

Campus Centre fundraising target set

THE LINK

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November 25, 1987



The racquet courts mortgage burns to a crisp.

Racquet courts mortgage burned

Link Staff Report

No more money is owed on the \$1.2 million racquet court complex. Last month the Student

Association made the final mortgage payment, and last Thursday S.A. and bank representatives flicked a BIC and conducted the

long awaited mortgage burning ceremony. The torching of the mortgage took place during the Alumni awards breakfast, held in the lobby of the now fully paid off racquet courts complex.

The courts, built in 1984, features five racquetball and squash courts, washrooms, a large lobby and lounge area and the main office of the Recreation and Athletic Services department.

Money from the student building fund (built up through a student fee levy) provided the initial downpayment, with subsequent building fund payment and court revenue financing the \$800,000 mortgage. The mortgage, originally scheduled to run through to mid 1988, was paid off early due in part to a major contribution from the old PVI Student Union. In 1985 it merged with the BCIT Student Association and brought with it a \$65,000 building fund.

Bank of Commerce senior account executive Nick Largakis said the S.A. had made 'every payment with a hitch and even made the last payment...six months ahead of schedule'.

Continued on page 16

BOG chairman resigns

by Colleen Griffin

Malcolm Wickson has resigned as Chairman of the BCIT Board of Governors due to health reasons.

Wickson feels the Board has played an important role in the growth of BCIT, and he takes particular pride in its many accomplishments. Among them he lists the amalgamation of BCIT and VVI, the implementation of 'single team bargaining' in labor management relations, and the acqui-

sition of the PWA hanger on Sea Island for the Aviation technology.

Wickson said considering these accomplishments have come in the face of cutbacks in education funding, the school has survived remarkably well. He attributes this to the positive attitude of both students and instructors. He feels 'this spirit sets BCIT apart from other technical insti-

Link Staff Report

BCIT President Roy Murray has pledged that the Campus Centre 'will take place' if three fundraising campaigns currently in progress have raised at least \$750,000 by August, 1988.

Speaking at the Alumni awards breakfast last Thursday, Murray said the strength of BCIT is in its student body and alumni. He said previous students had a vision, 'and later today we're going to tear up the mortgage for the racquet courts'. He said today's students have a similar vision: the BCIT Campus Centre.

Three parallel fundraising campaigns are currently underway - the President's Club (members pledge \$1000 a year indefi-

nately), a corporate donations campaign and the Tower Group (participants, primarily alumni, pledge \$500 a year over three years).

Lorne Hildebrand, S.A. Business Manager and chairperson of the Campus Centre fundraising committee, said that the August 1988 date established by Murray gives the various campaign organizers a 'solid date' to work toward. He is confident the three groups will meet the deadline.

The Campus Centre is expected to cost \$5.4 million, with at least one third of the cost coming from fundraising drives and grants, with the remainder borrowed against building revenue and the annual student building fee.

Alumni hands out almost \$7000

By Don Wright

Eleven students received entrance awards from the BCIT Alumni Association at a special breakfast ceremony last Thursday.

The awards, worth \$605.00 each, are generated by the interest earned on a \$210,000 student endowment fund. The fund was established in 1984 with money contributed by BCIT graduates, this is the third year the awards have been presented. They go to new first year students who have 'been active in their school or community,' have good grades and demonstrate a financial need.

Receiving awards this year were

Constance A. Foster, Eric N. Hanson, Michelle S. Harris, Jeff D. Kostinoss, Hazel R. MacClement, William Manson, Cindy A. Meissner, Dalton J. Melenchuk, Christina A. Reyno, Marlene Shaler and Bruce J. Tewnton.

The awards were presented by Alumni Association President John Leech and Stan Hagen, Minister of Advanced Education and Job Training.

Hagen said it was important there was a strong alumni association at BCIT.

'What you're doing here today is essential for the well being of an institution like BCIT,' said Hagen.

He told award recipients that they should 'remember this day,

even after you graduate. Hopefully it will encourage you to get involved in the alumni'.

Following the presentation of entrance awards, three special awards were handed out to graduates for their business and career achievements.

Peter Crowder (Broadcast 1968) received a business achievement award and Bill Carruthers (Administrative Management 1975) and Tom Hunt (Civil & Structural 1969) received awards for their career development activities.

BCIT President Roy Murray said the institute is held in high regard by business and industry, but has 'no greater friends than its alumni'.

1987 Link Ski Supplement Inside!



Park report will be released

Link Staff Report

The Park report will be released after all.

When the one-person Park Commission was set up to do a program audit of BCIT, Stan Hagen, Minister of Advanced Education and Job Training, said he hadn't decided whether or not to release the report. He did promise, however, to make decisions on BCIT's future before Christmas.

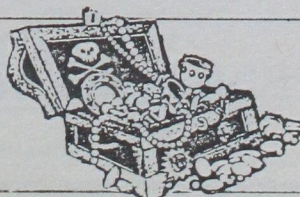
Last Thursday at the Alumni

awards breakfast, Hagen announced that he had read and 'considered' the report and would be releasing it 'in a very short time' to the public. He said he hoped to release it this week and that at the same time he would release his 'comments' on the report.

The report, written by consultant David Park and handed in to Hagen on November 17, was to examine BCIT's program mix and philosophy.

**INTERNATIONAL
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BCIT DEC. 3**

**ARE YOU PLAYING THE
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**Details at TNT
stores and the
BCIT mail room**

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Nov. 30 to Dec. 12

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BLUE PLATE SPECIALS:
hot, wholesome entree
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each day:

- * Shepherd's Pie
- * Meat Loaf
- * Beef Stew
- * Chile Con Carne
- * Beef on Bun
- * Hot Beef Pies

LIBRARY FINES

Avoid Them!
Return Library
Books on Time!

Fines are:
50 Cents/day per item

50 Cents/hour per item
for reserve materials



Big earthquake coming to B.C.?

By Hugh Westrop
Canadian Science News

A major earthquake, equal to the one that devastated San Francisco in 1906, may soon hit the upper west coast of North America, according to American and Canadian researchers.

Not long ago, scientists thought that British Columbia and Washington and Oregon states were free of major seismic activity. But recent studies suggest that an enormous geological strain is building up there, which may find its release in a sudden, violent shift in the Earth's crust.

No earthquake has been recorded in the B.C.-Pacific Northwest area since the European settlers arrived. But new evidence dug from the ground suggests that the region was rattled by a series of quakes in prehistoric times.

Dr. Herb Dragert, a geophysicist at the Pacific Geoscience Centre in Sidney, B.C., is one Canadian looking into the possibility of an impending earthquake in the region. His recent measurements show that an upward bulge is developing in Vancouver Island. The bulge runs up and down the length of the island. It is similar to one that is also growing in the Olympic Peninsula of Washington state.

Dr. Dragert says the bulge could well be the sign of pre-earthquake activity in the Earth's crust. Just west of Vancouver Island (and Washington and Oregon) lies a 'subduction zone' where two huge pieces of the Earth's crust form a junction. One of these pieces of crust, the Juan de Fuca plate, is

plunging beneath the other, the North American plate.

Junctions like the Juan de Fuca-North American one are located in many places around the globe. At each, a great deal of seismic activity has occurred, including some of the biggest quakes in recorded history—in Colombia in 1906; in Chile in 1960; and in Alaska in 1964.

Quakes occur because the process of subduction is a discontinuous, jerky affair. One crustal plate gets caught against the other, and an enormous strain builds up until the zone finally jerks loose. Dr. Dragert says the bulge in Vancouver Island is a strong sign that strain is indeed building up there, causing the island's surface to warp.

Meanwhile, Dr. Dragert's colleague, Dr. Garry Rogers, has found other evidence suggesting that, even though no recorded history of a major west coast quake exists, the region has been rocked by major tremors many times. Dr. Rogers' research covers Tofino beach, a stretch of the West coast of Vancouver Island.

Tofino beach has a peculiar terraced look, which suggests that it has been suddenly lifted from its current position every few hundred years, making way for the formation below of a new 'terrace'. Dr. Rogers thinks maybe regular earthquakes lifted Tofino beach repeatedly, and molded it into its unusual shape.

Other researchers in the U.S. have also delved into the geological past and unearthed evidence of earthquake activity there. For example, samples of the earth's crust from Washington state show that the crust there has a distinctive layered look which has accumulated over the last 7,000 years. The layers form an alternating pattern of lowland soils and thick layers of mud.

Scientists examining the crust say the Washington coast appears to have repeatedly sunk underwater and been covered in mud before rising again.

The cause of the regular sinking of the coast may have been a number of earthquakes spaced several hundred years apart, says Dr. Dragert. (The great subduction earthquakes in Alaska in 1964 and Chile in 1960 submerged large portions of coastline beneath the water, where they drowned in mud.)

Other evidence shows that the ocean floor of the Pacific Northwest has experienced several giant mudslides over the last several thousand years. These slides also may have been set off by a cycle of major quakes.

Dr. Dragert says it is extremely difficult to say when the mudslides occurred, or the Tofino beach was lifted, or the Washington coast dropped. However, if scientists can prove that these events coincided, they will have excellent evidence of a recurring, large-scale natural phenomenon, probably an earthquake cycle, he says.

If a quake is indeed in the offing, he doesn't now have enough data to predict when it will happen, Dr. Dragert says. He compares the current research to trying to predict a crime on the basis of a loaded gun.

"We have established that there is a gun—there is plate subduction going on. Other evidence indicates that the gun has probably been fired at repeated intervals. Now we have to establish when the gun was last fired and when will it be fired again," he says.

He does add that the 'gun' will not be triggered by earthquakes in Los Angeles. "There is no connection between the quakes in California and the one we are likely to have," he says.

Veteran rejects government cold war mentality

Canadian University Press
VANCOUVER

Canadians must propose alternatives to the cold war mentality or the federal government's white paper on defence, says the national chair of Veterans Against Nuclear Arms.

"The federal government and presumably the cabinet have not come to the conclusion that a war is obsolete," said Giff Gifford, who criticized the white paper during a recent visit to Vancouver.

Gifford, an air squadron leader in the Second World War, veteran of 49 bombing missions in Europe, and recipient of the Distinguished Flying Cross, said the white paper confronts Canada with a choice between a permanent arms race and an approach to international security relying on negotiation and the world court.

Alternatives to the white paper include looking at "non-provocative" defence postures, which involve specific weapons systems and deployment strategies.

"Heat-seeking anti-tank and anti-aircraft missiles are not threatening in the same way that tanks are," said Gifford, who was the director of the schools of social work at Dalhousie and the University of Manitoba before retirement.



He said Canadians should support the Palme Commission's proposal for a 300 kilometre-wide denuclearized zone in central Europe. And Canada itself should negotiate with other northern countries for a demilitarized zone north of 70 degrees.

On October 2, Soviet leader Mikhail Gorbachev advocated an Arctic "zone of peace," but details on that proposal are not yet clear.

In terms of the United Nations, Canada should support expanding peace-keeping forces into a border patrol force, for countries fearing attack. Under these conditions, Canada would maintain lightly equipped, easily transportable troops for worldwide duty, instead of the more heavily equipped, relatively immobile troops in Europe, which Gifford called "an investment in World War Three."

Also in support of the U.N., Canada can work for an international verification agency, to ensure compliance with arms control agreements and reassure nations in times of international tension.

For Canada's own verification duties, Gifford advocated withdrawal from the American-controlled North American Aerospace Defence Command (NORAD) for independent operations of the North Warning System.

"We need to assure both the U.S. and the U.S.S.R. that they won't get any surprises from our territory," he said.

The cost of independence from NORAD would be less than buying one nuclear sub, said Gifford.

Low turnout for General Meeting

By Gordie Wright

It was almost a regular student council meeting when few additional students showed up at a general meeting of the Student Association last week. The general meeting had been called to approve changes to the S.A. constitution.

The changes were minor but necessary for the B.C. Societies Act to approve the S.A. constitution after it was changed last year. Glen Emery, engineering chairperson, arranged the changes which were unanimously passed.

Lorne Hildebrand, S.A. Business Manager, announced that the racquetball courts had been paid off. The courts were completed in 1981 and were paid for through the S.A. building fund and court revenue.

Anna-Lisa Jones, V.P. student

affairs, proposed that a letter be sent to Premier Bill Vander Zalm expressing the Student Association's opposition to coming changes in the requirement for special occasion liquor licenses.

Jones said the legislation will make it impossible for technologies to raise money through dances. A letter is on its way to Vander Zalm.

The Advertising Club was presented to council. The club plans to bring guest speakers on campus to discuss advertising techniques.

S.A. President Jamie Letwin announced that he had accepted a challenge from BCIT President Roy Murray to raise \$750,000 for the Campus Centre by August 1988.

Safe Driving Day coming

By Gordie Wright

Medical Services will host a Safe Driving Day on campus on December 9th. The annual event will feature displays from a variety of groups in the racquetball courts lobby area of the SAC.

The main theme of the event will be alcohol and drug abuse by drivers, both of automobiles and bicycles. The Vancouver Safety Council and Mothers Against Drunk Drivers (MADD) will be represented and the British Columbia Cycling Association will host a safety display and have information on riding techniques and protective clothing.

Medical Services will also

have a booth featuring free samples of non-alcoholic drinks. Recipes will be available. According to Medical Services staff, the idea is to promote the idea that alcohol is not the only beverage to serve at a party.

The displays will be smaller than in past years, partly due to promotional budget cuts at the RCMP and ambulance service. As well, many organizations with limited budgets are concentrating their efforts on reaching high school students.

The Safe Driving Day displays will be up between 11:30 a.m. and 1:30 p.m.

Library fines quickly add up

Students are reminded that the BCIT library now charges a fine on books and other materials turned in late.

According to a spokesperson for the library, the fines are not meant to make students pay, but to

get books returned on the date due.

The fines are 50 cents per day for item, and on reserve material, 50 cents an hour per item. The maximum fine is \$25, at which time a bill goes out to the borrower for the replacement cost of the item.

OFFICE OF THE REGISTRAR

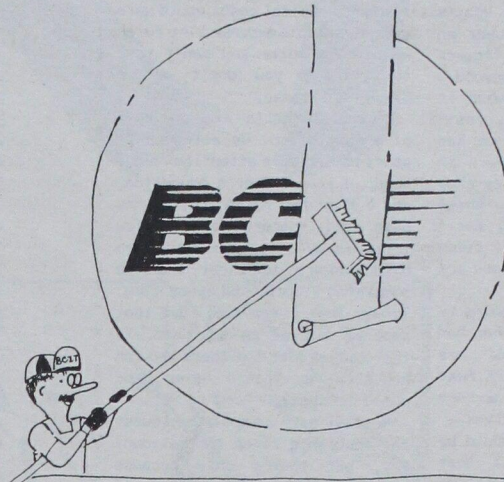
ATTENTION

ALL FULL-TIME &
PART-TIME
TECHNOLOGY STUDENTS

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OPEN HOUSE '88 Theme Contest!



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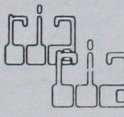
After leaving high school, I enrolled in the Financial Management Technology program at B.C.I.T. When I tried to get into the work force I found it hard to get a job because they said I couldn't type! So I took a job as an accounting clerk and, looking for better things, enrolled in the RIA program to learn

about managing, as well as accounting.

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EDITORIAL

Mandatory driving training needed

It's time for mandatory driver's education in B.C. What's that? Did someone say "What an asinine idea"? Well, the figures are out, and they prove beyond a shadow of a doubt that when it comes to driving, we B.C. residents stink. This province has always had the worst drivers in Canada, and the new studies show we're getting even worse. While the incidents of traffic accidents in Canada have risen slightly, in B.C. the numbers are going through the roof.

And now ICBC says we're going to have to start paying for our bad habits...insurance rates are going up an average of 22% next year. Well, let's face it, we have no one to blame but ourselves.

Now of course, no one would be stupid enough to suggest that mandatory driver's education would solve the whole problem, but it's obvious to anyone who has taken driver training there are a lot of people out there who simply do not know the rules of the road.

The mechanics of setting up such a system wouldn't be too complicated. The provincial government would fund the courses; the money

they'd eventually save through ICBC and hospital costs would more than offset the expense. The rules would be simple: you don't pass the course, you don't get a driver's license.

Of course that's just one part of the solution. We all have to start paying more attention on the road. I took driver's education, and I know the rules, but I know damn well there've been a few times in my life when I've been daydreaming at the wheel, and done something stupid. And every time, it was just plain dumb luck that kept me out of an accident. Is there any driver out there who can honestly say that's never happened to them? Of course not.

We still have some of the lowest car insurance rates in the country, but that's only because they're government-sponsored. If they weren't, we'd all have to take out second mortgages to insure our cars. So although we're getting off easy when it comes to paying for insurance, if something isn't done soon, the party will be over.

Tim Perry, Link news editor

LETTERS

PVISU helped pay off courts

In a recent article, 'Racquet courts free and clear,' (October 28), it was announced that the racquetcourt complex was paid off.

I commend the Student Association. However, I'd like to point out that part of the credit for the early completion must go to trades students. In 1985 when the Pacific Vocation Institute Students' Union and the BCIT Student Association amalgamated, the PVISU

Building Fund (\$65,000) was signed over to the BCITSA to go toward their mortgage. This money was raised by PVI students through fundraising efforts and student fees in hopes that they would one day have their own facility.

Congratulations to all students, technologies and trades, of BCIT!

Ken Pearce
President, 1980
PVISU, Burnaby Campus

\$200,000 matching funds available to BCIT

By Robert Germain

BCIT will be able to receive up to \$200,000 to match new donations from the private sector. The money is part of the 2 million-dollar Provincial Education Endowment Fund announced recently by Advanced Education Minister Stan Hagen.

The fund will match, dollar-for-dollar, new endowments for scholarships and bursaries raised from business, industry, and individuals.

Gerry Lloyd, Director of Community Relations, says the money should help cultivate new donors. He says he is meeting with other BCIT departments to discuss possible new programs for soliciting funds.

Lloyd said "we have already sent out a letter to every one of our scholarship and bursary donors informing them of the fund, and encouraging them to take advantage of it".

But he noted the competition is great for money from private industry. BCIT must compete with other post-secondary institutions, including UBC and SFU, which are also eligible for matching grants.

The \$200,000 fund will cover money donated after July 1, 1987 for one year. Walker said they hope to raise up to the full amount eligible because the Advanced

Education Ministry "will reconsider the amount we get next year".

Gerry Lloyd said the Vancouver Foundation has previously matched donations from the Alumni Association and other private donors, and may begin again in two years. That would multiply private sector donations by three, when combined with the province's endowment fund.

He said he sees post-secondary institutions relying more and more on industry for funding, and less on the province. He said it's a good idea, "and something the Americans have been doing for a long time".

THE LINK

LINK STAFF
MEETING

Every Wednesday

12 noon

Link Office

The Write Stuff

STUDENT INFORMATION UPDATE

Student Marks: Part I

PART 1 - REASSESSMENTS AND APPEALS - HOW TO AVOID THEM!

WHAT IF I DON'T LIKE THE RESULT OF MY FINAL GRADE IN A COURSE?

Students often wonder, "what happens to me if I don't agree that my final grade was a fair accounting of my effort in the course." - ESPECIALLY if the grade given has caused the student to fail the course. The following is provided as a brief review of the information and procedures that are in place at B.C.I.T. However if more information is required students can first review the information in the current Calendar pages 64/65. Further it should be noted that this information deals with both Technology and Trades students.

CAN I DO ANYTHING BEFORE I NEED TO ASK FOR A REASSESSMENT?

Before reviewing the actual procedure the following thoughts are offered in the interest of the student as the procedure can be emotionally draining and counter productive to the study effort and hence should not be taken up on minor issues, that might be able to be solved much earlier in the term of a particular courses.

WHOSE RESPONSIBILITY FOR MY PERFORMANCE AND GRADES?

A student at BCIT must take responsibility for monitoring ones own progress through a course, and should difficulties start to occur these should be brought to the instructors attention IMMEDIATELY and as often as necessary, as the course progresses through the term. Good communication with the instructor can often clear-up a minor problem before it becomes a major problem.

The instructors at B.C.I.T. will bend over backwards to help a student in academic difficulties PROVIDING the student is showing some evidence of hard work and extra effort to gain understanding of the material. This may even extend to engaging in outside tutoring. The direction and advice given should be followed and periodic meetings between student and instructor should be strived for until the student feels confident in the level of work expected.

WHAT IF IT IS NOT JUST PERFORMANCE AND GRADES?

Should the student feel the problem might relate to an interpersonal difficulty between the student and the instructor, this problem should be pursued immediately as well, and the initial steps taken. If the student feels he/she cannot deal directly with the instructor in question then the matter should be taken up with the Associate Dean and/or the Tech Rep and/or the Student Association, V.P. Student Affairs.

WHY SHOULD I GO THROUGH ALL THIS PROCESS WHEN I COULD JUST FILE A REASSESSMENT WHEN I GET MY FINAL GRADE?

The major responsibility in both situations is on the student to identify and make known the problem as early as possible and take as much corrective action as he/she can do to change the situation before real difficulties set-in. This would include keeping any necessary documentation through the period. It should be noted not being able to get a hold of the instructor etc. are not valid excuses as notes can be left on/under doors via the Dept. office etc. -- and copies should be kept by the student for future reference just in case the issue does not seem to get the attention it should.

Waiting until you get your final grade will usually not resolve the difficulty in a pro-active way for either the student or the Institute.

WHAT IF I STILL DON'T LIKE THE OUTCOME FOR SOME REASON?

Providing the student through the term has taken every precaution to ensure that his/her expectations for a successful grade has been undertaken AND then is still surprised or certain that the grade does not represent his/her expectations, a reassessment might be necessary.

BUT first the student should if possible ask the instructor for an informal review of the awarded grade ie a re-count etc. as it can happen that a student gets a term mark missed and/or an error in calculation can and has taken place. If this is not the case the student again should express informally with the instructor his concerns, and again if the person is hard to get a hold of PUT IT IN WRITING, your dissatisfaction with awarded grade. Should the student feel that the instructor in question might not be approachable an informal visit with the Program Head or Associate Dean would be a good idea, again this would presume that the problem has been out in the open through the term or that the grade is suddenly so very far removed from the students expectation that it just just does not seem possible to have received such a grade. It would then be at this point a request for reassessment should be considered provided no real satisfactory answer has come about the grade to this point.

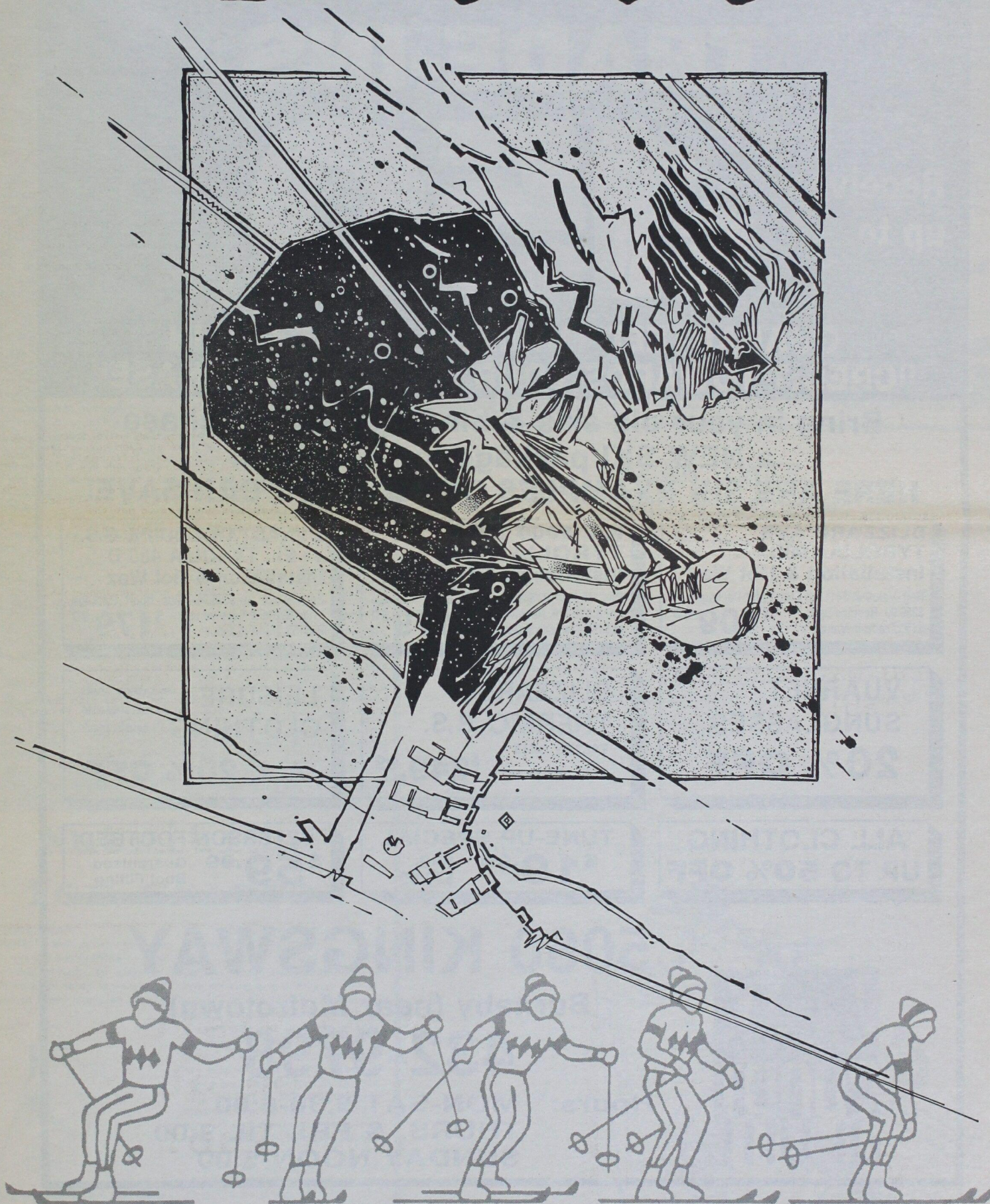
WHAT IF WE CAN'T GET TOGETHER IN TIME FOR THE DEADLINES?

Even if student and instructor are going out of town for the summer or on holidays, if the student has been on top of the situation through the term and course in question, this will facilitate reasonable response and action on the matter if the student cannot take any informal in person routes and must mail in or have dropped of the Reassessment form to meet the deadlines.

NEXT WEEK - WHAT HAS TO BE DONE IN ORDER TO FILE A REASSESSMENT & APPEAL.

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Hitting the slopes

Special Report by Shari Hobbs

Whether you are a downhill daredevil or a bunnyhill bomber, you won't find any better skiing in Canada than right here on the West Coast.

Skiers in the Lower Mainland are getting keyed up for an open season on the slopes. Most of the local mountains are scheduled to open between November 25 and November 28. Of course it all depends on old Mother Nature and the amount of icy dandruff she decides to shed on our hills. The ski season usually ends around April.

Many of the local slopes have been improved, modified, regroomed, lengthened and basically anything and everything has been done to make them attractive to skiers in this competitive market.

With so many ski hills to choose from, the smart skier really has to shop around for the best air-time for the buck, especially if the bucks are financed by a student loan.

All mountains surveyed here have cross-country skiing except for Grouse, and most of the local ski resorts have restaurants, pubs, lounges and hot tubs. The larger and more isolated resorts have accommodation for over-night ski getaways.

So, to save you some time and some long-distance phone calls, the Link presents this general overview of our more popular provincial ski sanctuaries.

Whistler

Whistler Mountain, home of a world cup downhill race, is probably the best known B.C. ski area around.

It has the most runs in B.C. at over 80, and its longest run stretches out to five miles, a distance equalled only by Blackcomb. The vertical drop is over 5000 feet, all of which adds up to some exciting skiing.

'We've opened up some new runs this year,' said Joe Evora of

Guest Relations. 'Other trails have been widened and improved.'

The regular lift ticket is \$31 a day for adults, but group rates and packages are available. For groups of 15 to 25, everybody skis for \$27 each; for groups of 26 or more, the rate drops to \$26 per person.

For more information about rates, lessons, etc., you can call 932-3434. Whistler plans to open November 25 and close by May 8.

Blackcomb

Blackcomb opens a day later and, get this, they do not plan to close! Along with three new lifts, Blackcomb now boasts a new glacier T-bar that will allow skiers to slice down the slopes all year round.

'The glacier T-bar will turn us into a year round operation,' says Jan Laxton of Blackcomb. 'It will make Blackcomb the place for summer skiing.'

Laxton also said there are four new high speed quad lifts and expanded restaurant facilities.

Be prepared to pay \$31 for a lift pass here. You can save some money with a three day pass for \$79 or a five day pass for \$129. And if you can't make up your mind between Whistler and Blackcomb, you can get a three day dual mountain pass for only \$90.

For more information call 687-1032 or the snow phone at 687-7507.

Grouse

If you don't want to stray too far from home, then Grouse Mountain in North Vancouver is an alternative. Grouse plans to open November 28.

Grouse is a smaller mountain with only 12 runs, but Marketing Director Valerie Lang said that the runs have been improved this year.

'We've done close to \$250,000 worth of grooming and hill preparation on our back runs,' said Lang. 'We're also the proud hosts of the Molson World Giant Slalom on March 1st.'

So if you can't make it out to the Calgary Olympics, you may want to take the ride on Grouse's

gondola to see some Olympic level downhill skiing in person.

The regular lift rate at Grouse is \$22, but if you buy the five day value pack at \$70, you end up paying only \$14 a day (really cheap!).

The phone number for more info is 984-0661 or 986-6262 for the snow phone.

Cypress Bowl

Cypress is also a comparatively short drive away. The Bowl is near West Vancouver and according to Daria Grant from the promotions department, Cypress has the longest run on the North Shore. They even beat Baker by 200 feet.

Cypress is scheduled to open November 27 and close on April 30. You can get in a lot of skiing if you take advantage of their Campus Pass. For \$129 you can ski Monday to Friday, days and nights, as well as on Saturday night. But after that much skiing you might want to retire to a hot tub for the rest of your life.

Cypress also has a new Skychair which goes up to Mount

Strachan. 'That's the highest point on the North Shore. You'll get an incredible 360 degree view,' said Grant.

The number to call is 926-5612 or 926-6007 for the snowphone.

Seymour

Also in the Vancouver area is Mount Seymour. Seymour is scheduled to open in early December. They charge \$19 for a lift and have 20 runs.

'This year we have a new chair lift,' said Lynda Enquist. 'It

goes back much higher and farther. Skiers will experience drier conditions.'

To go with the new chair lift there is also new rental equipment and a cafeteria newly licensed to serve beer and wine.

You can call 986-2261 to find out more about the group rates or 986-3444 for the snow phone.

Baker

If you don't mind driving a while to get to your ski destination, you may want to cross the border and head over to Washing-

Continued on page 8



EGAN LAKE CROSS COUNTRY SKI TRIP

WHEN: Monday, Dec. 14th - Wednesday, Dec. 16th

ACCOMODATIONS: Quaint cabins with fireplaces and wood and propane stoves.

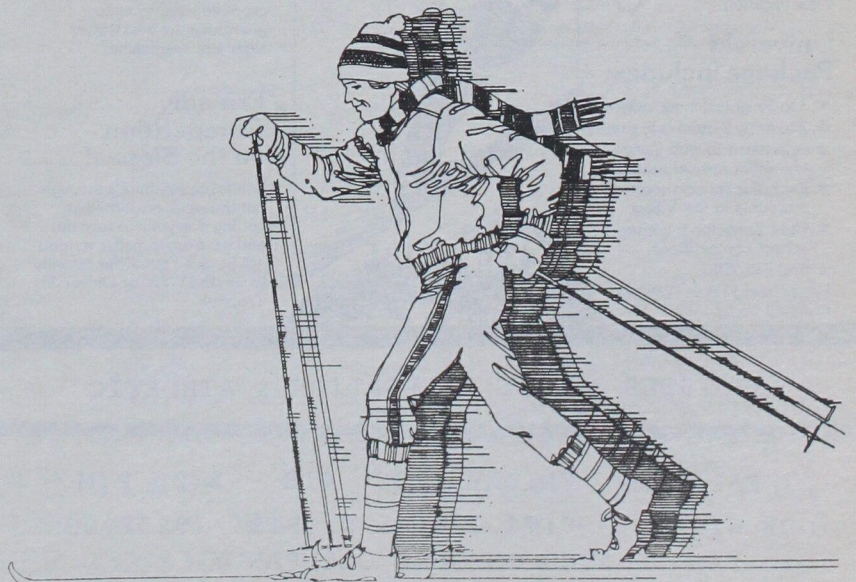
Cost depends upon numbers but will range between \$5 - \$10 per night.

TRANSPORTATION: Car pooling

MEALS: Shared

TRAILS: Miles and miles of great Cariboo trails

SPONSORED BY THE BCIT OUTDOOR CLUB



Nutrition for skiers

Link Staff Report

Downhill and cross country skiers are all susceptible to food exhaustion, brought on when not enough food is eaten when one is engaged in heavy exercise. Signs



of food exhaustion are dizziness, weakness and nausea.

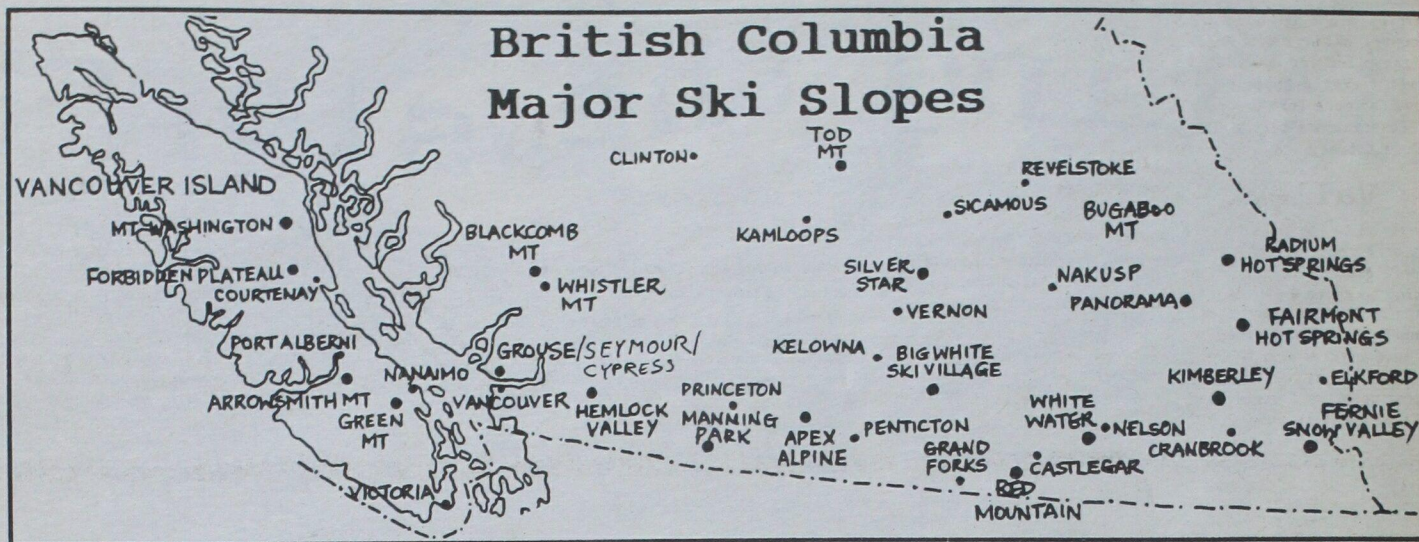
The Outdoor Council of British Columbia has some preventative measures to help people avoid food exhaustion. Food exhaustion

can, in turn, contribute to hyperthermia and frostbite.

1. A good dinner the night before and a hearty breakfast in the morning are a must.

2. Frequently eating small snacks will allow one to keep up a good pace and maintain a high level of energy. The Council warns, however, that cross country skiers should avoid eating one large meal on the trail as this will tend to slow the body down. Instead, take along a 'mountain mix' of nuts, raisins, chocolate chips, candies and granola for the needed energy.

3. Normal daily liquid intake should be about two quarts, even if it is cold and snowing. Take along a thermos with a good hot drink in it (no alcohol). Do not eat snow as energy lost outweighs benefit gained from liquid intake.



Hitting the slopes

Continued from page 7

ton State's Mount Baker.

Baker plans to open at the first good snowfall and their scheduled closing date is May 22.

'We've been expanding our trails and grooming hills,' said Stephanie Mills of Baker. 'We're ready to go with the first snow.'

The regular price for a lift is \$22.50 Canadian, but if you go on a Friday you'll only pay 10 Canuck bucks, which is the cheapest price around.

Baker offers 26 runs, with the longest stretching 1.5 miles. The vertical drop is 1600 feet.

The number to call for more information is (206) 734-6771 or the Vancouver snow phone at 685-1595.

Hemlock

Back in Canadian snow, a little farther up the valley in Agassiz

is Hemlock. Hemlock has 21 runs and charges \$21 for a lift.

Hemlock is under new ownership this year, and they've been updating and modifying their runs.

'Hemlock is a family oriented resort and you don't have to worry about losing your kids here,' said Beth Thomson of Ski Hemlock.

If you can get together a group then for every 15th skier the next

one skis free.

Hemlock's number is 524-9741 and their Vancouver snow phone is 520-6222.

Manning Park

Manning Park's Ski Resort opens up on November 27 and plans to close on April 5. Manning has 25 runs and charges \$19 for a lift.

'If you come in a group of 20 or more, we can give you a good deal,' said Mike Barker. Barker said that Manning Park can arrange special packages and that if you come midweek you'll get a 15 per cent discount.

Manning Park has improved its lodge and re-designed the food and beverage service. The trails have also been slashed and widened. Their number is 840-8822.

Apex

If you really want to get away there are several ski hills in the Okanagan to choose from. Apex-Alpine is located near Penticton and is scheduled to open December 5.

Apex charges \$24 for a day lift and if you go in a group then every 26th person skis for free. You can call Jackie Parker for more information and reservations at 1-800-663-1900.

Parker said there is nothing new at Apex, but that it is well known for its expert runs.

Big White

If you're in the Kelowna area, the Big White Ski Resort offers some exciting possibilities.

'We've relocated the Alpine T-

bar,' said Graham Nunn of Big White. 'And that has opened up some awesome powder bowls. We now have over 2000 vertical feet of skiing and a three mile run.'

Big White boasts 49 runs and has 14 new condos in the rental pool to accommodate travelling skiers. And for those interested in apres-ski activities they have pubs and five new outdoor hot tubs.

A lift ticket is going to cost you \$26 a day, but you can arrange special group rates and accommodations by calling 765-3101.

Silver Star

Up near Vernon you'll find the Silver Star Ski Resort. It's opening on November 25, and charges \$25 for a lift ticket.

'We have a new aquatic centre with a swimming pool and a jacuzzi', bubbled Bonnie Davidson. 'And there's lots of hot tubs to go around.'

Silver Star has 35 runs with a 1,600-foot vertical drop and a long run of 2 miles. If you need information on group rates you can call 1-800-663-4431 toll free.

Panorama

Panorama Resort near Invermere has some of the best skiing in its area. The vertical drop at this mountain is almost 4,000 feet and the longest run is 3.4 miles.

'The slopes here are great', said Roxanne Dyck. 'It's not like Saskatchewan where I'm from.'

Continued on page 9

WHISTLER'S 5th ANNUAL UniverSki

WINTER CARNIVAL DEC. 13-18, 1987

SKI PARTY RACE DANCE

Join the Celebration!

Celebrate the beginning of Christmas break with skiing, dances, prizes, friendly inter-school competitions and much merry-making! Students from all over the Pacific Northwest are invited - don't miss this incredible value vacation.

Universki Package includes:

- ★ 3 to 5 nights deluxe lodging
- ★ 3 to 4 day 2-mountain passes
- ★ Admission to pub party and other special functions
- ★ Exclusive coupon book for discounts in the Village
- ★ Race Entry for the inter-school competitions
- ★ and PRIZES!!

Prices from \$174 to \$239 based on quad occupancy.

Luxurious Accommodation

Universki Carnival participants will enjoy a variety of luxurious condominium style accommodation. All roomshavekitchens and T.V. and ample room for three or four to share. Hotels all have a jacuzzi, sauna and swimming pool.



Old World Charm and High Tech Skiing — Something for Everyone!

Whistler, B.C. combines all the ambience of a European alpine village with the latest in high speed lift technology and snow grooming machines to guarantee the best winter ski break imaginable.

Friendly Competition on the Slopes!

School competitions throughout the week are aimed at getting everyone to turn out and have fun. Smaller schools will be given equal opportunity to win the Whistler Universki Trophy!

REGISTER AT THE RECREATION & ATHLETIC SERVICES OFFICE 10:00 A.M. - 2:00 P.M.
DEADLINE: FRIDAY, DEC. 4TH - 2:00 P.M.
3 NIGHTS - \$174.00 5 NIGHTS \$239.00
BASED ON QUAD OCCUPANCY

FIRST AID TIP



FROSTBITE

Frostbite makes the skin white, waxy and numb; freezing causes hardening. • Warm frostbitten area gradually with body heat; do not rub • Do not thaw frozen hands and feet unless medical aid is far away and there is no chance of refreezing. They are better thawed in hospital • If there are blisters, apply sterile dressings and bandage lightly to prevent breaking • Get to medical aid.



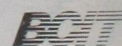
St. John Ambulance

Talks With Students

Wednesdays 12 - 1

Oct. 28 - SAC Lobby
Nov. 4 - Inglis Lobby
Nov. 18 - SAC Lobby
Nov. 25 - Inglis Lobby

Meet Paula Pick
BCIT Acting Vice President
Student Services and
Educational Support



WRITE
A LETTER
TO THE LINK!

Continued from page 8

The prairies might be good for cross-country skiing, but Panorama is the place for downhill.

The lift ticket will cost you \$25 a day. For more info on group rates or reservations call 1-800-663-2929 toll free.

Snow Valley

Now we're on to the pulsing metropolis of Fernie, where you'll find Fernie Snow Valley.

According to Karen Ball they'll be opening by Christmas and closing around Easter. I guess they're kind of laid-back around there.

Fernie Snow Valley has 35 runs; the longest goes for 3 miles, and the vertical drop is over 2,000 feet. A lift ticket is 20 bucks, but if you go with a group of more than 10 you'll get a discount. Their number is 423-9221.

Powder King

The final mountain in this overview is Powder King near Macken-

zie. Now there's a good ski name; "Powder King"!!

The "King" has 18 runs, with the longest being just under 2 miles. The vertical drop is an average 2,100 feet.

"One of the big draws to Powder King," said Jane Steidl of Marketing, "is the 40 feet of accumulated snow we get."

The charge for a lift is \$24. If you're looking for a ski weekend, Powder King offers 3 days and 2 nights for \$89 dollars per person based on double occupancy.

For more info or to make reservations, phone their toll-free number: 1-800-663-4979.

Hit the slopes!



Give UNICEF gifts and cards and help a child



Contact: UNICEF Canada 443 Mt. Pleasant Rd. Toronto, Ont. M4S 2L8 Telephone (416) 482-4444 OR call toll-free 1-800-268-6364 (Operator 509)

Brochures on winter safety

BCIT Medical Services has a selection of brochures issued by the Outdoor Recreation Council of British Columbia. The brochures cover a variety of sports and activities, including alpine skiing, cross country skiing and snowmobiling as well as what to do to avoid or survive an avalanche.

The alpine skiing brochure features equipment, clothing and nutrition tips, as well as information on rope tows, chairlifts, and t-bars and advice on preventing frostbite.

The cross country skiing brochure lists recommended equipment for day trips, nutrition information, avalanche avoidance and survival techniques.

Medical Services also stocks a brochure on hypothermia and hyperthermia subtitled 'Hidden Killers Outdoors'. It warns of the dangers of exposure to heat and cold.

According to the brochure, outdoor temperatures do not have to be extreme to have a lethal effect. For example, most hyperthermia accidents occur in outdoor temperatures between -1 degree C and 10 degrees C, and 'no one, regardless of experience in the outdoors, is immune to the danger of hyperthermia...'

The brochure, published by the Province of British Columbia, lists preventative techniques, warning signs, and treatment.

Medical Services is located in the East hall, SAC building.

FIRST AID TIP



HYPOTHERMIA

Shivering, slurred speech, stumbling and drowsiness after cold exposure are indications of hypothermia. Condition is severe when shivering stops. Unconsciousness and stopped breathing may follow. • Remove gently to shelter. Movement or rough handling can upset heart rhythm. • Remove wet clothing, wrap in warm covers. • Rewarm neck, chest, abdomen and groin — but not extremities. Apply direct body heat or safe heating devices. • Give warm drinks if conscious. • Monitor breathing; give artificial respiration if needed. • Call for medical aid or transport gently.



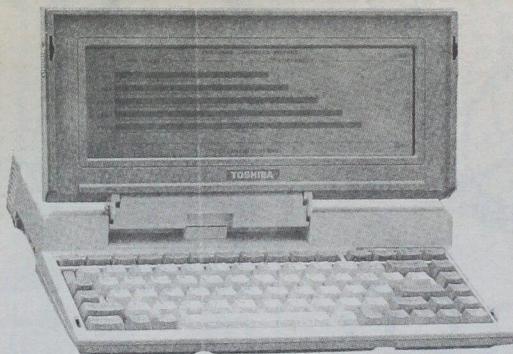
St. John Ambulance

AC ACCESS COMPUTERS

In the Library Lobby

(Leave this ad where your parents can see it!)

Just in time for Christmas! The Toshiba T1000



Sale price
in effect to
Dec 4, 1987

\$1475.00!

Access' Regular Retail \$1575.00
Suggested List Price \$1899.00

PROCESSOR

80C88, running at 4.77MHz
IBM PC® compatible
Real time clock/calendar

MEMORY

512KB RAM, expandable to 640KB user
memory plus 640KB of LIM-EMS
256KB of ROM for MS-DOS® 2.11

DISK DRIVE

Built-in 720KB 3½" diskette drive

DISPLAY

Toshiba supertwist LCD display
80 characters x 25 lines
640 x 200 bit-mapped graphics
Position adjustable a full 180 degrees
IBM Color Graphics Adapter (CGA)
compatible

KEYBOARD

Full-function 82-key keyboard
Integrated numeric key pad

Special Fn key for extended functions

STANDARD INTERFACES

Parallel printer port
RS-232C serial port
Expansion slot for 300/1200 bps modem
External 5¼" diskette drive port
RGB color monitor port
Monochrome composite monitor port
External key pad port

SOFTWARE

MS-DOS® 2.11 in ROM

STANDARD ACCESSORIES

AC adapter/battery charger

DIMENSIONS

12.2" W x 2.05" H x 11.0" D; fits in desk
drawer
6.4 lbs.

POWER

Runs up to 5 hours on internal recharge-

able batteries

AC adapter 108-132 VAC, 9 VDC output
Low battery warning light

OPTIONS

Internal 300/1200 bps Hayes compatible
modem
Internal 768KB memory card provides
an extra 128KB user RAM, plus 640KB
of LIM-EMS memory (Lotus™/Intel™/
Microsoft™ Expanded Memory
Specification)
External 5¼" diskette drive
Automobile power adapter
17-key numeric key pad
Floppy Link to desktop 5¼" diskette
drive
MS-DOS 3.2 on 3½" diskette
Universal AC adapter 100-264 VAC for
worldwide usage
Carrying case with shoulder strap

5% SCHOLARS DOLLARS
LOCATED IN LIBRARY LOBBY
PHONE NUMBER 432-8368

HOURS OF OPERATION
MON-THURS 8:00 - 4:00
FRI 7:30 - 3:30

Alpine skiing tips

The following equipment and clothing tips are excerpted from a brochure entitled 'Alpine Skiing' published by the Outdoor Recreation Council of B.C.

INTRODUCTION

SKIING'S CHALLENGES are as varied as the millions of individuals who ski.

You'll find these challenges with every turn you make, whether gliding down gentle meadows or conquering strenuously steep slopes. Floating through deep powder or handling the hardpack. No two runs are ever exactly the same - that's part of the great thrill of skiing.

Alpine skiing provides a depth of independence and satisfaction which can be derived from few other sports. The obvious key to maximum personal enjoyment of the sport is an ability to control and blend all its variables.

Skiing starts with a proven training course taught by qualified instructors. Before jumping into a season of skiing it might be wise to undertake some pre-season conditioning, especially for those unaccustomed to heavy, regular exercise.

Stretching before beginning a day's skiing is advisable. It may prevent needless strains and sprains. Tackling some of the easier slopes is also a good way of warming up.

EQUIPMENT

Choose equipment not so much for the lower price but for the fit, quality and type of safety features. Maintenance is just as important as quality.

Keeping skis and bindings in good condition plays an important role in enhancing skiing enjoyment. The bottoms of the skis should be maintained periodically to keep them smooth. A quick application of wax will add polish to your turns. Frequent sharpening of ski edges greatly aids control.

Your bindings should be kept lubricated and the release setting checked frequently by a qualified ski mechanic. While there is no absolute guarantee that a binding will release under all circumstances, conscientious maintenance increases its reliability. It is always good to protect your bindings from the elements by keeping them covered when on a car rack. Ensure ski poles are the proper size.

Most full-service ski shops have qualified ski mechanics to perform ski-binding maintenance. If you ski often, you may want to learn how to service your own equipment, but this does require a level of expertise which can best be obtained by reading special instructional guides on the subject.

CLOTHING

Fashion should not replace warmth in the choice of ski clothing.

You will be more comfortable if you dress in layers of non-restrictive clothing which can be removed or added on as temperatures change.

A waterproof outer garment should be considered but often these can cause a buildup of perspiration. Some synthetics will lose their insulating qualities when wet. A number of synthetic fabrics have been designed to allow the body to breathe while still shedding external moisture. Wool is one of the few fabrics which retains heat when both wet and dry.

On sub-zero or windy days, shield your face with a high collar, neck gaiter or face mask. Greasy skin creams also protect the face from cold and wind burn.

Wear tinted goggles to protect the eyes from ultraviolet light injury and snowblindness. A touque, or other headgear, and gloves will round off the skiing outfit while providing insurance against hypothermia and frostbite. A good pair of mittens with liners is usually warmer than gloves.



SKI BCIT IS COMING!

January 20, 1988

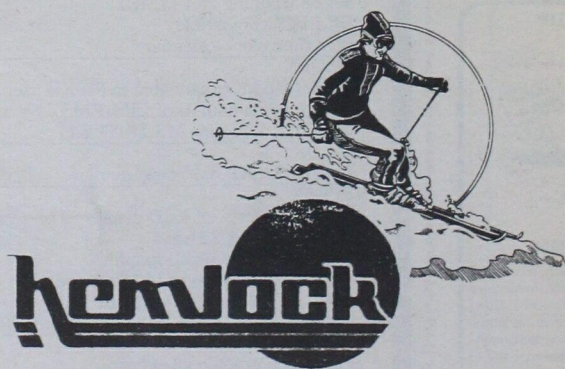


**FREE
COMEDY!
Dec. 2
IN TAPS!**

featuring two of Canada's
Hottest comics!

Link Ski Supplement
Produced by Don Wright
THE LINK

Win a Hemlock Valley One Day Lift Pass!



Write your name and phone number
on a piece of paper marked
'Hemlock Ski Pass' and submit
to The Link, S.A. Office or
Recreation before Dec. 1

Universki

Link Staff Report

BCIT students are once again invited to participate in Univer-Ski, a six day winter carnival of skiing, parties, races and dances.

UniverSki takes place December

13 to 18 at Whistler Village and costs from \$174 to \$239 depending on the length of stay. The price includes lodging, mountain passes, admission to pubs and parties, a Whistler Village coupon book, race entry and prizes. The cost is based on quad occupancy in a condominium style room including kitchen, T.V. and access to a jacuzzi, sauna and swimming pool.

The event attracts students from all over the Pacific Northwest, including the Lower Mainland, Vancouver Island and Washington State. A highlight of UniverSki is a series of competitions pitting school against school. In the past, BCIT students have brought back more than a few trophies.

For more information drop by the BCIT Recreation and Athletic Services office in the SAC. Students must sign up before December 4 to take part.



Responsibility code for skiers

1. Ski under control and in such a manner you can stop and avoid other skiers or objects.

2. When skiing downhill or overtaking another skier, you must avoid the skier below you.

3. Do not stop where you obstruct a trail or, starting downhill, yield to others.

4. When entering a trail or starting downhill, yield to other skiers.

5. All skiers shall wear retention straps or other devices to prevent runaway skis.

6. Keep off closed trails and posted areas and ski within area boundaries.

Reckless skiing is defined as:

- Jumping in blind areas.
- Skiing fast in crowded areas.
- Skiing fast and out of control.
- Any other action endangering the safety of others on the slopes.

FIRST AID TIP



UNCONSCIOUSNESS

Loss of consciousness may threaten life if the person is on his back and the tongue has dropped to the back of the throat, blocking the airway.

• Make certain that the person is breathing before looking for the cause of unconsciousness • If the injuries permit, place the casualty in the recovery position with the neck extended. Never give anything by mouth to an unconscious casualty.



St. John Ambulance

FIRST AID TIP



FRACTURES

• Steady and support the injury. Do not move the victim • Dress wounds and control bleeding • If he must be moved, secure the limb with bandages over padded splints • Check for signs of a pulse beyond the fracture or joint injury. NO PULSE! get medical aid quickly • Hold neck and back injuries steady and call for help • Reassure and keep warm to prevent shock.



St. John Ambulance

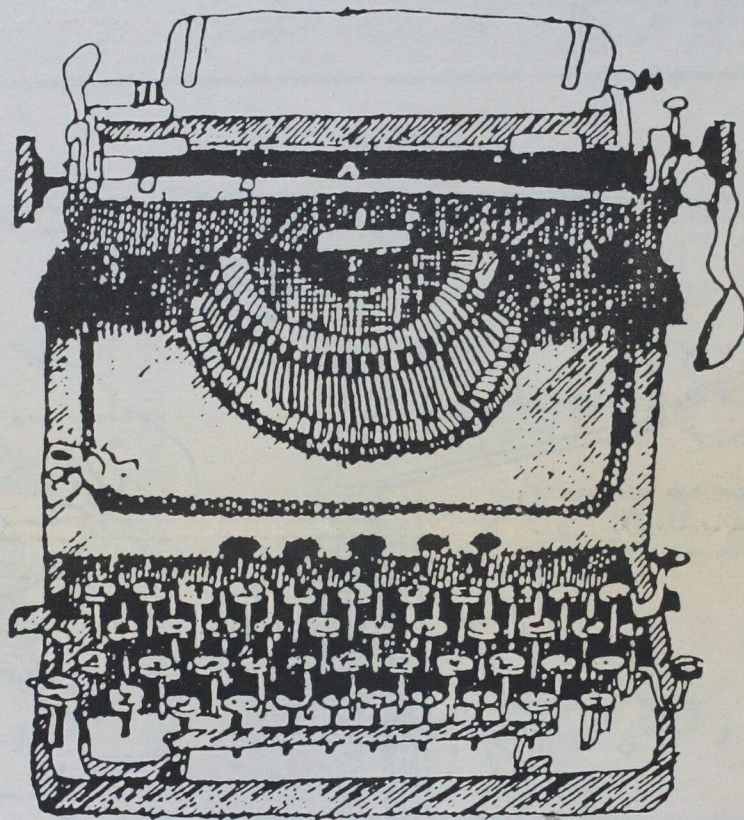
*DON'T JUST THINK ABOUT IT
-DO IT!*



HEAVENS.

PARTICIPACTION

THE LINK



The Write Stuff

SPORTS & RECREATION

Hardie Boys win tourney

The Hardie Boys (2nd year Building) won the Indoor Soccer Tournament held on Saturday, November 14th. Tied with the Jetsons (Operations Management) at three wins and one loss the Hardies were awarded the top prize based on a 2-1 win over the Jetsons.

The Jetsons did outscore their opponents 12 to 3, compared with the Hardie Boys 7 to 3 scoring record, but a 2-1 loss to the Hardie Boys was the deciding factor.



Ruggers win again

The BCIT Cougars Rugby Club had another successful outing last weekend, coming up with a 4-0 win over the Abbotsford RFC, the second place team in the Fraser Valley Rugby Union.

The Cougars have now taken 5 of 6 possible points in the last three weekends, which has moved the BCIT lads into fourth place.

The Cougars started fast against the Abby club and kept up the pace throughout the game. In the second half the pressure paid off as Abbotsford mishandled a BCIT kick. The Cougar forwards pounced on the ball, and drove over for the try, with team vice-captain Scott Blackman doing the honors.

"This team is developing right on schedule", said Cougars coach Gary Miller. "Our goal was to be at .500 by the Christmas break, and it's very possible we'll do better than that. I'm very proud of the way this team is coming together".

WHISTLER'S 5th ANNUAL UniverSki

WINTER CARNIVAL DEC. 13-18, 1987

SKI PARTY RACE DANCE

Join the Celebration! Celebrate the beginning of Christmas break with skiing, dances, prizes, friendly inter-school competitions and much merry-making! Students from all schools.

Luxurious Accommodation UniverSki Carnival participants will enjoy a variety of luxurious condominium style accommodation. All rooms have kitchenettes and T.V.

Old World Charm and High Tech Skiing - Something

REGISTER AT THE RECREATION & ATHLETIC SERVICES OFFICE 10:00 A.M. - 2:00 P.M. DEADLINE: FRIDAY, DEC. 4TH - 2:00 P.M.

3 NIGHTS - \$174.00 5 NIGHTS \$239.00 BASED ON QUAD OCCUPANCY

Exclusive coupon book for discounts in the Village Race Entry for the inter-school competitions and PRIZES!! Prices from \$174 to \$239 based on quad occupancy.

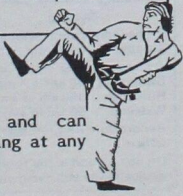
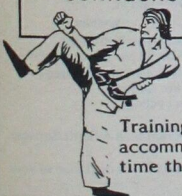


Competition on the Slopes! School competitions throughout the week are aimed at getting everyone to turn out and have fun. Smaller schools will be given equal opportunity to win the Whistler UniverSki Trophy!

SHISEI—KAI KARATE

WHEN: Mon. & Wed. 8:30 - 10:00 p.m. WHERE: Weight Training/Activity Room COST: \$25.00 per month

Shisei—Kai members practice traditional Japanese Karate, Shotokan style. Our emphasis is in developing one's confidence, fitness, and self discipline.



Training is for all levels and can accommodate individuals starting at any time through the term.

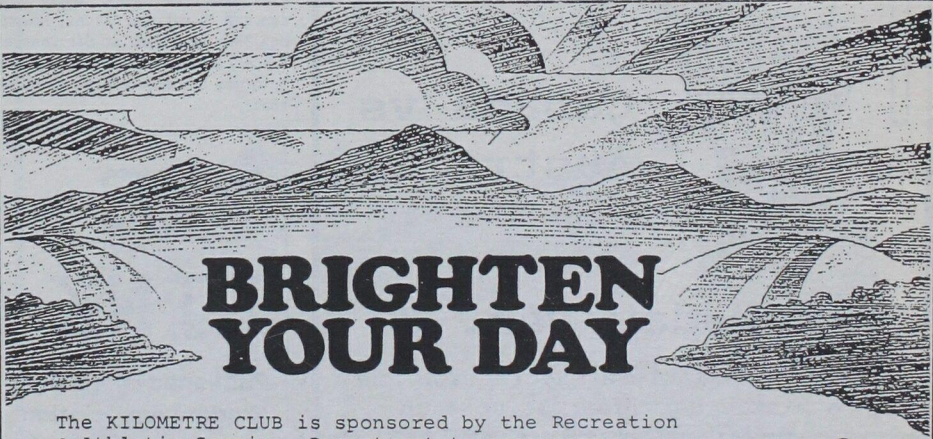
TRADES CHALLENGE

TEAM	GP	W	T	L	D	TP
APPLIANCE REPAIR	2	2	0	0	0	8
CARP/JOINERY	2	1	1	0	0	6
SEA ISLAND	1	1	0	0	0	4
PLUMBING	2	0	1	1	0	3
HORTICULTURE	2	0	0	2	0	2
DRAFTING	1	0	0	1	0	1

SPORTS MENU

COUGARS INTERCOLLEGIATE TEAMS

DATE		SPORT	VS OPPOSITION	GAME LOCATION	TIME
Nov. 28th	Saturday	Badminton	BCCAA	BCIT	9:00 a.m.-5:00 pm
Nov. 28/29	Sat/Sun	Hockey	Cariboo	Cariboo	8:00 pm-11:00 am
Nov. 28th	Saturday	Rugby	Abbotsford	Abbotsford	
Dec. 4th	Friday	Basketball	Capilano	Capilano	8:15 p.m.
Dec. 5th	Saturday	Hockey	UBC JV's	Columbia 4 Rinks	8:05 p.m.
Dec. 5th	Saturday	Rugby	Surrey	Surrey	



The KILOMETRE CLUB is sponsored by the Recreation & Athletic Services Department to encourage students, staff and alumni to keep active and participate by:

CYCLING SWIMMING RUNNING WALKING

To become a club member register at the Recreation & Athletic Services office, Monday - Friday from 10:00 a.m. - 2:00 p.m. Registration Fee is \$4.00 per activity.

CYCLE	600 Km in 4 months	SWIM	30 Km in 4 months
RUN	150 Km in 4 months	WALK	50 Km in 4 months

Record your progress on the chart located adjact to the Recreation & Athletic Services Office.

On completion of your appropriate activity a T-shirt will be awarded in recognition of your deciadation to achieving your goal.



NEWS FLASH

PLAYOFFS!

NON-CONTACT HOCKEY

BLUE RINK 12:00 NOON

SEMI-FINAL 1

Op Man Spoilers

vs

Staff Allstars

RED RINK 12:15 pm

CONSOLATION

Petrol Gasholes

vs

Mech/Forestry

GOLD RINK 12:30 pm

SEMI-FINAL 2

Chiefs

vs

Marketing Targets

FLAG FOOTBALL

12:00 p.m.

Op Man TD's

vs

Crank Spankers

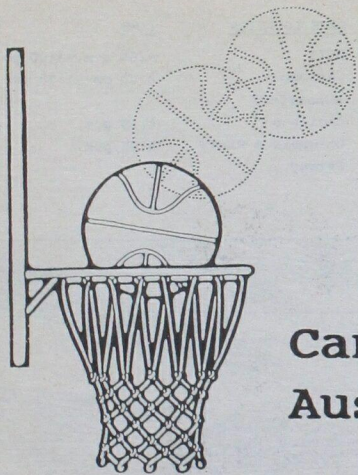
1:00 p.m.

Cannibals

vs

Seahawks

International Women's Basketball at BCIT



Canada vs Australia

Thursday Dec. 3

Tickets available at Recreation and Athletic Services: \$4.00 each

SAFE DRIVING DAY AT BCIT

DEC. 9
SAC BUILDING

Your Health

Physiological Effects of Alcohol

- the active ingredient in alcoholic drinks is ethyl alcohol (C_2H_5OH) or ethanol, a depressant drug
- alcohol does not need to be digested. It is absorbed directly into the blood through the mouth, throat, stomach, and small intestine
- presence of food in the stomach slows the absorption; carbonated mixes cause more rapid dispersion thus quicker absorption
- the body tries to get rid of alcohol (metabolize it) as it circulates in the blood
- 10% of the alcohol consumed is excreted through perspiration, respiration and urination
- 90% is metabolized (oxidized) by the liver, which can only process about 1/2 oz of pure alcohol (approx. 1 oz hard liquor, 5 oz of wine or 12 oz beer) per hour (varies slightly)
- ether, produced when alcohol is metabolized, acts on the central nervous system as a depressant (or tranquilizer)

Psychological Effects of Alcohol (by Margaretha Hoek, Office for Women Students)

The effects of alcohol extend beyond purely physical changes. Continuous or heavy drinking can lead to psychological and social consequences in the drinker's life:

- drinking to get over shyness or awkwardness may lead to decisions and behaviour that offend you in more sober times, such as crossing sexual lines, taking driving risks, becoming violent with friends. At best, you never do develop the confidence to enjoy yourself on a date or party without help.
- drinking to escape from feelings of depression, loneliness or being overwhelmed may set a cycle of irresponsibility and hiding that is hard to break -- Missing morning

- it first affects the cerebral cortex (or higher brain functions), shutting down some of the control centers, resulting in released inhibitions
- next affected is the neo-cortex - the abilities to reason and make judgments - "common sense" disappears
- next the cerebellum is affected (sensory system, proprioception and physical control)
- the last area to be affected is the medulla, which controls the involuntary functions of the body (heart beat and respiration). Death can result at this stage
- the depressant effects of alcohol cannot be counteracted by the use of a stimulant (i.e. caffeine)
- due to less body fluid and more body fat, a woman is affected more by alcohol than a man of the same weight. Use of oral contraceptives slows down alcohol metabolism

classes, letting assignments get far behind and increasingly disliking your subject and/or professor are common companions to 'the hair of the dog'

- drinking to be part of a group may result in dropping of other friends, interests and accomplishments so that the drinking group becomes your only contact for socializing and approval. You lose touch with yourself and withdraw into a haze where little matters but the pile of caps in front of you.

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Coming Up On Campus

Students and staff who feel alcohol is a problem for them are invited to attend a meeting of Alcoholics Anonymous to be held at BCIT on November 25. The meeting takes place at 5:30 p.m. in room 1A-144C.

BCIT is the site of an international basketball game between Canada and Australia on December 3. Tickets for the game are \$4.00 and are available at the Recreation and Athletic Services office in the SAC. The game starts at 7:30 p.m.

Opps!

The benefit concert for Tools for Peace reported in last week's Link had the wrong date! The concert is set for Friday, November 27th at 8 p.m. at Sir Charles Tupper Secondary School, not on Saturday as reported. Sorry about that!

THE LINK

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Don Wright, publisher

The Link, November 25, 1987

Last clue is now available

The last clue in the Campus Centre Treasure Hunt is now available at all This & That Emporiums. Students should remember that when all the clues are solved you will end up with a 'four word sentence. Put it on a piece of paper along with your name, technology and phone number and drop into one of the collection boxes at the TNT before DECEMBER 4,

1987.

An additional clue issued this week is: 'Be careful of these. They can be easily hurt'.

First prize in the contest is a trip for two to San Francisco, second prize is a \$150 gift certificate from Bootlegger.

Winners will be announced during the week of December 14.

TAPS mascot gets a name

Meet Norton.

That's the name, chosen from over 600 entries, of the TAPS moose located behind the bar of the student pub.

Kelly Fiddler submitted the winning name and wins \$100, a TAPS

shirt and a Moosehead shirt. Lin Best took second prize of a TAPS shirt and a Moosehead shirt for the entry 'Spike', and Larry Bordew takes home a Moosehead shirt and bag for the entry 'Buckwheat'.

Food and toys being collected

Once again Medical Services is accepting donations of pennies, non-perishable food and new toys on behalf of the Salvation Army.

The main collection area is the Medical Services office, where a 'penny jar' and a large box will be located. Other collection boxes will be located near the

Finance department (Inglis building), Registration, North Foyer TNT Emporium, Health Sciences (2N 418), Bank of Commerce and the Campus Cafe.

Food should be non-perishable and toys should be left unwrapped to allow easier sorting and allocation.

The Kilometre Club

The Kilometre Club is sponsored by the Recreation & Athletic Services Department to encourage students, staff and alumni to keep active and participate in:

Cycling Swimming Running Walking

To become a club member register at the Recreation & Athletic Services office. Monday - Friday from 10:00 a.m. - 2:00 p.m. Registration Fee: \$3 per person/activity

Cycling: 600 km in 4 months or a Run/Swim/Cycle combination based on:

Swimming: 30 km in 4 months 1 km swimming = 4 km running

Running: 150 km in 4 months 1 km running = 4 km cycling

Walking: 50 km in 4 months

Record your progress on the chart located adjacent to the Recreation & Athletic Services Office.

On completion of the appropriate activity a T-shirt will be awarded in recognition of your dedication to achieving your goal.

Dieters will eat less if they are watched by others, study finds

By Lorraine Brown

Dieters will control their food intake more rigorously if they or other people are monitoring it, Toronto researchers have found. Non-dieters will also eat less if they are monitored, but they are not as influenced by monitoring as dieters are.

Janet Polivy, a psychologist at the University of Toronto, suggests that the effect of monitoring food intake in dieters demonstrates the influence of psychological factors on food consumption. Understanding these psychological factors might lead to an understanding of both normal and abnormal patterns of eating.

Polivy and Peter Herman divided their experimental subjects — female undergraduates at U of T — into restrained eaters (people who diet) and unrestrained eaters (people who don't worry about their calorie intake). The division was based on the students' responses to a restraint scale developed by Polivy and Herman in 1980.

The researchers "pre-loaded" half the people in each group by giving them two eight-ounce milkshakes. In previous studies, Polivy and Herman had found that pre-loading "disinhibits" dieters. Once their diet has been broken by the pre-load, dieters tend to eat more, a phenomenon known as "counter-regulation". The two researchers assume that disinhibited dieters are responding to psychological rather than physiological cues.

On the other hand, unrestrained eaters tend to eat less after a pre-load. The researchers assume that they are responding to physiological cues telling them that they are getting full.

The pre-loading was done to disinhibit the restrained eaters, so that their eating behaviour would not be under the psychological influence of their diets. After the milkshake pre-load, all subjects were given liberal access to individually-wrapped candies.

The researchers wanted to discover whether dieters and non-

dieters would eat different amounts while being monitored by themselves (self-attention) and by others (public attention).

Self-attention was achieved by telling the subjects to leave the wrappers on the table while they were eating the candies, but dispose of them when they were finished. Public attention was achieved by telling the subjects to leave the wrappers in plain view on the table, and not dispose of them.

In another test using cookies, Polivy and Herman achieved self-attention by having the subjects keep track of how many they had eaten, while public attention was achieved by having the subjects keep track and tell how many they had eaten.

The researchers found that dieters ate most when they were pre-loaded and no one was monitoring their consumption. When it was being monitored, either by themselves alone or by themselves and others, their consumption was significantly less. As predicted, the dieters who did not receive a pre-load ate less because their restraint, and their diet, remained intact.

The unrestrained eaters ate less after the pre-load. But unlike the dieters, the unrestrained eaters need both self-attention and public attention to inhibit their eating significantly.

"Public attention is a more powerful deterrent to eating," says Polivy. "But for restrained eaters, even self-attention is powerful enough to bring about a change in behaviour."

The study shows that dieters will be more likely to stick to their diets if they or others are aware of how much they are eating. Polivy believes that the study supports the clinical effectiveness of "monitoring" — the weight-control strategy of having patients write down everything they eat and report it to the therapist.

Polivy and Herman's research was funded by the Natural Sciences and Engineering Research Council.

(Canadian Science News)

review

Refugee
Burning from the Inside Out
Review by Jamie Sexton

This album poses an interesting paradox for the amateur rock critic. How do you

trash it and praise it at the same time?

If you read all the information on the band that Polygram has crammed into the 3-page press release that comes with the record, and then listen to the

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2	3	6	I've Been In Love Before	Cutting Crew
3	4	6	Time of My Life	Waxes/Hedley
4	2	6	You Are The Girl	The Cars
5	5	7	Brilliant Disguise	Bruce Springsteen
6	7	8	Lost Emotion	Lisa Lisa/Cult
7	9	2	Only In My Dreams	Debbie Gibson
8	8	3	Don't Make Me Wait	Kenny G
9	11	3	Try	Blue Rodeo
10	6	10	When Smokey Sings	ABC
11	16	3	Valerie	Steve Winwood
12	1	new	Believe In Me	Paul Janz
13	19	1	Betcha Say That	Gloria Estefan
14	10	7	Lonely In Love	Dan Fogelberg
15	12	10	Can't Stop Loving You	Michael Jackson
16	13	8	One Heartbeat	Smokey Robinson
17	14	9	Didn't We Almost Have It All	Whitney Houston
18	15	2	Bad	Michael Jackson
19	17	6	Heart and Soul	T'Pau
20	18	6	End of The Line	Frozen Ghost

Music Director: Rita Whicker
Week of: Nov. 16/87

record, you get an impression of a band that is a paradox itself, Singer, songwriter, and band frontman Myles Hunter claims Bob Dylan and Who influences insists that he and his band know that 'the audience is not stupid', and that this is reflected in his songwriting.

Why then, does only one of the nine cuts on this album hint at a songwriting talent, while the rest of the records sounds like Bon-Jovi hockey-rink rock? The blame goes to Polygram who obviously wanted this record to be a commercial success. Refugee's first album, Affairs in Babylon, was a self-produced critical success that didn't sell a lot of records but got the band industry attention. This time around they were produced by a man (who shall go nameless) whose main claim to fame was for producing a couple of Night Ranger records. As a result the record sounds forced and awkward at times with production that borders on the bombastic at times.

What's good about the records is that we have a tight, competent band that reflects its time on the Eastern Canada bar band circuit. Hunter is a capable, if somewhat nasal (Dylan influence perhaps?), vocalist who; if Lion In The Cage (the albums one saving grace) is any indication, may be songwriting talent of the future. Lion In The Cage was written during the bands trip to Zimbabwe in 1985 and starts

Continued on page 16



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off with a driving African polyrhythm drumbeat to tell the story of growing up black in that country. Should you ever see this song on a 45, buy it. It's great and doesn't deserve to be mixed in with the rest of this ka-ka.

Definitely not recommended. But Refugee is a group that bears watching and would be interesting to see live in a club setting. In the future here's hoping that Polygram allows the band to stretch out in the direction that Lion In The Cage hints at. Now, how's that for a mixture of trash and praise.

Michael Breen
Review by Jeff Garrett

Michael Breen's debut album is a definite nominee for next year's Juno Awards. Breen has a unique, recognizable voice that carries well through a variety of songs. With the immediate response to 'Rain' the first single, it is obvious that producer Pierre Bazinet (he produced Luba's 'Between the Earth and the Sky') has another success on his hands.

Breen grew up in Nicolet, near Trois-Rivières, Quebec, and moved to Montreal at 22 to play guitar with the group Concert. He left the group to write his own material, and entered the National Talent Search sponsored

by the magazine Music Express. His song 'Face to Face' featured on this album, won him second prize.

The album was recorded in Montreal. Breen himself played keyboards, guitars and programmed drums as well as vocals. All the music was written by Breen with the help of three other lyricists.

If you've already heard Rain you know the powerful, anthemic style of Breen. This cut also displays the soaring vocals that abound on this album. 'High & Low' is a very inspiration ballad. 'S.O.S. Emotion' packs a punchy horn section with a Rockman guitar sound and a host of fantastic word play like: "It's an S.O.S. emotion/ A-B-C-D-votion/ It's an S.O.S. emotion/ Drowning in an ocean of love".

'Face to Face' sports some great strings. The heaviest song on the album is 'Do It'. It's a highly charged number layered with spontaneous guitar work and stabs of a Hammond Organ. Do It is also the most vocally demanding song.

My favourite cut (and Breen's) is 'How Will I Know'. It's a very emotional tune that is best played LOUD! The orchestration just builds and builds. Touches of strings and flute blend over guitars and vulnerable, infectious vocals. How Will I Know is reprised at the end of side two.

I have to give this album thumbs up all the way. There is not one disappointing track on the album. I hope to hear many more singles on the air and see Michael Breen in concert soon.

tutions'.

In the future, Wickson predicts many BCIT technologies will add a third year in order to keep up with the information explosion.

Although he has stepped down as Chairman, Wickson will continue

to participate in the decision-making process as a regular member of the board.

Taking over as board Chairman will be former Vice-Chairman Fleming Sondergaard, general manager of Collins Manufacturing Industries in Cranbrook.

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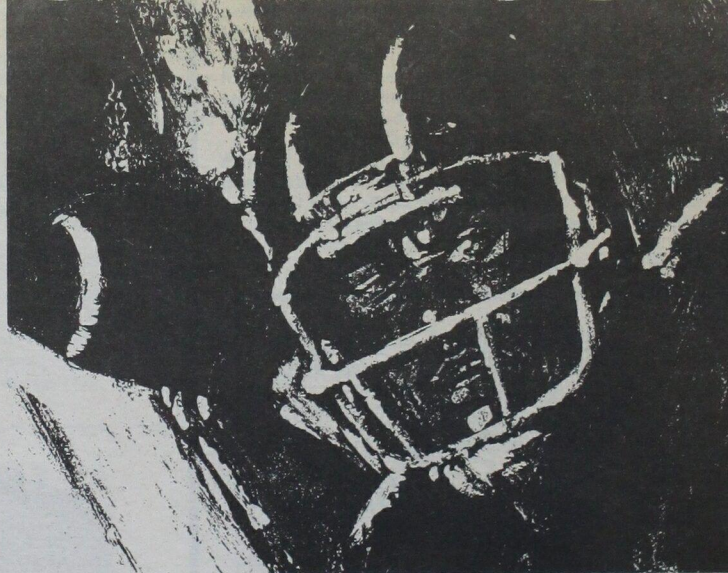
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