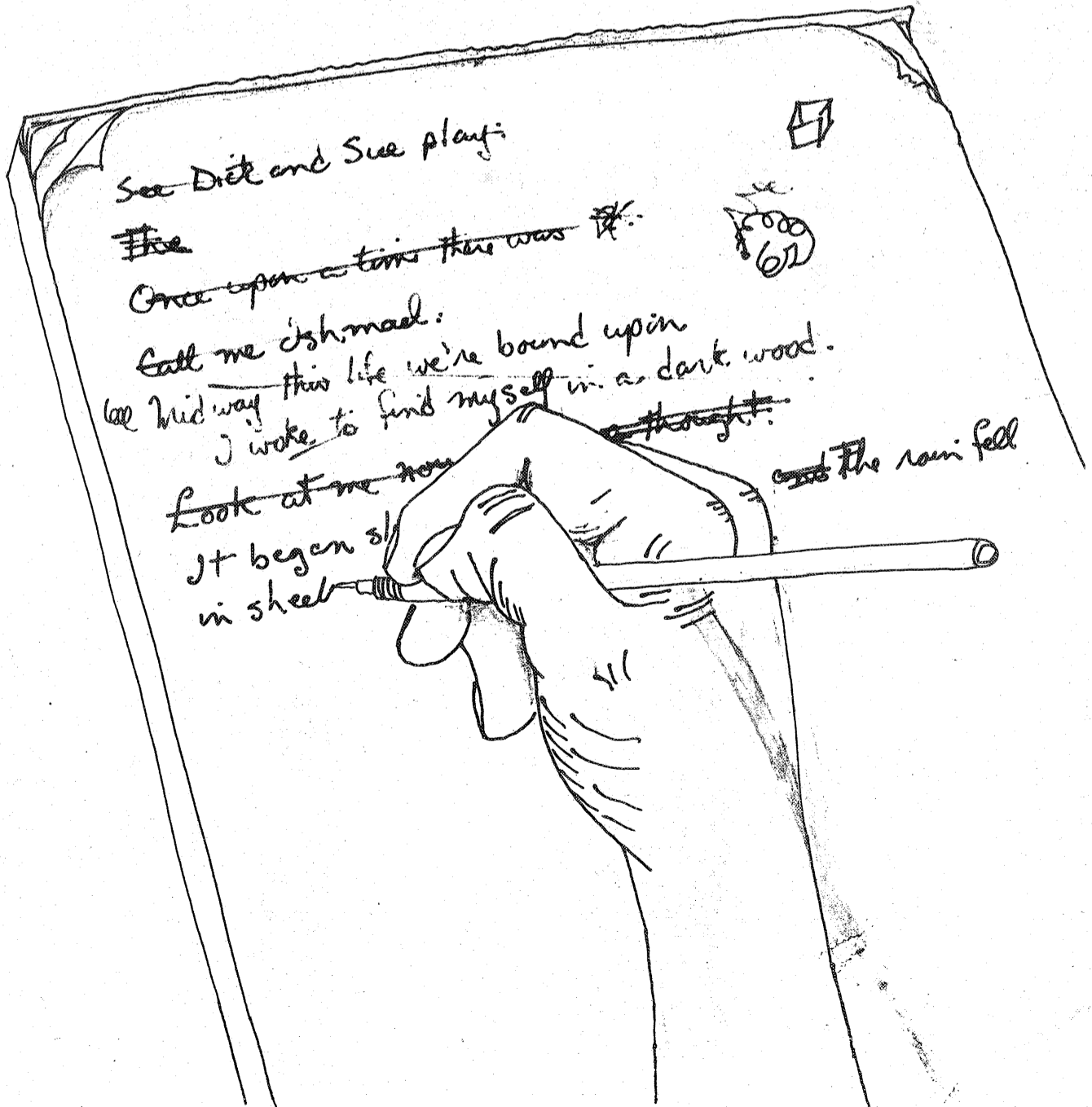
The fiction category is limited to a thousand words and the non-fiction to fifteen hundred words. Length is not a factor in the judging. All we want is your creative ability put down on paper. Entry deadline is January 15, and winners will be announced January 31.

Judging will be done by a panel. Nugget will get one vote and four other votes will be scattered amongst various instructors and administrators of NAIT.

The story or article can be about NAIT or about hunting cougars in Africa. Content is secondary. The main point of concern is style, grammar, fluency and all those other ingredients necessary to survive in the business world.

Submissions to be made to the Nugget office. Enclose in an envelope and place in suggestion box or give to a staff member.

Further details and rules will appear in the next week's edition of the Nugget



Student Newspaper for the Northern Alberta Institute of Technology

The Nugget is published weekly

Excluding editorials, articles published do not necessarily reflect the views and opinions of Nugget staff.

Deadline for all articles is Tuesday at 12 noon.

Grey 423

# the NUGGET

## NUGGET PRODUCTION STAFF

EDITOR: Gene Thiel

ENTERTAINMENT EDITOR: Laurie Gault

NEWS EDITOR: David Schamber

SPORTS EDITOR: Tim Moore

PRODUCTION ASSISTANTS: Bruce Blacklock

TYPESETTERS: Bobbie Lommerse

## Editor's Note

It was just the other day I figured I wouldn't write anything for an Editorial. There were of course many good reasons for not writing: running short of time, maybe nothing important to say or nothing to say at all, and the fact that maybe nobody really cares if they see an Editorial at all. Now this may be true. But then I said no.

There are too many people around that do not bother to write or do anything already. I've seen this on the paper. Some people who said they would write or do something come in and say, 'sorry, I can't do it this week; I'll do it next week' and you never see them again.

You find that some people come in, in this case the Nugget, they sound interested but just can't spend five or ten minutes doing something as I am with this. Yet, like last week, people came in and asked where the paper was? Well, in this case, we didn't print the last two weeks because of machine problems and as we all know, everybody was busy during exam week (for good reason) so no issue was published.

Apathy holds true in many situations. Shinerama, for example, became a disappointment because the expectations were much higher, just to keep up with previous years. But some lack in participation and hustle made the sum raised a little short of expectations.

I'm sure if you have belonged to clubs, you may have noticed in some clubs that a few people do the work while the rest reap the benefits. In actual fact, everybody should get involved. You may also feel a pride of accomplishment once involved.

How about Dec. 8 & 9, Red Cross Blood Donor Days? It doesn't take much!

Gene Thiel

### The Solar Energy Society

Date: Wednesday, December 10, 1980  
time: 7:30 p.m.

Location: Provincial Museum Auditorium 12845 - 102 Avenue, Edmonton, Alberta

Topic: 'The Energy Efficient Home'

Speaker: John Riley of Fiberglas Canada

Mr. John Riley of Fiberglas Canada will be speaking on applications of insulation in the 'Energy Efficient Home'. Admission is free. Everyone is welcome to attend. Should you require any further information concerning our society or our upcoming event, please contact Herb Dietrich at 427-0067 or leave a message with the Solar Energy Society Secretary at 439-6466.

## time past

Dec. 4 - Thursday

Thomas Carlyle Born in 1795

History is the essence of innumerable biographies. The three great elements of modern civilization are: gunpowder, printing, and Protestant Religion.

The great London Smog begins in 1952. It lasted for three weeks, and was blamed for the eventual death of 4,000 people.

Dec. 5 - Friday

Walt Disney Born in 1901

Mozart dies in 1791

Rolling Stones hold a 'Beggars Banquet' at the Elizabethan Rooms, London in 1968 to mark the release of the album of the same name. Custard pies are thrown at the guests.

Dec. 6 - Saturday

Meredith Hunter killed by Hell's Angels at the Altamont Speedway, during the Rolling Stones Free Concert in 1969.

Dec. 7 - Sunday

Cicero assassinated in 43 B.C.

In 1965 the Roman and Orthodox Churches were reconciled, cancelling their excommunications of each other in 1054.

Japanese bomb Pearl Harbor in 1941.

Dec. 8 - Monday

Horace born in 65 B.C.

It is when I struggle to be brief that I become obscure. "Seize today and put as little trust as you can in the morrow."

Thomas de Quincey dies in 1859.

If a man indulges himself in murder, very soon he comes to think little of robbing; and from robbing he comes next to drinking and Sabbath breaking, and from that to incivility and procrastination.

Jim Morrison born in 1943.

Lions in the street and dogs in heat rabid, foaming. The beast caged in the heart of the city.

The body of his mother rotting in the summer ground he fled the town.

Went down south across the border.

Left the chaos and disorder back there over his shoulder One morning he awoke in a green hotel with a strange creature growling beside him.

Is everybody in, the ceremony is about to begin.

CELEBRATION OF THE LIZARD

Dec. 9 - Tuesday

Milton born in 1608

The first Christmas card was created in England in 1842 New York City escapes financial collapse in 1975 when President Ford approves a massive loan.

Dec. 10 - Wednesday

Emily Dickinson born in 1830

Alfred Nobel dies in 1896

## Sign of the Times

by Greg Barrow

Speaking of Christ, the Scriptures say:

He is the image of the invisible God, the firstborn over all creation. For by him all things were created: Things in heaven and on earth, visible and invisible, whether Thrones or powers or rulers or authorities; all things were created by Him and for Him. HE IS BEFORE ALL THINGS AND IN HIM ALL THINGS HOLD TOGETHER. And He is the head of the body, the church; He is the beginning and the firstborn among the dead, so that in everything He might have supremacy. FOR GOD WAS PLEASED TO HAVE ALL HIS FULLNESS DWELL IN HIM, and through Him to reconcile to Himself, things on earth or things in heaven, by making peace through His blood shed on the cross. [Colossians 1: 15 - 20].

If this person came up right now and sat down to talk with you, do you think you might find the time to hear His words? Would you be willing to ignore the one who holds all things together and who has the fullness of God inside of Him. If you think that you could find the time, then why don't you do so right now. Jesus is as alive as He ever was and He's waiting for your call so that He can come and guide your life.

Jesus said:

For just as the Father raises the dead and gives them life, even so the Son gives life to whom He is pleased to give it. Moreover, the Father judges no one, but has entrusted all judgement to the Son, that all may honor the Son just as they honor the Father. He who does not honor the Son does not honor the Father who sent Him. I tell you the truth, whoever hears my word and believes Him who sent me has eternal life and will not be condemned; he has crossed over from death to life. [John 5: 21 - 24].

There is only one way; Jesus Christ believes in His name, follow Him and accept His teaching. With this comes eternal life.

## answer to

The signs of the times for mankind are ominous. They tell us we are at the endtime and fast approaching what was described by Jesus as the worst tribulation that man has ever seen. It is a time brought upon all those who have rejected the Lord Jesus Christ.

Christ did not come into the world to condemn the world, but this is the condemnation, that they received not the Son of God.

Today man has again not received the Son of God but has rejected Him for their own hedonistic desires. God has never called men to judgement without first sending a warning. He promised in this day to send a prophet to prepare the sincere and warn the ungodly. (Manl. 4:5,6)

It is a scriptural truth that when man rejects those whom God has sent, then man rejects God. (I Sam. 8:6,9) Jesus clearly illustrated to the Jews that every time God had promised a prophet, they failed to recognize that prophet until after he had finished his ministry and left the scene. (Math. 23:34-37)

This pattern has also held for our day as well. Once again when the promised Elijah came to restore all things, man and man's organizations totally rejected him. God provided an Ark for Noah to escape in his day and has also provided an ark in this day. In Noah's day it was one prophet with one

message and one ark. It was life or death to hear that message.

Today we must receive God's Elijah message spoken of in Malachi 4:5,6 and Mathew 17:11 and Rev. 10:7. This Elijah's ministry was sent to clarify the errors of denominationalism and to turn the hungry hearts of the true children of God back to the original faith of the apostolic fathers as recorded in the book of Acts.

Only one ministry of this century could qualify to fit that of a major prophet. T. L. Osborne, the Full Gospel Business Man, Gordon Lindsay and many others have recognized the ministry of William Branham to be the greatest of our day. We invite your inquiry into a ministry that was totally supernatural and divinely flawless.

To hear more of his timely, vital message contact me. R. M. Haswell at 427-9329 or EDMONTON BIBLE WAY HOUSE 12306-127 Ave. Wed. at 7:30 PM and Sun. at 10:00 AM and 6:00 PM

Dr.  
Joyce  
Lampard

OPTOMETRIST

TELEPHONE  
474-6237

PARK PLAZA MALL  
No. 11-11840 - 103 STREET  
EDMONTON, ALBERTA T5G 2J2

## GRADUATES



### WE OFFER CAREERS... NOT JOBS

At Petro-Canada we don't just offer you a job; we are looking for career-seekers who are ready to fill our wide range of opportunities. If you can meet the challenge of growing with a dynamic, young, Canadian company then Petro-Canada is ready and able to match that challenge.

If you have ambition and can fill our requirements we are ready to tailor our career opportunities to your personal abilities and specialties. We are able to do this by providing an initial process of job rotation, on-the-job experience and development seminars which build on the skills that you have acquired in the last few years.

Contact your placement officer now for information regarding career opportunities, Petro-Canada brochures and interview times.

## ams news

The A.M.S. Christmas banquet will be held on Friday, December 12, at the Lynnwood Hall on the corner of 156 St. and 84 Ave.

Doors will open at 7:00 pm with dinner beginning at 7:30 followed by a dance ending at 1:00 am. Tickets will go on sale Monday December 8, unless otherwise posted. Each member is allowed one guest, however, there are only 90 tickets available. Dress will be semi-formal (no jeans please) and tickets will sell at \$6 per person.

## STRIKE SETTLEMENT

by David Schamber

It's over. The contract between instructors at NAIT and the government has been finalized by way of an arbitration board decision.

Whether it is liked or not it is the final say. There is no further recourse and at a union meeting held Tuesday Nov. 25 the union members accepted the contract. They had no alternative. For students here at NAIT and SAIT, we will probably not be here when the contract squabble starts again. The contract is for two years; by the time negotiations falter once again we should all have high tailed it down the road.

On Monday, Nov. 24, an arbitration board, set up to decide on a contract settlement for instructors at NAIT and SAIT, handed down a decision. It was the same if not less than a government offer which was rejected by the union in September. The offer gives the instructors a 10 3/4 per cent pay increase retroactive to April 1 for the first year. A further 9 1/4 per cent will be the increase to the teacher's salaries for the final year of the two year contract.

The Instructor's Association had expressed optimism that the board would

favor the instructors and a better agreement would be achieved. This did not come to pass. Due to union pressure of threatened strike action the arbitration board met earlier than was scheduled. This is what the union wanted. According to a source, who attended the arbitration proceedings, the union brief to the board was badly prepared and poorly presented. They were not ready. The union had always expressed opposition to the arbitration process feeling that it would side with the government. This turned out to be a self-fulfilling prophecy; by refusing to appoint a representative and then failing to present their case in the best possible way the arbitration board did side with the government.

At a union meeting held on Tuesday, Nov. 25 a motion of non-confidence in the union was put forward. This was passed and another motion to take the instructors out of AUPE was set up and this too was passed. At this point John Miller, who is union representative resigned. Jim Want, head of Telecommunications, was then elected as head and given a mandate to seek NAIT's

separation from AUPE. They will probably have to do this with mirrors. AUPE represents the civil servants of Alberta and by government law are the only recognized bargaining agents for these civil servants. Instructors at NAIT are civil servants and therefore, are members of AUPE.

The whole situation must be a delight to anyone who likes Catch-22s. Instructors at NAIT are forced to join a union, AUPE, by government law. They pay dues to a union which can only negotiate, it can not go on strike. This is also law. To attempt to get out of the union and negotiate on their own would be futile. According to law all civil servants are members of and represented by AUPE. If they did try to separate from AUPE, the government would ignore them because they are not a union as defined by law. To be a union as defined by law, they would have to join AUPE. If they didn't like the government's offer they couldn't go on strike because they belong to AUPE, and by law, civil servants are restricted from striking. They could try to get out of AUPE, but then the government wouldn't listen to .....

## Barnyard Notes

By David Schamber

The obvious can be ignored for only so long before it comes falling down around us. Winter is here. The sun shines sluggishly, the day has no stamina and we walk a bit faster from one place to another. Summer has gone, fled the relentless creeping urge of old man winter. Unlike birds and real estate developers we are unable to flee south with the sun but must remain bravely behind to face winter. We like summer for the range of activities it gives us. By becoming involved with winter we can make it fly by as fast as summer does. One must look forward to winter with eagerness, to take advantage of its' possibilities.

When winter slams into our forehead the more common winter activities come to mind: hockey, skiing, barhopping. Winter is much more than these traditional activities. Look around at the kids and how they enjoy the snow and ice. Kids have the correct attitude towards winter. They approach winter as an adventure, a new land to explore. Snow drifts become fortresses or barriers that must be plowed through to gain freedom. Building a fortress is out of the question for most non-children. The fortress requires imagination and non-children have given theirs away. Plowing through snowdrifts is an enervating experience and if one wants a good thrill dive head first into a snow bank. For a brief scary moment you are stuck upside down in a drift, unable to breathe, legs kicking furiously until the snow gives way and you get up laughing. Unfortunately, snow finds its way down the neck and up pant legs in these snow games. A dryer form of play is sidewalk sliding.

Frozen puddles are an adventure into balance. Walking along an icy sidewalk becomes a battle between balance and a broken wrist. Instead of walking trepidly around the ice patches and then suddenly hitting one hidden by snow, icy sidewalk should be attacked. Come out sliding. Come running up to the icy patch and slide across it. When the cement is encountered start running to the next icy patch. Not only does one get exercise, but one stays

warm and gets home a lot faster.

We live in a climate that is not conducive to icy sidewalks. The temperature stays cold and rarely warms up to melt snow for an icy sidewalk. Besides, many don't like too much exertion. A form of entertainment which is less exerting but involves ice sliding is the old kid standby of bumper skiing. Find a good icy street, there are lots of them around, grab onto the bumper of a car and away you go down the street. The best vehicle to use for this type of play is an El Camino or Ranchero because one can lock his arms around the tail gate. One will not have to worry about rolling down the street if your feet slip out from under you. If such a vehicle can't be commandeered get dressed up in bulky clothes which will absorb the shock of the road if you do slip and roll. The driver is an important part of this sport. He has to be trustworthy; that he will not steer the vehicle over towards bare pavement or loose gravel. Picking gravel out of your forehead kind of detracts from the sport. If one wants to get quite involved he can use a tow rope, just as in water skiing, and skim back and forth across the road. All of the above winter activities are copied from watching kids, there are some winter sports kids are not able to partake in.

The most active of the adult sports is car sliding. As in bumper skiing a large icy surface is necessary. Find an open parking lot without dividers and start spinning circles with your vehicle. It is dangerous to spin circles or fishtail on icy streets unless one has practised in the parking lots. One can

turn this sport into a ballet form. Put the soundtrack of '2001, A Space Odyssey', into the tape machine and as the Blue Danube waltzes the astronauts, the driver can spin circles in a timeless motion across the parking lot. If you get good enough you can try a synchronized pattern with another vehicle. Two cars spinning back and forth in tandem across a frozen parking lot has great potential as professional entertainment. Swan Lake perhaps.

Spinning and maneuvering between light standards is a bit taxing, there are less exhausting adult sports. A very common winter activity is 'freezing waiting for a bus'. This activity occurs each and every day and few realize the possibilities in this activity. Actually it is a reverse activity, to see how long one can stand still waiting for the bus. Many people walk around in circles and slap their arms together and huddle around cigarettes. This 'non-activity' is to see how long you can stand perfectly still. Shivering is not allowed. This sport is dangerous and thus its attraction. If one stands still too long he may not move again. Its intriguing to come close to your breaking point - the time of immobility that is not too long to bring on permanent status as an ice man.

There are other activities which are only possible in winter. There is the ever popular 'icicle growing' event. From the relative warmth of the kitchen you can watch icicles grow longer and longer. Another favorite spectator event is watching the frost patterns ripple across the windows. One sport that I like is to see how long I can stay underneath my down filled quilt.

If you've  
got what it  
takes...



there's no life like it.



**Engineer  
a great career.  
Go Sea Operations!**

In today's sophisticated Canadian Armed Forces, Maritime Engineering officers work with jet turbine engines, computers, electronics. In all of these specialized functions you can go far... in challenging projects that could take you to many parts of the world. If you're into engineering, put your degree to work in Naval Operations. Ask us about you.



**The  
Canadian  
Armed  
Forces**

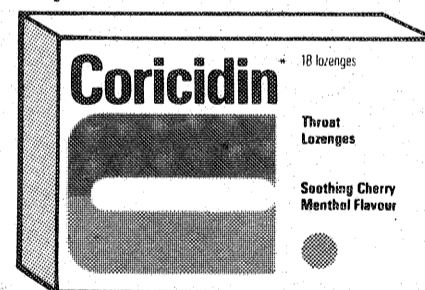
Write to The Director of Recruiting and Selection,  
National Defence Headquarters,  
Ottawa, Ontario. K1A 0K2

OR

Commanding Officer  
Canadian Forces Recruiting Centre  
10414-103 Ave. Ed. AB.  
T5J 0J1 PH. 420-3002

WRZ 9

For relief of coughs and sore throats  
**NEW cherry flavoured CORICIDIN<sup>®</sup> LOZENGES**



\*Reg. T.M.

**SHOPPERS DRUG MART**  
109 St. & Princess Elizabeth Ave.

**HAVING A PARTY!**

CUBED, CRUSHED  
50 lb. & 25 lb. PARTY ICE BAGS



- \*Liquor dispenser rental
- \*Bartenders
- \*Free delivery on large & small orders
- \*Ice sculptures, large, medium & small
- \*Special Offer! Case of any glasses & plates etc. at Wholesale Price

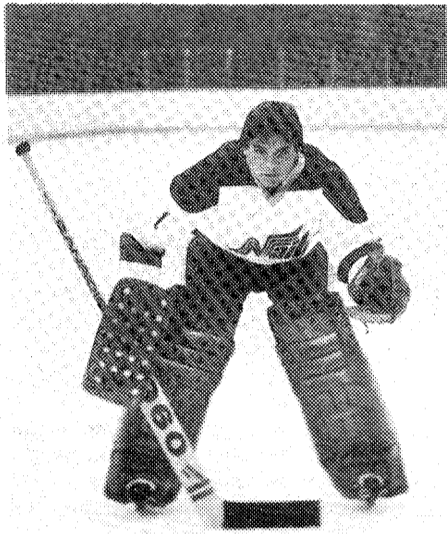
- \*Beer pitchers
- \*Decorations
- \*Plastic wine, beer & liquor glasses
- \*Beer & liquor tickets
- \*Plates, napkins, tablecovers, etc.
- \*Beer & wine ice tubs for rent

**THE ICE PEDLAR**

12136-121A St. Edmonton, Alberta Phone 455-6276

# Sports

## MEET THE OOKS HOCKEY CLUB !!



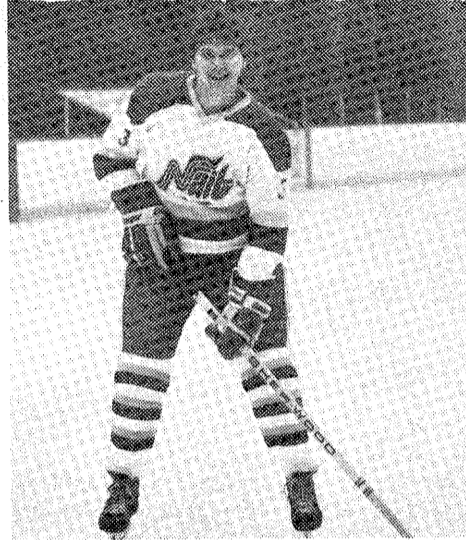
**1. BRIAN PANASIUK - GOALTENDER**

Brian is a first year student at N.A.I.T. and is enrolled in Forestry. Brian is a 20 year



**2. KEVIN LARSON - defense man**

Kevin is in his second year of Chemical Technology and is 19 years old



**3. WARREN SANREGRET - DEFENSE MAN**

The 20 year old rookie is a first year business student.



**4. MARV JOHNSON - DEFENSE MAN**

Marv is a second year business student and is a 19 year old



**5. RICK RIPPEL - defense man**

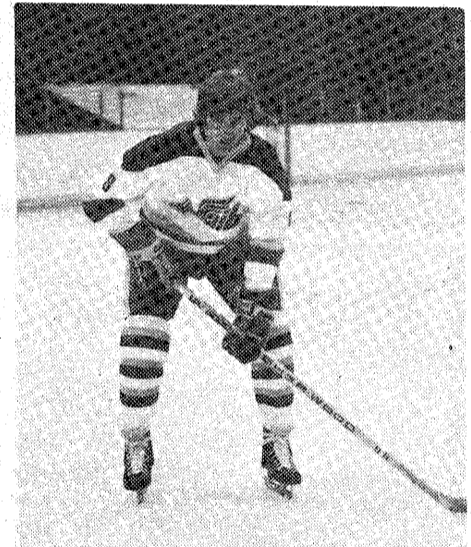
Rick is in his second year of Business at N.A.I.T. majoring in Accounting.



**RICK CARRIERE - defense man**

The 21 year old native Edmontonian is registered in Pre-Technology

NO PHOTO



**8. MIKE SCHNEIDER - LEFT WING CENTER**

Mike is 21 years old, and is in his second year of Business at N.A.I.T.



**9. WAYNE PERKINS - CENTER**

Wayne is 25 years old and in his first year of Dental Mechanics



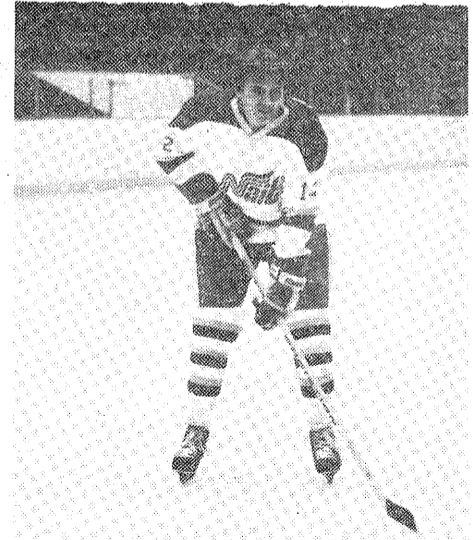
**10. GERARD JUBINVILLE - RIGHT WING**

Gerard is in his second year of Building Construction Engineering Technology and is 21 years old



**11. GREG FISCHER - RIGHT WING**

Greg is 19 years old and registered at N.A.I.T. in Industrial Heavy Equipment Technology.



**12. KENT WILMONT - LEFT WING**

Kent is presently in his first year of study in the Business Program at N.A.I.T.



**14. RALPH BILL - CENTER**

Ralph is a second year Business student at N.A.I.T.



**15. DARRELL SLUPEK - CENTER - RIGHT WING**

Darrell is a 21 year old, registered in first year Engineering Design and Drafting Technology



**16. RON CHORNEY - center - LEFT WING**

At 20 years old, Ron is enrolled in year one of Engineering Drafting and Desing Technology.



**17. STEVE SZOKE - CENTER - LEFT WING**

Steve is a first year Building Construction Engineering Technology student who is 19 years old



**18. RAY ANDERSON - CENTER**

Ray is a 25 year old and is in first year Industrial Heavy Equipmen Technology.



**19. DAVE SOUCH - CENTER- RIGHT WING**

Dave was previously enrolled in courses at the U. of A. but his year registered as a full time student in Business at N.A.I.T. Dave is 20 years old



**20. WAYNE DUMONT - RIGHT WING**

Wayne is 22 and is enrolled in Second Year Earth Resources Technology majoring in Petroleum.



**21. DARYL HOLMQUIST - DEFENSE MAN**

Daryl is 21 years old and is registered in Instrumentation Technology.



**30. JIM GRANT - GOAL TENDER**

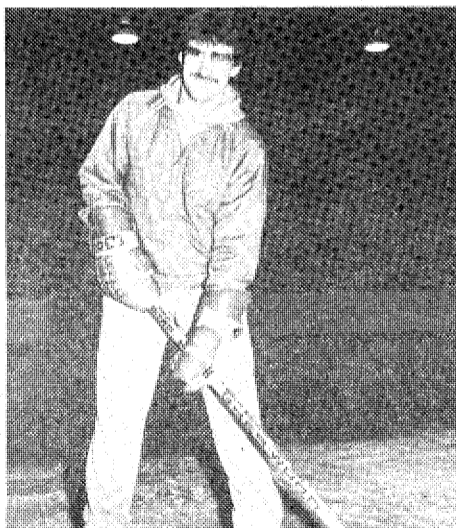
Jim is in second year Business, is 21 years old and is a native Edmontonian.

NO PHOTO

**22. ROB MORRISON - LEFT WING**

Rob is a veteran OOK and in second year Building Construction Engineering Technology. Rob is 23 years old and is a native Edmontonian.

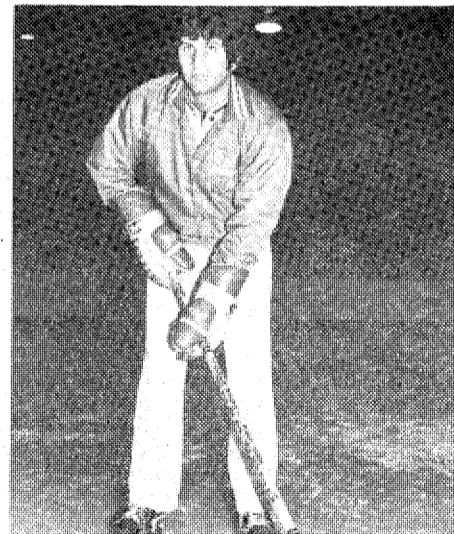
Rob unfortunately was seriously injured during training camp and was forced to undergo knee surgery to correct torn ligaments. The OOKS are hoping Rob will be back in action in late January or early February if all goes well.



**HEAD COACH - PERRY PEARN**

Perry is a 29 year old native of Stettler, Alberta, whose experience in hockey was gained through seasons with the Edmonton Movers and Red Deer Rustlers of Alberta Junior Hockey League, the University of Alberta Junior Bears and more recently Intermediate 'A' Hockey with the St. Albert Comets of the Alberta Major Intermediate Hockey League. Pery is in his third season as head coach at N.A.I.T. after working as an assistant to Dale Henwood at N.A.I.T. prior to that. Perry is a graduate of the University of Alberta with a Bachelors Degree in Physical Education and his P.D./A.D.

Perry is presently an Instructor in Physical and Leisure Education at NAIT. He has a charming wife, Linda and a daughter Alexis.



**ASSISTANT COACH - PAUL ST. CYR**

Paul is in his third season as an assistant coach at N.A.I.T. with a brief absence for the last half of last season when he filled in as head coach of the St Albert Saints of the Alberta Junior Hockey League. Paul has a tremendous hockey background having played junior hockey for Sudbury Wolves of the O.H.A. and then moving on to University hockey at Laurentian University and then later to the University of Alberta Golden Bears. Paul is a graduate of the U. of A. with a Bachelor of Education Degree and is presently working towards a Masters Degree in Counselling. Paul is employed by the Edmonton Catholic Separate School Board's Counseling Supervisor. Paul has a growing family including his son David, lovely wife Karen and a fourth member soon to arrive.

# Come give blood

## WHAT IS BLOOD?

Blood is a mixture of cells and a liquid called plasma. A blood donation is collected in a plastic pack which contains CPD, citrate-phosphate-dextrose, a sterile mixture containing citrate (to prevent the blood clotting) and glucose. When blood has clotted, the liquid is called serum.

## CELLS

**Red blood cells** bring oxygen to the tissues and carry carbon dioxide to the lungs for removal. There are approximately 30 by 10 (to the 12th power) red cells in the circulation of an average adult.

**White blood cells** are the body's defence against bacterial infection.

**Platelets** help maintain blood vessel integrity, and initiate clotting by the formation of a platelet plug.

**Plasma** is a straw-coloured fluid which is composed of water, fat, carbohydrates, minerals, salts and proteins (antibodies, albumin, clotting factors, hormones and enzymes).

In a healthy individual, approximately forty-five per cent of his blood is red blood cells, about one per cent is white blood cells and platelets and the remaining fifty-five per cent is plasma.

## WHAT ARE THE MAIN FUNCTIONS OF BLOOD?

1. Transportation of oxygen to every tissue and cell in the body and the removal of carbon dioxide through the lungs.
2. Transportation of food materials from the alimentary canal to the body tissues and transportation of waste products from the tissues for excretion from the body.
3. Regulation of the water content of the tissues by osmotic pressure.
4. Body defence through the action of antibodies and white blood cells.
5. Formation of clots by platelets and protein clotting factors to prevent continuous bleeding.
6. Maintenance of acid-base balance by the presence of buffers in the blood.

## WHAT IS THE MAIN PURPOSE OF BLOOD TRANSFUSION?

Blood transfusion therapy involves the replacement of whole blood lost by acute haemorrhage or during an extensive surgical procedure, and also the replacement of a component of blood which a patient lacks, e.g. a patient with anemia resistant to other forms of treatment requires red blood cells.

## WHAT BLOOD COMPONENTS ARE AVAILABLE?

Whole blood.  
Concentrated Red Blood Cells.  
Platelets, Stored Plasma, Fresh-Frozen Plasma.  
Cryoprecipitate (Anti-Haemophilic Globulin).  
Protein concentrates: antibody preparations (Serum Gamma Globulin, Rh Immune Globulin and others), Factor VIII and Factor IX Concentrates, Albumin, Fibrinogen.

## HOW ARE COMPONENTS PREPARED?

The blood donation is collected into a plastic bag which has one, two or three bags attached as a sterile unit. Because platelets and some clotting factors survive a very short time these components must be prepared within a few hours of the blood donation.

With *one* extra bag, concentrated red blood cells and one of the plasma components, or several protein concentrates can be prepared; i.e. one blood donation may be used to treat two or more patients.

With *two* or *three* extra bags, the number of patients that can be treated by one donation increases. The availability of blood components provides the patient with what he requires so he is not given whole blood when he needs only one component. Component therapy is more specific, more efficient, more economical and safer to the recipient than the indiscriminate use of whole blood.

## ARE BLOOD TRANSFUSIONS SAFE?

Laboratory tests are carefully performed on the donor units before transfusion to ensure that the risk to the patient is small. Twelve laboratory tests and a careful re-check system make it possible for the Red Cross to provide blood of the highest quality and purity to all Canadian hospitals.

## WHO CAN GIVE BLOOD?

Most persons in good health, between the ages of 18 and 65, can give blood every three months. Males of 17 may donate if they have written parental consent. As a part of the initial registration, a new donor is asked a number of questions about his general health, a quick ABO group and a haemoglobin estimation are performed. This procedure is designed to protect both the donor and the potential recipient.

## HOW MUCH DO I GIVE?

Approximately 430 ml (slightly less than a pint). This is about one-twelfth to one-fifteenth the blood volume of the average adult.

## HOW DOES GIVING BLOOD AFFECT ME?

Very little, beyond a well earned feeling of satisfaction. The body replaces the plasma within 24 hours and the red cells within four weeks. Normally we destroy and replace about 1% of our red blood cells every day (thus in a blood donation, some red cells are 1 day old --others are 120 days old and near the end of their life span). The blood donation stimulates increased production of red cells.

## HOW LONG DOES IT TAKE TO DONATE BLOOD?

It usually takes less than 20 minutes to be registered, donate, rest, have refreshment and be on your way. The first time you register, it will take a few minutes longer because of the questions. The blood donation itself usually takes about ten minutes.

## HOW LONG CAN RED BLOOD CELLS BE KEPT?

If red cells are refrigerated at 4 degrees C, they can be used for transfusion purposes for up to 21 days.

Red blood cells can now be specially prepared and kept in a deep freezer at -85 C for several years. This procedure is very costly and is restricted to rare blood groups only.

## IS THERE ANY MONETARY REWARD FOR GIVING BLOOD?

There is no monetary reward for donating your blood. Since 1947 the Canadian Red Cross Blood Transfusion Service has been able to operate due to the generosity of the Canadian public and the millions of voluntary donations of blood that have helped save thousands of lives.

A personal identification card showing your blood group is mailed to you after the clinic. In addition, buttons and scrolls are awarded for specific numbers of donations.

## IS THERE ANY CHARGE TO THE PATIENT FOR BLOOD?

Thanks to the thousands of volunteer blood donors and generous government support the Red Cross Blood Transfusion Service is able to provide blood and blood products to all patients in Canada without charge. Also, if you are a domiciled Canadian and should need a blood transfusion in the United States, arrangements often can be made through the Canadian Red Cross Society to replace the amount of blood used at no cost to the patient.

## HOW LONG DOES A BLOOD TRANSFUSION AFFECT THE PATIENT?

This depends upon the particular blood component. Platelets may last several days, red blood cells may last up to 10 or 12 weeks.

Every day of the year thousands of Canadians come forward voluntarily and give their blood at Red Cross donor clinics.

In a brief half-hour they give the gift of life. They make this anonymous gesture without thought of recompense. Their one intention is to help their fellow man.

The blood donors of Canada come from every walk of life. They are men, women and young people of many races, many creeds and varied political opinions.

Their generosity and willingness to share their good health has been the key factor in the success of the Canadian Red Cross Blood Transfusion Service over so many years.

The number of patients who have benefitted by this unique Red Cross service now runs into the millions. The number of lives saved cannot be estimated. Countless others have had their health restored. Thousands of newborn babies have been given a chance for a normal, healthy life.

The Blood Transfusion Service involves more adult Canadians than any of its many services and programmes. In addition to the hundreds of thousands of donors there are thousands of men and women who serve as Red Cross volunteers and give freely of their time in the organization and the actual operation of more than 5,000 urban and rural blood donor clinics every year.

Thousands of others play an important part in the recruitment of donors. This is a never-ending task to ensure an ample supply of whole blood and blood products to meet the needs of every Canadian hospital.

A large staff of doctors, nurses, technicians and other personnel carry on the necessary operations in the collection of blood, its transportation, testing, storage, and eventual delivery to the hospitals.

The collection of blood is a big job. The vehicles travel more than a million miles over the highways of every province every year to collect approximately 900,000 units of blood.

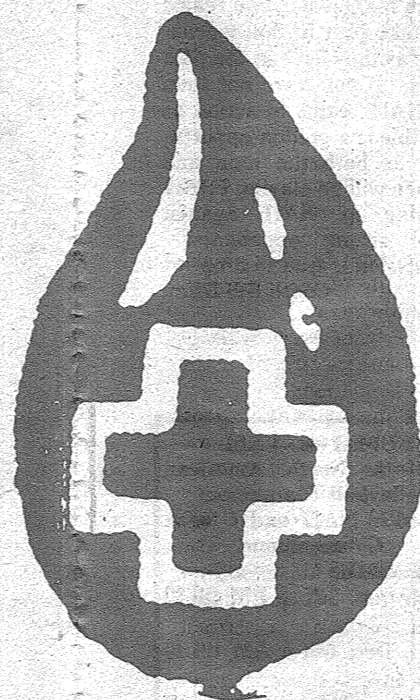
The Canadian Red Cross Blood Transfusion Service assures the patient that ample supplies of whole blood and blood products are always available. There is no charge for the blood needed for transfusion therapy and there is no demand for replacement. The gift of blood you give at your Red Cross donor clinic is distributed at no cost to the patient.

The very nature of blood and its restricted life under refrigeration demands a constant effort to maintain a

sufficient supply of whole blood and blood products.

New surgical techniques are creating more uses for whole blood. Many operations now considered almost commonplace were rare only a decade ago. Modern medical treatment uses a great variety of blood products. This has been made possible through the skill of surgeons and doctors, continuing research and more dedicated donors.

In the years to come there will be more uses for your blood. Every donation will be a gift of life.



## DID YOU KNOW

- that certain parts of donated blood have to be used within 48 hours?
- that only 5% of all eligible people donate, and make up 100% of hospital needs?
- that the Edmonton Red Cross supplies 92 hospitals in Northern Alberta and the Northwest Territories?
- that Edmonton alone needs 60,000 units of blood this year and will need over 65,000 next year?
- that any blood you may require if you're in hospital is free?
- that the same blood in the United States can cost you up to \$80 per unit?
- that Edmonton has not yet had a shortage but has come very close (within a couple of units) on several occasions?
- that you could be the next person who desperately needs a unit or two in order to survive??!

If this article makes you think, remember, give the gift of life next Monday or Tuesday between 11 a.m. and 3 p.m. and get a well earned feeling of satisfaction.



Giving blood is like giving life to someone. For you, it's just 30 minutes out of your day. But for the person who receives your blood, it's a small miracle.

## SURGERY

Often your donation may be used as whole blood in major surgery involving the stomach, lungs and other vital organs. Think of it this way: without blood transfusions, innovative surgery such as a heart and kidney transplants would not be possible.

## HEMOPHILIA

Cryoprecipitate, a remarkable substance derived from fresh blood, provides the clotting power a hemophiliac's blood lacks. Without the availability of cryoprecipitate, hemorrhaging becomes a daily fear for hemophiliacs.

## SPECIFIC BLEEDING PROBLEMS

Some people have specific bleeding problems. Some of the problems may be helped by the use of plasma: the liquid portion of the blood. Plasma is quick-frozen and kept on hand in hospitals.

## ANEMIA

When plasma is drawn off a unit of blood, concentrated red cells remain. These cells are used to replace the missing red cells in anemic patients.

## LEUKEMIA AND OTHER MALIGNANCIES

Platelets, which are a constituent found in the blood of normal, healthy donors are necessary to control bleeding episodes in certain patients.

## INFECTIOUS DISEASES

To combat infectious diseases, a protein derived from the blood of normal healthy people is used. This substance is called gamma globulin.

## EXTENSIVE BURNS

Another protein called serum albumin is used specifically to treat patients suffering from extensive burns or depletion of tissue liquids.

## "RH BABIES"

"Rh babies" are babies born with a blood disorder called hemolytic disease of the newborn. When Rh immune globulin is given to Rh negative mothers shortly after the birth of Rh positive infants it reduces the chance of their becoming immunised and thus saves future children from being born with this disease.

All these life-giving blood components can be kept available if the supply is continually replenished. This is where you and your friends come in. Your blood donations will be supplied, through the Red Cross, to all hospitals in Canada at no cost to the patient.

Donating blood is probably much easier than you think. The actual giving of your blood takes only 5 to 10 minutes. After which you can take time for rest and refreshments... and still be out of the clinic within half an hour.

## IT TAKES ALL TYPES

Not everyone has the same "Type" of blood. That's another good reason to bring your friends along when you give blood.

Red cells can be divided into four main groups: A, B, AB, AND O. Blood groups are inherited from one's parents in the same way as other characteristics such as the colour of one's eyes or hair. There is a second important family of blood groups known as the Rh system. Only 15% do not have the main Rh factor and are called Rh negative.

	Rh Positive	Rh Negative
Group O	39%	7%
Group A	36%	6%
Group B	7.5%	1.5%
Group AB	2.5%	.5%
	85%	15%



## ONE LAST THING TO REMEMBER

Blood cannot be manufactured. To supply the over one million units needed for transfusion therapy each year, we need donations from people like you and your friends. So come, give blood. And bring a friend or two or three.

# and bring a friend or two or three...



# Athlete of the Month

## v---ball



**Shawn Parker Mens Volley Ball Athlete Month of November**

Shawn Parker, the captain of the NAIT volleyball team has been chosen as the athlete of the month on the basis of his play and leadership during the month of November. The men's volleyball team got off to a difficult start this season with a number of injuries to key players. Shawn helped to provide unity to our team both on and off the court by displaying confidence in his teammates and encouraging them to perform their best. As one of our setters, Shawn, must execute each skill proficiently for our team to succeed. A setter is much

like a quarterback in football, for he calls the offensive plays on the floor on the basis of the opponent's defensive weaknesses, and must then pass the ball accurately for the hitters. Though a less glamorous position from a spectator's vantage, good setting is invaluable for a team's success as any power hitter or coach will tell you.

Shawn, who is in his second year of Radio and Television Arts, has performed consistently well throughout our past five matches both offensively and defensively and will be called upon to do so for the remainder of the season. **KEEP UP THE GOOD WORK 'RED'!**

**SUPER - V - BALL**



**Melody Craik the captain of the women volleyball team has had three years of different volleyball experiences at NAIT.**

Last year she was a member of very experienced NAIT team which produced the best record ever for NAIT WOMENS VOLLEYBALL. However, this year NAIT's team is somewhat less experienced, having nine rookies. Melody is faced with a new challenge of using her three years of A.C.A.C. experience to help her rookie team mates develop as seasoned college volleyball players.

On the court Melody displays excellent leadership in steadying the team when great pressure from the powerful Grant McEwen and Red Deer College teams, the conference leading teams.

Setting is the less glamorous part of volleyball; however, good setting is the key

to a teams success. Melody has the qualities to be selected as an all-star setter, but she must receive good consistent bumping from the back row in order to have a chance to be a selector. Up to date the teams bumping has been very inconsistent making it difficult for Melody and the other setters to set, as well as they can.

On teams prospects Melody says, 'Now the exams are over and the players are settling into college play and the challenging six back defensive system coach Buchan has us playing, wae will improve greatly and notch some good wins.'

Melody has inspired her team to get involved in a weight training program which help the team improve its blocking skills.

Melody is showing great leadership and playing skill, **KEEP IT UP MEL.**

### VOLLEYBALL MEN COME CLOSE BUT...

On Friday evening, Nov.28th, the men's volleyball team fought hard but were defeated by Red Deer College. After giving them the first game due to lack-luster play, Nait rallied and won the second game 15-13.

The third went to Red Deer 15-4. In the fourth game, which took nearly half and hour, Nait out-blocked and out-hit Red Deer to win 15-12 and force a fifth and deciding game. A poor start in the fifth game allowed Red Deer to gain a 9-2 lead.

Nait battled back with strong team play to lead 10-9 but stalled there and lost 15-10.

Although defeated, the Nait men displayed much improved team play in the areas of defensive coverage and offensive play selection. The return of a healthy Tim Hominiuk and the addition of Tim's brother, Jim, to the line up significantly improves our player depth and confidence. Credit should also be given to our setting duo of Shawn Parker, team captain, and rookie Bob Fraser who is improving every match. Though our record is currently 2 wins and 3 losses the players' outlook on the remainder season is very positive as they realize the difficulties we have had with injuries and players quitting for personal reasons, Gary Daelman and Brent Burr. Wednesday, December 3 the Nait volleyball men travel to Camrose for a match that should make our record 3 wins, 3 losses.

Coach Bill Dean

### NAIT HOSTS NORTH-AM. VOLLEYBALL TOURNEY

This up-coming weekend, Dec. 5-7, is the University of Alberta North-Am. Volleyball Tournament which invites many of the top teams in Western Canada and the United States including our national teams. NAIT is proud to help host this outstanding tournament by providing our facilities on both Friday evening and Saturday.

Both NAIT volleyball teams will take part in this tournament as they have in the past years. If you have not seen the NAIT teams in action as yet, this is a golden opportunity, as both the men and women will be playing Friday evening at NAIT against some strong opponents.

Admission is free so drop in!  
Coach Bill Dean

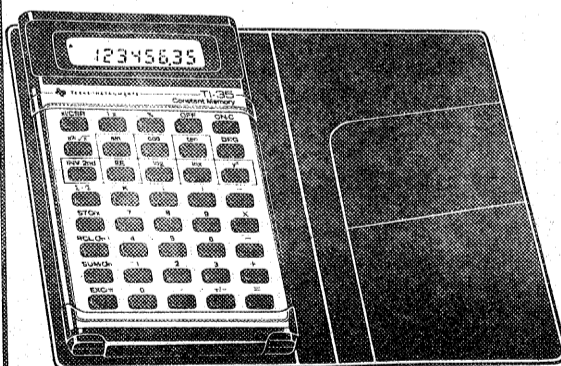
**SUPER - V - BALL**  
**U of A North American Volleyball Tournament**  
**Played in NAIT and U of A Gymnasiums**  
**NAIT TIMES**  
**Fri. Dec. 5th 5 PM till 10 PM**  
**Sat. Dec. 6th 8 AM till 10 PM**  
**COME AND SEE TOP NORTH AMERICAN VOLLEYBALL AT NAIT THIS WEEKEND**  
**NAIT PARTICIPATING**



**Texas Instruments**

ON SALE AT

## NAIT BOOKSTORE

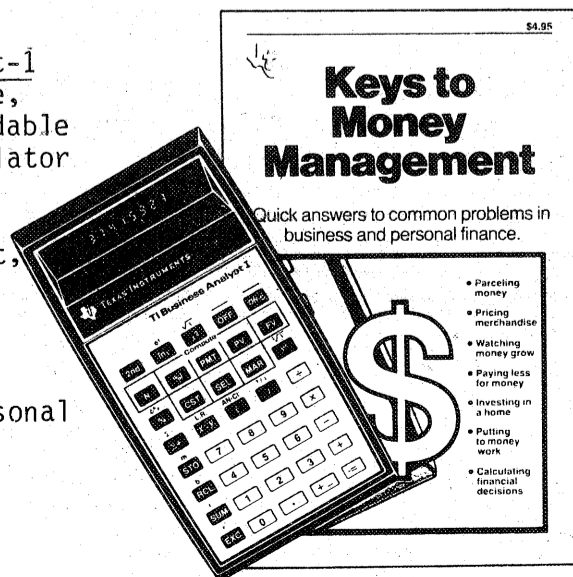


**\$31.00**

TI-135 has a constant memory, performs the most needed slide rule functions and also performs pi, percentage, constant, factorial and scientific notation functions. Also provided are batteries with a thousand hours of operation and it turns off automatically after 7-15 minutes of non use.

TI Business Analyst-1 is a fully portable, lightweight, dependable professional calculator providing direct applications to business management, insurance, investment, sales, distribution, real estate, banking, accounting and personal uses.

**\$36.45**



### Keys to Money Management

Quick answers to common problems in business and personal finance.

- Parceling money
- Pricing merchandise
- Watching money grow
- Paying less for money
- Investing in a home
- Putting to money work
- Calculating financial decisions

**Tim Moore has left us for other opportunities. Therefore, we are in need of a SPORTS EDITOR**

## WRESTLING

The Oookpik wrestling team gained a great deal of experience at the SAIT invitational tournament in Calgary. To most of the team it was their first tournament or their first in a few years, to some it brought back memories of high school and to others it was as Jim Race said: 'Exciting.' Jim has never wrestled before and came out of Calgary with a Bronze medal, his first medal in competition.

Wrestler Dave Whalen of Architectural, also wrestled for the first time. Dave had a rough time against a seasoned wrestler called Gary Schmidt. Gary had been wrestling for ten years now. The thing that impressed me about Dave was after he lost to Gary, he approached him and asked him to show him the move he lost on. This showed me Dave is interested in learning.

Gary Mushtak and Erich Simser both wrestled in the same weight class and came up against each other in the second round. Erich came up the winner when Gary made a basic mistake in the first round. This is Erich's second tournament this year and is looking better every tournament.

Jim Kuzyk at 158 pounds, had a rough draw, as he came up against Ian Zemp of the U. of Calgary in the second round. Ian has wrestled in the NCAA in California. Jim almost pinned Ian in the opening seconds of the match with a bear hug move, but Ian overcame this attack and eventually pinned Jim.

Don Yardley scored an impressive Silver at the tournament pinning two of his opponents in the first round. Don has excellent speed and strength which should take him up in

wrestling.

We finished off in fourth place at the tournament which I thought was excellent, considering it was our first tournament and the teams that finished ahead of us had a full compliment of wrestlers whereas we had eight. We will need more wrestlers out and quickly, if we hope to stay competitive in the team standings. Anyone interested in Wrestling regardless of experience is invited to attend practices Mon., Tues., Wed., from 5:00 to 7:00 p.m.

I'll just like to finish by saying SAIT won the tournament and is looking good for the fall ACAC championship in December. If we can get a few more wrestlers, I'm sure we could give SAIT a run for their money.

**Bloody Mary Trophy**  
**Is to be awarded to a large & small tech based on percentage of participation for Donating Blood, on Mon. & Tues., Dec. 8 & 9.**

# Entertainment

## ROUGH TRADE

by Mitchell C. Fraser

Last summer a friend and I wandered downtown one Saturday evening to take in some of the Summer Festival being staged at Churchill Square. The night in question was to feature a couple of new wave bands. The one band that I knew of was P. J. Burton and the Smarties, the other was a group out of Toronto called Rough Trade. I was not impressed by Burton's theatrics and each song seemed to be the same as the previous one with all the faults the previous one exhibited. Rough Trade was something completely different. I was impressed with their musical and lyrical ability expressed by Rough Trade. They were a bit on the crude side, but the performance was satisfying.

I forgot all about them til my friend showed up with an album by Rough Trade called 'Avoid Freud.' When I first listened to this album I was amazed because each

time a song came on, I remembered it from that summer concert. If P. J. Burton put out an album from the songs he did at that concert, I wouldn't know if he did them that night or was doing something else. The songs of Rough Trade are like flowers in a bouquet (for give the analogy for their lyrics do not pretend to

flowers) each song able to stand on its own and over all giving good value for an album.

Rough Trade deals in rough music, in raw sexuality and knives in the night. They deal in the degeneration of society, the violence that flows all around and sex that oozes like mud. It is about the darker side of life and indeed their name

comes from a world of homosexuality given over to S & M. They are not only the new wave counterparts to what Jim Morrison and the Doors were to rock music in the early 70's, but they are ready to take over from where he was forced to stop. The lyrics comb the underside of life. The music is accomplished and well arranged. On the sur-

face, the songs have excellent rhythm that jump out grab you. I recommend you go out and buy this album.



## LINER NOTES

Hope your costume is as good as Cheap Trick's... the boys have been on a working pub-crawl through the Midwest U.S. lately (home territory for them) slipping in and performing at small clubs under a variety of made-up names...the undercover tour is a 'back to the roots' deal for the guys and undoubtedly a pleasant surprise for the patrons...ALL SHOOK UP is well over gold for Cheap Trick in Canada, and mere days after release...

FORMERLY OF...whilst Boston's Barry Goudreau is busily racking up the airplay with his debut Epic solo LP. ALL TOGETHER NOW...for some of our hottest greatest hits packages ever...from Bos Scaggs, Aerosmith, and Heart (Live) to name a few...add these to your letters to Santa...

PLATINUM CLUB...entries to the platinum persuasion this week are Streisand's GUILTY and a tasty double plat. for Burton Cummings on MY OWN WAY TO ROCK...it may be your way, Burt, but others apparently agree whole-heartedly...

WEIRD BUT WONDERFUL...CHILDREN OF THE WORLD is the latest amazing project from Cleveland international/Epic, the folks behind Meat Loaf, Ellen Foley, Slim Whitman, and many other fabulous artists...CHILDREN OF THE WORLD is an 'anthology' album that unites a world-renowned children's choir (from Cleveland) with an eclectic variety of recording and T.V. starts...figure an LP that can offer Janie Fricke, Jimmy Hall, Ellen Foley, Bobby Goldsboro, Ian Hunter, Polka King Frank Yankovic, Charlie Daniels, Herve Villechaize (T.V.'s Tatos) Andy Williams, Doc Severinsen...well-need we say more? The material is varied and frankly fabulous; first single off the album is 'Why,' with Herve Villechaize and the kids singing up a storm. The LP has an overall theme of universal love and brotherhood, and take it from a jaded old broad, this album is totally refreshing and completely non-icky...would Ian Hunter or Ellen Foley be involved in an icky album? You see my point...watch for this recording; it is brilliant...

from established works to scripts to comedy acts. Local performers who are already committed to appearing in the series include Bob Bainborough, Sandra Balcoske, Jan Miller and Paula Jardine. Performers who are interested in being included in the series should contact Ms. Jardine at Theatre Network for more information.

The Twilight Series begins December 14, at 8 pm at Theatre Network (formerly Espace Tournesol) 11845-77 Street, Edmonton. Admission is \$1.99 and coffee and refreshments will be available. For more information, contact Paula Jardine at Theatre Network: 474-6111.

OTHER ATTIC NOTES...did you know that MORE GEORGE THOROGOOD AND THE DESTROYERS shipped gold? You didn't Wake up! Anyone who listens to radio at all would have guessed that one, as the album is simply everywhere on the air waves...and not a moment too soon...those of us how have pined for more George are very happy indeed...

GUS...the mysterious Toronto rocker making good in L.A. is home for a bit and in the studio putting together a second Nemperor album. GUS got amazing reaction in the U.S. publications... 'She's Not Gonna Come To You' has Gus' most readily identifiable riff and the song has been scamming airplay everywhere...keep the eyes peeled for GUS and we may have news of an up-coming Toronto date in the near future...

HARLEQUIN...have passed the 30,000 mark with their second LP, LOVE CRIMES, and the album is definitely bound for gold and platinum...this is an LP well worth hearing, and anyone who has caught the band live can attest to their excellent stage show...

That's all this time out--until the next issue, TTFN

Liz Braun  
National Manager, Press/Publicity  
CBS Records Canada Ltd.

### THEATRE NETWORK

Theatre Network embarks on a new adventure in December. Starting December 14 at 8 pm, Theatre Network will sponsor THE TWILIGHT SERIES. The series, which is co-ordinated by local actress and writer Paula Jardine, is designed as a sounding board for performers who have ideas, scripts or concepts that need an audience's reaction to bring them to fruition.

Performers in the city need somewhere to try out their ideas, says Ms. Jardine, but most of all, I want to provide some relaxed and entertaining-evenings for those theatre-goers who are interested in new work and new performers. The key word for inclusion in the series will be entertainment. These will be informal evenings complete with coffee and stuff and lots of opportunity for audience feedback.

Each evening will consist of three of four roughly half hour segments ranging from poetry readings to excerpts

## AT THE MOVIES

### THE STUNTMAN

by Mitchell C. Fraser

Connections. That is what the movie, 'The Stuntman', is about. Forget the chases, the whirling helicopters flitting with destruction, the dismembered hands that turn and wave to you, or the myriad other details filling this film. They are only the vehicle to bring a message that is as basic to living as a unified field theory is to physics. All things connect to each other; if we condemn one part, we condemn the whole and vice versa. The Stuntman is about some of these connections with others, with time, and with ourselves.

'The Stuntman' is not a complicated movie. It is easy to follow; boy meets girl, boy falls for girl, boy wins girl. The beauty of this movie is that this initial apparent layer can be peeled off to show another theme and that theme peeled off also. It has a multi-demensionality to it that lingers on the edges. There is no loss of value if one stops at the first layer.

'The Stuntman' starts with a young man who fleeing from the law, stumbles onto a movie set. He saves an old lady who turns into a beautiful young actress. As a refugee from the law hiding amongst the movie sets, he falls in love with the young maiden and contrives to take her away. He doesn't, but he finds a more profound meaning to life and all its cruel gestures; that the good and the bad are part of the same scene. And love is not a closed relationship between two people. 'The Stuntman' is a sensitive array of emotions between a troubled war veteran, a lovely young actress and an aging impotent director who wants his way at all costs. And into this triangle are thrown an assemblage of others who all connect to each other. Connections.

The young man hunted by the law is taken into refuge by the director. The director is intrigued by what this person may have done. The past reaches forward to touch the present. We have

experiences that have no start and no finish, only a middle. Life is like a rope and the strand holds the others in place, just as the others hold the one in place. Connections.

'All the world is a stage', wrote Shakespeare. If so, who is the director? Who is the braider of the rope? We are in need of directors to control our actions, someone to bring the best out of us as we strut around the stage called life. The director of the movie which the young man has stumbled onto, symbolizes one of these directors. He controls the whole scene. He knows what is being thought by the others and how to get them to portray the correct roles. He cannot be beaten or defied. He is the prime mover after which we are sucked into the void left by his moving.

'The Stuntman' is a movie about ourselves. It is about how we stumble and collide with life, how we roll with the punches and get up and walk away. It is a personal movie. Connections.

## WANTED

STUDENTS OR OTHER INTERESTED INDIVIDUALS -

If you are a Canadian citizen, 17 yrs of age or over, meet the required standards & are available for training 20 Dec 80 - 04 Jan 81 (Xmas break) followed by part-time winter employment. Full-time summer employment is also available.

CONTACT: 745 (Ed) Communication Squadron  
Rm. 141 Building M-9 in Griesbach  
CFB (Ed) 108 ST. & 144 AVE.  
TUES - SAT 8:15 A.M. - 4:30 P.M.  
or Phone 456-2450 Local 425

NOTE: If you are interested in PART-TIME MILITARY SERVICE but are not available during the Christmas holidays we would still be interested in hearing from you.



**YEARBOOKS**  
can now be picked up in  
**Student Services.**  
You must have your  
**Student ID Card**  
or no yearbooks will be given out!

# ★ cooking with Chris ★

In my previous columns, you've had the opportunity to try your hand at various gourmet delights, but I haven't given you anything really challenging. So now, with many of you facing the imminent prospect of being housebound for the winter, I know you're ready. It's Time to take on bread making.

I find it amazing how those two little words have the power to make strong men quail and rational women throw up their hands in despair. But I'll let you in on a little secret: bread-making is easy. There is no mystical, magical trickery involved in the creation of successful, home-made bread.

And the rewards! I could rant and rave for the whole column about how satisfying it is, how simple it is and how indescribably grand it tastes warm from the oven, slathered with butter. Let's put it this way: you owe it to yourself to try this recipe at least ONCE.

## KAREN'S CRACKED WHEAT BREAD

### INGREDIENTS

- ½ cup warm water
- 2 tablespoons yeast
- 1 tablespoon brown sugar or molasses
- 1 cup buttermilk
- 1 cup water
- 3 tablespoons butter or margarine
- ¼ cup honey
- 1 tablespoon salt
- 2 cups graham or wholewheat flour
- 2 cups wholewheat or all-purpose flour
- 1 cup cracked wheat or bulgar
- 1-2 cups wholewheat or all-purpose flour

### DIRECTIONS

1. Dissolve the brown sugar or molasses (in a large bowl) in warm water. The water should be barely warm to touch; if it is hot it will kill the yeast (and wreck your bread).
2. Add the yeast to the sweetened water and set it aside for about 10 minutes. A word about yeast: Unless you're a hard-core breadmaker like me, you won't want to buy a huge can of yeast. Most stores sell a little trio of envelopes filled with yeast, which is perfect for beginner breadmakers. But before you buy, check the envelope. There should be a "best before" date on it somewhere. Old yeast won't work very good, so make sure it is still fresh. One envelope is equal to one tablespoon. Now, as to what yeast does, I could get really technical here, but instead I'll suffice to say that yeast is what makes your bread rise. When you mix it with warm water and sweetener and set it aside, that is called "proofing." After about 10 minutes you'll have proof of whether or not your bread will succeed.
3. While the yeast is proofing, prepare the next 5 ingredients. In a large saucepan, melt the butter over low heat. If your honey is cream-style instead of liquid, throw it in with the butter to liquefy, too. Then add the

buttermilk, water and salt and mix well. You don't have to heat any of this up but you do want your butter and honey to mix with the other liquids. By the time you finish that, the yeast should be ready.

4. Look at the yeast mixture. It should be puffing up, growing and expanding. If it isn't, if it hasn't done a thing after 10 minutes, throw it out. The yeast may have been too old or the water too hot. If you have some more yeast, try steps 1 & 2 again. Make sure you get proof before you proceed. If your yeast behaved the way it's supposed to, congratulations! It's all downhill from here.

5. Make sure the buttermilk mixture isn't hot; if it is, cool it and then add it to your yeast mixture. Then start adding the flour, 2 cups at a time. Stir it all up, then add the cracked wheat. Don't add the last 1-2 cups of flour though, save that for later. Be sure to scrape down the sides of the bowl. When it is fairly well mixed, stir the dough 100 times, for good luck. (Actually, it helps the dough develop "muscles" so that it can rise up high.) So count'em, 100 strokes!

6. Cover the bowl with a clean tea towel and leave it in a warm spot to rise for one hour. By a warm spot I mean on top of the fridge, in an UNheated oven, somewhere out of the way and out of cold drafts. Now you have an hour's break, so go and have some tea.

7. When your hour is up, take a wooden spoon and stick it in the dough. It will collapse. Don't worry. Compact and mush down all the dough into one big lump. This is where the extra flour comes in. Sprinkle about ½ a cup of that extra flour onto your dough and work it in with the wooden spoon. Try to keep the dough all in one lump; don't break it up if you can help it. Keep adding more flour, about ½ a cup at a time, as the dough gets sticky again. Soon it will be quite difficult to stir, so you have to employ another strategy: kneading.

8. Find yourself a clean half of a table (counter-tops are generally too high; you will fatigue easier). Spread about a cup of flour on the table, pancake fashion. Make it a bit bigger than the size of a dinner plate and around ¼ inch thick. Don't get too finicky. Now dump your dough lump out onto this flour bed. You will probably need some help with the wooden spoon here. If it comes out in hunks, just pile them up in one spot. Before you knead, roll up your sleeves, remove all watches and rings, put on a clean band-aid if you're wearing one on your finger, tie back your hair. Now dust your hands with flour and slide them, palms up, underneath the dough at the point opposite from you. Fold the dough in half (more or less) by bringing it up and towards you, then give it a little push with the heels of your hands to hold it together. Now turn the whole lump one quarter turn and fold the opposite half towards you again. This is your basic knead. It will probably be very sticky at first but just keep your hands and the table well-floured. Do not sprinkle flour directly on top of the

dough; you want to work it in subtly. If the dough sticks to the table, add more flour underneath in the offending area. Continue to knead; fold, push, turn. You will probably use about 2 cups of flour during this process.

9. After a while, the dough will not be really sticky anymore; it will be fairly smooth and pliable and all in one ball. You then have to knead it for about 5 minutes (time yourself). You can use this time to take out all your aggressions because you can get rough with your kneading and it won't hurt your bread at all. Use strong, firm movements. Get your back into it. Soon you will be able to work your kneading into a rhythm: fold-PUSH-turn, fold-PUSH-turn. You'll know you're doing it right if a thin sheen of sweat forms on your forehead. Add more flour, a little at a time, as you need it. You'll know when you've done enough kneading (after 5 minutes) if you push a dent in the dough with your fingertip and it springs back on you right away. It is impossible to knead too much but kneading too little doesn't give good results.

10. After you've done your time and the dough is smooth and elastic, put it in a large, lightly greased bowl and leave it in that warm spot you've found, covered with the tea towel, for 30 minutes.

11. Grease two 4 by 8 inch loaf pans (with lard). If you don't have loaf pans you can use a cookie sheet, greased and sprinkled with a little cornmeal. The loaves will turn out okay; they just won't be loaf-shaped.

12. When your half-hour is up, punch all the air out of the dough. Cut it in half with a sharp knife. One half at a time, squeeze most of the air out of the dough and roll it up into a loaf shape. Try not to incorporate any big air bubbles into the loaf as you shape it (it takes a little practice).

13. Put the loaf into the greased pan (or on one side of the cookie sheet) and lightly grease the top. You can also poke a few holes in the top to further discourage gigantic air bubbles. Repeat with the other half of the dough.

14. Put the loaves in that warm spot, cover with towel and leave them to rise for 45 minutes.

15. After 45, put the loaves on the lowest rack in your oven, turn on the heat to 375 degrees and bake your bread for 45 minutes.

16. After 45 minutes, remove one loaf from the oven and turn it out of the pan (if it doesn't come out easily, you didn't grease the pan enough). Loosen the edges with a knife if that is the case. Okay, your loaf is out. Is it nicely browned on the bottom? Or still on the pale side? Tap the bottom crust with a spoon handle, your knuckle or fingertip. Does it sound hollow? If so, then your bread is done. Take the other loaf out, turn it out of the pan and let both loaves cool on a rack, if you have one, or just upside down, if you don't. However, if the bottom isn't as brown as you like and it doesn't sound hollow according to your judgement, put the loaf back in the pan and return it to the

Continued on page 11

## BUSINESS ADMINISTRATION presents

### THE B.A.S. BIG MOUNTAIN BASH

February 6, 7 & 8  
(Chinook day weekend  
after mid-terms)

#### TRIP INCLUDES:

- all accommodation
- all transportation
- 3 days lift tickets
- 3 nights of 'MINDLESS' partying during the WHITEFISH WINTER CARNIVAL (includes the famous Race to the Place)
- Wine runs
- Limited seating
- Meeting - Dec. 10 - T410 - 1:15 common hour or Dec. 11 - L247 Plaza II 12:15 p.m.

Deposit - \$30 due at meeting

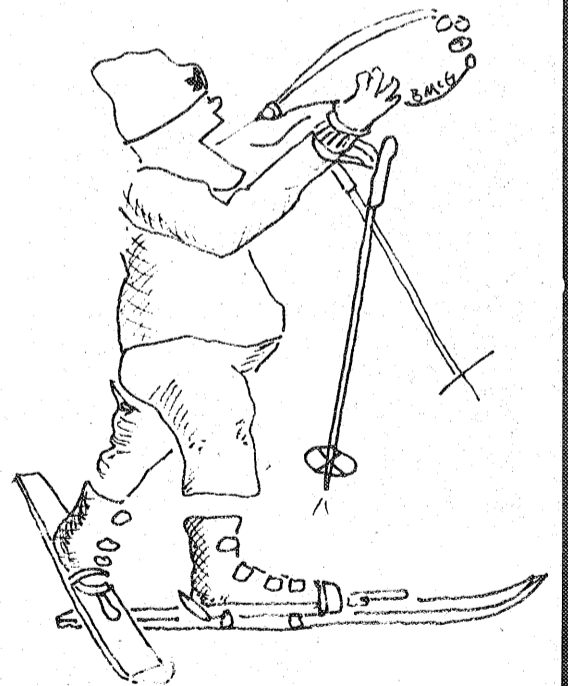
NON-MEMBERS \$150.00

#### For Info:

Dale 459 - 6445

Mark 483 - 9106

MEMBERS \$145.00 CDN



**Cooking with Chris** Continued from page 10  
oven for another 5 or 10 minutes. Repeat your testing on one loaf 'till it's done to your satisfaction.

Cutting warm bread (and HOT bread) is an acquired skill. You need a light touch, a swift cut and a hot, sharp knife (preferably serrated). Heat the knife by running hot water over it for a few minutes and quickly drying it.

Other useful hints: a timer with a bell comes in handy, otherwise you may be liable to forget. Can't guarantee the results if you forget; I guess it depends on what stage you forgot it at. Sometimes you can get by by just punching it down for another go-round, sometimes you have to start from square one again.

This recipe (and any other bread recipe I've tried) takes about 4 hours of your time, from start to finish. (Not including cleaning up afterwards.) Of course, a lot of that is rising time and baking time, so you can do other things in between. If you are a little fearful of trying this recipe, team up with a friend (sometimes two heads are better than one). That way you can split the booty as your just rewards.

This is the easiest bread recipe I've come across so far in my baking career. I've had my share of flops, too, but on the whole, I've had more successes in bread-making than flops. Over the past two years I've had to buy maybe 3 or 4 loaves of store-made bread, and does it ever taste lousy compared to my home-baked stuff!

You can also double this recipe for four loaves, but leave that alone 'till you get more experience because you don't double the yeast, you use 3 tablespoons and it gets confusing. If you have any problems or questions, drop a line to me in care of the Nugget.

Baking good bread is something to brag about! Not only that, you'll find that friends will drop in as if by magic, just as you're taking it out of the oven. Enjoy!

## IN THE GROOVE

by Gene Thiel

'On the Edge' is an unimpressive album. The sound quality is poor, the music is more on the line of rock and roll with some softer songs mixed in.

The best songs on the album is a peppy tune called 'Turn and Walk Away', a softer tune 'Darker Side of Town' and maybe 'Downtown'. The rest is unimaginative, boring, and fuzzy. The Babys who at one time had a hit album

out, have not been able to repeat the performance. This album is a prime example showing that alot of work is needed, if the group wants more success.

The Babys will have to hope those one or two songs will bring sales up, because the rest of the album isn't much.

Courtesy of Mister Sound Kingsway

### A BIT OF JAZZ

by David Schamber

In the last few years, my musical tastes have shifted noticeably away from rock to jazz. After hearing the Health Brothers in concert at the Provincial Museum on Wednesday, Nov. 26, there is good reason to it. The Health Brothers are one of the finest collections of jazz musicians to play through this city. For those of you who are jazz fans and missed them my condolences and those of you who are not jazz fans the Health Brothers were an excellent opportunity to acquaint yourself to the world of jazz.

The music was straight forward jazz, no experimentation. The tone was light, bouncy, and rich.

I have been to rock concerts where I felt it necessary to yell and clap longer than necessary just so that the musicians would give a good concert. It's as if the crowd is there to service the musicians. It is rarely that I have been to a jazz concert where the size of the crowd detracted from the proceedings. At the Health Brothers' concert there was maybe two hundred in attendance but the band was having fun. They were joking and playing as if that is what they wanted to do. When they played, they played with skill and attention to their music.

They balanced well, moving from one solo into another and back without losing the rest of the band. Their instruments were extensions of themselves and not something to be fought with. It was an impressive performance by a group of musicians that have been around and individually have played with many of the great jazz people.

Speaking of jazz greats, on Dec. 6, the Edmonton Jazz Society will present another concert at the Provincial Museum. Two shows, 7 p.m. and 9:30 p.m., will be given by Ralph Towner and John Abercrombie. Ralph Towner appeared at the Jazz City Festival and al-

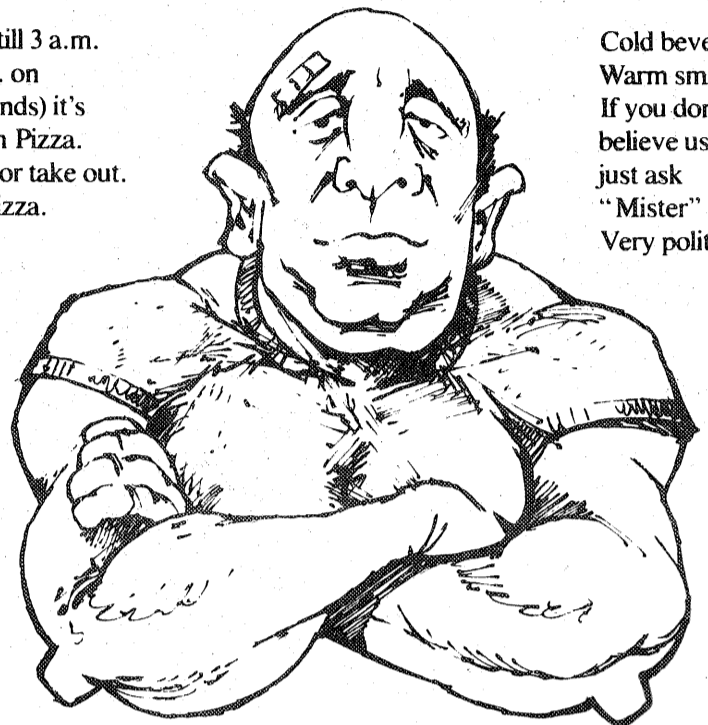
though I missed his concert, word of mouth reviews I have heard were all rave. John Abercrombie has re-

corded a number of albums since emerging in the jazz world in the late '60s. Abercrombie & Towner have recorded together and have a new album out. It will be a night of great guitar music.

## "When the 'Midnight Munchies' hit, I always head to Boston"

Buster "Mister" Boyd, night club bouncer.

Open till 3 a.m.  
(4 a.m. on weekends) it's  
Boston Pizza.  
Eat in or take out.  
Hot Pizza.



BOB SZUKI 1979

**Boston Pizza**  
*Now, that's a slice!*

Visit any of these four locations close to the Campus.

12430 - 118 Avenue  
452-8585

12901 - 97 Street  
476-8691

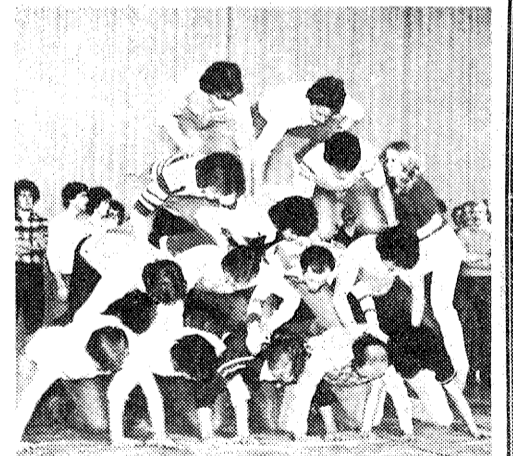
10543 - 124 Street  
482-4471

10115 Princess Elizabeth Avenue  
477-9111



## COMING UP WINTER CARNIVAL

January 26-30



• filled with all sorts of fun competition for electing Miss NAIT

Any technologies who wish to support a contestant contact Russell, the Activities Chairman, Room E-133 or grey phone 431.

PHONE: \_\_\_\_\_ STAFF: \_\_\_\_\_ STUDENT: \_\_\_\_\_