

the NUGGET

WEDNESDAY, MARCH 12, 1980 VOLUME II ISSUE 9 23

THE REAL OOKPIK STORY STUDENTS WORKING ABROAD

Everyone at NAIT knows the Ookpik is the official athletic symbol for the Institute, but how many know about the original Ookpik?

Each of NAIT's Interscholastic teams are called the Ookpiks, or Ooks for short, and history of the name goes back to the early days of the Northern Alberta Institute of Technology. NAIT was opened in the 1963-64 school year to a handful of students. Gary Meadus, who was and still is, Director of Student Services, busied himself with things like forming a student government, choosing school colours and starting athletic teams, the least of his worries being to pick a name or mascot.

The Department of Indian Affairs and Northern Development was aware of all Gary's problems and decided to help him out in the mascot department. NAIT had welcomed many northern Canadians as students, and the Indian Affairs Department thought that a mascot would be a small way to say thanks. Because NAIT was the most northern Institute of its kind at that time, they thought a northern animal would be appropriate. What better choice than an Ookpik?

And that's how we got out rather unique name and mascot. But is there really such an animal? Do Ookpiks really exist?

Of course! The Ookpik is Eskimo for Arctic Owl and the name is given to a sealskin-handcrafted model of the Arctic Owl originated by the Eskimos. Its used often as a symbol of Canada at International Trade Fairs.

But now did the Arctic Owl get the name Ookpik?

The story is very old. Many, many years ago in a small Eskimo village way up north, there lived a young boy called Inuk. Inuk was out playing in the snow one summer day when he saw something in the snow.

"Mother, Mother, look at this!" Inuk was running. He called out to his Eskimo mother and asked her to look at what he had. His mother waited at the door of the tent. She smiled to herself. What was it that so excited her son?

Soon he was at her side, all warm and out of breath. In his hands he carried a large nest. It was strongly and most cunningly put together with twigs and clay.



Inside the nest, resting on a layer of soft white down, was an odd looking egg. It did not look like any egg that Inuk's mother had ever seen.

"Where did you find this strange egg, my son?" she asked him.

"I found it on the cliff in the valley, Mother. It was firmly fixed on a spur of rock. I had to climb part way up the cliff to get it."

"Why did you take it, Inuk. Why did you not leave it there so that the mother bird could hatch the egg?"

"Because of Kigoviak the hawk," Inuk answered. "He was there by the nest. I got there just in time before he did to this egg what he had done to the three others. I know that the mother will not return to the nest. She will be afraid to do so after what the hawk has done."

"But, my son, even if the egg does hatch, how will you take care of such a young one? But I see that there is a crack. This means that the young one will soon leave the egg. See, it moves!"

"I will take care of it, Mother. It will be the young one of a hunting bird. I know that it will. They always build their nests high up on a cliff. We will get along well together. I am a hunter, and the son of a hunter. It will eat meat, just like us. I will manage to provide meat for it."

Inuk gently put the nest down on the sleeping bench that filled the back half of his parent's tent. The tent was their summer home. He lay down on his stomach beside the nest. His head was cupped in his hands.

This is a strange looking egg, he thought. One might call it a round egg. But it was not quite round. In one direction it seemed to be a little longer.

The egg really looked as if it were made from something soft. It might have been squashed a bit.

"Mother, come quickly," Inuk called in great excitement. His mother, Nanurak, who had been outside of the tent scraping a sealskin, came in with the igloo knife still in her hand.

She sat down beside her son and watched him. The egg rocked a little. The thin white skin inside the egg tore and a black line appeared on the shell. Still it held together. Then the woman put out her hands and gently took the egg.

"My son," she said, "it is a hard struggle just to be born. This little one in the shell is trying so hard. Let me help it a little."

Under the slight pressure of her fingers the crack opened wider. Then she left the egg alone. It moved this way and that way. It even rocked a little.

Then, wonder of wonders, something started to come out from the shell! Inuk at first could not tell what it was. The feathers or hairs or whatever they were, were wet and sticky. The little bird was really tired out it seemed.

Then all of a sudden a perfectly round head emerged, with two large, glowing eyes and an owl's beak.

"What big eyes it has, Mother, and what a large beak."

"Yes indeed, my son. But what sort of a bird do you think it is?"

"Why Mother," Inuk said, as he gazed at the round head. "I think it is a baby owl."

"This is a strange egg, Inuk. See how much the shell clings to the bird's body. I wonder what remains in the shell?"

As if in answer to the question, the little bird gave a wiggle and the two halves of the shell fell aside.

"Mother," whispered Inuk, "look at it."

"Yes, my son, I see it. This little one that has come to our tent by your hand is indeed unusual. You speak well to say that it is an owl. It does look like an owl. But first let us place it in a warm place by the lamp."

So the nest was set up close to the Koolik or stone lamp. Nanurak trimmed the moss wick. Soon a lovely warm flame burned all along the whole length of the stone lamp. The little bird snuggled into the warm soft down that lined the nest. It tried hard to stay awake. Inuk watched the eyes close and open once or twice. Then it fell asleep.

Inuk reached out his finger and stroked the bird very gently.

"Mother," he said, "This little one is so soft."

While Inuk sat and watched, his mother hurried to speak to the old woman. She was old and wise, so Inuk's mother asked if she ever heard of a bird like this one.

The old woman came and peered into the nest. In the light of the lamp her wrinkled old face showed astonishment.

"How frightening," she muttered almost to herself, "It is as if one should be afraid of it. But it is so round and so different from the other birds."

More OOK Page 3

Canadian students interested in holidaying and working abroad have often wondered where to go for information, how to get started, and, in fact, just what is available overseas. But thanks to two Canadian organizations, the Association of Student Councils (ASOC), and the National Union of Students (NUS), hundreds of Canadian university and college students have been able to join in holiday/work abroad programmes in different foreign countries: Britain, Ireland, Belgium, Holland, and New Zealand.

Participants in these programmes must be at least 18 years and enrolled as full-time students at an accredited university or college.

To enter the foreign country students must have a valid passport, approximately \$500 to support themselves until their first paycheque, and evidence of a return ticket. AOSC is able to arrange all working visas required.

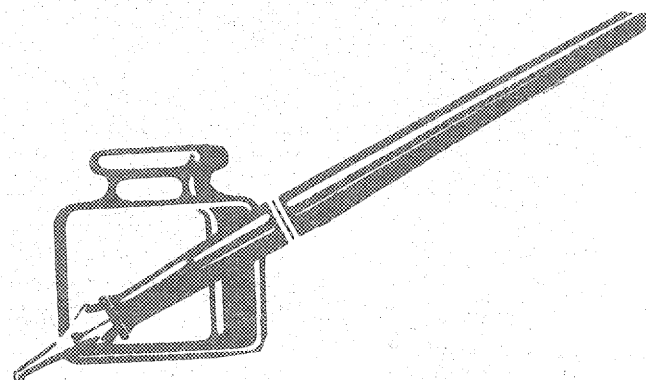
For the Student Work Aboard Programme (SWAP) in Britain, AOSC has established a Canadian Student Centre in London which arranges firm interviews with prospective employers and provides information on finding a place to live. Participants work in basically semiskilled or unskilled jobs as sales assistants, bartenders, secretaries, and in the catering industry; some have worked as theatre wardrobe dressers, art gallery guides, and publication assistants. In Ireland and New Zealand, SWAP participants have little difficulty in finding their own jobs with the help of the respective national student travel bureaus - USIT and NZUSA.

In Belgium, where a basic knowledge of French is an advantage and sometimes necessary, specific jobs requiring related job experience are available in the banking and auto-making industries. The programme is severely limited in numbers, however, and prospective participants should probably consider one of the other SWAP programmes unless their working experience relates to these areas.

SWAP Holland is looking for participants with an agricultural background as the jobs available are in the market garden and flower production areas.

The purpose of these SWAP programmes is to enable young Canadians entering a foreign country on an extended holiday to offset the rising costs of travel by engaging in some type of temporary employment incidental to their holiday.

Interested students should contact their campus replacement centres or write to AOSC/NUS/SWAP, 44 St. George Street, Toronto, Ontario M5S 2E4. Other AOSC offices are located in Ottawa, Halifax, Edmonton, and Vancouver.



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

Deadline for all articles is Tuesday at 12 noon.

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the NUGGET

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News Editor Janet Bougie
Entertainment Editor Carol Ann Retallack
Sports Editors Roy Stasiuk
Mark Connolly

LETTERS

TO

THE

EDITOR

AMS

Personally

'Psychic Society of Alberta'

The Administrative Management Society will be having their elections Tuesday, March 18, 1980. This election will be carried out in secret ballot form. The AMS office in T601A will be open all day Tuesday--so all of you members who are enthused about the continuation of a growing organization, come out and vote. The positions that will be voted for are: President, Vice President, Treasurer, Information Officer and Secretary.

Hi, I'm Arlie Hoecherl. I am running as a candidate for the position of Vice-President in AMS. Serving as the Information Officer's assistant, I have gained some practical experience on how the club is run. This has developed my skills to a greater extent in: organization of projects, co-operating with people and performing various tasks. For example, I have been responsible for all of the past AMS news articles.

I would like to wish all the candidates who are running for AMS positions---Good Luck!

USELESS BOOKS

How many readers have, at home or in their lockers, stacks of unused textbooks deemed "necessary" for certain courses?

I, being only a first year, am now in the process of accumulating a sizeable collection myself and I am not overly thrilled about it. Each beginning of a quarter, we file into our new class as the instructor outlines the course and gives us a book list. Often we buy the books and they sit in our lockers, mute for the rest of the year. Not only is this a useless waste of money, but also a waste of the very material itself.

Often the instructor prescribes them as a reference. In this instance, if the book is not necessary, why even buy it?! Often the material is amply documented in class and any reasonable notes will suffice to refer back to. It is the instructors' responsibility

to tell you of what importance the reference is.

I have a \$20 physics book of which I used two of ten chapters. A \$20 basic electronics text which was used a total of 2 hours was prescribed for another class. A basic computing text was used as a question manual for two classes. The list goes on and on. In many of these instances, simple handouts could do.

The point I am trying to make is that instructors who know their courses should have a good idea how necessary their course text is to the material. All too often instructors merely assign books rather than prepare material. If it is only a reference, recommend the book, don't prescribe it!

After all, many of us are poor students on shoestring budgets. Don't make it any tougher than it already is.

Rob Moore

Last week we printed the article "What? Me Sexist?" and as News Editor it was my job to fill the Letters to the Editor page. It was brought to my attention that the article may have hurt someone by creating true sexist attitudes. I personally took the article as an attempt to comedy relief. Though the article was not written in the best of taste or style, it wasn't anticipated that it would be taken seriously. In fact, it made me think of a fictitious characters, with an I.Q. definitely below average. Two women enrolled in a predominantly male technology approached the Nugget with a legitimate complaint. Surprisingly enough, they claimed that some men in their technology do in fact think that way. My sympathy goes out to these "guys". The article did indeed instigate some tasteless remarks towards the women, and I do apologize. I talked to some other people about the article. In fact one male student told me that it made men look like "ignorant jerks". Then indeed it is sexist towards men, not necessarily solely women.

The main criteria we have towards letters of opinion which fall on the Letters to the Editor page is that the letter must be signed. Of course those which show strong prejudices, and are really outrageous may be edited out. We do not want to censor the paper by our opinions, and we do not have the right or power to do so.

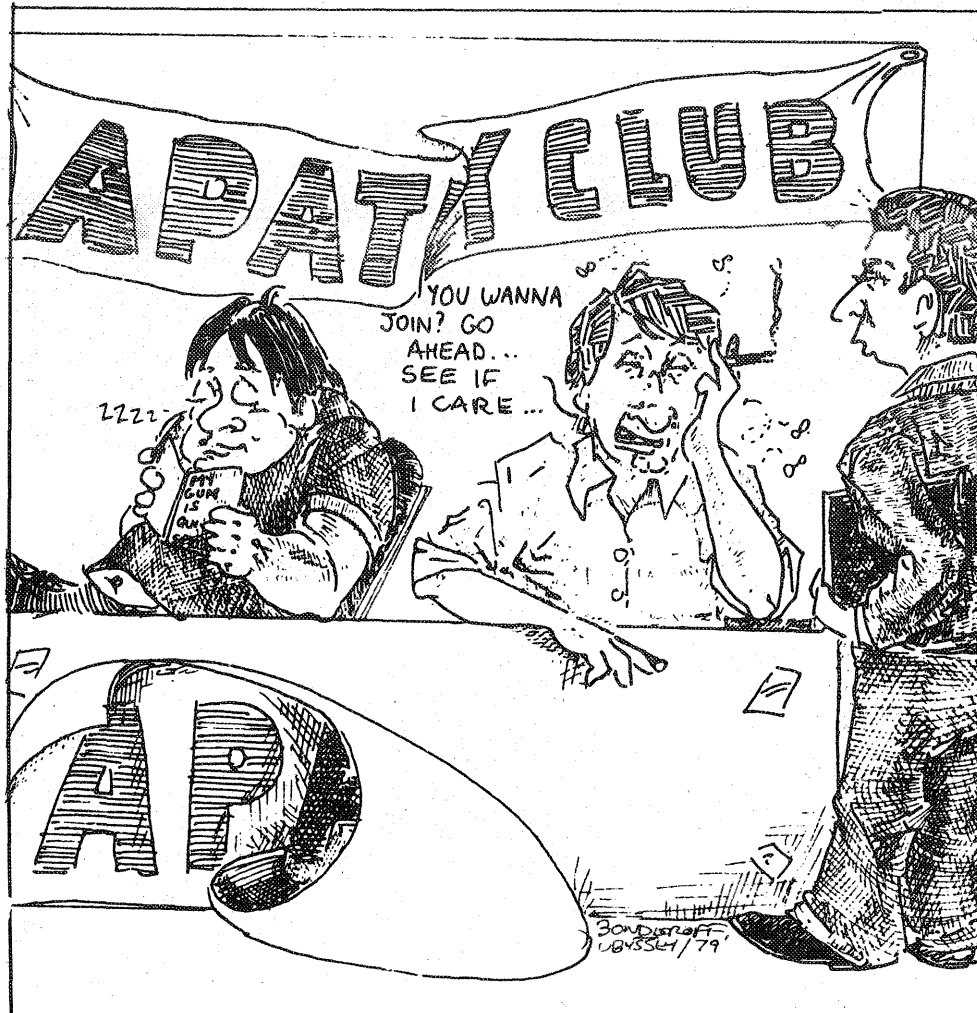
I appreciate the fact that these people came to us to file their complaint, since we do not want the paper to be used as a fighting ground for personal differences. In fact, we enjoy and encourage feedback from NAIT students, especially when it is constructive criticism. We

are the first to admit we lack experience. Furthering that statement, we are less experienced, thus have to work harder.

Again, I make a plea for aid in the paper. I'm sure if you are a NAIT student, a person of this institute and society, you have something to contribute to the rest of the students here, and the Nugget is your forum to do so. Why don't you help us out with submitted articles, or come down to the Nugget and join up with the staff.

I am sincerely sorry, if that last week's article did incriminate any individuals, and I will keep your situation in mind from now on, if possible.

Janet Bougie
News Editor



By Kelly Polanski

DID YOU KNOW THAT:

-Men's hearts beat faster when they are winning a competitive situation while women's hearts beat faster when they are losing? For women the fear of failure causes tension and sends their pulse rates climbing. Most men do not experience this fear as self-esteem tends to be more fulfilling and stimulating.

-the highest divorce rate for a country has now risen to 50.09%? This figure is arrived at on the current annual total of marriages and belongs to the United States with a total of 1,090,000 divorces in 1977.

-The womens liberation movement (philosophy and general practice) has lowered the age of life expectancy for women? Until women became competitive in the work force, they were known to live considerably longer than men. But this is not the case any longer. An increase of stress, thus related physical problems, has lowered womens life expectancy rate drastically within the last 10 years.

-Fidgeters think better and, in most cases, score higher in examinations of any given material? When you're

thinking hard you'll do better if you move about a bit, even if you just yawn, stretch or scratch your back. These movements send a "shower of impulses" throughout the nervous system keeping it alert. And they stimulate you by increasing the blood flow to your brain (something to think about for finals!).

-The total excess weight of Americans could fuel 900,000 cars per year!!!! Americans are overweight by 2.3 billion pounds. That's 5.676 trillion calories or the energy equivalent of 1.3 billion gallons of gasoline. This is enough energy to electrify Boston, Chicago, San Francisco, AND Washington, D.C. This word came from two thin University of Illinois researchers. (please note that a lot more mileage can result from one pound of fat than if the equivalent energy was turned into gasoline for a car!)

-The human body is only worth \$7.28? Harry Monson from the University of Illinois has studied the chemical resource worth of the body. An increase of 643%, due to inflation of the dollar and BODY, has brought the worth from 98 cents to the present \$7.28.

-The best place to find a lasting love relationship is in your own neighborhood? A.C. Clarke, Ph. D. showed that among couples who applied for marriage licenses, over 50

percent lived within 16 blocks of each other when they first started dating.

-The bathroom is the place most people reportedly call "a space of their own." This tends to be the safest haven in the house and a common setting for such relaxing activities as sulking, crying, daydreaming, or simply being alone. A study of married couples at Purdue University also found the following:

	Wives	Husbands
Kitchen	50%	8%
Living Room	39%	62%
Bedroom	12%	4%
Nowhere in Particular	8%	19%

-Girls cost more to raise? Univeristy of Michigan researchers found that 3 out of 4 childless women said they eventually wanted children -- in most cases, 2. Most women also felt that families with both a boy and a girl were best, but if they were to have children of only one sex, they mostly preferred boys with one dominate reason; girls cost more to raise.

-Canada holds the record for the longest consistant Disco Dancing? 329 hours and 30 minutes were spent disco dancing for Keith Leriche of Newfoundland on April 16-30, 1979.

ook

"Oh, my grandmother," said Inuk, calling the old woman, "what kind of a bird do you think it is? To me it looks like a baby owl. That is why it looks different. Do owls look alike? Have you seen one like this before? What name would you give it?"

"I don't know," said the grandmother. "This is one for which I cannot readily find a name on my tongue. I, who gave a name to every person in our village am unable to do this for a bird."

"What about the great round head, old one? should it have such a large head? Do any of our legends tell of a bird like this one?" asked Inuk's mother.

"The old man is the only one who knows about our legends and he can no longer see. But one day Inuk must take this to him. From what I know, one would expect much wisdom from such a large round head. It resembles an owl, as the boy says, and the silent one who flies and sees well in the dark does possess wisdom. It also seems to be a gentle bird and one that will do much good."

Together the three left the tent after carefully closing the flap. They wanted the little bird to rest well after his ordeal.

In the evening, Inuk's father, returned home. He had been hunting seals all day on the ice. His clothes were still wet from crawling up to the seals. Inuk's father sat on the sleeping bench and began to take off his wet clothes. He extended his arms to warm his fingers at the flame of the lamp. At that moment the little bird awakened and stood up.

"Hey," gasped Inuk's father as he saw it for the first time, "What is it?" Little wonder that he was taken by surprise. He had gone all day and knew nothing about the exciting events that had taken place.

He went closer to examine the bird. In the glow of the lamp, and in the dusk of the tent at this evening hour, the little bird's eyes fairly glowed. Each little hair on the large head was erect. A halo of light surrounded the entire head. It was a most appealing sight.

Just then Inuk burst into the tent, accompanied by his mother and the old woman.

"Father," the boy called to his father, "have you seen the nest that I brought from the cliff, and what has come from the egg which I took before Kigoviak could get it?"

"Yes, indeed Inuk. How surprised I was to find your little friend here and so

comfortably settled by the lamp. You were wise to take the nest when there was only one egg in it, Inuk. But what sort of a bird is it, does anyone know?"

"Well Father, I have tried to find out from grandmother as to whether our people have ever spoken of such a bird in their legends. Do you see it's round body and that large roundhead?" said Inuk's mother.

"Yes, it looks like the large owl that sees so well in the dark," said Inuk's father.

"And the feet are large enough so that he will walk on the snow when it is soft, just like Achigyak the partridge does," said the old woman as she warmed her thin hands at the lamp.

"But he must be given a name, Inuk. He is your bird. What are you going to call him?" asked Inuk's mother, as she swung the cooking pot over the stove.

"What shall I name him?" Inuk gently lifted the bird from

the warm nest. He held him at arms length.

The round head and the unblinking eyes faced him.

"I shall give him the only name that comes to my mind. There can be only one name, which surely will be on many lips. I name him Ookpik,

that is what his name will be Ookpik the owl." (reprinted from "Two stories of OOKPIK", by Dudley Copland)

Inuk was a very intelligent young man. Every year the word Ookpik is on everyone's lips. Everyone who knows any thing about NAIT that is.

So much for the history of the Ookpik. Now a little bit more about the NAIT original. Since 1963, the Ookpik has been kidnapped (or is it Ooknapped) so many times no one knows for sure the exact number. Those big

ugly SAIT students were the worst culprits. They used to make a habit of coming to Big E to steal the Ook. They'd do almost anything to get it too, break windows, get into fights, drive madly through city streets and any number of other death-defying feats to obtain the priceless owl.

It was given up for lost at one time, SAIT had it for almost two years. NAIT's student Association had another one made, but it was only a reproduction, not the original.

The fake Ookpik can be seen in the trophy case in front of the gym, but the original is safely tucked away somewhere. It's just too valuable to be left on display.

Also in the trophy case with the (pardon the expression) fake, are two Sikusi. They have an interesting story behind them as well. It goes something like this:

Once upon a time in the village of Tuktoyaktuk in Canada's Northwest Territories, there lived a kind and gentle Eskimo who loved all living things. One day while

walking in the frozen north he was buried in a snowslide by an evil spirit who turned the snowslide into a wall of ice. The people of Tuktoyak-

tuk were troubled and sad, but started at once to free their friend. They chipped and chopped, but the ice wall

was too hard and too thick.

Now near the village in a valley of small and happy creatures lived Sikusi, a woolly and mischievous ice-worm. He heard the news, and defying the evil spirit, left the valley of happy things, and headed to the ice wall. The people of Tuktoyaktuk saw him coming but turned away. This was no time for mischief making. They must free the kind and gentle Eskimo. Sikusi went straight to the icewall and melted a path to the man in the ice. The Eskimo was free, and the people of Tuktoyaktuk were happy again

The evil spirit saw what had happened and he was afraid. He left the village of Tuktoyaktuk and never returned. Sikusi the Mischief Maker was the hero of the day. He still melts holes through igloo walls. He still makes mischief wherever he goes. But the people of the north look upon his mischief as a sign of good fortune. Wouldn't you?

So now you know the absolute true story behind the Ookpiks and the Sikusi.

NAIT's athletic teams are fortunate in having a name that probably no other team in the world can boast of.

EYEWITNESS ACCOUNT

Describing scenes of horror, an eyewitness of the Soviet invasion of Afghanistan, who has toured refugee camps in Pakistan and Iran, came to Carleton University Monday to ask Canadians to support Afghans resisting the Soviets.

Tarik Kurayshi told about 75 listeners that it is impossible for him to convey the "sad, agonizing and painful" suffering he saw.

"What shall I tell you?" he said. "That I saw dead bodies, children without shoes with frostbitten feet, wives without husbands, brothers without sisters, that I saw people with their bodies burned, limbs amputated?"

"Unless you know the stab in your own chest, you will not know its intensity, its magnitude."

Kurayshi said Afghans who have fled their country live without adequate medical care in camps in neighbouring Pakistan and Iran.

He said the Afghan climate is as cold as Canada's, but as many as nine refugees huddle together in small canvas tents that have no floors.

Kurayshi said the refugees left without regrets because the Soviets will not allow Afghans to practise their Islamic religion.

"I saw impassive, indifferent faces and I also saw faces with a burning rage for revenge," he said. "But I saw no tears. This is what sets the Afghans apart from other refugees in the world."

Kurayshi, born in northern Pakistan on the Afghan border, came to the United States in 1971. The editor of

a monthly magazine published for and by Muslim students in North America, Kurayshi spent a week in Afghanistan, Iran and Pakistan in December.

Mobin Shorish, an Afghan professor now in the United States, joined Kurayshi in condemning the Soviet invasion.

He said the Soviets have massacred 250,000 Afghans and forced another million to flee to refugee camps.

"It paints a picture of people who are the barbarians of the twentieth century," Shorish said.

"Sovietization is crucifixion."

"If there is not some form of moral outrage expressed against the Soviet invasion of Afghanistan, my people will vanish," Shorish added.

Kurayshi and Shorish, and the Muslim Students' Associations who are sponsoring their trip, want Canadians to urge their government to boycott the Moscow Olympics and give money and arms to the Afghan rebels.

They said a refugee fund has been established.

"If you do not help Afghanistan now... in the long run you've invited the Russian oppression on yourselves," Shorish says.

Kurayshi said the Afghan "freedom fighters" can beat the Soviets if given missiles and anti-tank guns.

He called the West "sick" and accused North Americans of being unaware and selfish.

"Afghan," he said, "know how to die."

Talent Hunt!

Canadian University Press will be launching a national four-colour campus magazine (200,000 circulation) in the fall of 1980, that will be distributed through member newspapers.

will be returned only if accompanied by self-addressed stamped envelope.

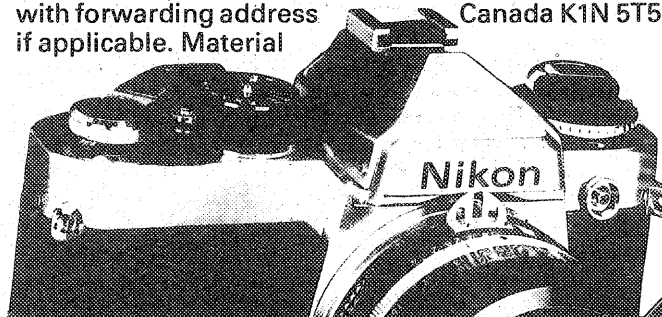
Material should be sent to:



The National Campus Magazine Suite 202 126 York Street Ottawa, Ontario Canada K1N 5T5

Writers, photographers and illustrators are invited to submit samples of their work, sketches, ideas and outlines for consideration by the editorial board.

Please include a brief resume, recent photograph, present address and telephone number, with forwarding address if applicable. Material



In Defense of Our Honour

Two weeks ago to the day, our NAITSA staff went down to SAIT to offer a little bit of "hospitality" to their SAITSA president. Although he was a slight bit apprehensive about accepting a free, all expense trip to our capital city, nonetheless, our persuasive NAITSA council convinced him to come for a short visit. They left SAIT very quickly, and on very short notice so all they could leave was a note. On the trip up, he was treated to a gourmet meal north of Red Deer, enlightening company and conversation (?), free beer, and even an entertaining picture show. After arriving at NAIT, the former NAIT party was given a guided tour and another meal. Plans included a personally piloted plane trip home.

At this point, however, our NAITSA remembered their charity call. Namely, Uncles At Large. As a result, they asked SAIT for a small donation to this needy cause.

SAIT, being naturally good people, responded immediately with a cheque in the mail.

Now, their president, who was so nobly accepting our hospitality, became upset about something. To this day we do not know what it was!!!! His response was to suddenly shirk our hospitality and steal away to the airport to take a plane home himself. This in itself was enough of

an insult to lay on NAIT, but in addition, in leaving, he stole our Ookpik's fuzzy head, mockingly displaying it to our students as he marched down our hallowed halls. He took it to SAIT with him.

There, the council, fearing the power of our wrath, promptly shipped it off to U.B.C., hoping to shift the responsibility of the act to our fierce competitors in concrete tobogganning.

In addition, after clearing the evidence, they had the nerve to turn around and send us a ransom note demanding \$100 dollars booty for the return of our beloved mascot. This we sent immediately but no response did we get. Only later did we learn that our mascot's head was in Vancouver.

Let it be known that we do not intend to let this "SLAP IN THE FACE" go unchallenged. Although U.B.C. has possession of our mascot's head, we do not intend to start a rivalry with that fine school. It was SAIT's doing, therefore, it is SAIT's whose head will roll. If NAIT can help it, SAIT will lose their cool.

Meanwhile, our poor incapacitated Ook stands dejectedly in the NAITSA office, but fear not, brother Ook, we will have REVENGE!!!!

COUNSELLING CORNER

An adequate vocational choice requires careful consideration of many factors before such a choice should be pursued seriously. It should be considered a personal investment which is not to be taken lightly. Many prospective students and registered students at NAIT select or transfer from one course to another without much real consideration being given to what is involved in the courses. For example, a person who selects Biological Sciences then transfers to Telecommunications after limited investigation does not have a full appreciation of the widely differing skills and abilities required. Also, the decision should be made in terms of his aptitudes, abilities, interests, goals, employment possibilities, and personality temperament. One can soon realize that such a decision should not be made in a few minutes or overnight. In contrast to vocational selection, which is often done through expediency, one spends considerable time deciding about purchasing a house or car. Assuming no new occupational re-training is necessary, the average teenager will spend approximately 35 to 40 years in this occupation. It is not only good common sense to really investigate the occupation before leaping into it?

Assuming you have a good knowledge of your capabilities and interests through your high school records and results of tests which measure abilities, aptitudes, and interests, what other factors should be considered before making your vocational choice? Some factors include:

Academic and Experience Requirements of the Occupation:

- What level of education is (1) desirable? (2) absolutely necessary?
- Are the educational standards likely to increase?
- What combination of school subjects is best?
- What special skills are required? -- dexterity, artistic, linguistic, mechanical, social, etc.
- Is previous experience (1) desirable? (2) absolutely necessary?

Personal Trait Requirements of the Occupation

What personal traits are required?

- persistence, self-control, vivacity, leadership, ability to follow directions, initiative and resourcefulness, ability to accept responsibility, punctuality, good judgement, honesty, courtesy, and neatness.

General Nature of the Occupation

- Do the tasks and responsibilities involved mainly center around:
 - people?
 - things?
 - ideas?
- What specifically, are the tasks and responsibilities involved?
- Does this occupation encourage mental growth?
- How does society view this occupation?

Restrictions (if any) involved in the Occupation

Are there any restrictions regarding the following:

- age, sex, race, color, height, weight, general physical condition, and personal appearance?

Physical Conditions Involved in the Occupation

- What are the:
- hours of work?
 - number of hours of work per week?
 - overtime possibilities?
 - holidays?
 - indoor or outdoor work possibilities?
 - physical hazards of the occupation?
 - locales of the work?

Mental and Emotional Conditions Involved in the Occupation

What mental or emotional stress might one expect from:

- the amount of supervision provided?
- the repetitive or creative nature of the work?
- the amount of responsibility which must be assumed?
- fellow workers and management?

Monetary and Other Benefits

- What is the present supply and demand for new workers?
- What is the future supply and demand requirements?
- Is the demand for new workers in the occupation better in certain areas of the country than in others?
- What income may be expected:
 - at present?
 - in the future?

- What are the possibilities of promotion?
- What type of pension plan exists?
- What degree of tenure is there?
- Are there any other benefits?

After determining what information to look for and some questions to ask, what are some sources of information? The Student Counselling Centre at NAIT offers a career planning program which includes:

- Taped interviews describing all our day programs.
- Group information sessions for the Business Administration and Computer System Courses where the prospective student can obtain more information about a specific program. These sessions are usually held between November 1 and April 30.
- Arranged consultations with Department Heads regarding specific problems like credit being given for courses previously taken elsewhere.
- Buddy System--spend up to two days in a classroom observing the activities being conducted. Contact Department Head of the course of your choice.

5. personal assessment of interests and abilities with a counsellor.

6. Vocational library--calendars from various institutions.

It is also suggested that the student:

- read articles about occupation in well-known current magazines and other publications.
- talk with people who are experienced in the occupation.
- attend career days at the various educational institutions.
- Visit companies to observe the actual work situation.

In summary, vocational should not become an overnight decision. It requires some long term planning and evaluation by the student: he is the person who is going to be working in the occupation, not his parents, not his counsellors and not his girl friend. The final decision must always be made by the student.

Hugh A. Becking, Head Student Counselling Centre NAIT

"Would You Believe Again"

The men's lockers in the Activities Centre downstairs were robbed again Tuesday. This time, totalling \$110, of course along with the usual extras such as rings and watches. Wallets were recovered in strange jackets, garbage cans, etc., as usual.

A staff member I talked to said she was surprised that the vandals managed to rob the lockers and leave unnoticed. The lockers were broken into between three and four o'clock Tuesday when the Activities Centre was busy.

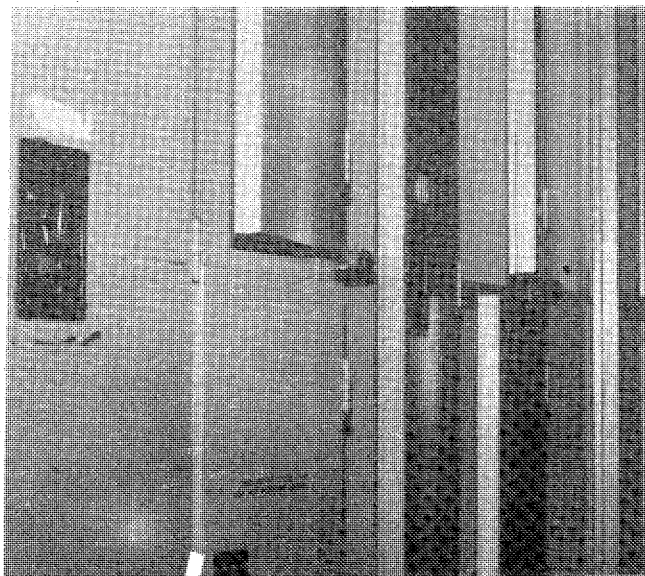
They figure the thief is a NAIT student, because the staff have been checking identification quite closely lately, and the culprit still managed to get in the locker room. He was also able to pry over ten locks apart and rob the valuables inside while other men were in the change room.

The police arrived at NAIT around 4:30, to find only a staff member waiting to tell the story. The students that were robbed could not bother to stay around to file a

complaint, or give a description of their valuables or sum of money they lost. Apparently, now a detective has been assigned to work on the case.

Earlier last week, reports told of three juveniles that

were picked up under suspicion of the charge, but the staff member downstairs said they haven't heard any more about it. Anyhow, someone is paying their tuition fees on the expense of NAIT students.



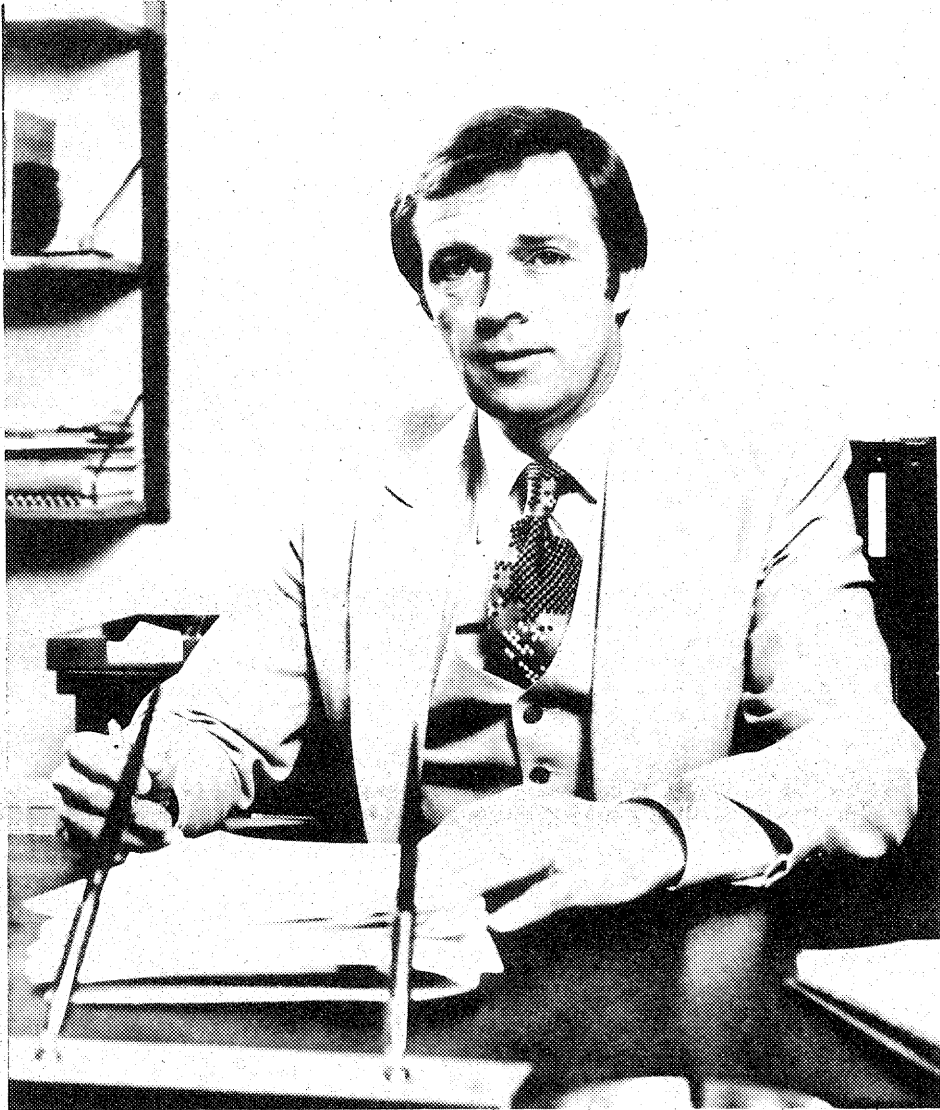
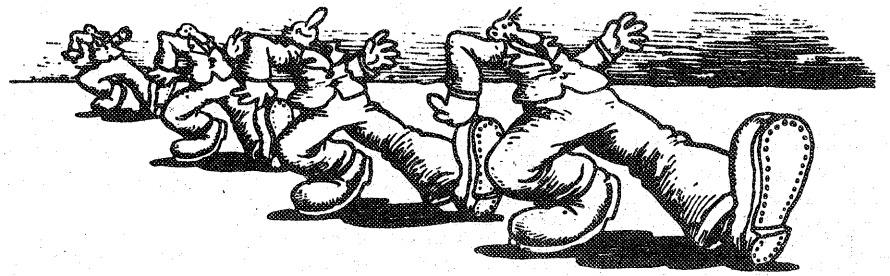
Tia Maria goes with Bogota.
Tia Maria goes with Paris.
Tia Maria goes with milk.
Tia Maria goes with ice.
Tia Maria goes with Istanbul.
Tia Maria goes with him.
Tia Maria goes with Vodka.
Tia Maria goes with Janis.
Tia Maria goes with music.
Tia Maria goes with dessert.
Tia Maria goes with friends.



Tia Maria goes.

For recipe booklet write: Tia Maria (S), P.O. Box 308, Station B, Montreal, Québec H3B 3J7

NAIT OPEN '80' HOUSE



A WELCOME FROM NAIT'S PRESIDENT

It is indeed a pleasure for me to welcome you to NAIT's first Open House of the 1980's. Students and staff are anxious to talk to you about the more than fifty career-training programs offered by the Institute. To assist you in locating an area of interest we have constructed program and service information booths along the south lobby of our central campus. NAIT representatives will happily direct you to areas where you can view many attractive displays and interesting demonstrations. Staff will also be available in the Registrar and Continuing Education offices.

When you view our facilities and come to appreciate our students' achievements, you will understand how important it is that NAIT continues to grow, where necessary, to meet the emerging business and industrial needs of the province. To properly fulfill its mission, the Institute maintains a good supply of modern equipment in suitably designed classrooms, laboratories, and shops. We are proud of our campus, and eagerly await the completion of the construction currently underway at the north end of the central campus corridor. This new development, presently referred to as Phase I and Phase II, will alleviate the overcrowding that exists in some programs and allow for modest expansion and consolidation of space in other program and service areas. What this means, for example, is that following completion of Phase I construction in the summer of 1980, the part-time learner will have access to a new Continuing Education Division Seminar and Conference Centre. This rather unique facility will be ideally suited to new career-related program

offerings of a short, intensive nature. New space will also be available for Cabinet-making, Carpentry, Automotives, Forestry, Radio and TV Arts programs, and for service areas such as Bookstore, Learning Resources, and Cafeteria.

The students, however, tell the NAIT story best. You are, by now, probably quite familiar with the theme of this year's Open House. But it is a tale worth repeating. When students were asked why they chose NAIT for their career training they said it was because it is a *promising* institution: the job opportunities for graduates are well known. The students also said the training is *practical*, in that the skills they acquire are directly applicable in a job situation. Their final comment was that NAIT is a very *personal* institution. The "hands-on" approach to learning means small classes and close attention to the progress of each student. We think we can meet the challenges of the 80's without sacrificing the intimate learning atmosphere which has become the hallmark of NAIT's success. Elsewhere in this special edition of the Nugget, NAIT Student Association President, Kees Cusveller, will describe some of the social and athletic opportunities that have become a valuable part of student life.

Have a pleasant tour; we hope you will agree with us that NAIT is "a good way to a great future."

S. G. Souch
President

Registrar's Department

The Registrar and his staff are responsible for the following services to the public and to the students attending NAIT in full-time day programs:

1. INFORMATION TO THE PUBLIC AND TO PROSPECTIVE STUDENTS

Full size calendars, valid for a two-year period, are compiled, printed, and distributed to accepted students, high school counsellors, libraries, etc. throughout the province of Alberta. A smaller mini-calendar, with less subject detail, is printed in alternate years for distribution to prospective students.

In addition, single page NAIT information sheets are printed each year indicating programs offered, academic standing required and information about the Institute. These are supplied to the high schools for distribution to their students.

Open House information is enclosed with all letters mailed from approximately January 15 to March 15 each year.

2. APPLICATIONS

Applications received are recorded, marks certified by Registrar's staff, initial admission status determined, entered on the data centre terminal and notification of status is forwarded to the applicant as soon as possible.

3. FEE PAYMENT

After acceptance, a fee form is produced by the Data Centre indicating registration date and time, termination date for the program year and the date on which fees must be paid. After fee payment, a receipt is forwarded to the student with an information sheet on registration procedures, parking, accommodation, etc.

4. REGISTRATION

Arrangements must be made for the use of classrooms, availability of cashiers for fee payment of late accepted students, coordination with program and department heads and other Student Services areas in order to register a maximum number of students in a minimum time frame.

5. RECORDS

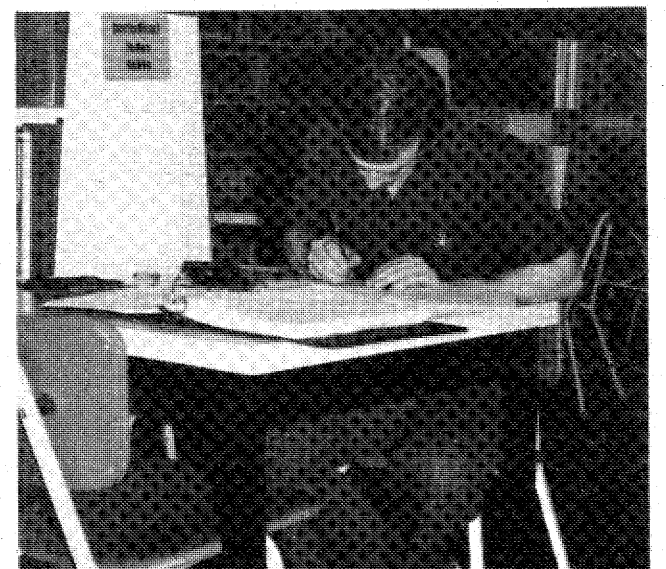
A Permanent Record Card is produced by the Data Centre for each registered student. Quarterly marks, mark corrections, graduation date, etc. are entered on the card so that an up-to-date record of the student's progress is maintained. Transcripts are made from this card when requested by the student.

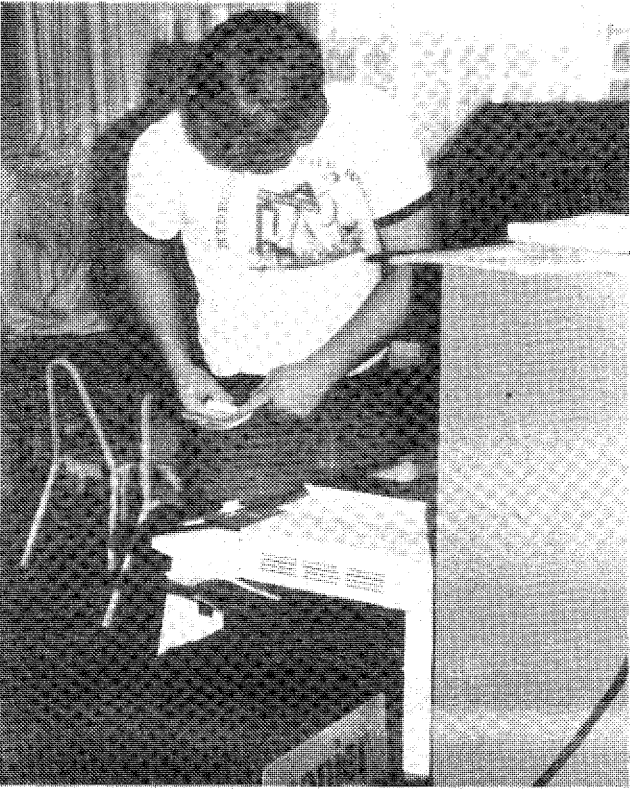
6. STUDENT LOANS

Loan information and forms are available from the Registrar's office approximately June 1 each year. Registrar's staff are available to give assistance in completing the form, answering questions on loan procedures, etc.

7. GRADUATION

Diplomas and certificates are designed, ordered for final printing and distributed to the graduate students at graduation exercises or by mail.





McNally Library anniversaries

Yesterday - Today - Tomorrow

This Open House '80 Anniversary marks a turning point for your McNally Library. For today will mark the last Open House for the library in its present location because tomorrow in 1981, the location will be in the new Learning Resources Centre in the latest addition to NAIT.

Like Janus, the Latin god of the portals, we will have a double head, thinking of all that has gone through our portals and looking forward to all new innovations as we face the future.

Looking back, it was in January 1963 that the first apprentice classes appeared in the Industrial wing and in the fall the first Technology group arrived.

Perhaps the best way to describe Janus' outlook, Today and Tomorrow would be answer the 5 W's.

1. WHO - Today - McNally Library and Staff, anxious to make material available to all Institute members-students & staff.

Tomorrow-LRC-includes Library, A.V. and Duplicating to assist you.

2. WHAT - Today & Tomorrow-enlargement of present print and non-print material (around 65,000 books, 700 periodicals).

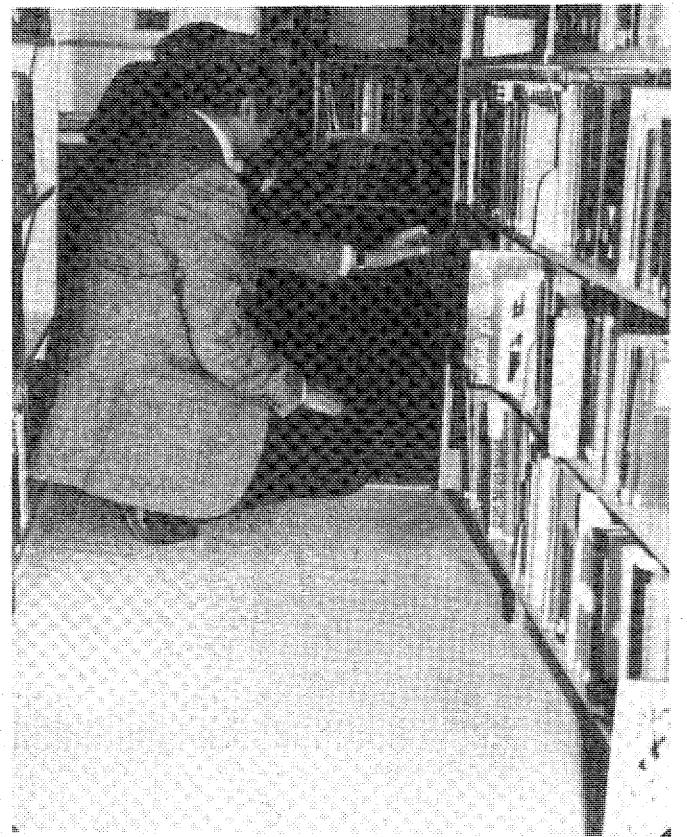
3. WHEN - First used in September 1963, with an average attendance of 1500 students monthly and now in 1980, over 20,000.

4. WHERE - Now located centrally near General Office, Cafeteria and Bookstore.

Tomorrow - at Northern extremity, but still near Cafeteria and Bookstore.

5. WHY - To extend a welcome invitation to all who enter our portals with the blessing of Janus. "We are conceited enough to believe that the Institute could not run without us."

So, happy reading to you and if you don't know the answer (to your problem), "ask you library staff." We may not know either, but at least we will direct you to where to find it.



The Student Services Department

I would first of all like to take this opportunity to welcome you to Open House and to urge you to make the most of this opportunity to learn more about our fine institution. The Student Services Division is a multi-faceted organization consisting of the following major components;

- Audio visual - Duplicating
- Physical and Leisure Education
- Intramural and Interscholastic Athletics
- Registrar
- Counselling Services
- Health Services
- Library
- Bookstore

Through the provision of these services and activities we aim to aid each student in achieving academic success and in becoming a fully functioning person able to successfully cope with the challenges of a dynamic, complex society. As well, our Division is concerned with assisting the Student's Association in the promotion and operation of a wide range of co-curricular activities.

We consider each person to be a unique individual and we are eager to be of assistance.

Please don't hesitate to call on us.

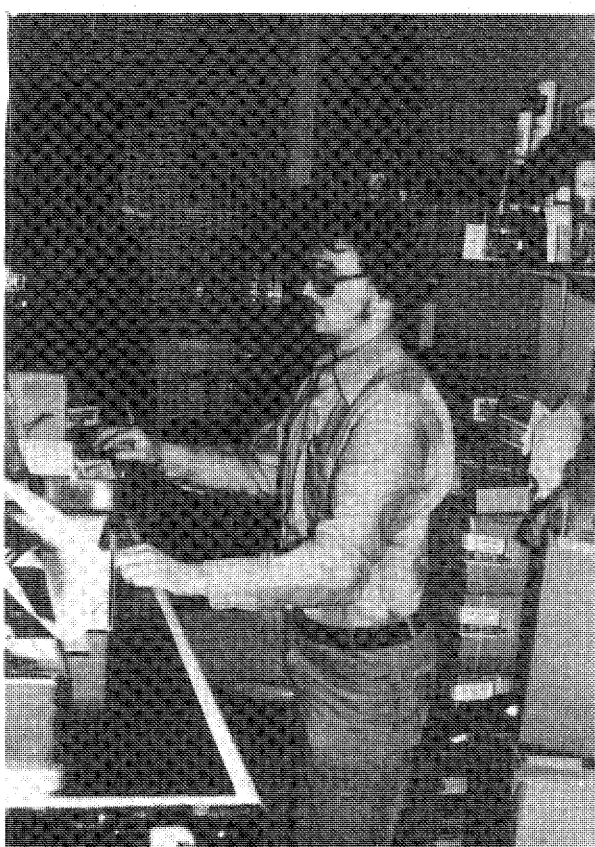
R. G. Meadus
Director of Student Services



Student Stores

NAIT Student Stores is located in Room E 126. The store is operated by the Student Association for both the students and staff. The store is here to provide both services (ie stamps) as well as selling NAIT souvenir rings, pins, and key chains, as well as NAIT charms for charm bracelets.

Also, the store sells pencils, pens, paper and other related necessary school materials. If these items don't interest you, the Student Store also sells NAIT crested kangaroos, sweat pants, hats, t-shirts, as well as tube socks. If you need a racquet ball racquet, squash racquet, balls for either sport as well as personal items for the shower after the big workout, be sure to drop down and take a look at these supplies. This, we hope, will give an insight as to what we sell in Student Stores and what we can do for you.





Location and hours of operation:

Main Campus:

Room T110, 427-9220
Grey 220

Hours: Monday - Thursday
7:00 a.m. to 10:00 p.m.

Friday
7:00 a.m. to 4:30 p.m.

Saturday
8:00 a.m. to 1:00 p.m.

Patricia Campus

12204 - 149 St., 427-9108
Room RP133

Hours: Monday - Friday
7:30 a.m. to 11:00 a.m.

11:45 a.m. to 4:00 p.m.

Plaza II

10240 Princess Elizabeth
Ave., 427-9182
Room L119
Grey 550

Hours: Monday - Friday
9:00 a.m. to 1:00 p.m.

Health Services varied program of health care and supervision is offered to all students and staff. In the event of illness or injury, nurses are available to provide immediate assessment and care. Referrals to doctors, dentists and other community agencies can be made through the Health Services Staff.

It is the aim of Health Services to promote and help maintain the health and safety of students and staff by preventive measures and early treatment of conditions which arise.

Immunization, vision, colour vision, blood pressure

and hearing screening can be arranged by appointment.

A medical questionnaire including a T.B. skin test is completed on all first and third year students. This useful information becomes the basis of a confidential record which allows Health Services staff to deal more effectively with any medical problems which arise while you are a student at NAIT.

Your Alberta Health Care Plan and Blue Cross registration numbers should be known and recorded with Health Services. It is important that you are properly covered. If from out of province, contact your own company office to determine what coverage, if any, applies while you are a

student in Alberta attending NAIT.

Voluntary accident insurance coverage is available to you by taking out the Seaboard Accident Insurance plan.

Additional coverage is provided automatically by Workers' Compensation for all students, staff and apprentices for work related accidents/illnesses. Injuries should be reported as soon as possible to Health Services so that efficient treatment can be given (if not already attended to) and the correct insurance forms can be completed and submitted without delay.



CHNR WHO?

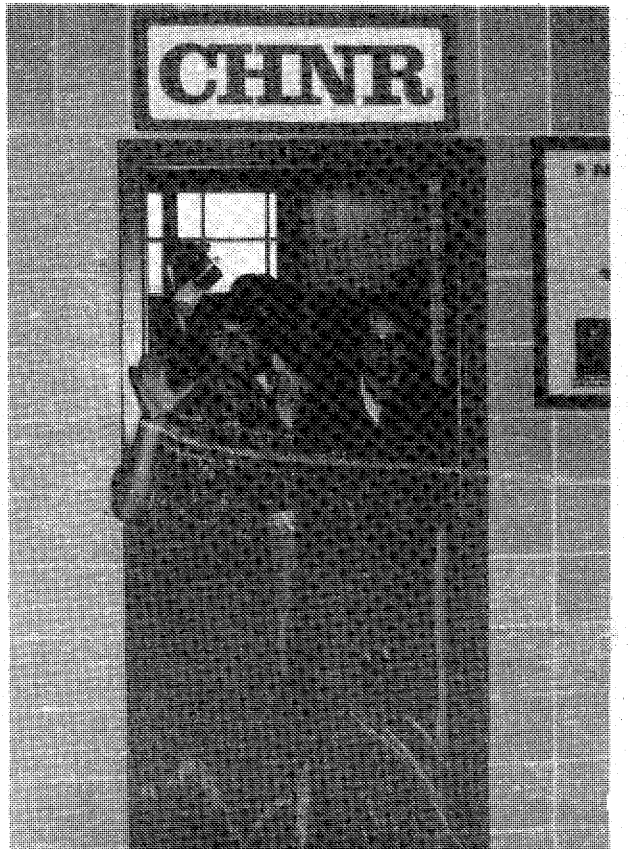
More news on C.H.N.R. What is C.H.N.R. you ask. Well, it's NAIT's radio station. Yes, that hum of what seems to be music, or something coming into the cafeteria is CHNR informing you about Nait's activities, world news, and entertaining music.

Never heard us? Well, that's too bad, because all is all we're not that bad. But now thanks to the student council, we are able to connect CHNR into the tower lounge. The idea behind this is to let NAIT students hear their own radio station. We are here to support the students, and also to practise our radio skills, or should

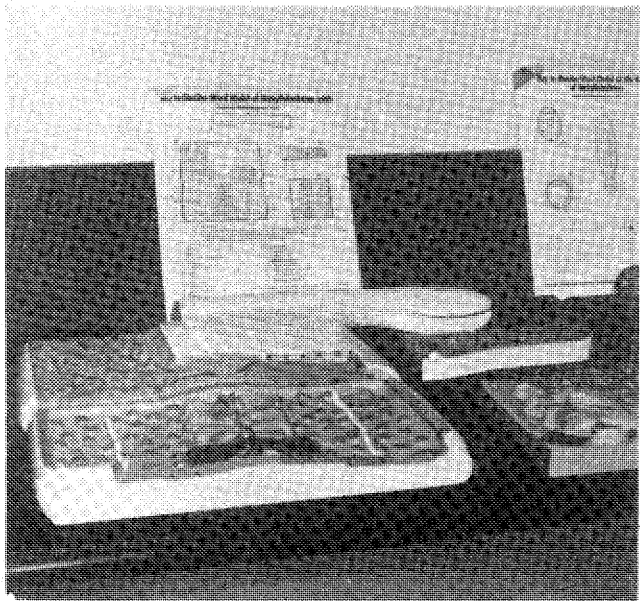
It's very difficult to improve one's skills announcing on a radio if you know no-one is listening to you. Also, we want the students to feel part of CHNR by using the grey phone to give us requests. If your request is available in our record library then we'll like to play them for you. The connection will be made right away. We'd like to hear from you.

Don't forget we can give you free advertisement (free plugs) for any club cabarets or activities you want other NAIT students to know about. We report NAIT sports, scores, as well other things you like to tell students.

Listen for our call letters, and find out how you can listen to CHNR at home.



THE FOOD SERVICE DEPARTMENT



The Food Service Department at NAIT is organized to serve two functions:

1. the training of students in Baking, Cooking, Bartending and Meat Cutting.
2. the provision of food service to the NAIT community.

The Department trains upward of 350 students per year and serves, on an average day upward of 2500 meals.

Training, and/or production of food, occurs at NAIT Main Campus, Plaza 2, Patricia and Alberta Vocational Centre.

Students are primarily from the Edmonton area with

smaller numbers from other areas of the province, Canada, a few from developing countries and the odd one from other foreign countries. About 40% of the student body is female.

Career possibilities are unlimited in all phases of the industry. Wages are competitive with other comparable service type industry.

Food Service is a "people" industry that involves interacting with customers; there is opportunity for artistic expression e.g. cake decorating, garnishing drinks.

The skills are portable, once acquired, as food and drink is prepared, and consumed, in all countries of the world.



YEARBOOK MESSAGE

As yet another school term winds its way into obsolescence, the Yearbook staff is hard at work recapturing these memories for you.

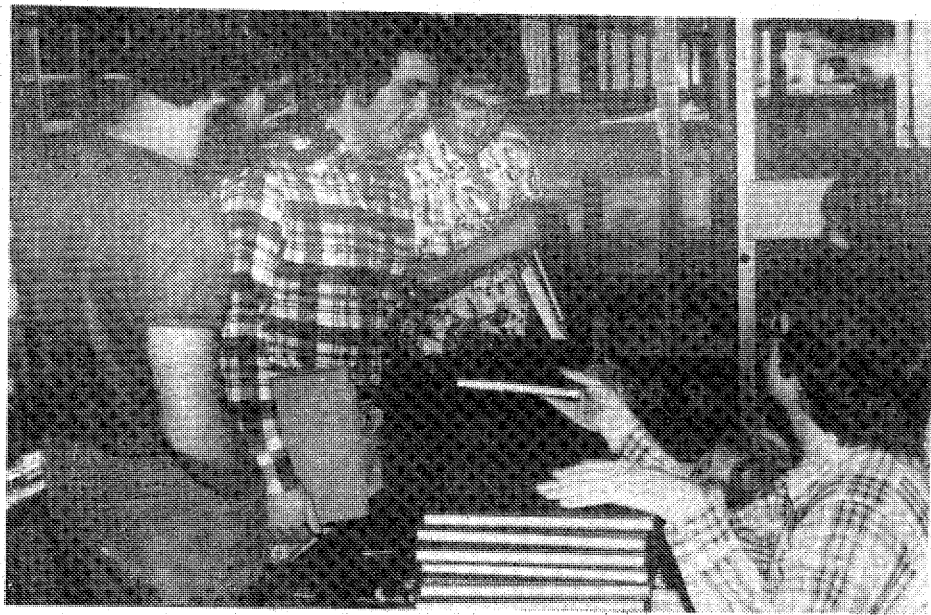
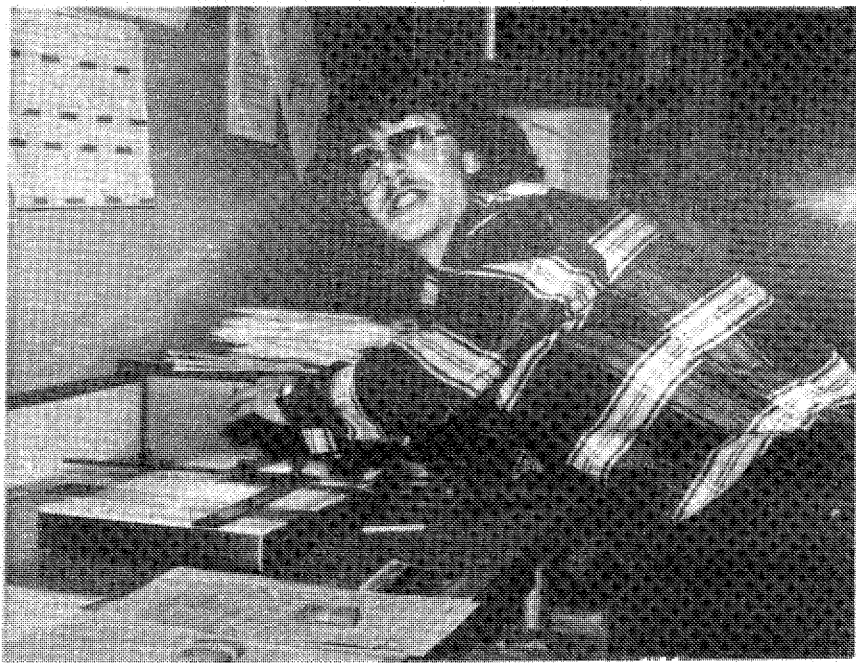
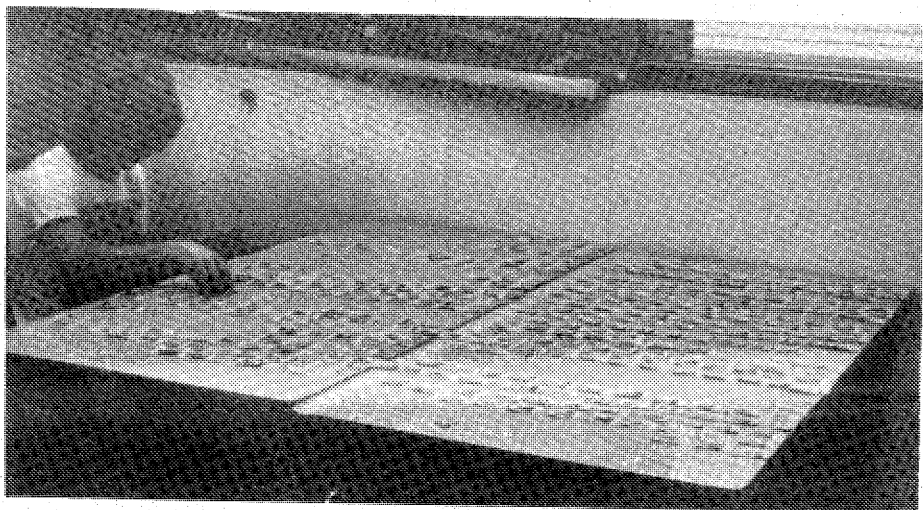
This year's production is scheduled so our books will arrive in September 1980. They're already paid for, so make sure you do pick one up.

Who would like to personalize their own Yearbook, ahead of time? Well, you still can. If you'd like your name and/or your technol-

ogy on a book, make sure you see someone, either in Student Services or E127, before March 22, 1980 and get registered.

Are you interested in working on next year's yearbook? We're presently looking for editors, photographers, and other help for next year's book, so if you're interested, come and see either Jimmie Mah or Ken Turner in E127.

Good luck in the quarter, and remember to pick up your yearbook!



THE NUGGET

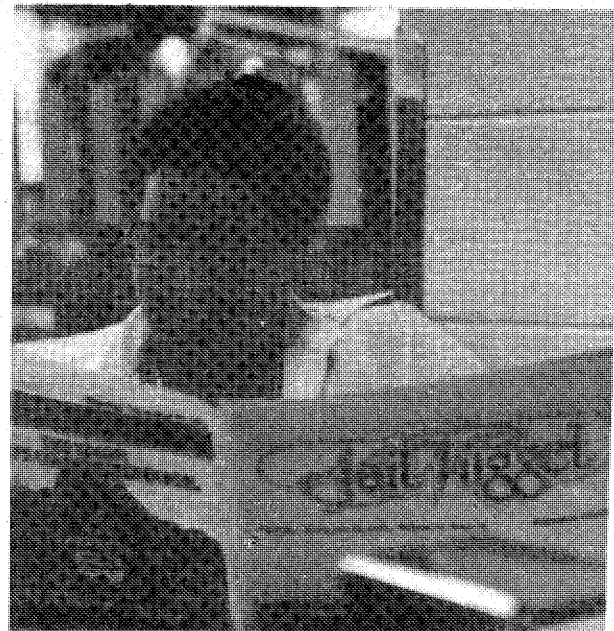
The Nugget staff consists of a group of vibrant, energetic and self-motivated individuals, dedicated to a continuing student information service. We encourage all students, whether presently attending NAIT or planning to continue education here, to drop by and see us.

In the recent past, the Nugget has undergone tremendous change. After all, there is no force more influential or subject to

change than the student body.

As students, we are constantly changing goals, objectives, and future plans. Consequently, we find ourselves in an environment which is dynamic and always changing.

So it's up to you. If the Nugget is to continue, we need you, "THE FUTURE." So come by and see us. Remember, you are the future.



TECHNOLOGIES

Air Conditioning and Refrigeration Engineering Technology

The air conditioning of public housing, offices, hospitals homes, trains and cars is no longer considered a luxury beyond our means and when public demand for such services is added to the needs of industry, it will be seen that the market for qualified technicians can only increase with time.

Animal Health Technology

The NAIT program is designed to prepare technicians for work in small animal (pet), large animal (farm) and laboratory animal aspects of the veterinary field. The program was developed in cooperation with an Advisory Committee representing key industries, i.e. private veterinary clinics, private veterinary research organizations and university vivariums.

Architectural Technology

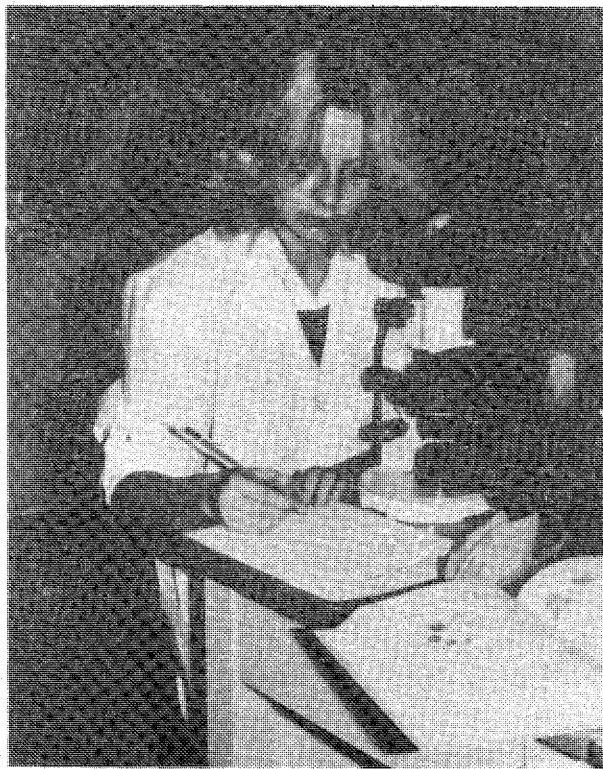
- Architectural option
- Interior Design option
- Landscape Architecture option
- Urban and Regional Planning option

The NAIT Architectural Technology program aims to prepare the student for his important role as a technical assistant in the changing world of the building industry. It does not intend to produce architects, engineers, contractors or tradesmen, although an understanding of these professions and trades are developed by the student during his studies during the two-year program.

Courses offered by the NAIT Architectural Technology program enables the student to develop skills in architectural and engineering drafting and detailing architectural presentation through drawings and models, specification writing, estimating, construction site supervision, and oral and written communications. In addition, a basic understanding is achieved in the subjects of architectural design, building materials, architectural history, acoustics, business economics, and contracts and architectural office routine.

Biological Sciences Technology

An attempt is made to keep the Biological Sciences laboratories equipped with modern instrumentation. Animal facilities are available to provide an opportunity for a study of nutrition, animal care, and breeding. Biological laboratory exercises familiarize the student with anatomical and physiological aspects of plants, animals and bacteria. This is complemented by labs in chemistry, statistics, computer sciences, technical writing and communications. Related field exercises include wildlife surveys, park familiarization, ecological and pollution studies. After a common first year, the student moves into one of three second year program options: Laboratory and Research, Pollution and Environmental Sciences or Ecological Sciences.



Building Construction Engineering Technology

This program was established at the request of the Alberta Construction Association to provide a source of personnel to fill positions in administration and supervision within the construction industry. Due to changes in methods of construction in recent years, it is no longer possible to properly job-site train a man from tradesman to foreman to superintendent or administrator, in the time frame dictated by the requirements of the industry.

Business Administration Department

- Accounting
- Administrative Management
- Computer Systems
- Finance
- Marketing Management

The objective of the programs offered within the Department of Business Administration is to prepare students for careers in the various aspects of the business enterprise.

THE APPROACH

Each program uses a first-year package and a second year program with core courses in the specialized option (major area) and electives within a broad range of courses available to suit the interests of the student. The programs are designed to provide the student with:

1. a knowledge of the key areas in business,
2. a knowledge of the administrative and human skills required in business,
3. specialized knowledge of the particular skills the student intends to pursue, and
4. an opportunity to develop these skills by trying out and experimenting with the principles and practices covered.

Chemical Technology

The Canadian Chemical/Petro-Canadian Industries have an on-going requirement for highly skilled Chemical Technologists. The two-year NAIT Chemical Technology program trains technologists to be immediately employable in a wide variety of positions ranging from chemical plant operations to quality control and research.

Civil Engineering Technology

The objective of the Civil Engineering Technology program at the Northern Alberta Institute of Technology is to train Technologists to assist engineers in various phases of engineering endeavour. The program of studies and the job opportunities should be of equal interest to men and women undertaking advanced training. Further to this, the job situations are predominantly field work in the spring, summer and fall, with office work in the winter, but there are many jobs where a graduate can choose to be totally in an office situation for the entire year or in the field for the entire year.

Combined Lab X-Ray Technician

The purpose of the combined program is to serve the small community hospital (15 to 60 beds). This is unique in the sense that students are trained to serve a function in both disciplines of the lab and x-ray. On completion of their training, students are able to do basic radiography as well as approximately 30 lab procedures and electrocardiograms.

Commercial Baking

The baker required today is both a technician and a craftsman and so the Commercial Baking program is designed to graduate such a person. He will have a sound background of practical and theoretical baking with related business knowledge enabling him to play his part in the industry.

Commercial Cooking

The course is designed to fill the growing demand for people who are trained in the preparation of food on a large scale.

Students are taught to prepare nutritious food in varied and attractive ways, and to purchase and handle supplies so that an establishment may operate at a reasonable profit, observing at all times the importance of cleanliness, sanitation and good public relations.

Commercial Signwriting

Designed to assist talented young people who have the desire to enter this interesting occupation as a vocation, this course is planned specifically to develop the manual skill and theoretical knowledge of lettering, layout and colour required to obtain employment in the field of commercial signwriting.

Court Reporting Technology

This two-year program will educate students in the procedure and intricacies of the Canadian Judicial system; develop the skill and comprehension required to record and transcribe these procedures accurately.

Dental Assisting

The Dental Assisting Program is designed to provide necessary manual skills, technical knowledge, and clinical experience within a relatively short period of time. These skills will enable the prospective dental assistant to be an indispensable asset to the dental profession. The duties of a dental assistant are probably more varied than those of any other dental auxiliary.



Dental Laboratory Technology

A Dental Laboratory Technician provides a service to the dental profession by construction of a variety of dental prosthesis—complete dentures, partial dentures, gold crowns and bridgework, ceramic restorations, and orthodontics. The two year program in Dental Laboratory Technology provides technical training in the construction of these dental appliances.

Dental Mechanic Technology

The Dental Mechanics profession is relatively new in the province of Alberta. The proficient Dental Mechanic has a thorough knowledge of the theoretical and practical aspects of complete dentures, repairs and relines.

Dietary Technology

The Dietary Technician, a graduate of the 2-year Dietary Technology program, has had formal training in the fields of meal service, food production, normal and therapeutic nutrition and practical supervision.

Earth Resources Technology

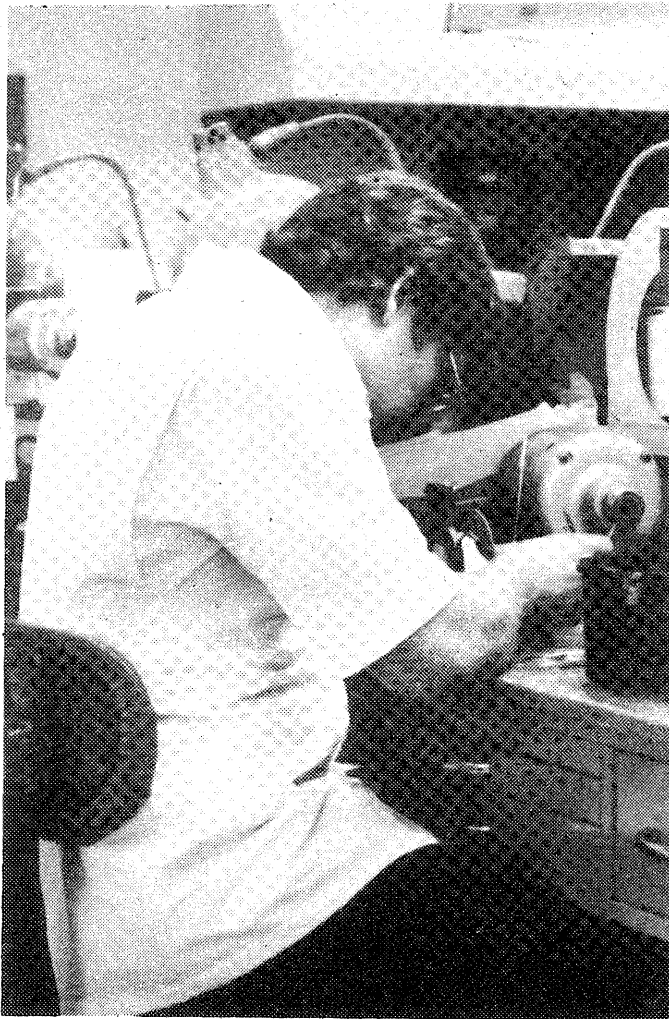
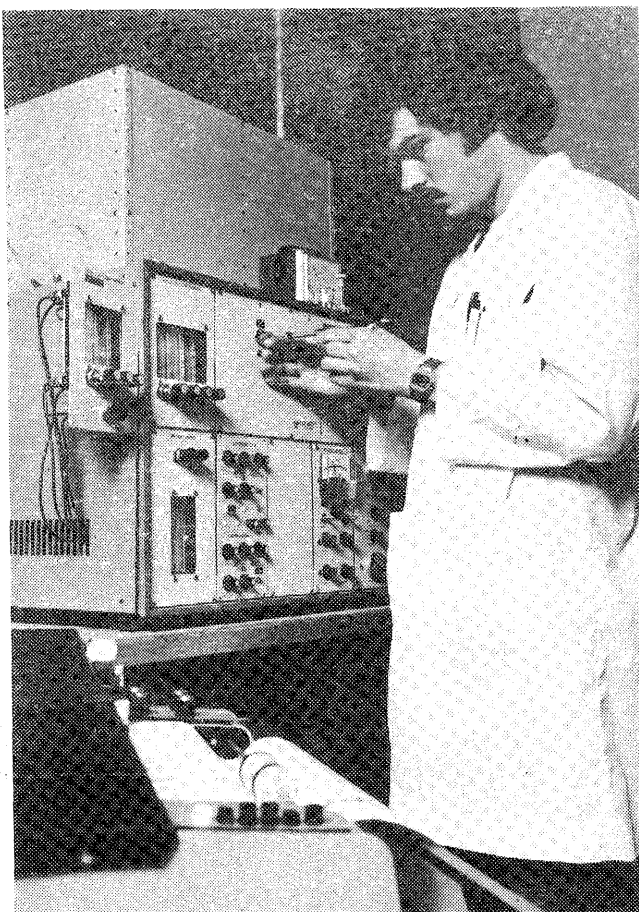
- Mineral Resources Technology option
- Petroleum Resources Technology option
- Resources Engineering Technology option

The location, proving and development of coal, industrial minerals, and petroleum resources, upon which our economy is highly dependent, and which is a prerequisite to developing technology, presents a tremendous challenge for today and the future. Varied and rewarding employment opportunities are open to those trained in the earth resources technologies in field and office operations.

Electrical Engineering Technology

The objective of the technical institute is to train a first-class technologist. It is not a trade school for learning manual skills, but rather, it is a school where you receive a background of theory in electrical technology in addition to considerable laboratory training on practical projects.

It provides an in depth training in electrical machines and controls, industrial electronics and applications of solid state devices, supervisory and telemetry systems, microprocessors and computer application. A large portion of the course includes the design and layout of electrical systems, code application, metering and protective relaying.



Electronics Engineering Technology

The Electronics Engineering Technology program at the Northern Alberta Institute of Technology is designed to graduate Electronics Technologists who will have a sound knowledge and understanding of the principles of electricity and electronics, and will have the ability to apply these principles to technical and scientific problems.

Electronics Technician

The Electronic Technician program is designed to provide the graduate student with the fundamental knowledge and basic skills required in the manufacture, installation, maintenance, and repair of the wide variety of electronic equipment referred to in the Introduction. Duties may vary from those of an electronic parts man to those of a skilled maintenance and repair technician. In many instances, he will be required to maintain cordial relations with the customer. The majority of the work will be under shop conditions where the required electronic testing and repair facilities are readily available.

Engineering Design and Drafting Technology

The continuing expansion of industry in Western Canada creates a shortage of personnel able to convert into working drawings the designs for buildings, bridges, highways, utilities, machines and other works of an engineering nature.

The program is structured to prepare the graduate not only to draw designs produced by others, but also to assist in such design. Past students have proven that they are capable of advancing to positions of responsibility, and credit their education at NAIT as providing a large part of that capability.

Forest Technology

- Forest option
- Wildlife, Fisheries, Recreation option

Forestry is a rapidly intensifying technical field. Utilization of the forest resource is increasing and improving. The regeneration of land after harvest is now a serious endeavour. The integrated use of forest land is becoming a complicated technical process.

Health Record Technology

The Health Record stores the knowledge concerning the patient and his care during hospitalization. Information in the record describes the investigations, treatments and results of the patient's care.

Hydrocarbon Engineering Technology

Hydrocarbon Engineering Technology (formerly Gas Technology) was one of the original technologies when NAIT opened its doors over 15 years ago. Many graduates from the program found operations employment in oil and gas production, and natural gas processing plants. Other found para-professional work in the engineering offices of many oil companies.

Industrial Food Technology

The Industrial Food Technologist works in the numerous agricultural processing industries which manufacture the food and beverage products available at supermarkets and liquor vendors. This huge and essential field employs many people with scientific, technical, managerial and supervisory skills including food science professionals and food technologists and technicians.

Industrial Heavy Equipment Technology

Continuing expansion in the construction, coal, petroleum and petro-mining industries in Alberta has resulted in a dramatic need for heavy equipment service personnel. The heavy equipment service industry encompasses all diesel powered on-off highway and stationary types of equipment.

Instrumentation Engineering Technology

The Instrument Society of America defines Instrumentation as "the art of science of measurement and control." It involves the use of and/or work with instruments which range from simple mechanical float level controls to complex computer based rocket guidance systems. At NAIT, our program concentrates on the industrial instrumentation necessary to automate Alberta industries.

With industry becoming increasingly automated, the capital layout for instrumentation is increasing considerably; hence, creating requirements for technologists in many areas of work.



Ladies' Hairstyling

The increased standard of living has made it possible for the general public to use Men's and Ladies' Hairstyling services in all areas of Canada and has increased the demand for qualified personnel in these fields.

Materials Engineering Technology

The Materials Engineering Technologist is an important part of the engineering team in Alberta's industry. This person has a working knowledge of the properties and behavior of a range of engineering materials and the test methods used in industry to make numerous types of systems, components, equipment, and devices.

Mechanical Industrial Engineering Technology

Canadian industry is faced with a growing challenge to increase productivity, improve quality and, at the same time, maintain low market prices. Mechanical Industrial Engineering Technology is concerned with the planning, developments and control of productive processes, testing and evaluation of equipment and methods used in the processes, and evaluation of material and manpower costs.

Medical Dicta-Typist

A one-year program is offered, combining a background of theory in Medical Terminology, including diagnostic and surgical terms, Business English, Anatomy, Physiology and Pharmacology, with concentrated practice in machine transcription of medical and surgical reports.

Medical Laboratory Technology

The first year of the Medical Laboratory Technology program consists of 40 weeks of classroom instruction and related practical laboratory experience at the Northern Alberta Institute of Technology in the disciplines of Microbiology, Immunohematology, Histopathological Technique, Clinical Chemistry and Hematology. Classes are also given in Laboratory Mathematics, Anatomy and Physiology, General Chemistry, Organic Chemistry, Medical Terminology, and Communication.

Cytology Subject Program

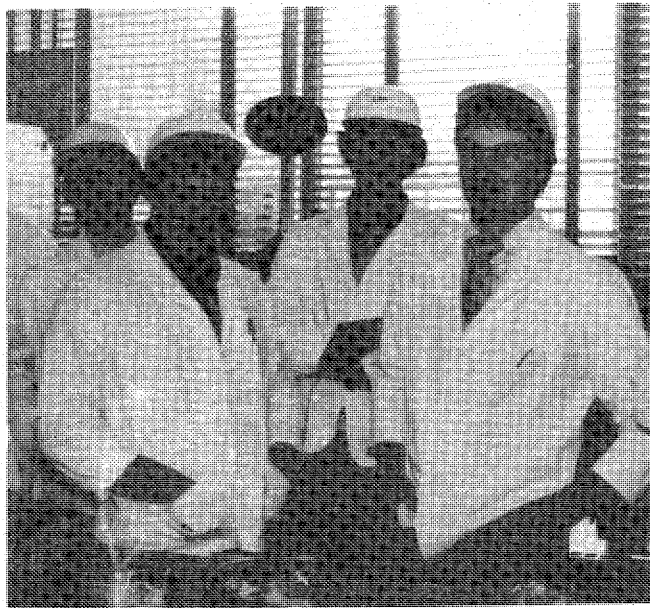
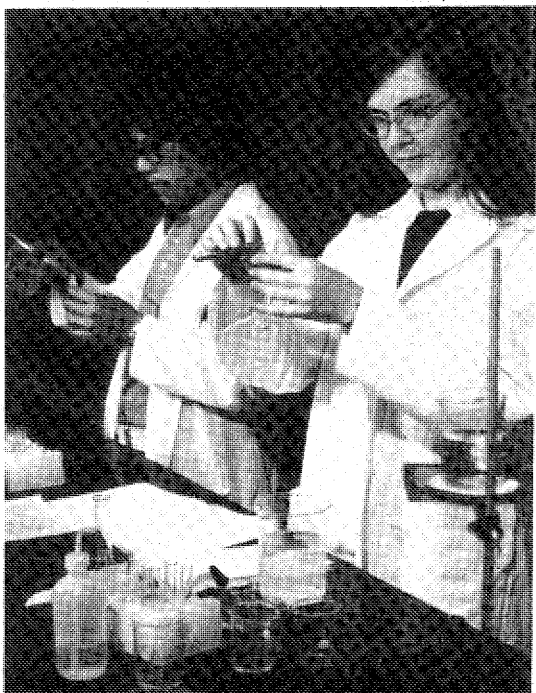
The first year of the Cytology Subject Program consists of 40 weeks of classroom instruction and related practical laboratory experience at NAIT. Instruction is given in Microbiology, Histopathological Technique, Hematology, Cytotechnology, Laboratory Mathematics, Anatomy and Physiology, General Chemistry, Organic Chemistry, Medical Terminology, Technical Report Writing and Communication.

Medical X-Ray Technology

The NAIT X-Ray Section, is provided with the finest of modern X-Ray equipment, processing laboratories, and classroom facilities. Many radiological techniques are practiced at NAIT using phantoms simulating parts of the human body. Experience in Radiographic Procedures involving the seriously ill or injured patient, can only be gained in the hospital department. While at the hospital training school the student will receive formal lectures and clinical instruction in the X-Ray room, operating room and on the wards, while gaining experience and receiving individual instruction on the various radiological procedures.

Men's Hairstyling

The Men's and Ladies' Hairstyling programs are separate courses, each consisting of three semesters operating five days a week continually throughout the year. Graduates from the Ladies' Hairstyling programs are eligible to take the Department of Labor Tradesmen's Qualification examination for a Certificate or Proficiency as a Beautician. Graduates from the Men's Hairstyling programs are eligible to take the examination for a certificate of Proficiency as a Barber.



Millwork and Carpentry

This program provides training for positions in any of the rapidly expanding woodworking industries including basic construction carpentry and is designed to give well disciplined practical and theoretical instruction in all phases of the manufacture of today's wood products.

Mixology

There are many and endless opportunities in the Beverage Service field. Every operator is constantly looking for properly trained and competent employees. Employment is available in cities, in towns, at summer resorts, at winter resorts, and on the broad highways where more and more fine eating places serve the man in the motor car.

Photographic Technology

The Photographic Technology program at NAIT offers a comprehensive course designed to train graduates to meet and fill the needs and challenges of the broad spectrum of photography. The emphasis of the course is one the practical or applied aspects of photography supported by adequate theory.

Plastics Engineering Technology

The Plastics Industry employs a very wide and interesting range of manufacturing processes. This, together with the constant development of new innovative methods, adds to the challenge of the job. A Plastics Engineering Technologist functions either as a controller of the actual production, or as a highly knowledgeable support staff member who selects and tests plastic resins, designs and modifies mold and die tooling, trouble shoots in plant manufacturing problems and maintains quality control of the finished product. Product research and development is also an important aspect of the work.

Radio & Television Arts

The course is designed to provide the student with a fairly broad background to the broadcasting industry. It touches on all aspects of a typical station with the exception of the technical side. A graduate can expect to seek employment in a commercial radio or television station and be capable of holding down one of a wide variety of positions. There are also careers opening up in a related field and a number of the graduates of this program are finding challenging positions in organizations other than conventional broadcasting outlets.

Respiratory Technology

Respiratory technology is one of the newest and fastest growing allied health technologies. These personnel assist the physician in the treatment of cardio-pulmonary disorders under medical direction and supervision. Specifically, this includes therapeutic efforts directed toward oxygenation, carbon dioxide removal, reducing the work of breathing, promoting pulmonary cleaning, administering aerosols, and measurements of ventilatory efficiency.

Retail Meat Cutting

The course is provided to fill the growing demand for men skilled in the trade of retail meat cutting who have a knowledge of the preparation, display and merchandizing of foods normally handled in a commercial meat market.

The course covers all aspects of meat cutting, beef, veal, pork, lamb, together with the preparation of poultry and fish for sale.

Secretarial Arts

The need for highly skilled stenographers and secretaries is being very keenly felt today. To meet this need, the Secretarial Arts Diploma Program is offered in two phases.

The first phase is aimed at training in the skill areas required for stenographers, clerk-typists, and receptionists. An interim certificate is awarded after the successful completion.

Although the job opportunities open to students after the completion of the first phase are very attractive today, students should seriously consider the second phase of the Secretarial Arts Diploma Program--the further development of the skills and the development of the knowledge needed by the future secretary who wishes to move into senior-level positions where more responsibility and challenge may be available.

Surveying Technology

Employment opportunities are good for Survey Technicians. The educational background of surveying technology is sufficiently broad that the graduate finds little difficulty in adapting himself to the varied aspects of surveying in which he is likely to be employed. Among the main fields of employment are land surveying, engineering, mining, oil and gas development, geophysical and geological exploration, construction work and municipal surveying. In these areas, the graduate may find employment with private companies, city or town engineering departments, or provincial and federal departments.

Tailoring Technician

This one-year, career oriented program is designed to prepare graduates for entry into the clothing industry as fitters and alterationists, pattern designers, sales personnel, industrial tailors and dressmakers, seamstresses.

Telecommunications Technology

The Telecommunications Technologist works in the broad field related to the originating, switching, transmission of messages. The message form may be voice, teletype, digital computer data, or video information. Transmission facilities range from open wire to microwave.

Teller Training and General Business

As the population increases, more Canadians will be utilizing the services of financial institutions than ever before. Present financial facilities will expand, and new offices will open to meet the increasing need for financial services. The NAIT Teller Training & General Business program has been established to provide students with the preparation required to assume responsible positions in the financial industry, as well as in the area of general business operation.



Welcome to Open House

NAIT - a technical school. Does this give you impressions of auto mechanics, plumbers and carpenters? If it does, you're not alone. While one-third of the day time students here are apprentices, the rest are not. They are technologists, here to gain an education without going to University.

While academics and studies play a very important role here, extra curricular activities can also be a lot of fun. The NAIT Students Association sponsors pub-times, cabarets, beerfests, charitable organization drives, winter carnival week, Shinerama and Open House to name just some of the events. As well, the athletic board sets up a wide range of phys. ed., intramural, and interscholastic sporting events. In short, there's something here for everyone, whether your interests lie in social dance, volleyball, archery, swimming, skating, or drinking.

The theme of our Open House this year perfectly describes what life at NAIT is all about for the student. It's personal, practical, and promising. Have a look around and you'll see why.

Enjoy your visit to NAIT!

Kees Cusveller, President
NAIT Students' Association



Welcome to Open House! I hope that you will enjoy your visit to NAIT, and that you'll have fun looking around at our many interesting displays.

NAIT is the campus of the 80's. It is: **PRACTICAL** -- because of the experience and knowledge derived from classes, **PERSONAL** -- because of the small size of the classes and the institute, and **PROMISING** -- because of the high regard and respect industry has for students graduating from NAIT.

I am more than confident that you will be pleased with what NAIT has to offer. Academically and socially, it is a great place to be. But see for yourself! Walk around and look at our displays and talk to students and instructors. I'm sure that many of you will be impressed enough to find a place for NAIT in your plans. It's a good way to a great future!!

Diana Piquette
Executive Vice President
NAITSA

THE MASTER'S HAND

T'was battered and scarred,
And the auctioneer thought,
It was scarcely worth his while.
To waste much time on the old violin,
But he held it up with a smile.

What am I bid good folks he cried,
Who'll start the bidding for me?
A dollar, one dollar - and who will make it two?
Two dollars and who'll make it three?
Three dollars once, three dollars twice,
And going for three.

But no! From the back of the room
A gray haired man came forward
And picked up the bow,
And wiping the dust from the old violin,
And tightening the loose strings,
Played a melody, pure and sweet as a caroling angel sings.

The music ceased!
And the auctioneer
With a voice that was quiet and low,
Said what am I bid for the old violin
And he held it up with the bow.

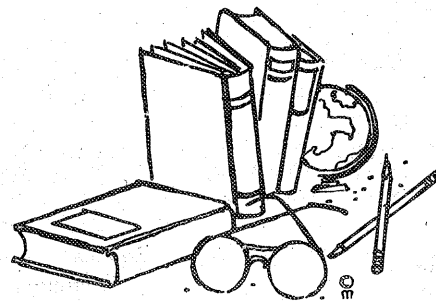
A thousand dollars and who'll make it two,
Two thousand and who'll make it three,
Three thousand once, three thousand twice,
And going, and gone said he.

The people cheered, but some of them cried,
We really can't quite understand,
What changed it's worth,
Came swift the reply,
The touch of the Master's hand.

Any many a man, with a life of tune
Which is battered and scared with sin,
Is auctioned cheap, to the thoughtless crowd,
Much like the old violin.

A mass of pottage, a glass of wine,
A game, and he travels on,
He's going once, he's going twice,
He's going and almost gone.

But the Master comes,
And the foolish crowd,
Still can't quite understand,
The worth of a soul,
And the change that's brought,
By the touch of the Master's hand.



**NUGGET COMPLAINT
FORM**
Please give full detail.



Print Clearly and Legibly.

**TICKET SALES
FOR BEERFEST**
on sale,
Monday, March 24, 1980
8:00 a.m.
AT
NAITSA STORE
OR
Plaza II - Southeast entrance

Thank You

The Nugget would like to thank all the people who contributed article to this Open House issue. Their efforts are greatly appreciated.

In addition, we would like to offer a special thanks to all those who helped in the production of Nugget's Open House '80 issue.

The Nugget Staff



**NAIT Has Something to
Offer Everyone**



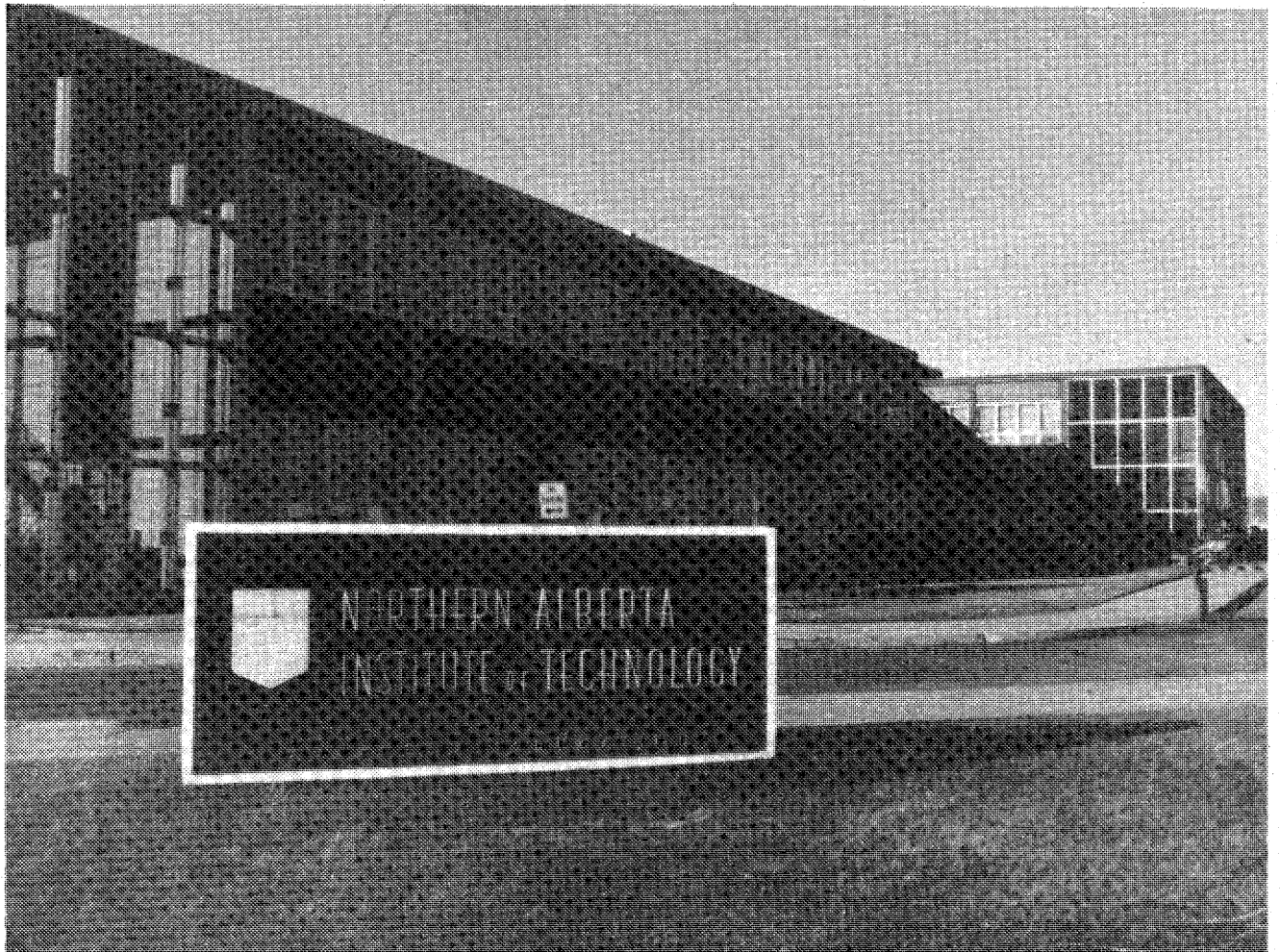
Are You Interested in Continuing Your Education?

The Continuing Education department of NAIT is designed specifically for the wants and needs of general public. Common interest studies include everything from hobbies to a full scale of credit courses. Just as the requirements and specific needs for employment in business and industry tend to grow every year, so does the enrollment. Courses are offered on a part-time basis. In addition to the existing courses, the division will also design courses to meet general needs. Another impressive factor is benefits of the institutional services such as the library, health services, and counselling services. General course areas include:

- Academic and related subjects
- Allied Health and Biological Sciences
- Applied Arts
- Business and Management
- Construction Engineering Sciences
- Electrical, Electronics, Telecommunications
- Mechanical, Fabrication and Repair
- Plan/Process Engineering Sciences
- Recreation

More detailed course outlines and specific class information may be obtained from the "Continuing Education" manual available from the Continuing Education Office on the main campus. So, if you are interested in pre-employment, license or certification, upgrading or refresher courses, stop in and talk to the friendly staff at room E104 on the main campus. The Continuing Education Office will be open 9:00 till 9:00 Friday and 9:00 till 5:00 Saturday, Open House weekend.

Kelly Polanski



Physical and Leisure Education Programs

I Intramural Programs

One of the main objectives of the NAIT Intramural Program is to have a program of activities which are enjoyable, safe, and worthwhile experiencing. It is hoped that each student (male or female) while attending NAIT will make many attempts to take advantage of the recreational opportunities available.

"Everyone is a winner in Intramurals"

Some of the programs available are:

- Power Skating
- Adult Hockey School
- Adult Figure Skating
- Tennis Anyone
- Summer Hockey School
- Summer Recreation Program
- Beginners Raquetball & Squash
- Swimming

For more information, contact the Continuing Education Offices, Room E104 or call 427-9104.

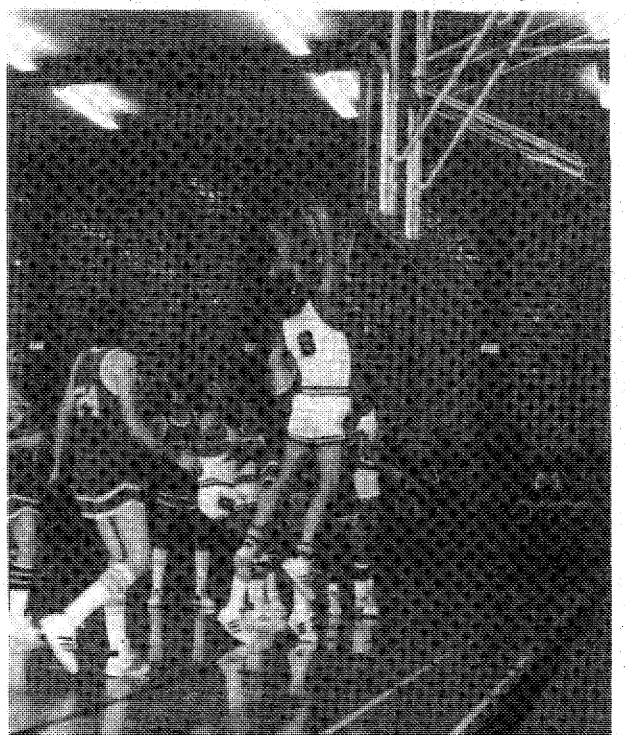
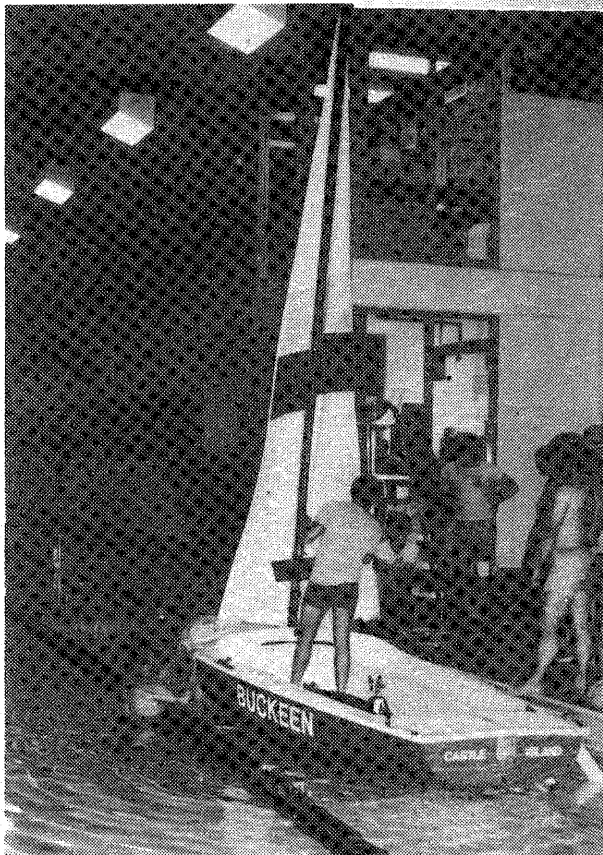
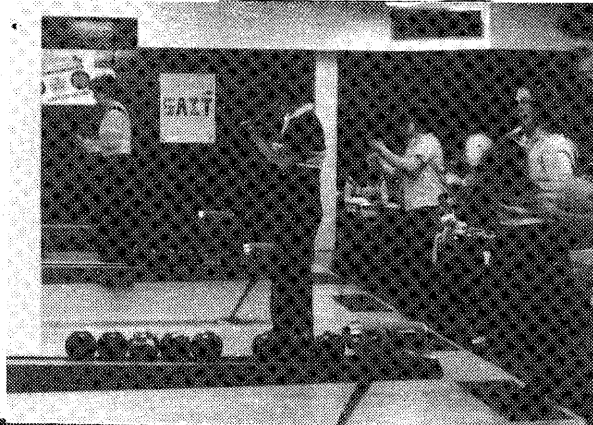
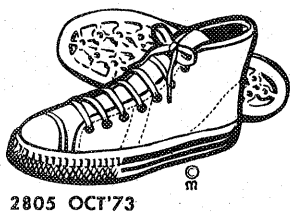


II Athletic Program

NAIT is a member of the "Alberta Colleges Athletic Conference (ACAC)" with offerings of a wide variety of sports for men's, women's and co-ed activities. The calibre of competition is very high, and attractive to the athlete wishing to develop his or her skills to a maximum.

NAIT is also a member of the 4-West Championships and the Canadian Colleges Athletic Association (CCAA).

Membership in these organizations provides NAIT athletes the opportunity to compete with the best in Western Canada as well as the best in Canada. The NAIT athletic program is truly attractive to the athlete wishing to pursue excellence from an academic and athletic prospective.



III Continuing Education Program

The NAIT Athletic Facilities are made available to the public through Continuing Education Programming.

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.

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 and byways of every province every year to collect approximately 900,000 units of blood.

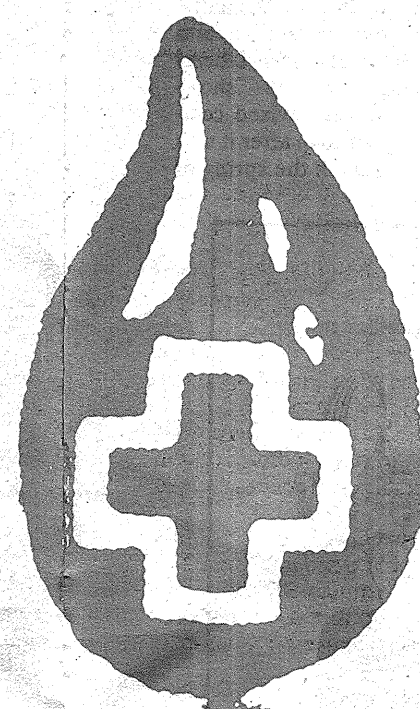
The Canadian Red Cross Blood Transfusion Service assures the patient that ample supplies of whole blood and blood products are always available. There is no charge for the blood needed for transfusion therapy and there is no demand for replacement. The gift of blood you give at your Red Cross donor clinic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

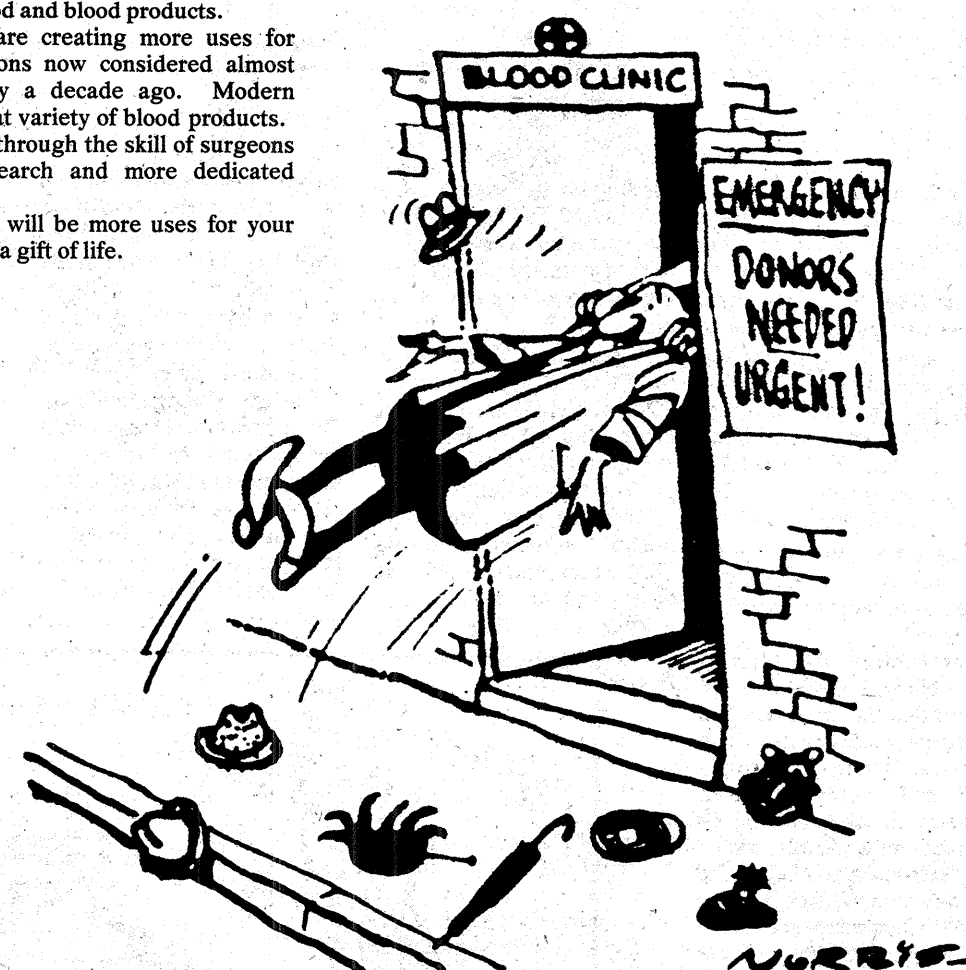
In the years to come there will be more uses for your blood. Every donation will be a gift of life.



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 55,000 units of blood this year and will need over 60,000 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 3:30 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 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...



HEALTH CARE

Hospital beds are being eliminated, doctors are opting out of medical plans or are extra billing patients, deterrent fees are on the rise and claims of mismanagement of the Canadian health system abound. Canada still has the cheapest, most easily available health care system on the continent, but the basic principles of Medicare, reasonable access to comprehensive health care for all, is gradually eroding away.

"From my vantage point as a G.P. (general practitioner) with a low to middle income practice, I wish to state that we no longer have universality or equal access to medical care in Ontario. While my practice is limited to Toronto, I know similar conditions exist in most of Ontario and, I suspect, in most of Canada"—Dr. Cynthia Carver, taken from a letter to former federal health minister David Crombie.

Dr. Carver is not alone in her suspicions. Although the opinions of Canada's three major political parties on the state of medicare range from vocal anger to practical ambivalence, not one is willing to say that medicare is functioning as it should or once did. Accusing fingers have been pointed at doctors across the country, especially at those from Canada's two richest provinces, Ontario and Alberta, but the origins of the real problem run much deeper; financial support for medicare has been shuffled aside by federal and provincial governments intent upon cutting costs and balancing budgets.

The growth of government assisted health care plans in Canada has been a slow and laborious one. First instituted by the Saskatchewan CCF government of Tommy Douglas in 1946, in the form of compulsory hospital insurance, the concept has met with mixed reactions from its inception.

In 1957, after several provinces had followed the Saskatchewan lead, the federal government passed the Hospital Insurance and Diagnostic Services Act which resulted in the federal government sharing the costs of provincial plans. The four founding principles of the federal hospital plan were universal coverage, public administration, portability between provinces, and reasonable access to comprehensive care, the same principles that our present general health care plan is based on.

The Saskatchewan CCF government took the lead again in 1962 when it instituted the country's first pre-paid medical care insurance. Opposition by the province's medical community was initially very strong. Many Saskatchewan doctors organized a strike to voice their dissatisfaction with the bill a strike which lasted 23 days and resulted in the signing of the "Saskatoon Agreement" which provided important guarantees for the rights and prerogatives of the medical profession.

In 1966 the federal Liberal government again followed suit, introducing the Medical Care Act, providing a 50 percent federal share of the cost of approved provincial plans. The 50/50 cost sharing arrangement for medicare was extended to funding of several social services, including post-secondary education. Under this arrangement, spending in the social services by the provinces grew with the rate of inflation because of the federal support.

The 50/50 funding arrangement provided an incentive to provincial governments to spend in the areas of medicare and education, and provided a safety valve for capital expenditures in the poorer provinces. Under this arrangement, the poorer provinces knew that if major expansion projects went over budget they would only be liable for half of the unexpected costs. Furthermore, the federal transfers had to be spent in the area where the original provincial expenditure was made.

By the mid-1970's the federal Liberal government had decided that it wanted to shift the burden of social services back to the provinces. Social services spending was costing them too much and, coupled with increasing expenditures in a variety of other areas, was contributing to an exorbitant national debt.

In June, 1976, the liberals passed legislation putting an end to the 50/50 cost sharing arrangement and replaced it with Established Program Funding, a plan which put ceilings on increases in the federal share of social services spending. The transfers of tax credits to the provinces would no longer have strings attached to them; they could now be spent in any area that the provinces wanted to spend them in.

The implementation of the transfer ceilings and the freeing up of the use of the transfer funds marks the real turning point in the quality and accessibility of Canadian medicare.

Through the use of the ceilings the federal government has reduced the amount that they are spending on health and with the return of full control over medicare support, the provinces have, en masse, reduced their commitment to a universally accessible, high quality medicare system.

Statistics Canada figures for the first year of operation under established programs funding (1977-78) show that not one provincial government maintained the spending relationship between federal and provincial tax dollars that existed before 1977. The trend set in the program's first year has continued through to this year. For example, P.E.I. is contributing on 20 percent of the cost of their provincial plan this year and Alberta only 39 percent. It is estimated that Ontario's Conservative government's expenditures on health care will fall \$74 million below the contribution of the federal govern-

ment this year.

The result of these spending cuts made possible by the Liberal legislation are predictable.

Hospitals across the country are operating with skeletal nursing staffs, the number of hospital beds per thousand is dropping, and doctors are billing their patients above the level of reimbursement provided by provincial medicare plans.

Begin now concedes that the Liberal government's "well-intentioned gamble" has failed.

Just before the election she told a conference on labour that the provinces had misappropriated \$650 million last year alone that would have been spent on social services if the old 50/50 arrangement were still intact.

"We should go back to the old way. Since block funding was implemented provincial health ministers have become nobodies in their own cabinets. The important thing is that money is missing from the pot of health," was her assessment at the meeting.

If we returned to the old cost sharing arrangement, according to the C.C. proper

funding for the system could be ensured and both doctors and patients would receive fairer treatment without having to move outside of the plan.

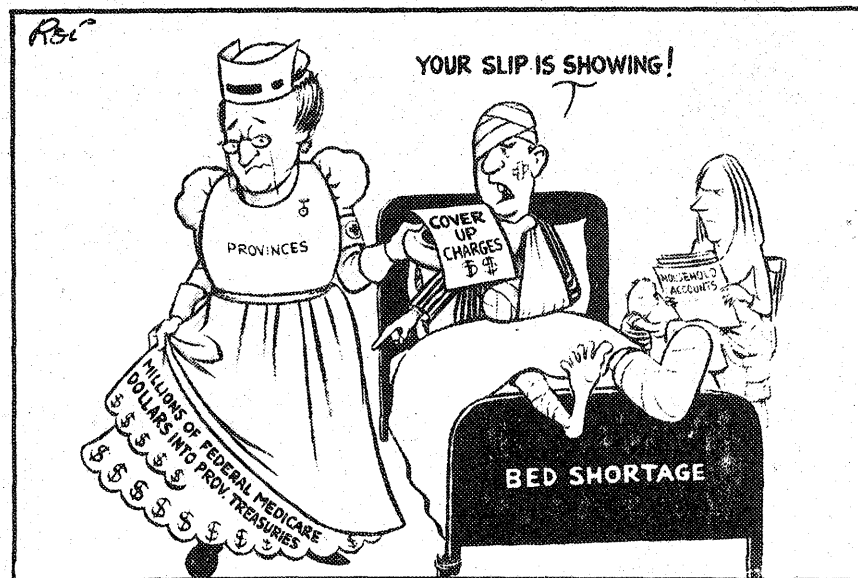
A great deal of the cost of returning to higher funding levels for medicare could be made up by improved management of our health system, says Bauer.

"We are now using high priced physicians to do things that nurses could be doing just as well. The problem is that under

present medicare systems, if those jobs were done by a paramedical person or auxiliary they wouldn't be funded by medicare, so patients have to have them done by the most expensive people in the medical system."

Costly misjudgements in the number of chronic care beds needed for the elderly have been made, resulting in chronic care patients being kept in emergency facilities at a great extra expense to the system, according to Bauer.

It doesn't often happen that organized labour and federal governments are in fundamental agreement on social services issues, but in this case, the newly-elected Liberal government has at least given indications that they share the CLC's concerns. In fact, Monique Begin, the federal health minister in the last Liberal cabinet, saw the shortcomings of the revised cost-sharing plan soon after it was implemented in the spring of 1978.



**"When we athletes
want the tastiest pizza,
we always run
to Boston."**

Jackie "Legs" Diamond, jogger (sort of).



We're just
around the
corner. With
hot pizza.
Cold beverages.
Warm smiles.
Special salads
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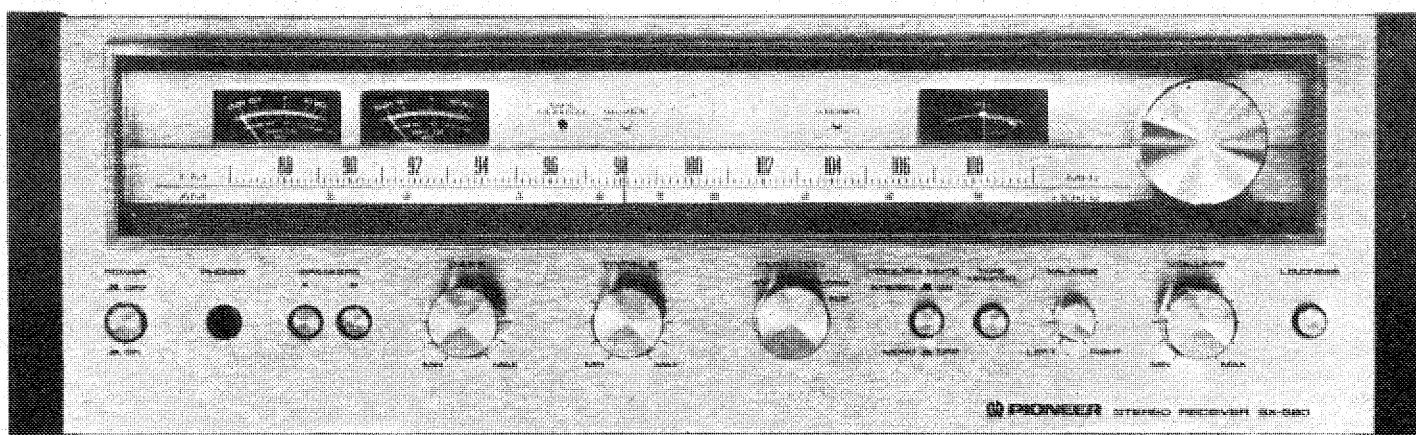
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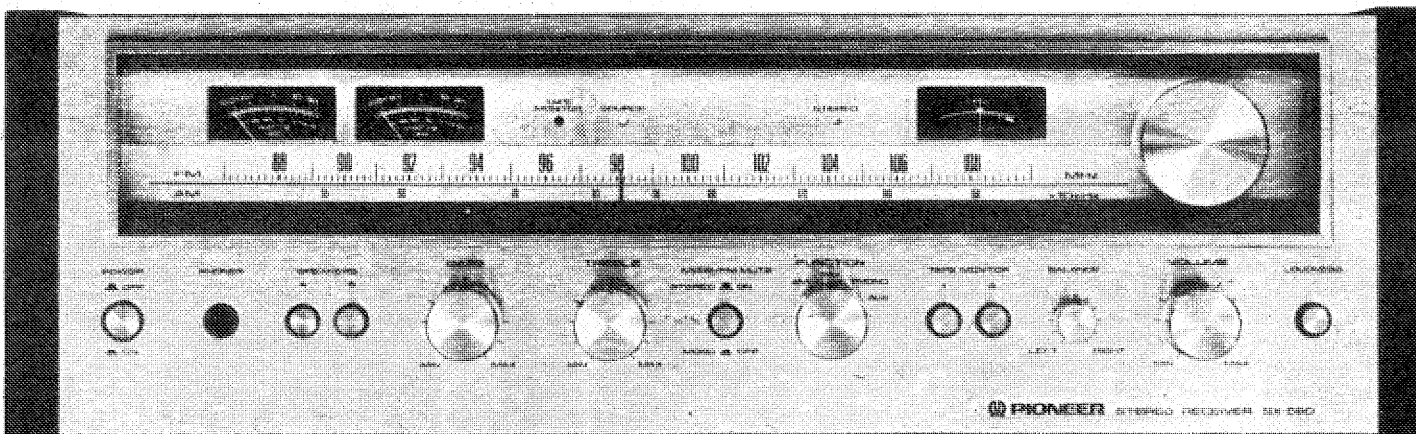
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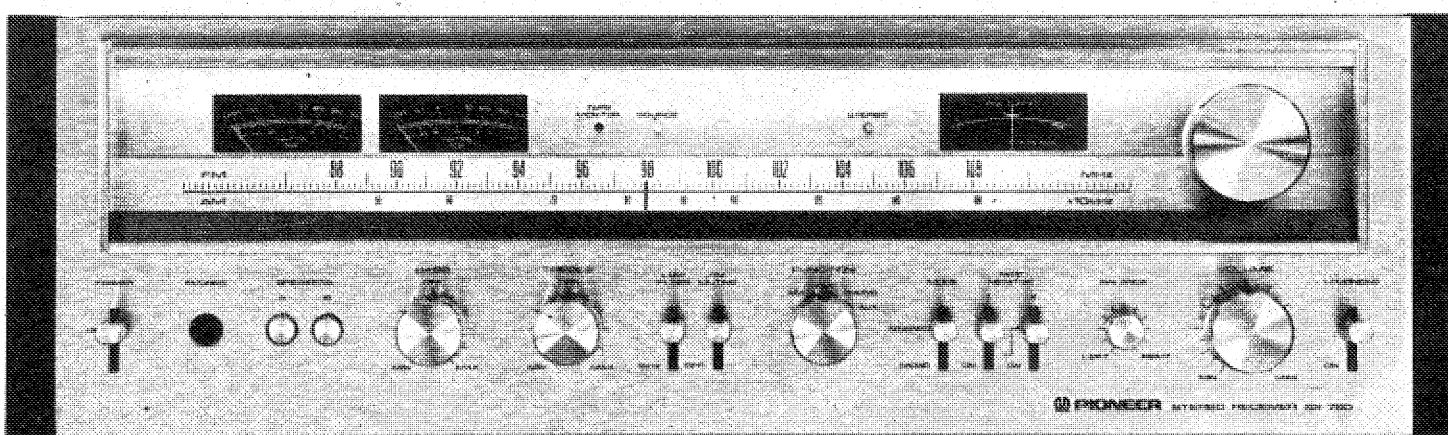
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Entertainment

AT THE MOVIES

All That Jazz

People are always comparing films to books and plays, but they've got it all wrong. The art-form films are actually closest to music. A successful movie is all rhythm and phasing, often spinning out endless variations of a single note (see next week's review of "Being There"). And when you join the two--film and music--together, and they fit, you get a double whammy and, not coincidentally, a dynamite musical.

Which brings us to "All That Jazz."

How close this movie cleaves to director Bob Fosse's personal life is irrelevant to a discussion of it, because its real strengths lie in an area stalked out by a previous Fosse effort, the landmark "Cabaret." Before that film, the movie musical had been stuck in a forty-five year old rut, inherited from Broadway. It was O.K. for Mary Martin to sing about climbing every mountain, or washing that man right out of her hair, because the audience forgot for a moment that it was in a theatre and not in the Alps or on a beach in the South Pacific. On the other hand, when we see Julie Andrews racing across those very Alps, also singing about climbing every mountain--in 70 mm and stereophonic sound--we wonder why her lungs don't give out at that altitude.

Film just makes everything look so real, so we can't believe it when Julie bursts into song in "Sound of Music." We make a sort of gentlemen's agreement that it's O.K. because we paid \$3.50 to be entertained and, dammit, we're going to BE entertained, but in the back of our minds we know it looks really dumb. I'm not the first person to have thought of that problem either, because somebody thought of a half-way solution. If you're going to make a film musical, STYLIZE IT. From that concept we get "Mary Poppins" and "The Wizard of Oz" and (sometimes) "Singin' in the Rain," and that looks O.K. We can believe it, even though it looks like filmed theatre. Those are the breaks.

Or were, until "Cabaret."

Fosse, in essence, made that musical both ways--realistically AND stylized--and came up with something completely new. Through some inspired songs and editing, he was able to advance and comment on the story in a unique and economical way, and retained the believability of the thing by determining either WHO would sing (generally, performers in the cabaret) or else WHERE they would sing (in one electrifying instance, ordinary people in a German beer garden). It was a big step forward, but it wasn't until now that we could see if it got the musical out of its rut. There was no way of knowing whether "Cabaret" was a freak, or a trendsetter.

It was a trendsetter. First, "Phantom of the Paradise," then "Nashville," and now "All That Jazz" have proved that the "Cabaret" approach will work and work and work.

I hope you'll forgive the lengthy but necessary digression.

Like I said before, "All That Jazz" is autobiographical. All of Fosse's personal, professional, and medical problems are here. Only the names that everybody knows are changed. And the fact that he didn't die in real life.

Fosse's stand-in is named Joe Gideon (surprisingly well-played by Roy Scheider), a successful director-choreographer who greets each day with Dexedrine, showers, and a show-biz fanfare. He's in the process of simultaneously putting on a new Broadway show, and editing a movie about a stand-up comic meant to resemble Lenny Bruce.

Gideon's efforts to choreograph both the show and his life make up the first part of the film, and, along with some typically stunning Bob Fosse numbers, amount to a razzle-dazzle character study. One scene in particular, which consists of a) a discussion between Gideon and his ex-wife (Leland Palmer) about his extra-marital infidelities b) Palmer dancing, and c) some accompaniment from a piano, is one of the most wittingly original musical numbers I've ever seen. The old cliché is made new: they've had that argument so many times that you could set it to music.

Part two is dominated by the stand-up comic's routine, which happens to be about the five stages of death: anger, denial, bargaining, depression, and acceptance. Gideon goes through each of these stages, but only after a musical hallucination sequence that gives us an idea of what kind of film maker Fellini would have turned into had he been tops in taps.

And punctuating the movie in all the right places is an on-going fantasy dialogue between Gideon and a Hitchcock blonde (Jessica Lange) who is supposed to symbolize You-Know-What. Only this time she's not

HELP!!

Well, I have finally accomplished the great feat of finishing off all of my courses here at NAIT, and I will be leaving for a much-needed vacation in two week's time. What will happen to the Entertainment section of this paper after that is up to you. The Nugget is already short-staffed, and no one already on the staff has the extra time to devote to totally taking over my position. So what we need are some of you readers out there to come on down to Room E 128 and volunteer your services to help keep this section of the paper going. We need: an Entertainment Editor, as well as layout people, photographers, and writers. I would be happy to help in "learning the ropes" of whatever you would be interested in doing.

All of the people involved with the Entertainment section have worked very hard this year to make it enjoyable and informative for you. Please don't let it die out now; come out and GET INVOLVED!!

Carol Ann Retallack
Entertainment Editor

IN THE GROOVES



WARREN ZEVEON-- Bad Luck Streak in Dancing School

This album is of a far more autobiographical nature than either of Warren Zevon's two previous Asylum releases (not counting "Wanted: Dead or Alive" which Zevon himself would like to forget). The adventurous tales and sagas are still present in his lyrics; but several of the songs on "Dancing School" can be construed to a baring of Zevon's own soul, after a recent emergence from divorce and a bout with alcoholism.

Surrounded by some impressive talent including Jackson Browne, Linda Ronstadt and three of the Eagles, Warren churns out some very powerful musical statements. A rather novel concept was his inclusion of strings --not just as a background sweetener on "Jeannie Needs a Shooter", but as two independent com-

positions. Their inclusion, especially after the painful "Empty-Handed Heart", somehow fits right in, accenting the mood.

On "Empty-Handed Heart" and "Bed of Coals", Zevon spares no details in his soul-searching accounts of losing his love (presumably he is referring to his ex-wife) and the listener gets a painful glimpse into his inner feelings. But he strikes a hopeful note in several places. The album's high point is Warren's rendition of an old Yardbirds tune entitled "A Certain Girl". He makes this song his own; as it romps along, he playfully hints that he's found a new love and a new lease on life.

Zevon hasn't lost his sense of humour, either --"Gorilla, You're a Desperado", which at first glance seems like

another "Werewolves of London", turns out to be a veiled account of his recent life, done up in a clever and humorous manner.

And the stories and larger-than-life characters are still here, too --a tribute to the Montreal Expos' pitcher ("Bill Lee"); a rather depressing saga of a family of country hicks, trapped in their lifestyle ("Play It All Night Long"); a tale of mercenaries ("Jungle Work"). Zevon has a real knack for writing this type of song and drawing the listener into a total involvement with the characters.

The music on "Dancing School" smacks of narcissistic, mellow L.A. styling --but it still has a bite and a lingering aftertaste.

Carol Ann Retallack



Walker's Special Old Rye Whisky.

Unique blending.
Patient aging.
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That's what makes it
Special Old.

(cont'd on page 19)

(Jazz cont'd from page 18)

dressed in black, or pointing at an hourglass with her scythe. I'm glad I don't have to spell it out, and I'm equally glad that, for the most part, Fosse doesn't either. These scenes, in addition, are often very funny and suggest that Lange is not the miserable actress we all remember from the remake of "King Kong."

The film ends with a nice parody of a variety show (kudos to Ben Vereen) that features Gideon's death. To a nicely arranged, brilliantly--what else?--choreographed, slightly re-written version of the Everly Brothers' "Bye, Bye Love," Gideon Fosse says goodbye and Amen to everyone he's ever known, loved or hated in his life. It's a loud, fast, egomaniacal, alternately tender and dynamic musical number, much like the film as a whole. Critics who have written that it's over-extravagant are impeccably correct. But, by gar, the man was right: Nothing succeeds like excess.

Robert Frank

New mag, good writing, great graphics

Marvel Comics has, for a number of months, advertised that it would be putting out a full colour comic magazine called EPIC. This new magazine would give some of the most famous writers and graphic artists in the industry the opportunity to do "adult" stories, stories which would not be found in normal comics.

EPIC ILLUSTRATED recently hit the stands. It is an outstanding example of what the comics industry could be doing. The cover painting, by Frank Frazetta, is extremely impressive. The opening story, of the Silver Surfer when he was the herald of Galactus, was fas-

cinating; written by Stan Lee and drawn by John Buscema and Rudy Nebres, The Answer shows some of the potential of the Silver Surfer character.

The magazine has a wide variety of stories which appeal to the reader on any of a large number of levels: some are humorous, some are thought-provoking, some are whimsical. Most of the stories, for one reason or another, are memorable; not bad for a collection of this size.

Lullaby Of Bedlam is probably my favorite selection. Written and drawn by Ray Rue, the story centers around a man who is thrust

into the dream (or, rather, nightmare) of his sister in an attempt to bring her back to reality. Lullaby of Bedlam is a strange mixture of science fiction, fantasy, psychology and horror, made all the more effective by brilliant artwork, the best of the issue (with the possible exception of the cover). The ending was, perhaps, unworthy of the rest of the story, but that's a minor complaint.

Another memorable part of the magazine were the first three segments of Metamorphosis Odyssey by James Starlin. Starlin is famous for his work in four-colour comics, and does well (although why he is confined to the black and white part of the magazine is beyond me). I look forward to seeing it continue, in colour, in the next issue.

Also of note are Home Spun, a beautifully rendered story by Wendi Pini, Fantasies, three stories by European artist Mirko Ilic, and Topaz, by Carl Potts. It must be pointed out, once again, however, that there aren't any really bad stories.

For the first issue, instead of letters, Archie Goodwin, editorial director of Epic Illustrated, solicited opinions from people like Ray Bradbury, George Pal and Neal Adams as to the feasibility of the magazine. The most interesting comment came from Ian Summers, author of The Fantastic Art of the Brothers Hildebrandt and editor of Tomorrow and

Beyond.

"I think what you're doing," he writes, "is going after a lot of the Heavy Metal audience, and, I hope, in the right tasteful vein."

A comparison between Heavy Metal and Epic Illustrated is, unfortunately, unavoidable. Heavy Metal, which began a couple of years ago as an attempt to create an adult illustrated fantasy magazine (along the lines of Metal Hurlant from France), was and is very successful. As Summers commented, Epic Illustrated is an attempt to cash in on the market which Heavy Metal established.

With one difference: Epic Illustrated is superior. Heavy Metal has been criticised for its tasteless, at times almost pornographic content. This is a situation which it tried, recently to change. Epic Illustrated, thanks to some tight editing, does not appear to have this problem.

Another knock against Heavy Metal was that it did not showcase many American writers or artists, that it relied too heavily on European talent. Because Marvel comics publishes Epic Illustrated, they do not have this problem; in fact, if anything, Epic has too many American entries.

All in all, Epic Illustrated is an excellent comic magazine, an example of the best that comics can be.

Ira Nayman

XTC - Pop at its Finest

Because they dress and wear their hair to fit the label, XTC have been branded by many as a "punk" band. I suppose that is why there were so many "punks" in the audience at the first of last Thursday's two performances by this talented group. But after watching the general behavior of the crowd, I got to wondering how many of these people know, or even care, what new wave music is all about?

It seemed to me that many attended the concert only to be seen in their "punk" attire and to dance and push each other about in front of the stage. They certainly got their chance to do this when the opening act, The Young Canadians, hit the stage. The Canadians blasted out song after song of unintelligible, high-energy rock n' roll; but all the songs quickly developed a tendency to sound the same.

I must say that I was impressed by the amount of energy the group's drummer put out--he never let up all through the set, either!

When XTC came onstage, the uptempo beat of their opening songs satisfied the audience. But as soon as a quieter song was performed, the band was greeted with shouts of "Rock n' Roll!" and "Bor-ing!" At one point, lead singer and guitarist Andy Partridge was drowned out by the shouts of the crowd while trying to explain the meaning of the next song; he finally gave up in exasperation. To me, that is downright RUDE--if this band can come here for a concert, the least we can do is LISTEN to them!!

As far as their music goes, XTC are a joy to listen to. Their songs lilt to a bright, bouncy beat, backing up melodies reminiscent of a cross between the Talking Heads and the Hollies. It's unfortunate that their lyrics couldn't be easily understood, for the other half of their appeal lies in their workplay and tongue-in-cheek humor. The group covered material from their latest album, Drums and Wires, as well as several songs from their earlier releases, Go 2 and White Music. During certain selections, images and films were projected in black and white onto a huge screen behind the band, adding to the stark mood of songs such as "Mechanic Dancing." All in all, a very tight and impressive performance.

In spite of this, I was left with the impression that Edmonton is not ready for the sophistication of a band such as XTC. Too bad; we don't get enough good groups here as it is.

Carol Ann Retallack

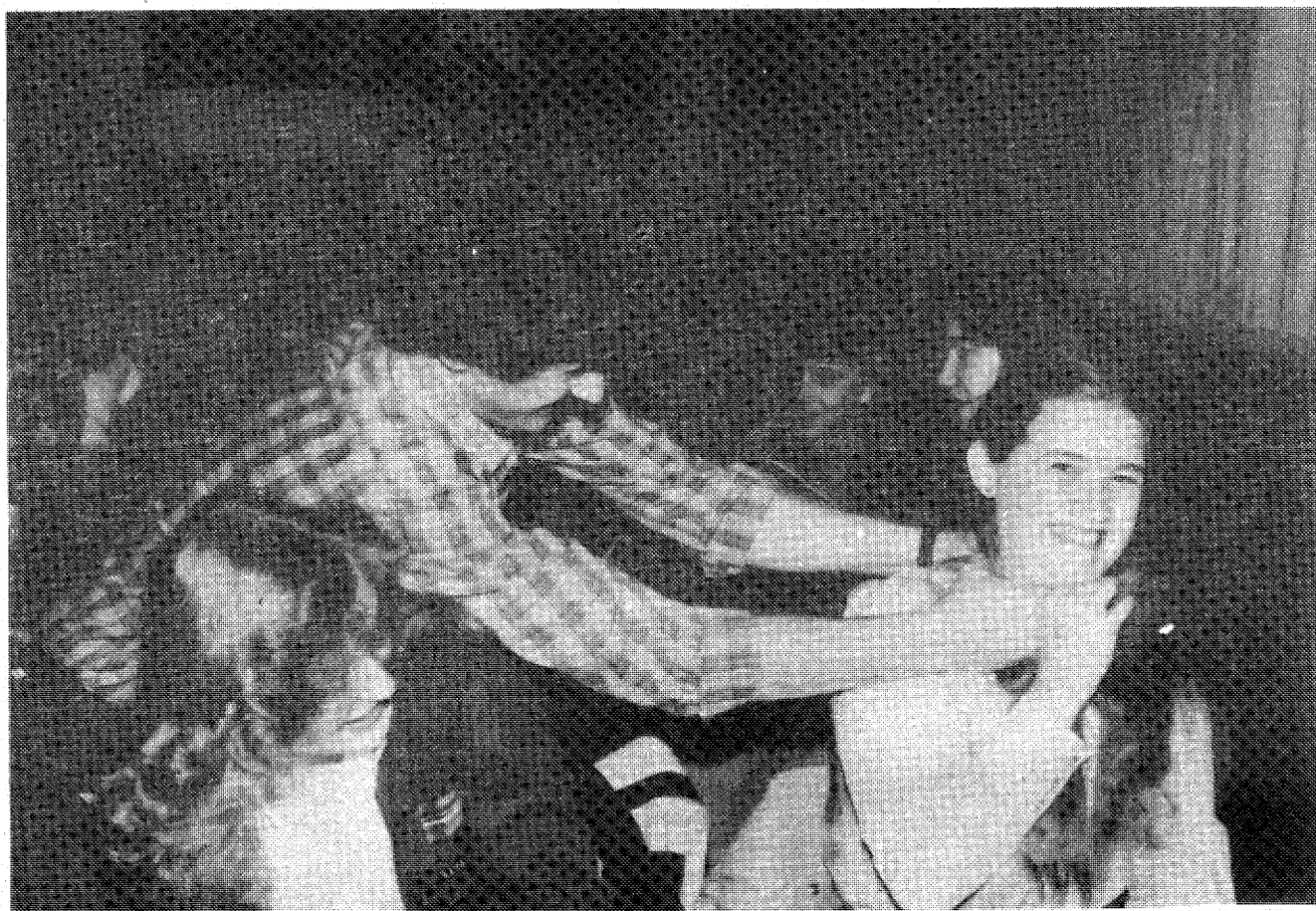


TEQUILA SAUZA!

NUMERO UNO IN MEXICO AND IN CANADA



Crack a pack of Colts along with the beer.



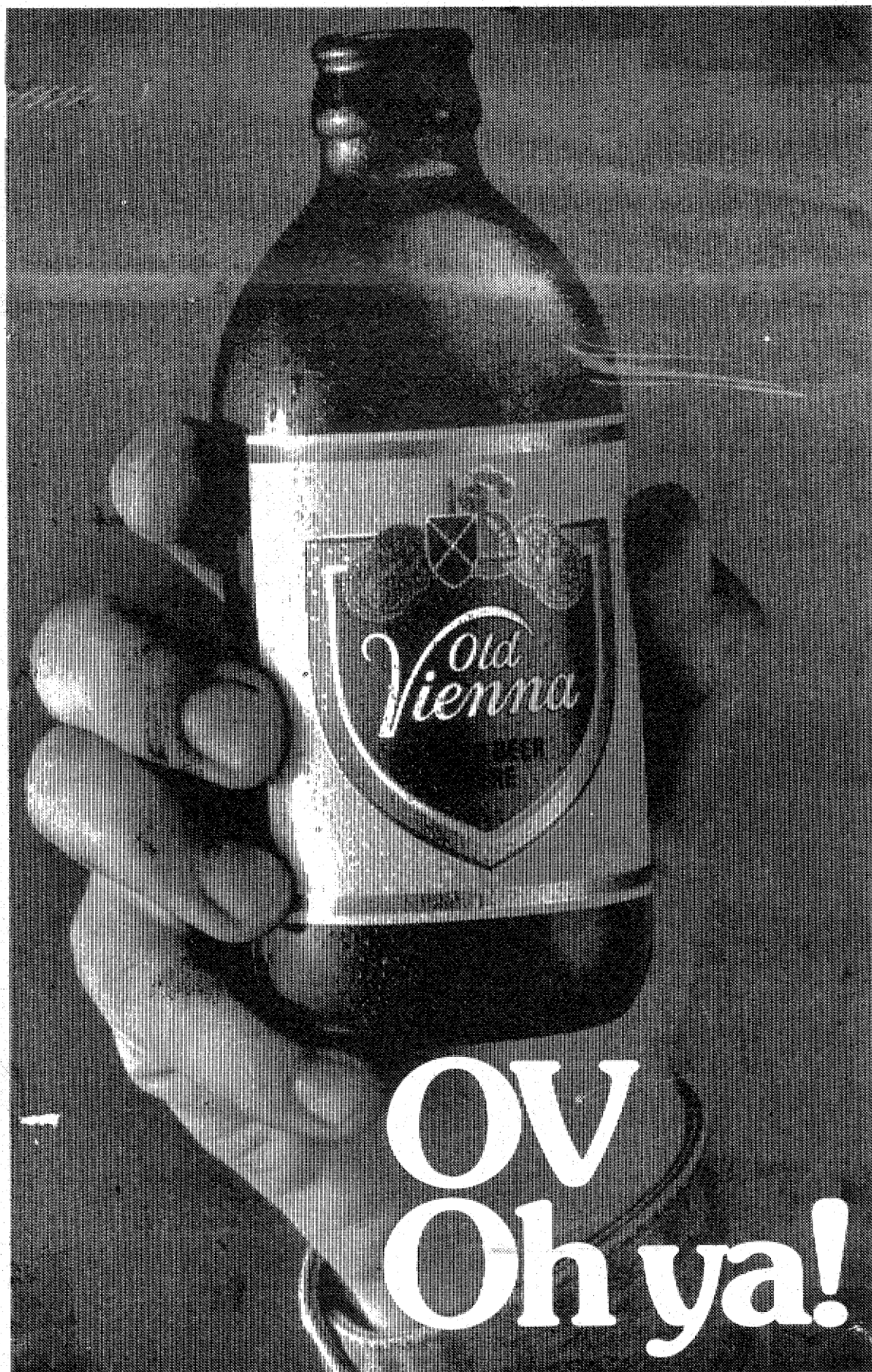
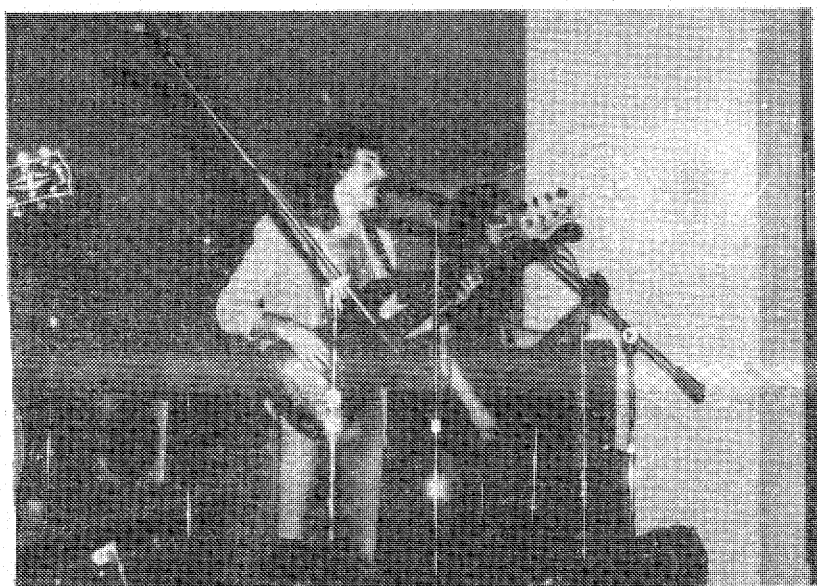
Electrical Engineering and Court Reporting -- "Good Times"

E.E.T. and Court Reporting got together to host an excellent Cabaret last Saturday night. The main theme to this very special event was definitely Rock 'n Roll. With a little new wave thrown in, The Rockies (formerly Falcon Chase) provided non-stop boogie.

The evening started off fast with a packed dance floor which held full capacity all night. Unfortunately, the ratio of men to women was about 2 to 1 respectively. This left a few of the guys angry enough to strangle, and a lot of burnt out gals.

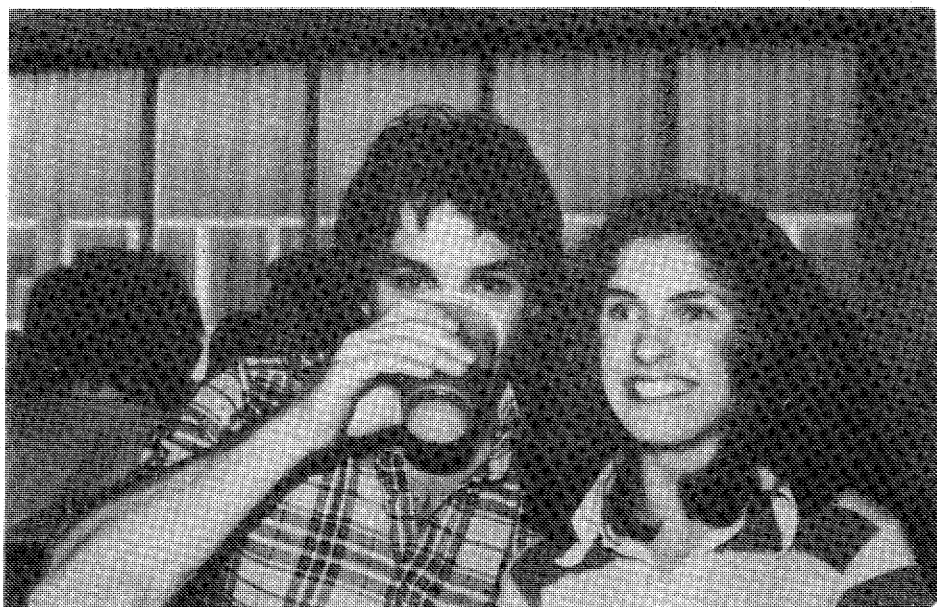
Later in the evening, a Texas Mickey was raffled off and presented to the lucky winner, Craig Jones. "So I guess the party's at your place this weekend, eh Craig?"

I always enjoy covering E.E.T. and Court Reporting socials. Their well organized efforts and hard work really pay off by providing NAIT students with a chance to let 'er loose after a week of classes. Thanks for a good time.



OV Oh ya!

PUNK COMES TO NAIT



Last Friday afternoon, punk music invaded NAIT --in the form of a local band, the O-Zones.

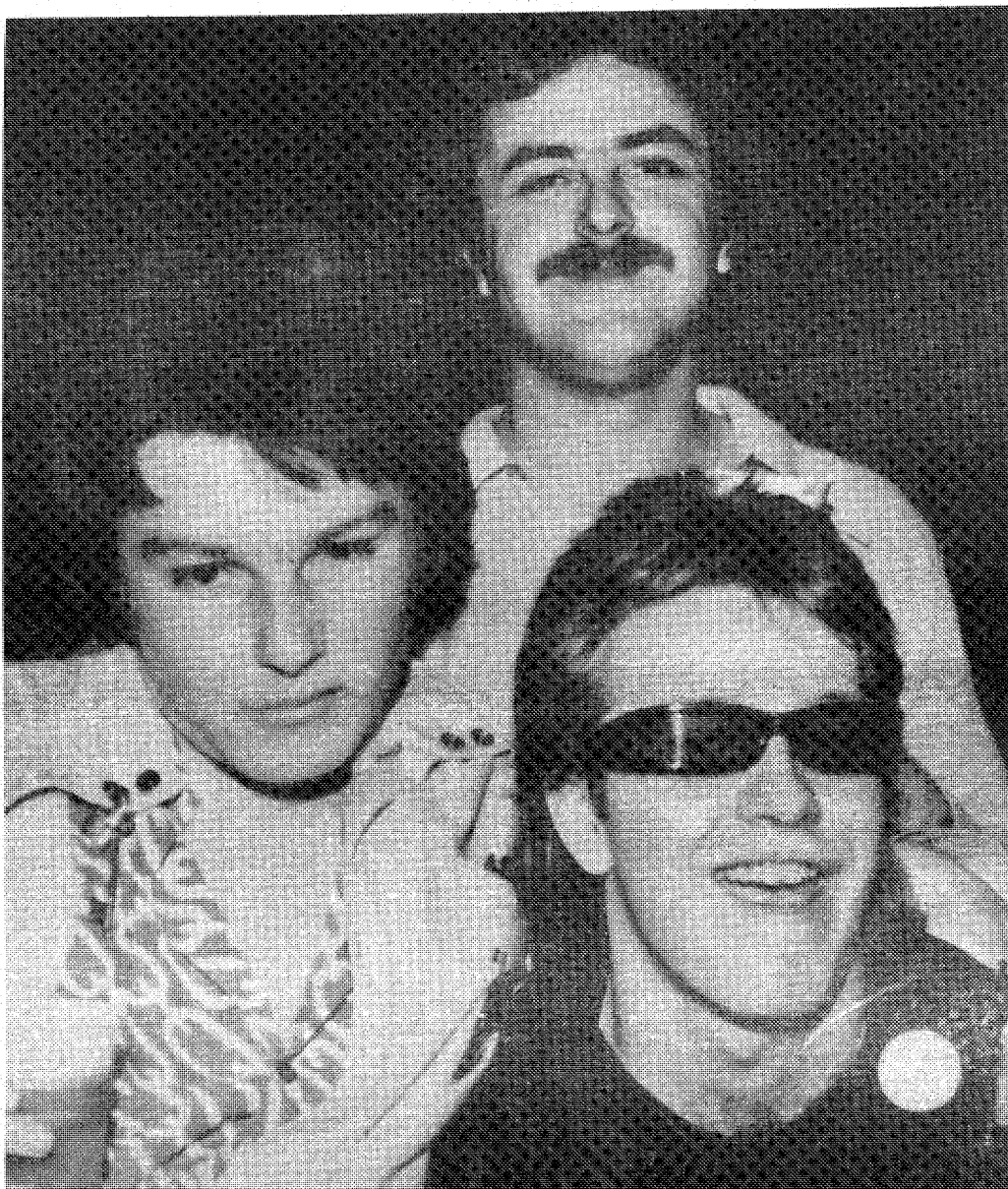
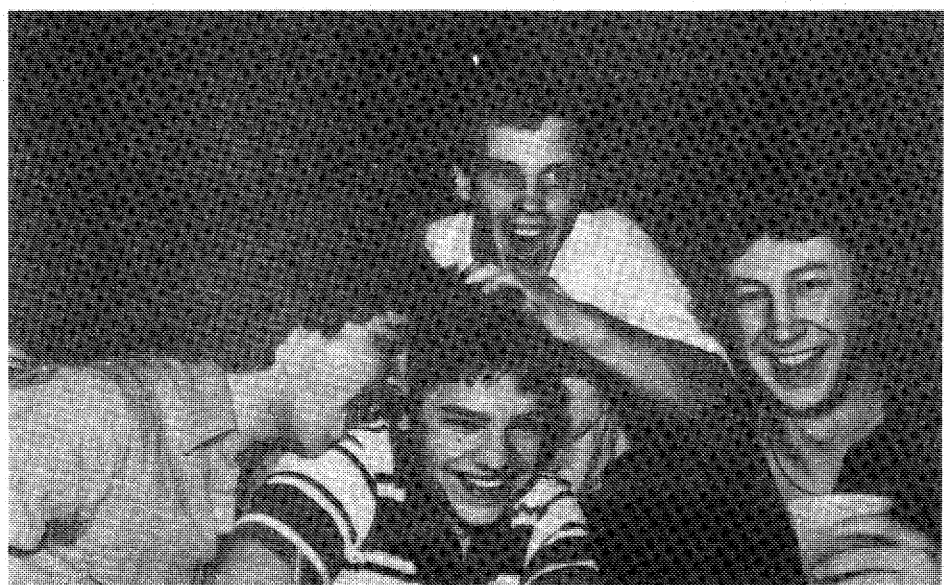
After a lengthy delay, the band charged into a set of uptempo rock n'roll tunes. Several brave souls soon ventured out onto the dance floor to "pogo"; after a few minutes others gathered up enough courage to join them.

And by the end of the pubtime, the dance floor was literally packed with crazed "pogo-ers".

As far as the band itself goes, they could do with a tighter sound; they were a bit sloppy in places. But it's high time we were exposed to this kind of music here at NAIT; this place has a tendency to lag behind the

times. The O-Zones really got the cafeteria hopping, but the building was left standing --so how about some more new wave and punk bands, not to mention other types of musicians such as jazz groups, being booked for future pubtimes and cabarets?

Carol Ann Retallack



Sports

SPORTS SHORTS

BY
ROY STASIUK

Well another week is here. This is just no ordinary week though, no siree! This is open house week. Do not be dismayed by the lack of coverage on the 4 WEST tournament that went on this past weekend at NAIT. In the interest of our regular readers and the athletes who participated in the sports tournament, Con and myself felt that it would be unfair to take the limelight away from the athletes who truly deserve credit for their feats this past weekend. After a hectic weekend of sports there is no way they should have to compete for a reading audience. This week sports will mainly deal with the sports set up here at the NUGGET. For anyone who is reading this paper for the first time (maybe you're interested in coming to NAIT next year) I welcome you to the most interesting section of this paper. Besides being the two wittiest guys on the NUGGET STAFF, Con and myself are also considered by many as Greek Gods. Well in reality we both consider ourselves as Greek Gods, although Mark was once mistaken for Aristotle Onassis. Not the millionaire, the plumber. But that's a different story. For those of



you who are interested in attending NAIT next year, we invite you to come on down and have a talk with us about your chances of contributing to the NUGGET, especially the sports section. The work is not as hard as it may seem. If it was do you think Con and myself, two sports gigolos who are in demand all around this city, would be here? To our faithful regular readers all I can say is be patience, good things come to those who wait, except in a gun fight. Next week we can get back to regular sports coverage.

THANK YOU VERY MUCH

EDITOR'S NOTES:

This week in our sports section which is dominated by males; he man males, we are going to include a new feature for the ladies out there who are interested in slimming down before summer or just toning up those sagging winter muscles. The reason we are including this feature is number one: Our female audience has requested some information on female fitness and number two: Con and I don't like sagging women. To show that I'm not sexist I would like to point out that I did not call you girls chicks or broads once. How's that for a class act?

EDITOR'S NOTES NOTE
Kelly Polanski has found time to write these articles for you ladies so why not take a look. Use what advice works for you. Remember read all the hints and then use those hints that apply to your style. On behalf of Mark and myself, we would like to thank Kelly, who is also busy on a campaign for NAITSA Vice President. Thank you Kelly.



'King Con

CON



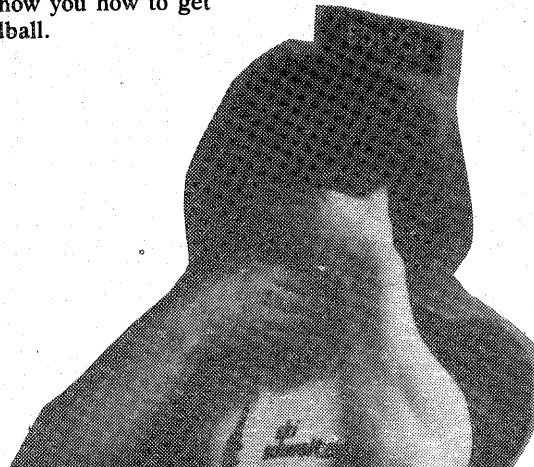
"NAIT Open House is one of the best, most wonderful, extremeliest, nicestest thing to ever happen." This quote comes from the NAIT Open House Archives which I hope you will visit in the L-Wing.

All you visitors to NAIT are probably wondering how you too can be a top-notch, stud sports editor. Well, first of all you have to attend here at NAIT. Then you simply come down to the NAIT Nugget office and we'll receive you with open arms. We're an equal opportunity employment organization. All males and females who are interested in the paper can come and join in. We work fairly hard and get no pay but have a lot of fun. If you've got a good sense of

humor, we'd love to have you on the sports page. We're always ready for a good joke. Just look at Roy Stasiuk.

On to more important things. This week you can learn to inflict pain on your fellow man in our special "Sports Tips" boxing page. "Sports Tips" highlights the various sports activities you can participate in using our facilities here at the Institute.

Next week for girls and guys, Kelly Polanski will demonstrate Raquetball while I show you how to get into handball.



Media Madness Volleyball Tournament

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Silver Stars

By Eldon Galloway

March 8, NAIT Men's 15-11 win. The Ooks never looked back. They overpowered the opposition with excellent blocking from Bob Pushie and Craig Janowsky. Darren Tomecek certainly proved he was an all-star hitter, and Lethbridge was defeated 15-11, 15-8. NAIT had a birth into the finals.

In the semifinals, NAIT was matched against Lethbridge College. The Ooks were psychologically ready to meet them, but quickly fell to an 8-1 deficit because of poor bumping. After a strategic time out, the men regained their composure, and with steady bumping from Kevin Chomin, stormed back for a

The Calgary Herald quoted Mount Royal coach, Gerald Fretts as saying, "NAIT will be out toughest foe. The Ooks are a strong defensive minded team. NAIT has one of the smallest teams in the league, and does not have a strong attack." He also added, "They will return everything hit at them. Good court coverage is their strong point."

Well, Fretts was certainly right about NAIT's defense; it proved to be one of the best. However, Mount Royal was certainly surprised by the relentless attack of their opposition. The Ooks squad matched hit for hit with the Cougars, but dropped the 1st game 10-15.

In the second game, the Ooks came out fighting and quickly jumped into a 6-2 lead. Bob Pushie and Keven Chomin lead the way in shutting down the powerful Mount Royal quick attack. Excellent blocking was also provided by team setter, Barry Stratichuk. The occasional drive that got past the block were consistently picked up by defensive specialists like Perry Pepin. Despite playing the best volleyball of their season, the Ooks could not quite subdue the awesome attack of the Cougars, and dropped the second game, 11-15.

The NAIT squad had managed to hold down Mount Royal in the first two games, but in the third, the Cougars slowly inched their way to a 14-1 lead. Still, NAIT did not give up. Exhausted as they were, our men still had a gleam in their eyes for gold. Great persistence pushed their score to 9 before the Cougars finally earned a single. Mount Royal College had won the provincial gold medals, and NAIT had captured the silvers.

The scores of the gruelling two-hour match were not really indicative of the closeness of it. There was a see-saw battle for almost every point. Mount Royal stated that this was the best they've played all season and hoped they could continue the high calibre into the Canadian Nationals to capture their second straight National Title.

The men's volleyball team is the best we've had in recent years, and they gave their all right when we needed it. Congratulations Ooks for the fine representation and great team effort in winning the ACAC provincial silver medals.

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Kelly's Korner

SHAPING UP

OK girls, now it's our turn. Let's show Roy Stasuik and Mark Connelly what shaping up is all about! (Who knows, by the time summer comes, us girls just might jog right past your little hangout on the far side Hawrelak Park!).

There's no doubt, physical activity is the remedy to a whole lot of body problems. If you become active enough to boost your actual calorie needs and don't compensate by eating extra food, it's a sure route to general slimming. The right movements can help trim the trouble spots that won't disappear through dieting. (Although a

proper diet does help). This is done by strengthening muscles so that they 'hold' the skin more tightly. The muscular change can firm sagging tissue and make even solid fat less noticeable. Areas most helped by exercise are those that are attached to muscles. Happily, these are spots like hips and thighs that are hard to shape any other way. Another way exercise helps you reshape your shape is by fighting problems caused by inactivity. Among them; sagging--the result of a gradual loss of muscle and fat. Where you sag first is partly determined

by what you do with your body. The abdomen often goes first because people don't move much around the waist. Calves hold up longest because people continue walking. At any stage of life, exercise can make a difference. Done early, it helps prevent muscle loss; done later, it has a corrective effect. Exercise can also improve your body's contour by improving your posture. Sometimes simply standing properly can make trouble spots like rounded shoulders and a sagging front less noticeable. Poor posture is caused partly by tight

muscles, one price of sitting a lot. Exercise can loosen the muscles that are holding you improperly and strengthen those needed for support. These are only a few of the benefits of exercise. More immediate changes will become obvious in your complexion, hair, body temperature and sleep all because of increased blood circulation--not to mention the healthy glow and enormous contribution to your store of positive vitality.

So what are we waiting for? Lets get to it! The first step to a great new shape is to choose the sport you wish

to participate in. The exercises you choose depend on your goals, preferences and the condition you are in. For weight loss and muscle firming, action sports such as swimming and cross-country skiing are best. They burn extra calories and strengthen many muscle groups. To improve only muscles, exercise routines like calisthenics and yoga work well.

Before jumping into any shape-up program, have your doctor check your general health and muscle status. Once you've got a go-ahead pick the sports and/or exercise regimes that

fit your body's needs and your interests. The following chart will aid in your decision:

	Swimming	Ropejumping	Walking	Running	Tennis	Cross Country	Skiing
Upper Arms	X	X			X		X
Bust	X	X			X	X	X
Waist, Abdomen	X	X	X	X	X	X	X
Hips	X	X	X	X	X	X	X
Buttocks	X		X	X	X	X	X
Inner Thighs	X		X		X	X	
Outer Thighs	X		X		X	X	
Calves	X		X				

Each week I will feature a sport or exercise program that will help you trim up for a fantastic summer. If you have any suggestions or a favourite sport you would like to see featured, just drop it into the suggestion box outside the Nugget office. I will do my best to gather information regarding the sport that will help you shape up to a better summer or life for that matter!

Kelly Polanski



Sometimes a great notion needs help getting in motion.

Does your organization qualify?

Established, non-profit organizations and local governments may qualify to receive financial assistance to hire students.

What projects should you consider?

To qualify, projects should employ at least three students for six to 18 weeks between the 5th of May and the 5th of September. Proposals must be of benefit to student participants and should be of lasting value to the community.

What students will be employed?

Post-secondary or secondary students intending to return to school in the fall, who are Canadian citizens or permanent residents are eligible. Students interested in working on a qualified project should register at Canada Employment Centres or at Hire-A-Student offices.

IF YOUR ORGANIZATION HAS A PROJECT WORTH DOING THIS SUMMER, THE SUMMER YOUTH EMPLOYMENT PROGRAM WILL HELP PAY FOR STUDENTS TO HELP GET IT DONE.

The Summer Youth Employment Program will make a contribution towards wages at the level of the provincial minimum wage. In addition, the Program contributes employee benefits and up to \$20. per person per week to cover project overhead costs.

Where do you go from here?

Information and project proposal application forms are available at Canada Employment Centres or Employment Development Branch offices.

Deadline for project proposals is March 28.

To receive financial assistance to hire students, proposals must be submitted (post-marked) no later than March 28. Of course, it is to your organization's advantage to submit its application as early as possible, but March 28 is the final deadline. Now's the time to get that summer project off the ground.



Employment and Immigration Canada

Emploi et Immigration Canada

Canada

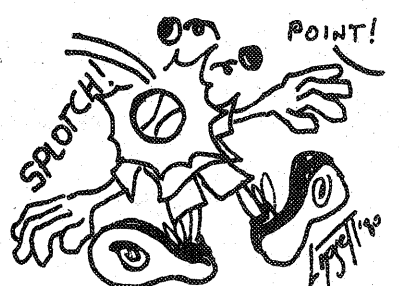
PROVINCIAL ALLSTARS CHOSEN

The ACAC announced the provincial volleyball Allstar Team, March 7. As the men's teams first setter, NAIT's own Perry Pepin was the unanimous choice.

Also named to the elite was ace hitter, Darren Tomecek. Barry Stratchuk, Bob Pushie, and Kevin Chomin found their names on the ballot sheet.

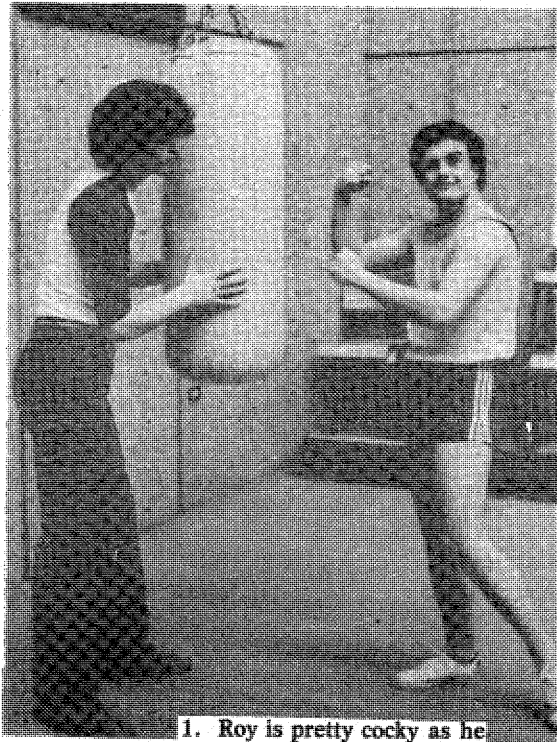
Secretarial's Helene Larose was chosen as an All-Star hitter for the women's team.

Congratulations for the recognition of your fine effort and talents.

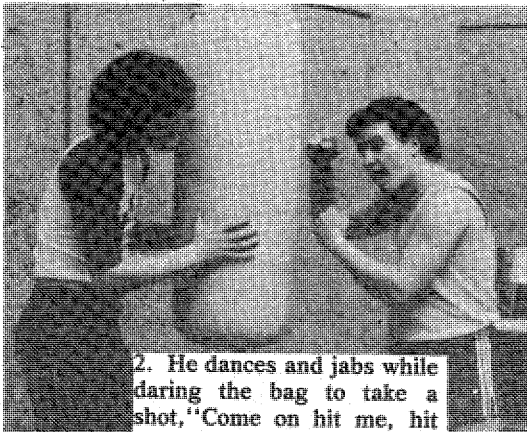


TOGETHER WE CAN DO IT THIS SUMMER

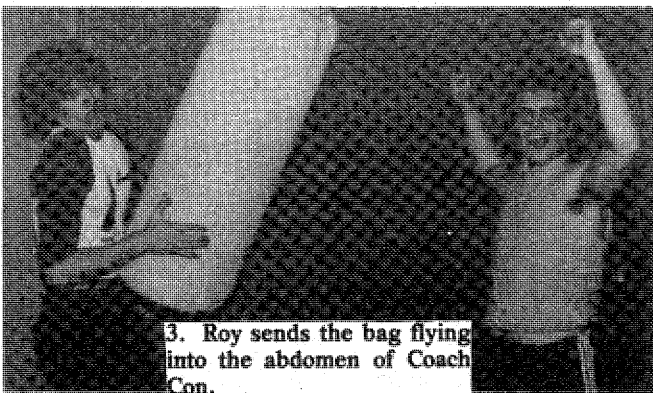
SPORTS TIPS



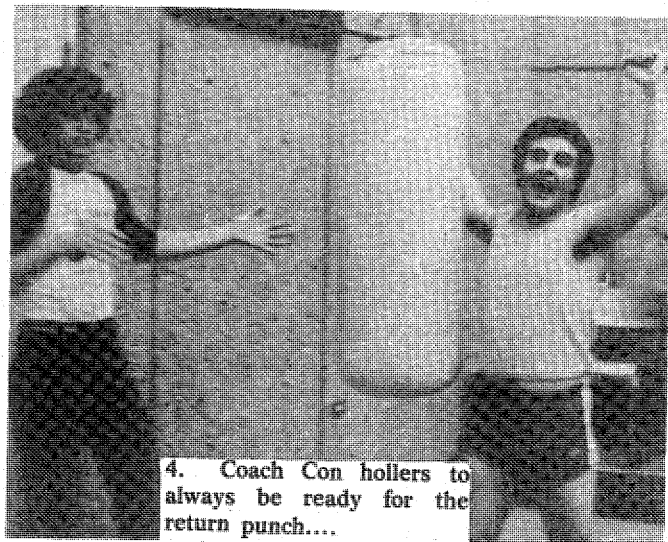
1. Roy is pretty cocky as he approaches his challenger for the first time.



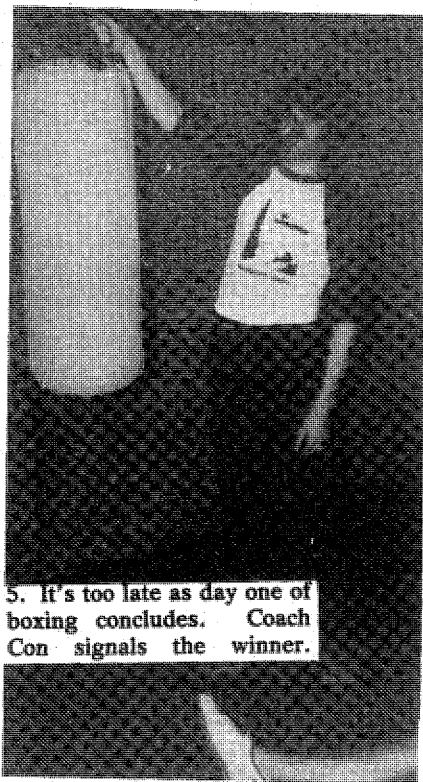
2. He dances and jabs while daring the bag to take a shot, "Come on hit me, hit me sucka!"



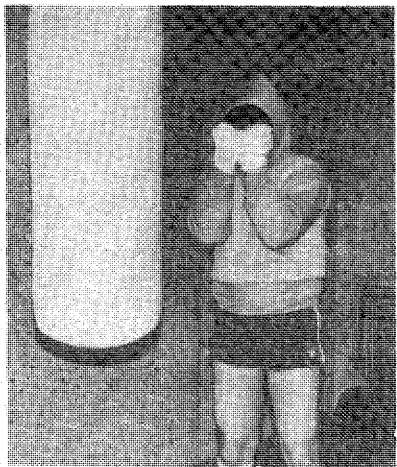
3. Roy sends the bag flying into the abdomen of Coach Con.



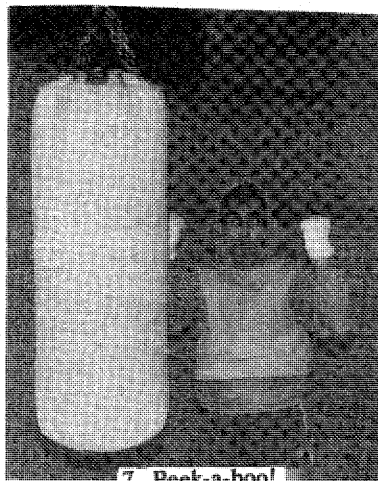
4. Coach Con hollers to always be ready for the return punch....



5. It's too late as day one of boxing concludes. Coach Con signals the winner.



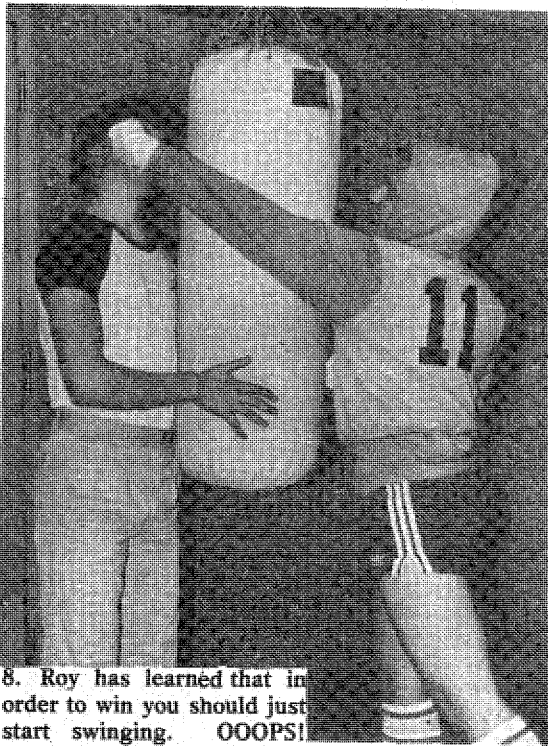
6. Roy returns for day two with the Sylvester Stallone look.



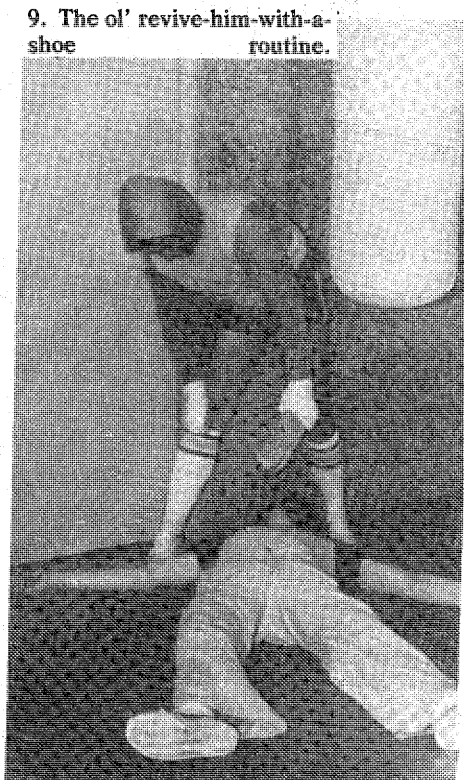
7. Peek-a-boo!

THIS WEEK

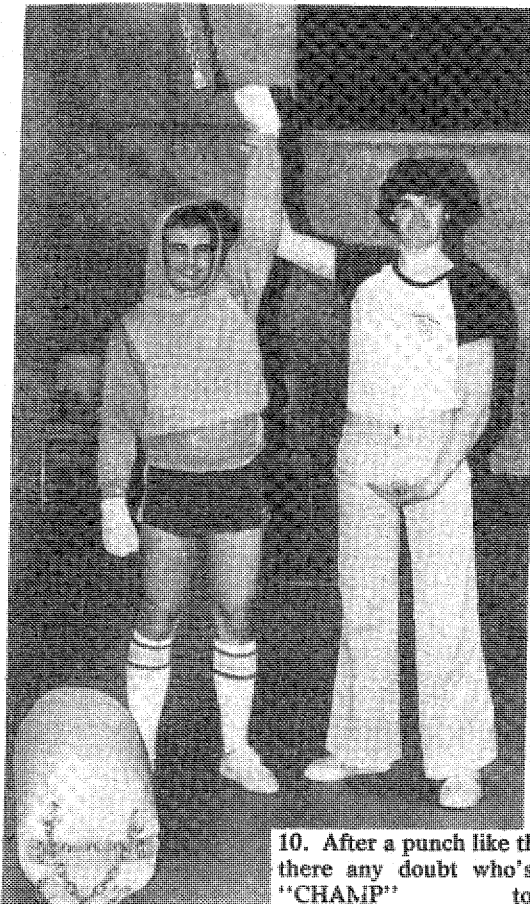
BOXING BOXING BOXING



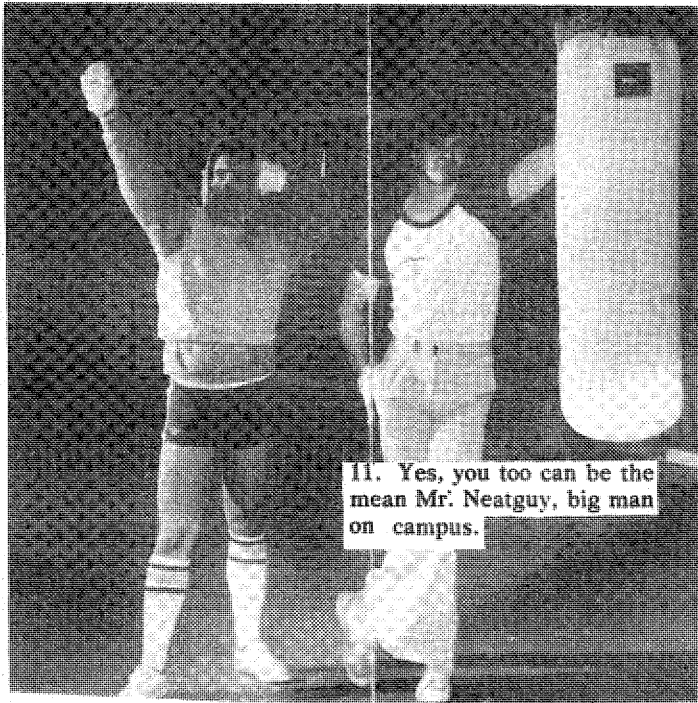
8. Roy has learned that in order to win you should just start swinging. OOOPS!



9. The ol' revive-him-with-a-shoe routine.



10. After a punch like that is there any doubt who's the "CHAMP" today?



11. Yes, you too can be the mean Mr. Neatguy, big man on campus.

We suggest you read this
feature while playing the
theme from Rocky .
Mark and Roy

Though Canada definitely has the upper hand on hides, environmental concerns have had a bearing on supply and demand.



A committee representative has even suggested that sterilization be increased to include more people because of the growing number of abortions.

7920 - 118 Avenue
4205 - 118 Avenue
13440 - 97 Street
16060 Stony Plain Road
12225 - 118 Avenue
10753 - 101 Street
10210 - 109 Street
10047 - Jasper Avenue
7303 - 82 Avenue
10045 - 82 Avenue
5035 - Calgary Trail



& commonsense nonsense & commonsense

nonsense &

Weekend Rider wanted
through Fox Creek Alta.
Will share gas. Mike
479-4465.

PHONE: _____ STAFF: _____ STUDENT: _____

[illegible]

NAITSA News



STUDENT GOVERNMENT *is it for you?*

If Attending classes does not occupy all your time, maybe the NAITSA council could. In two weeks time, the NAIT Student Association will be having their annual elections for the six executive positions: president, V.P., publications, athletics, activities, and secretary. Treasurer is filled by appointment. Terms last approximately one year.

One of the largest problems the Executive is faced with is student apathy. This is apparent everywhere, from council meetings to attendance at athletic functions. This is partially due to the fact that NAIT is only a two-year institution. Students who do get involved usually graduate as soon as their terms are up, and thus,

cannot work on any long-term changes or plans.

But there is a brighter side to the story as well. In addition to the work load and commitment which is required, students involved in the Executive reap many benefits. It's a great work experience for one, it teaches you how to get along with people. You meet all kinds of new people, you're more aware of what is offered on campus and thus can make the most of your years here.

And after graduation, when looking for a job, the experience just might give you the advantage over someone who was not quite as involved.

Think about it. Student government. Is it for you?

Kees Cusveller

PRESIDENT

The office of president can best be described as full time, demanding, and extremely hectic on occasions. The president oversees all activities of the students associations, including a budget of around \$250,000 annually. Besides sitting on various committees and meetings, he/she is also responsible for certain special events including the blood donor clinics, poppy day, and Open House.

The person who runs for president has to set their

priorities in order first, it is extremely tough to pass all your courses and still run an efficient organization. There is a lot of potential in NAITSA offices, but it takes a lot of work in order to be

able to accomplish certain things. The job is very rewarding, not as much financially, but more educationally, you meet numerous people, you learn an awful lot and the satisfaction of a job well done. or a year well spent is priceless.

Publications Chairman

The position of NAITSA Publications Chairman can best be described as a combination of administrative and material efforts. With respect to administration, the Chairperson will be required to cover a publications committee and act as NUGGET advertising manager, in addition to his or her general duties on the executive council.

The fruits of the chairperson's personal efforts will include the NAITSA Frosh book and telephone

directory. While the majority of the actual work will be completed by departments such as NAIT Audio-Visual and Duplicating Services, the chairman will be responsible for coordination of efforts within the institute. The Publications Chairperson, though not actually involved in the production of the northern torch yearbook, will be required to secure and supervise editors for the TORCH, as well as review yearly contracts for the book's production.

Secretary

The position of NAITSA Secretary is one of doing the duties that a regular secretary would do. That is, she/he types all correspondence regarding his/her associates and keeps a file copy for the General Council and one for the respective individual. In conjunction with the typing, the duplication of correspondence can only be done by the secretary or the president of NAITSA. Files are a very important part of the SA because a reference check is always necessary. Consequently, the secretary must make sure that minutes of meetings and committees are kept.

The secretary's position as is all position on NAITSA, we meet with the Executive of

Vice President

The position of Vice President consists of Public Relations for the Students Association. The duties are mainly charity oriented. The biggest responsibility is the organization and implementation of Shinerama.

Other duties include organizing a campaign for

Santas Anonymous, putting on a ski trip, doing hospital visits to children's wards, being returning officer for

NAITSA elections, and sitting on the Activities Committee, Open House Committee and Hire A Student Board.

Activities Chairperson

Job duties include organization and coordination of activities of the Students' Association. I.e. frosh week, Winter Carnival Week, Pubtimes, Cabarets, Beerfests, Talent Shows and other activities sponsored by the Students Association.

Benefits include parking, tuition, wage, office, plus a

chance to meet and work with many people in different circumstances. The Activities Chairperson also is a member of the Athletics Committee. Entertainment - Promotions. There is some management experience gained, also working with budgets.

Athletics

The Athletics Chairman's duties mainly deal with the areas of athletics, however, the sky is the limit as to how involved the person in that position wishes to be.

Some of the Athletic Chairperson's responsibilities are:

- organizing and managing intramural officials or find someone competent and responsible to do the job for you.

- organizing the challenge cup activities.

- sitting in on the Athletic Board which deals with determining ACAC team and intramural spending.

- chairing the intramural meetings.

- working with the coaches in promoting all NAIT Ookpik and Ookchick teams.

- working closely with Mr. Irwin Strifler in providing an enjoyable intramural program.

- and finally, serving as an active person on NAITSA, working towards the benefit of all students.

If you do decide to run for

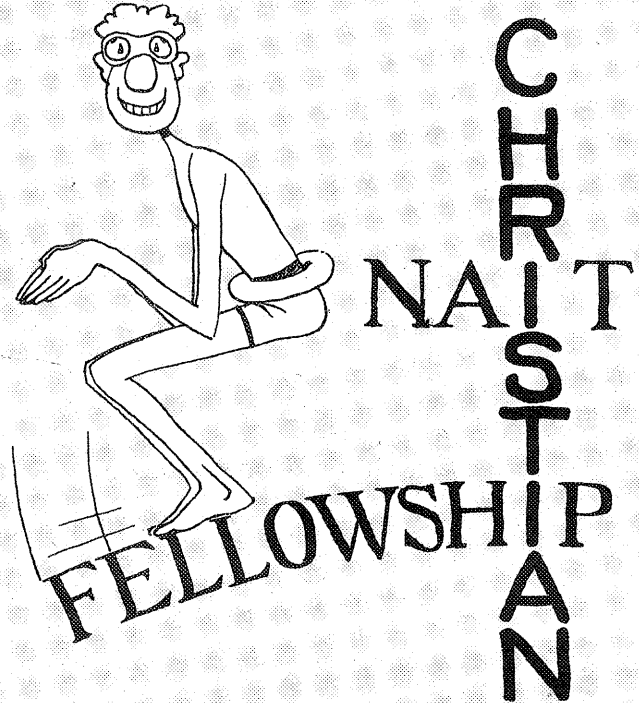
this position, be prepared to spend a lot of time at NAIT. Think of serving on NAITSA as being a high priority of your life, and let your conscience be your guide.

GOOD LUCK

Brett Smith

Athletics Chairman 79/80

What group is a good "springboard" for fun and discussion?



We meet every Wednesday from 1:15 to 2:15 at room E 216

The NAIT CHRISTIAN FELLOWSHIP is an organization set up to provide Christian fellowship through regular meetings and activities. Regular meetings are held every Wednesday during Common Hour in Room E216 unless otherwise posted.

Everyone (NAIT students or staff) is welcome to attend.

NOTICE OF ELECTIONS

NOTICE IS HEREBY GIVEN that there will be an election to fill the following positions of the **NAIT Students Association Executive**
March 28, 1980: Friday,

1. President
2. Vice-President
3. Publications Chairman
4. Activities Chairman
5. Athletics Chairman
6. Secretary

ELIGIBILITY - a candidate:

- must be a NAITSA member in good standing.
- should have an academic standing of 60 % or better.
- must be a returning student for the 1980-81 academic year.

NOMINATIONS close 4:30 p.m., Wednesday, March 19, 1980

NOMINATION FORMS are available from: Room E133

CAMPAIGNING

- may commence at 8:00 a.m., Monday, March 24, 1980
- must cease by 5:00 p.m., Thursday, March 27, 1980

CAMPAIGN SPEECHES

- 1:15 p.m., Wednesday, March 26 in the Little Theatre (H5)

BALLOTING METHOD

- election shall be secret ballot and the single "X" shall be the system of voting employed
- any irrelevant mark shall render the ballot spoiled

BALLOTING SCHEDULE

- for Friday, March 28, 1980, 10:00 a.m. to 2:00 p.m.

POLLING LOCATIONS

- Plaza II, outside Cafeteria entrance
- Main lobby, by ticket booth
- Tower building, 2nd floor

**Issued for NAITSA by
Kees Cusveller, President**