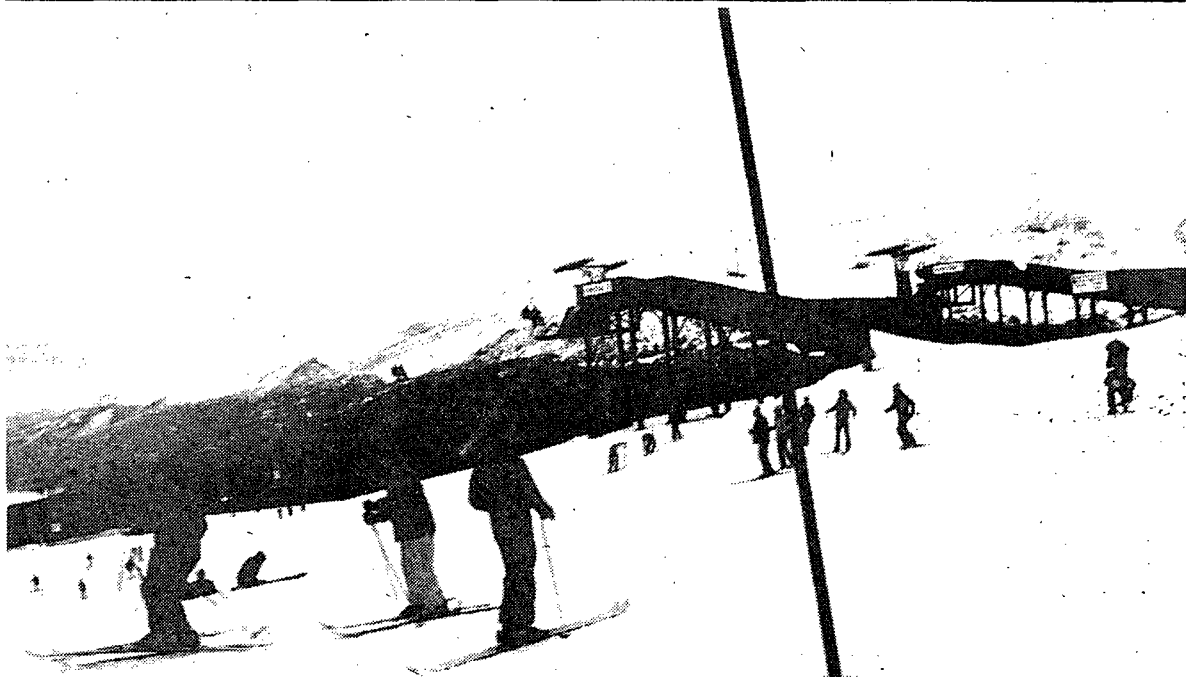


Link

VOLUME 12, NUMBER 11, NOVEMBER 16, 1977

BCIT STUDENT PUBLICATIONS



Snow has finally arrived at Whistler and, except for all the exams and assignments and other crap, the ski season is in full swing. More pictures next week. Don Wright photo.

How much stress can you take?

By TERRY STONE

An event that causes you to change your lifestyle in one way or another will cause a certain amount of stress to build up. If your habits change very much in a short period of time the stress will accumulate to the point where your health could take a serious turn for the worse.

Below is the Holmes' Scale of stress-producing events and their values. According to Dr. Holmes, a psychologist, a total of more than 300 points of change in one year adds up to a good chance for a major illness.

Death of spouse.....	100
Divorce.....	73
Marital separation.....	65
Detention in jail.....	63
Death of a close family member.....	63
Personal injury or illness.....	53
Marriage.....	50
Being fired from work.....	47
Retirement from work.....	45
Change in health or behavior of family member.....	44
Pregnancy.....	40
Major business re-adjustment.....	39
Sexual difficulties.....	39
*Change in financial state.....	38
Death of a close friend.....	37
Change in line of work.....	36
Change in number of arguments with spouse.....	35
Mortgage or loan greater than \$10,000.....	31
Foreclosure of mortgage or loan.....	30
Gaining a new family member.....	30
Son or daughter leaving home.....	29
Change in responsibilities at work.....	29
In-law troubles.....	29
Outstanding personal achievement.....	28
Wife beginning or ceasing work.....	26
Beginning or ceasing of formal school.....	26
*Change in living conditions.....	25
*Changes in personal habits.....	24
Troubles with the boss.....	23
*Change in personal habits.....	24
*Change in residence.....	20
*Change in working hours or conditions.....	20
*Changing to a new school.....	20
*Change in recreational habits.....	19
*Change in church activities.....	18
*Mortgage or loan less than \$10,000.....	17
*Change in sleeping habits.....	16
*Change in eating habits.....	15
*Change in family get togethers.....	15
Vacation.....	13

Minor violations of the law.... 11

The stress producing events that have asterisks beside them are those that a lot of students went through when first coming to BCIT. These events total 247 points, a position where a sudden or large increase in stress could put an individual over the 300 point mark where according to Holmes, there is an 80% chance of sustaining a major health change in the near future.

Dr. Holmes finds skin disorders are the commonest forms of stress induced ailments, followed by disorders of the eyes, ears, nose and throat. Despite the folklore of the businessman's ulcer, the gastro-intestinal system only ranks third.

Does all this mean that you should have stayed away from BCIT and thus lived happily ever after? NO!!! The purpose of this article is not in telling you to resist change but in preparing you for change and pointing out ways to reduce the stress brought about by student life and enable you to survive here at BCIT.

The first step that one should take in preparation for a lengthy stay at BCIT is to keep the day to day change in one's habits to a minimum. This can be done by getting into a routine and then sticking to it (within reason). The second step is to maintain your health by getting involved with sports activities of one form or another. This is based on the belief that a healthy body is less susceptible to illness than a weak one. The third step is, when possible, do your assignments as they are given out and study for tests a week or so before they are given. It has been found that the best time to reduce stress is at the time it occurs and therefore doing your work when it is assigned would tend to dissipate the ten-

sion instead of letting it bunch up until the day before it is due.

The above three steps are not always attainable so other short term techniques have to be implemented.

The best one is to go see Jack Nicholson, a psychiatrist in the Counselling department or any of the other Counsellors here at BCIT. What they basically will try to do is to point out the necessity of having an inner strength that you can draw on to see you through the next midterm. Or in other words, they will build up your quickly draining confidence to a point where you can carry on again.

But the most popular ways students use are the ones that will let you forget about your problems for a short period of time. Physical activities such as walking, jogging, badminton, dancing, driving your car, require such concentration on your part that your troubles are forgotten. Diversionary activities such as playing games of chance, T.V., movies, reading, and getting smashed out of your skull are also ways that you can forget your troubles for a little while.

The individual has to choose which method to use because what works for some may not work for others.

There is one good thing about all this though, and that is if you survive at BCIT you can handle just about any situation or change. Industry recognizes this and is ready to scoop up the survivors.

CSA holds movies

Every second Friday the Chinese Student Association is presenting two films in Room 129 from 7:30 to 11:30 pm with English and Chinese subtitles.

On November 18 the two films will be "Everlasting Glory" and "Everlasting Love." Everyone is welcome. Admission is free for members and 50c. for non-members.

In other news, there will be a general gathering for all CSA members (non-members are welcome too) in Room 105 on Wednesday November 23 at 12:30 pm. Free refreshments are served.

Sixteen from BCIT attend ACCC conference focuses on evaluations

By MIKE BROWNRIGG

Those of you who actually read the LINK instead of using if for an umbrella on rainy Wednesdays will have noticed a confusing paragraph in Shawn Witton's column about members of the SA having a sojourn in Alberta last week. In fact, they were only part of a sixteen member BCIT delegation taking part in the ACCC (Association of Canadian Community Colleges) annual conference in Edmonton.

The delegation included such notables as Gordon Thom, Executive Director of Personnel, Information and Student Services Dale Michaels, Student Services Director Jerry Lloyd, Staff Society Secretary Pat Thomas, Broadcasting instructor Bob Mason, BoG member John Leach and John Scott, Ian Robertson, Rob Seines and Allan Walker from the Student Association.

The main focus of the conference was evaluation methodology, meaning the evaluation of institutes, programs, faculty, staff, administrators, students and student associations (or unions as they are called at many schools).

After morning plenary sessions of the total conference population at the MacDonald Hotel in Edmonton, the delegates broke to attend seminars and workshops in the smaller meeting rooms of the MacDonald and Plaza hotels.

ACCC organizers were very pleased with the conference attendance because, whereas only 500 delegates were expected, 1,000 showed up. This caused problems at the registration desks Saturday, problems with hotel

accommodation and problems for the hotels' catering the meals that were included as part of the conference.

As well as the seminars and workshops there were the usual hospitality suites and spontaneous parties that one finds at any convention to keep the delegates happy and to facilitate even more of an interchange of ideas and information between people from the different areas of the country.

Since the BCIT delegation only returned on Tuesday night and because of the November 11 holiday, a more detailed report on the happenings was not available at press time. However, the full report will be printed in next week's LINK.

By new Sports rep.

Communication the aim

By PATRICK TAYLOR
SPORTS CHAIRMAN

Wednesday's meeting of the SA Sports Standing Committee resulted in my election as the new Sports Chairman.

For the benefit of the uninformed student, the student elects a Sports Chairman in April with all the other offices, to comprise the Student Council for the upcoming year. Last week, this position was vacated. The Student Association and Student Services involved in recreation then sought nominations of people interested in Rec promotion and organization of Intramural, Extramural and club activities. From these nominees, the Sports Standing Committee elected a new chairman. I am the Sports Representative for first year Environmental Health, an executive

of the Outdoor Club and a council member on the Campus Recreation Council. As Sports Chairman, I will be chairman of this council.

My first undertaking is to improve communication between the people who help organize sports and the student body. To this end, the Recreation Council will exert its major effort. First, I need the name and phone numbers of all technology sports representatives, first and second year. Will these people please leave the information in the Student Association office as soon as possible? If your class has no Sports Representative please elect or appoint one. Once I have a complete list, I can communicate with your sports representative. Only then will I know what

continued on page 2

Sign up for the Crafts Fair

Christmas is drawing closer and so is BCIT's first "Gastown" Crafts Fair. This is a wonderful opportunity to earn some extra cash by selling or teaching your hobby or craft. See the Student Services for details about a booth today.

Prizes will be awarded for the most imaginatively displayed booth and to the vendor in the zaniest "Gastown" outfit. The deadline for booth space is November 23. Hurry and reserve yours!

Need extra cash? Participate in the Arts and Crafts Sale! Need a great Xmas gift idea? Attend the Arts and Crafts Sale! It's all happening in the SAC on November 30. For details see the

Student Services trailer located between the SAC and the bookstore.

Health Fair rescheduled

The Health Fair that was scheduled to happen today will be postponed till January 11 but don't despair. Just make sure you attend it then.

The Health Fair was to have focussed on prevention of Heart Disease and First Aid.

Also cancelled, "due to problems at the other end," is the Fashion show slated for tonight in the SAC Cafeteria. No word yet on whether it is being rescheduled for a later date.

Less is more?

This rather abridged edition of the LINK has been caused by the intervention of the Remembrance Day holiday last Friday and the fact that a large portion of the LINK staff volunteered to clean up the SA's cabin at Whistler Lodge.

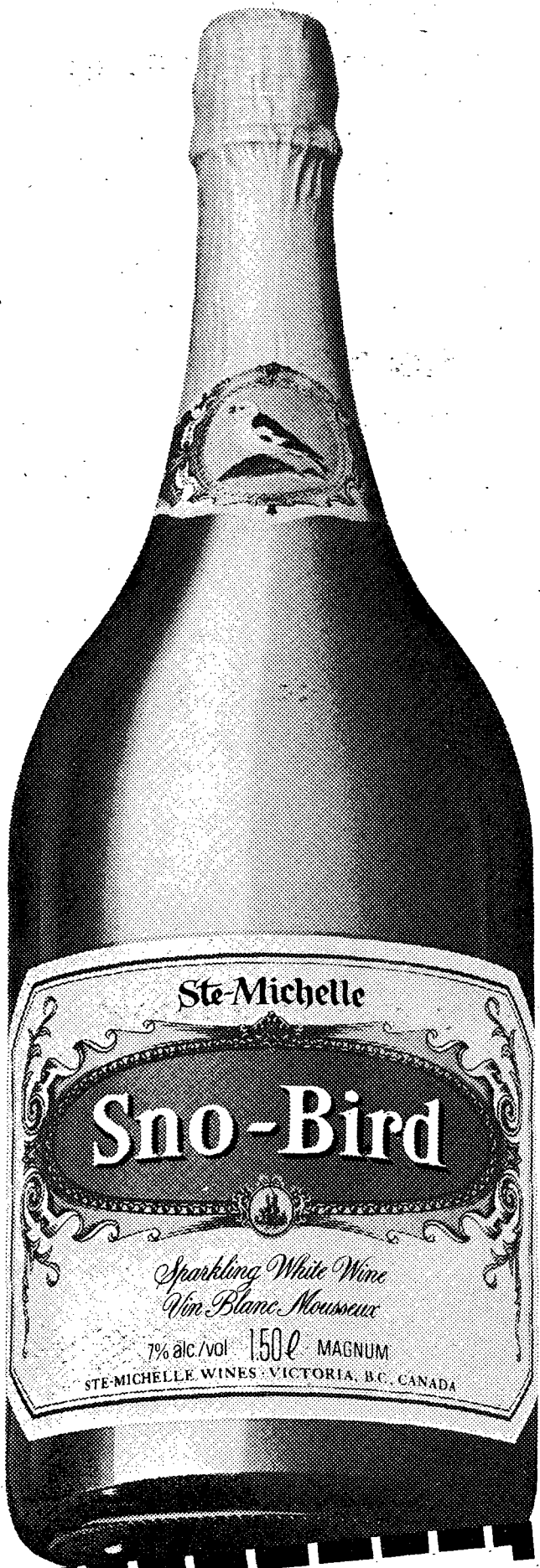
All your favorite columns and letters to the editor will appear next week as usual.



All dressed up in
fine new feathers!

Sno-Bird

the bubbly white wine
for when you next have
the flock around.



Ste-Michelle Wines

New novel dramatizes Riel's struggle

By K.R. BARKER

[Rudy Wiebe is a Canadian author and professor of Canadian literature at the University of Alberta. A winner of the Governor General's Award for fiction in 1973, he was recently at Langara College to talk about his new book, *The Scorched Wood People*. I got a chance to talk with him before he left for Edmonton.]

"I wanted to achieve and express a personal understanding of the man. I wanted to get inside his head."

Those, in Wiebe's words, are his reasons for writing the first epic novel about Louis Riel.

One of the most colourful, if little known, figures in Canadian history, Riel led the group of half Indian, half French Metis on the explosive Northwest rebellions in Manitoba in the 1880's. He was a thorn in John A. MacDonald's side for twenty years and was finally captured and hanged for treason in 1886, but only after a long and bitter controversy.

"I think the book is contemporary because the Metis' struggle symbolizes the situation of many minorities living in Canada today that want to be recognized—like French Canadians or Indians, or minorities like the Hutterites and Mennonites." Wiebe knows what he's talking about here because he was raised in a Mennonite home. "The great thing about Canada," he says, "was the freedom that minorities had to live their own way and with their own religions and customs. That's not so true anymore. The Government of Manitoba is putting legislation through now that will force the more conservative Men-

nonite settlements to send their children to public schools, and some are leaving the country because of that legislation."

Wiebe feels that because he was brought up in and still is a member of a minority he has a special insight into Louis Riel and can understand his cause.

Whatever his qualifications, the result is superb. Written in epic style, *The Scorched Wood People* provides some fascinating insights into a mystic and little known man, recreates with clarity and tremendous force the events that led up to the last battle in Canada, and is required reading for all Canadians. Particularly in Western Canada.

"I think that the book has special meaning for people living in the west," he says. In a lot of

ways the Federal Government hasn't changed its attitude to western Canada since Riel and MacDonald's time. Wiebe feels that a Canadian consciousness is on the upsurge and, for the past ten years, Canadians have begun to take an interest in their own history, realizing that it's not so dull after all. Writers are focusing more on our history and the people who made it, and he thinks this is a good thing for the Canadian consciousness.

The prospects for young Canadian writers are excellent in Canada, says Wiebe. "With the writers' union, Canada Council grants and the new publishing companies springing up, I can't think of a better time for a young Canadian writer to have his work published."

Apathy is boring!

continued from page 1

Intramural sports or special activities you want. Perhaps a game between you and your instructors. Your Recreation co-ordinator, Wally Rowan, and I are here to help you get involved and enjoy your life as a student.

I will also be supporting and helping Derek Swain and the extramural teams. School spirit and support of your extramural sports go hand in hand. You, the students, are encouraged to become part of BCIT and share the excitement when the Cougars play. I firmly believe that the existence of active clubs within an institution is a healthy sign of school spirit, involvement and happier students. I will support wholeheartedly all the clubs in BCIT. In the past BCIT has had some active clubs and great times for students and staff in these clubs.

What do you, the students, expect from your two years at BCIT—two years of hard labour and no fun, leading to an assured career? This may be your only two years at a post-secondary institution, where the opportunities for the celebrated student life are so great. Where else, but at universities, colleges and institutions like BCIT can you be introduced to so many organized and partially funded sports and activities?

Contrary to what some shell-shocked first year students think, two years at BCIT can be most enjoyable without sacrificing marks and careers. More organization, better study habits, and more free time will enable you to make your life at BCIT anything but boring. Remember, the student who wrote on the SAC building blackboard that "Apathy is Boring" is right.

Opportunities for grads

The following interviews, arranged through the on-campus Canada Manpower Centre, are happening soon:

Registered Nursing: Vancouver General Hospital would like to interview the above students for permanent nursing positions in various departments. To apply, submit a completed personal information form to Room D204 no later than noon, November 23, and an interview will be arranged for you on November 28 in Room D204.

Registered Nursing: Shaughnessy Hospital (Vancouver), a general community hospital, would like to receive applications from the above for positions in the areas of rehabilitation, extended care, or medical surgical. Applicants must be willing to work shifts. Wages are according to the RNABC contract. To apply, submit a completed personal information form to Room D204 no later than noon, Thursday, November 17 for employer pre-screening. Those selected will be interviewed on Thursday, November 24.

The pick of the week's letters

A bit of fan mail to keep you occupied until we get our acts together and put out a proper issue for next week. Remember, only two more issues before Christmas, so get your Christmas wishes and gift lists together for publication November 30.

EDITORS:

Gee, what a cutie [sic] little motto your paper "The LINK" has "A newspaper's duty is to comfort the afflicted and afflict the comfortable"—Henry Frick (?). Is that an excuse for you clowns to publish and distribute the shit you call a newspaper? Fortunately for me, I haven't had to look at very many of your issues the most recent being the Nov. 2/77. If the crap that appears in the LINK is any indication of what the student body at BCIT is like then I can thank God that I don't go to BCIT.

Ninety-nine percent of this little tabloid you have is filled with the kind of paper-wasting material that it is assumed that most people outgrow upon graduating High School [sic]—by the way, did you people graduate from High School? As far as the picture on the front page, the junk on pages 4 & 5 etc. it looks like a tabloid that a bunch of Junior High students put together on a Saturday evening.

I am not a prudish person by any stretch of the imagination but this crap is a real insult to any mature person's intelligence and being as a whole. If you say that this thing is written for fun and laughs then I feel really sorry for you if this is how you get your fun. Sorry LINK staff, your paper stinks!!!! Good Luck finding a job when you graduate—if this is any representation of how you conduct yourselves, you're going to need all the luck you can get.

Shawna Lindsay



Dragon


CHINESE

Smorgasbord

EVERY DAY

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Burnaby, B.C.

435-4148



Link

'A newspaper's duty is to comfort the afflicted and afflict the comfortable.'
—Henry Frick [?]

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3700 WILLINGDON AVENUE, BURNABY BC 437-1333

Band date set

BCIT's Big Band will be playing a concert at the Hot Jazz Club on Sunday evening, November 27 at eight p.m.

This event follows on the heels of the completion of a very successful tour of Vancouver Island on October 16 and 17. The band performed for a near capacity audience at Malaspina College in a 2½ hour program that consisted of Maynard Ferguson, Count Basie, Thad Jones/Mel Lewis and Stan Kenton compositions. The local cable television station was there to videotape the concert and it will be shown locally.

The band went down to Victoria the morning after the Malaspina concert and performed at David Lambrick Senior Secondary for all the junior and senior stage band students in the School District. The band received a standing ovation and was presented with new music for the band library. The band members then performed a jazz clinic for the students which involved percussion, brass and reed techniques applicable to jazz and big band playing.

The BCIT Band will be doing more such tours in the very near future. The band is the longest-running consistent quality stage band in the lower mainland.

Wiffen in town

By SLOANE HAMMOND

David Wiffen, a British born folk guitarist and composer, was in Vancouver this past week, performing in Gary Taylor's "The Office." While there, taping a show for CKVU, he commented that "this is the first office I've worked in in 18 years."

Wiffen has cut two albums, the latest of which, "Coast to Coast Fever," was nominated for a Juno in 1974. He is currently working on a third album to be released sometime in the new year and the previous two may be repackaged and made available as well.

Several well-known international artists have recorded his compositions, including Anne Murray, Ian and Sylvia, Harry Belafonte—who recorded "Old Harry is Incommunicado Today," and Tom Rush, who recorded "Driving Wheel."

Wiffen has a couple of tours scheduled for the coming year.

what's happening

wednesday

16 Health Fair focusing on heart disease and cancer
cancelled
Fashion Show

in the SAC Cafeteria from 7 to 11

monday

21

through

thursday

24

Health department exams in SAC Cafeteria. Cafeteria closed!

friday

25

Engineering Society Pub

saturday

26

Civil and Structural Pub

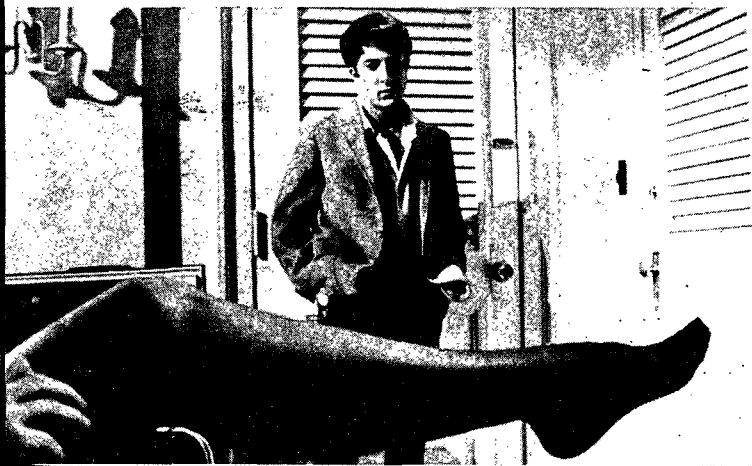
FILM

in theatre 129

• wednesday, nov. 30 • doors open 11:45

• admission \$.50

The Graduate



friday and saturday

18 & 19

BCIT 77 !!

Featuring the Oberkrainers
Alpine music, polkas
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**Take the BCIT
Bierfest Drinking
Challenge**

IF YOU THINK YOUR TECHNOLOGY CAN OUT-DRINK EVERYONE ELSE GET YOUR BEST FOUR [4] GUZZLERS TOGETHER AND COME ON IN TO THE SA OFFICE AND PICK UP YOUR REGISTRATION FORM AND YOUR LIST OF RULES.

**The Pinball room
in the SAC
is now open!**

10—8 p.m. Monday to Friday

in the old TNT store location
at the east end of the building

featuring
**electronic games,
pinball, 25 cent pool
table and much more!**

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Live music 6 nights per week: Vancouver's swingingest night spot.

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FREE ENTERTAINMENT
NIGHTLY

ELEGANT DINING



THE SQUIRE'S DEN

Dinner for 2.

Squire's bone-in New York Steak (for 2)

Trip to our famous salad shack

Caraff of House beverage

\$10.⁹⁵ per couple (unbelievable)

FREE PARKING FOR 1000 CARS



SPORTS & RECREATION

Sports Notes

By WALLY ROWAN

INTRAMURALS: Apathy is Boring—come on teams, what happened to the spirit? Nobody has so much work that they can't come out and have a good time on a Wednesday afternoon.

FLAG FOOTBALL: the true spirit (or lack of it) showed last week when nobody wanted to play in the rain. Do the BC Lions cancel games because of rain—NO—oh, yes, I know, they don't win either, but that's not the point! At least they're trying! [Editor's Note: they're very trying].

For B/For C Def.
Fin/C & M Double Def
Op Man/C&S 21-3
For A/Med Lab Def.
Schedule for Nov. 16
11:45: 1-2 (BCIT) and 6-5 (Will.)
1:00: 8-3 (BCIT) and 4-7 (Will.).

These are the last games of the regular season. Playoffs will be the following week, with Finals on November 30.

HOCKEY: the rough play has subsided but VULGARITY is on the increase. B. Sharp was issued a game suspension on Saturday night for abuse of the officials. K. Windover of Building was suspended for one game for dangerous play. Survey tied Finance 4-4 but lost by Default due to late arrival and insufficient number of players.

In the Saturday, Nov. 5 game Marketing beat Forestry 5-3. On Wednesday, November 9:
Building/BioSci 4-2
Survey/Fin 4-4

(Survey default)
E & E/For Products 14-1

Schedule for November 16.
12:00: Green 5-3, Gold 6-2 and Red A-E.

Volleyball: more defaults, more disappointments—let's go teams—it's only an hour of your precious three-hour break.

Co-ed:
Nurs/Mechmed A Def
Survey/Mechmed B 2-0
Fin I/Mechmed C 2-1
Admin C/NucMed Def
EnvHe/Mkt II 2-0
Fin II/Admin B 2-1

Schedule for Nov. 16
11:40: A B7-B5, B B9-B3, C B8-B4.
12:20 A B1-B6, B B2-B10, C B11-B12.

Men's:
P & P/Op Man 2-0
H&MA/Finance I 2-1
Gas & Oil/Hotmot B Def
Bldg/AdminA 2-1
E & E/Broad. Def
C & S/Finance II 2-0

Schedule for Nov. 16:
1:00 A A7-A5, B A9-A3, C A8-A4
1:40 A A1-A6, B A2-A10, C A11-A12

BASKETBALL: some great basketball—it looks like everyone is serious about the playoffs!

Res/Finance 48-35
Gas & Oil/Broad. 47-40

Playoffs are Nov. 27.
Finals December 4.

INTRAMURALS PLAYOFFS COMING UP—make sure your teams are registered—we only award prizes to registered team members. In the playoffs, team captains should be aware of opposition team and if any protest to be made on ineligibility, they must be made to referee prior to game. To be eligible for playoffs, players must play in at least one game of league schedule or be registered prior to last game.

Weak first half kills Cougars

The Cougars' Men's Basketball team travelled to Kamloops for a two day tournament at Cariboo College on the weekend. They played the first game Saturday morning at 10:30 am against Okanagan College and after a ragged and sloppy first half, in which the Cougars scored only 11 points and allowed Okanagan to obtain a substantial lead of 39 points, they came back in the second, with Brian Chobotar scoring 14 points, Cy Lord scoring ten, Don Walker with five, Glen Kinney with two and John Degood with one, to score 38 points as compared with Okanagan's 32 points. The comeback wasn't enough to win though and the Cougars lost 71-49.

The second game played at 2:30 against Cariboo College was another story. After finding out what they could in the second half against Okanagan, the Cougars went into the game with high spirits and good morale and exploded off the jump to take a four point lead which they held

WINTER PROGRAM:

Girls' Basketball—if sufficient interest, a league could be played on Monday nights, 7-9 pm or 9-11 pm. Contact your Sports rep and get a word to me if you have a girls' team.

Men's Basketball—more interest lately in a men's league. (no cougar players.) Could be a Monday night activity scheduled with girls' league. Sports Rep can get me the info so we can schedule easily.

Indoor Soccer: last season this had a lot of interest. So we'll try it again if I can hear enough support.

New Sports: I'm looking for new leagues. If you have a group and want a gym schedule for an activity, contact me as soon as possible.

COED HOCKEY: E & E have a nice Hockey team but need more girls to balance the league. Good hockey players should transfer over to the men's league. If you want to do this contact me and I'll get you on another team. There is no satisfaction playing above the

opponent's ability. Messers Gibbs and McLean of the Staff team found this out and are getting involved elsewhere. Again, Staff could use a couple more gals. So Ladies! It's time to don the blades and help these poor guys out. Contact me for more info.

COUGAR HOCKEY: Show up for special practice this Thursday morning, November 17, 7-8:15 am on the Red rink. We need to get it together for the Exhibition games. SFU recently defeated Cariboo College 9-1 and 7-4. They have had a lot of practices and games so we need to be sharp to survive. Players who require equipment for this weekend's games contact me re Sticks and get your strip from the equipment room. Transportation for Parksville will leave SAC building Sunday November 20 at 9 am. Game time vs Parksville Cohos is 2:30 pm. Saturday Nov. 19 and

Sat. Nov. 26. Spectators are welcome at no charge for these games.

CLUBS:

Scuba: next session will be held in early January—course will be held on Wednesday night from 7-9 pm and weekend dives will be scheduled. Cost of course is \$120 which includes all equipment and material. This is a qualifying course sponsored by your Student Association. A minimum of 12 people per course is required for this group rate. Your student activity fee will pay \$10 toward this course so total cost to you is only \$110. Contact me before Christmas.

Badminton: prospective Cougar badminton players please contact Val Karpinsky in the Housing office. This is a coed team. Exhibition tournaments are scheduled for this month and early January. Contact Val prior to Wed. November 23.

GO FOR IT!



Whistler Lodge memberships are now on sale in the SA office

We now present our case for a B.C. beer:

