



THIS WEDNESDAY WORTH

\$8.4 Million

Tickets available at the SAC Information Booth.

Hockey's back!

THIS WEDNESDAY WORTH

\$150,000

Tickets available at the SAC Information Booth.



THE LINK

Volume 21 Number ¹⁸ 25

January 28, 1987

But not at BCIT

Campus food bank to open soon on UBC campus

By Charlie Smith

The UBC Alma Mater Society plans to start a food bank at the end of February, but there are no similar plans at BCIT.

Carol Pedlar, External Affairs co-ordinator for the UBC AMS said, "I've been pretty busy recently, but I hope to have the thing started by the end of February."

She admitted she was not sure if there was a need for such an operation at UBC, citing student apathy as a major stumbling block. At this

stage, she has lined up volunteers to serve on the pilot project.

Pedlar said her own experience as a needy first year student suffering through a marriage breakdown convinced her that such a project would be worthwhile. At the time, she relied on friends to help her survive, but she said some students do not have such support. She said one English student commutes to Seattle each weekend to work so he is able to support his family and continue attending

school. "That's the type of student I'd like to help," she said.

Meanwhile, at BCIT, new S.A. president Pat Carroll said he had not considered the viability of a campus food bank, but he is open to suggestions.

Cheryl MacNaughton, S.A. vice president of Public Relations, said BCIT has made contributions to the Vancouver Food Bank, but at this point there has been no discussion about creating a BCIT food bank.

SFU food bank meets need

By Charlie Smith

The Simon Fraser University food bank remains solvent as it enters its third year of operation. The facility is run by fourth year students Rod and Terry Fowler and their two teenage children. It continues to distribute between 25 and 100 bags of groceries a week to students.

"We only serve students because they're not eligible at the Vancouver food bank," said Terry Fowler. She added most of the recipients are undergraduate students.

The Fowlers run the food bank out of Louis Riel Home, a residence on campus. The administration provides a storage room for the

groceries and the family lives in one of the suites.

Terry Fowler credits several agencies for supplying food. She said the SFU student society donates a subsidy, as well as sponsoring special events to finance operations. Father Gon Thompson, a Catholic chaplain at SFU, offers items when demand increases, and containers on campus provide about \$30/week to buy certain goods.

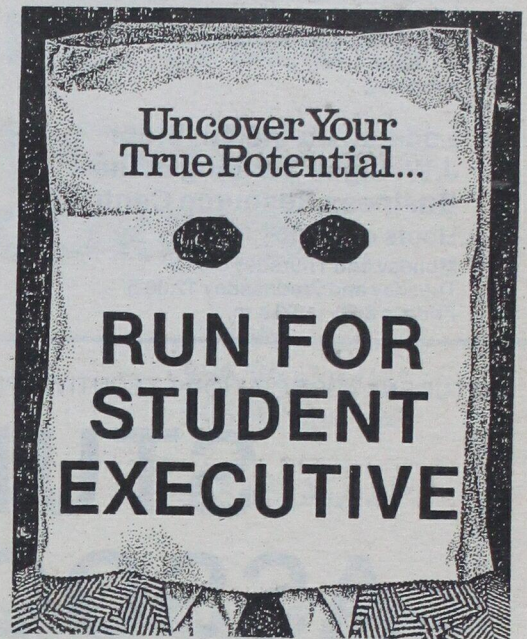
"Sometimes we have to buy things like tomato paste because we receive so much spaghetti, but nothing to go along with it," Mrs. Fowler said. She mentioned the SFU

food bank buys some chicken and hamburger for the hampers.

Fowler hopes the food bank continues operating after the couple graduates this spring. She said she is currently negotiating with the SFU student society to ensure the operation continues after the couple has left. But she also mentioned they may continue studying on graduate students.

So why did they begin a food bank on campus?

"Because there were people that were hungry and we didn't have enough to share. So we went out and found more food."



\$180 million for summer work

Minister of State for Youth Jean Charest has announced that the Government of Canada will commit \$180 million for Challenge '87, the federal government's student summer employment program.

According to the government, Challenge '87 encourages employers from all sectors of the economy to create summer jobs for students. It also allows students themselves to use their entrepreneurial skills to create jobs.

"For thousands of students the Challenge summer program is the first step in their future careers, a chance to gain valuable work experience," Charest said. "We want to ensure that as many students as possible have this opportunity in every region of our country."

Funding for Challenge '87 is the same as that provided for Challenge '86. "By maintaining last year's level of funding during a time of fiscal restraint, we are clearly demonstrating our commitment to the students of Canada," Charest said.

Challenge '87 will provide

\$127 million in wage subsidies to non-profit organizations as well as the public and private sectors through the Summer Employment / Experience Development (SEED) component. SEED will continue to emphasize work experience related to students' field of study and career goals as well as jobs for younger students. \$8 million goes directly into Work Orientation Workshops, a program that provides potential early school-leavers with guidance and job experience to assist them in developing their education and employment plans.

The remaining funds are for a student loan program, financial support to programs in other government departments, operating Canada Employment Centres for Students and other administrative costs.

The Minister added: "My hope is that Challenge '87 will see the public, private and non-profit sectors cooperate to maximize job opportunities for students and help make 1987 the best year ever for student hiring."

THE LINK YOUR FORUM

Coming Soon!



For further information contact the Recreation and Athletics Services office in the SAC lobby.

BUSINESS INFORMATION CENTRE

The Business Information Centre is a resource centre for any student thinking of starting a business or wanting to improve an existing business.

Information is available on retail, manufacturing and service operations. Information on ideas for businesses and financing is also available. Free professional counselling can be arranged.

**Located on the 4th Floor
J.W. Inglis Building in the
Business Resource Centre**

Hours open:

Monday and Thursday 8:30-5

Tuesday and Wednesday 12:30-5

Fridays 8:30-11:30 a.m.

Fewer foreign students come to Canada

Fewer foreign students came to study at Canadian educational institutions in 1985-86 (50,500) than in 1983-84 when the number was about 65,000.

This is one of the statistics about foreign students in Canada provided by Dr. Max von Zur-Meuhlen, a research professor at the University of Ottawa and Executive Director of the Canadian Higher Education Research Network, at a recent meeting with

WUSC head office staff in Ottawa.

In spite of the fact that Canada has the largest number of international students pro-rated by population, Canada is overlooked in international literature on education, according to Dr. von Zur-Meuhlen, who has spent the past decade studying statistics on international students in Canada.

"There is no literature which provides an overview of

the programmes which Canadian universities offer," he explained. "In international literature on studying abroad, Canada is not even listed. There is no focal point of information about studying in Canada."

Other countries actively provide foreign students with information about their facilities and in some cases waive tuition fees, but Canada does not have such marketing techniques for attracting foreign students to Canada.

He also pointed out that there is no consistency in Canada in the policy of differential fees which foreign students are required to pay. Such a policy is urgently required. Dr. von Zur-Meuhlen sees the decline in foreign students coming from the UN list of least-developed countries as very disturbing and would like to see differential fees waived for students in this category. He would like also to see these fees waived for graduate students.

Historically, the large number of students have come from Hong Kong, Malaysia, and the United States. More and more, the trend is for foreign students to come at the post-graduate rather than the graduate level.

REVEEN THE IMPOSSIBLIST

Presents the World's Funniest
and most amazing stage show

**Tuesday Feb. 10 8 pm
Banting Jr Sec School**

820 Banting, Coquitlam

Tickets available through Hospitality/Tourism students

\$5 seniors/children under 12

\$8 students/\$10 adults over 18



STUDENT ASSOCIATION EXECUTIVE: PRESIDENT, V.P. ADMINISTRATION & FINANCE, V.P. PUBLIC RELATIONS & MARKETING, V.P. STUDENT AFFAIRS, CAMPUS RECREATION CHAIRPERSON, BUSINESS SOCIETY CHAIRPERSON, HEALTH SOCIETY CHAIRPERSON, ENGINEERING SOCIETY

STUDENT ASSOCIATION ELECTION '87

Nominations Open Please note changes **February 4th**

Nominations Close March 4 11:30 a.m.

Candidates and managers meeting **March 4** at 11:30 a.m.

Campaigns **March 16 - 20**

Open Forum **March 18** in Taps

ELECTIONS **March 26 & 27** 8 a.m. to 8 p.m.

Nomination forms available at S.A. office and should be submitted to the office on completion. Location of polls: SAC and J.W. Inglis buildings

Positions to be filled:

- President
- V.P. Administration & Finance
- V.P. Public Relations & Marketing
- V.P. Student Affairs
- Campus Recreation Chairperson
- Business Society Chairperson
- Health Society Chairperson
- Engineering Society Chairperson

Nomination Procedure:

1. All nominees must be members in good standing of the Association with minimum of sixty-five per cent first term standing, or a letter of recommendation from the Department Head of the nominee in question.

2. Nominations must be submitted to the C.R.O. on the form provided for this purpose. The nomination shall be considered invalid unless the information called for is complete in all respects, to wit:

Name of nominee (printed or typed); position of Executive which the nominee will contest; signatures of at least fifteen members of the Association in good standing; signatures of nominee, campaign manager and present office

holder, and date of nomination.

3. Any member of the Association may sponsor only one candidate for each office. Signing a nomination form shall not be considered a pledge of support in the ensuing campaign and voting except for the case of Campaign Manager, who has stated his or her intentions.

4. A Candidate wishing to withdraw must do so no later than forty-eight hours before the opening of the polls by tendering his withdrawal, in writing, personally or through his Campaign Manager, to the C.R.O. at the offices of the Student Association. If he/she was the sole candidate for the office in question, the office shall be left off the ballot and a special election shall be held no earlier than two weeks following the general election.

**ELECT SOMEONE WHO
WILL GET THE JOB DONE!**



Registrar to host open forum

The Registrar is hosting an open forum on February 4th to hear student concerns and questions relating to topics relating to the office of the registrar. Areas currently the responsibility of the registrar include: the registration process, course credits, marks and grading, challenge exams, cheating and plagiarism policy, attendance policy and graduation and convocation.

The forum, from 11:30 a.m. to 1:30 p.m., will take place in the S.A. Boardroom in the Student Activity Centre on Feb 4.

Counselling noon hour workshops

Counselling Services will be offering a series of workshops this semester according to the schedule below. Interested students or staff should register at Counselling Reception, second floor, 1A building. For more information call Stu Gibbs at 432-8436 or Counselling Reception at 432-8433. Workshops are scheduled to run 12:00 to 2:00 p.m. unless otherwise noted.

January 28
Job Search Strategies

February 18
Exam Preparation

March 4
Study Skills for Trades
Students (2:30-4:00)

March 25
Stress Management

April 8
Staff Professional
Development

April 22
Assertiveness

More jobs for youth

Minister of State for Youth Jean Charest recently announced that the Canadian Jobs Strategy will provide \$10 million for a national job creation project for young people.

The project, which comes under CJS's Innovations Program, is being co-ordinated by YMCA Canada, and will set up eight Youth Enterprise Centres across Canada in Vancouver, Edmonton, Toronto, Ottawa, Montreal, Saint John (New Brunswick), and St. John's (Newfoundland), and a general centre in Glace Bay (Nova Scotia).

Charest said, "This unprecedented and innovative project is in keeping with the federal government's priority to improve the employment situation for young people by finding ways to make the labour market more accessible to them."

"I am pleased to note that this three-year project is the result of an concerted effort on the part of the federal government, YMCA Canada, and IBM Canada Ltd. Their efforts will ensure that Canadians in all parts of the country will be able to take advantage of this youth initiative," added the Minister.

The project's main objective is to assist unemployed young people between 16 and 30 years of age by creating centres for entrepreneurs in nine Canadian communities.

"The Youth Enterprise Centres reflect two major priorities of this government -

youth and entrepreneurship", Charest explained. "We are determined to provide access for youth into the labour market and to promote entrepreneurship as a means of creating jobs.

Two projects that reflect these priorities have been recently announced by my colleagues - the allocation of \$1.3 million to young native entrepreneurs and a \$1 million project called "Operation Youth - Enterprise for Youth Development."

"The project we are launching today is an initiative aimed at the segment of the youth population that seeks to be self-employed and provide jobs for others", said the Minister.

YMCA Canada will receive federal funding for the creation of 849 jobs and the expectation is that 2,000 jobs will be eventually created. In his speech, the Minister emphasized that the YMCA has a great deal of experience and expertise in youth training and employment. IBM Canada Ltd. is an active partner in this project. They have provided expert advice and \$245,000 for the purchase of computers for the centres.

The Youth Enterprise Centres will provide participants with training courses and business technical assistance, market research, and help in acquiring financial assistance. At the end of a 12-16 week training period, participants will have a fully developed business plan.

New businesses developed with the support of the Youth Enterprise Centres will have access to all necessary expertise during their first year of operation.



BCIT • BOOKSTORE SPECIAL VALUES

SONY CASSETTE RECORDERS

Model	
TCM-848	\$43.95 plus tax*
TCM-858	\$56.95 plus tax*
TCM-12	\$65.95 plus tax*
Microcassette Recorder M5	\$85.95 plus tax*

* Batteries not included

SONY DREAM MACHINE CLOCK RADIOS

Model ICFC-3W	\$36.95 plus tax
Model ICFC-6W	\$45.95 plus tax

All prices applicable to items in stock only

'Talks with Students'

Meet Peter Jones and ask him about the BCIT Senior Administration...bring your problems, concerns and ideas.

January 14	12:00 - 2:00	SAC
January 21	12:00 - 2:00	Inglis
February 4	12:00 - 2:00	SAC
February 18	12:00 - 2:00	Inglis
March 4	12:00 - 2:00	SAC
March 18	12:00 - 2:00	Inglis
April 1	12:00 - 2:00	SAC
April 8	12:00 - 2:00	Inglis
April 15	12:00 - 2:00	SAC
April 22	12:00 - 2:00	Inglis
April 29	12:00 - 2:00	SAC
May 6	12:00 - 2:00	Inglis
May 13	12:00 - 2:00	SAC

Notice of Open Forum Feb 4th Registrar & Students

S.A. Boardroom 11:30 - 1:30

Do you have concerns or questions about:

- Registration process
- Course credits
- Marks & grading
- Challenge exams
- Cheating and plagiarism policy
- Attendance policy
- Graduation & convocation

Have you been "PING PONGED" from one department to another?

Do you feel some policies are unfair?

Are you overwhelmed with registration paperwork and procedures?

Are you concerned about the security and confidentiality of your permanent student records?

Bring these and other questions forward to the open forum with the Registrar on FEBRUARY 4th, 11:30 am to 1:30 pm in the Student Association Board Room.



Dip & Dunk...

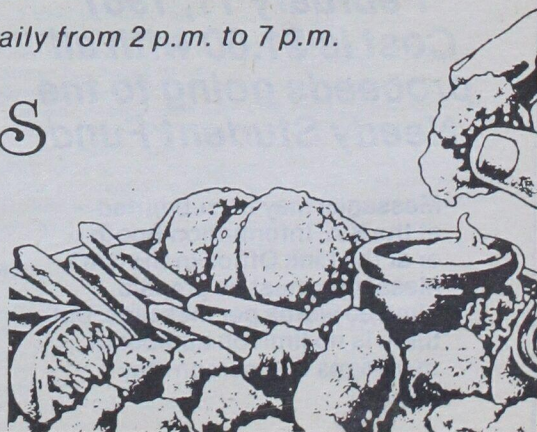
Dive into a plate of golden fried shrimp fingers or chicken nuggets for your afternoon snack. Served with golden french fries and your choice of sauces: tartare, cocktail or barbecue. *So dip in!*

3.50

Served daily from 2 p.m. to 7 p.m.

Campus Café

BREEZEWAY
BUILDING 2N



WE'RE ALMOST HERE!



MIDAS BCIT GIVEAWAY **FREE**

One complete vehicle inspection plus one oil change and lube*

INCLUDES:

- ★ Inspection of Muffler
- ★ Inspection of Brakes and Front End
- ★ Up to 2 Clamps
- ★ Up to 5 Litres of Oil
- ★ And Chassis Lube on most Cars & Trucks
- ★ 10% off on all work done.

*Does not include oil filter

MIDAS MUFFLER & BRAKE SHOP
2185 Willingdon Ave.
Burnaby
294-4686
One location only

Offer valid only with this ad

Valentine Messages!

The Link will run your Valentine Message on February 11, 1987
Cost is \$1.00 with all proceeds going to the Needy Student Fund

Messages may be submitted at the S.A. Information Booth or at the Link Office in the SAC. Messages must be prepaid. Limit 30 words per message, but there is no limit on number of messages one person may submit.

LETTERS

Slow down through Greentree

Editor, The Link,

Last week BCIT Senior Administration and the SA recieved a letter from the Greentree Village Property Management Co. requesting assistance in curtailing high speed traffic through the Greentree Village complex which borders BCIT on its eastern perimeter.

It was noted that much of the traffic was displaying BCIT parking hangers and therefore it was brought to our attention.

As per any residential community, there are always children on their way to and from school at about the same time that BCIT students are commuting. Observance of posted speed limits through this area, not to mention the entire province of B.C., would be beneficial to all. The chance of mishap would be greatly reduced and the residents of Greentree Village might not be so inclined to have the police trapping

the area during peak hours.

Your cooperation in this matter would not only reduce the chance of an accident and reduce chances of traffic citations, but would also go a long way to promoting good public relations between BCIT and the municipality of Burnaby.

Pat Carroll
S.A. President

About the pursuit of happiness

Editor, The Link,

Amid the pressures of the technical and administrative machinery at BCIT is there room for philosophical and religious consideration - not as a pursuit of the institute, but personally?

I've seen that people are more than just automated routines for living. To varying degrees, we all have a feeling that there should/might be "something more". We've also had to deal with that feeling in some way or other we ignore it, bury it, rationalize it, or solve it. Pursuit of hap-

piness and fulfillment is another method - but where does that leave us when we can't make the good times happen? And what exactly is fulfillment?

Questions, questions, and questions - not what a BCIT student wants more of, but Joe Student has probably thought about these things and most likely will again. Bring in religion or God (for me that also would mean Jesus Christ) for discussion and the questions, opinions, and beliefs could really pile up.

Even so, tensions and concern about offending, or being offended by someone, seem to limit talking about God and religion. This "something more" is definitely not a dead issue but one that is avoided. Are we missing out on some good discussions? Does this have to be?

I go to the Inter-Varsity Christian Fellowship group on campus, and am used to exploring this "something more" there. Why not chat about "something more" in your next conversation (a relief from how bad one did on the midterm, how there isn't enough money in the budget or why I sleep during a certain lecture in E&E). With respect and consideration, no tensions need to exist. Oh well, enough deep thought. Go read the rest of the paper in your next class and get back to work, or have a chat...

David Neufeld
Inter-Varsity Christian Fellowship, BCIT

SAMS

STUDENT ASSOCIATION
MEDIA SERVICES

PHOTOCOPIES NEW COPYCENTRE!

Located in 1A
Foyer Building
beside TNT#2

Main Office

Building 4A (SAC) Room 128
across from the SA General Office
432-8757

FREE TICKETS!

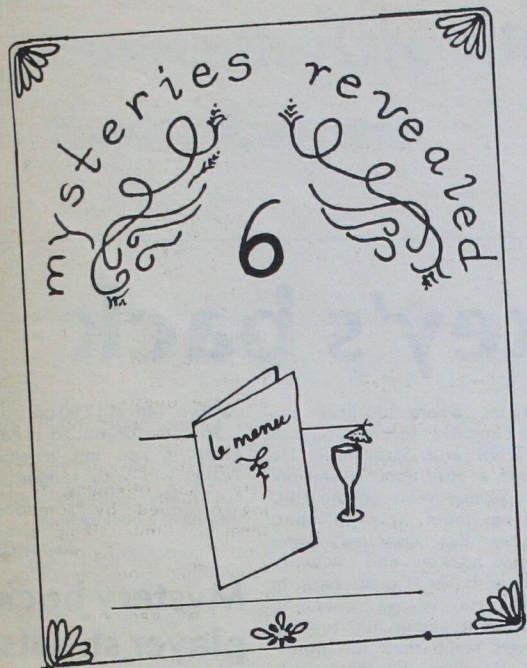
The Link has three pairs of tickets to see the 'unpredictable and eclectic' New Rhythm & Blues Quintet. They will be on stage at the Commodore Ballroom Thursday January 29, with special guests Bruno Gerussi's Medallion.

To win one of the pairs of tickets, just be one of the first three people to drop by the Link office. There will be no skill testing questions or hoops to jump. You just have to know where the office is and be lucky to find it open.

Join a
Club!

Sleep On A Mountaintop
Ski from Lodge to Lift and be first on the slopes.
Weekend all inclusive packages start at only \$126
Call 542-5880.

A Free Ski Vacation?
Get your tech together and find out how by calling Patricia at 542-5880



- MENUS -

Follow these tips and get the best value for your food dollar.

Sunday

- 175 mL of pure vitaminized apple juice meets the daily requirements for vitamin C. Once the can is opened, be sure to refrigerate it, covered, and use within 4 days. Vitamin C is perishable and breaks down more quickly after this time.
- Use skim milk powder to prepare the cream of potato soup. Skim milk powder is convenient and inexpensive.
- With so many specialty cheeses now made in Canada, try a different one every week. Cheese contains the most important nutritive elements of milk — calcium, protein and riboflavin. It is one of the most popular alternates for meat, providing high-quality protein.
- Use less tender cuts of meat. Although less costly, their nutritional value is the same as for tender cuts. This meat requires slow cooking in a small amount of liquid. The steam produced penetrates the meat and tenderizes the tougher tissues. It is better to roast these cuts in a covered pan, braise them or cook them in stews.

MARITIME POT ROAST

- 1.8 kg beef pot roast (blade, crossrib, rump, shoulder)
- 25 mL oil
- 15 mL salt
- 5 mL pepper
- 150 mL horseradish
- 375 mL water
- 6 small potatoes, halved
- 8 medium carrots, halved
- 8 small onions, peeled

Brown meat in oil. Sprinkle with salt and pepper. Spread horseradish on meat. Add water. Cover and put roast on top of stove or at 180°C until well done (about 2 1/2 to 3 h). Add vegetables during last hour of cooking time. Serve with gravy made from drippings, if desired. 6 servings.

Monday

- This recipe makes two pumpkin breads so you can freeze one.

WHOLE WHEAT PUMPKIN BREAD

- 500 mL sifted all-purpose flour
- 10 mL baking powder
- 7 mL salt
- 5 mL cinnamon
- 3 mL baking soda
- 2 mL ground cloves
- 375 mL whole wheat flour
- 4 beaten eggs
- 500 mL sugar
- 1 can (540 mL) pumpkin
- 150 mL water
- 125 mL oil

175 mL chopped walnuts

175 mL raisins

Sift together all-purpose flour, baking powder, salt, cinnamon, baking soda and cloves. Stir in whole wheat flour. Combine eggs, sugar, pumpkin, water and oil. Beat until combined. Make a well in center of dry ingredients and add liquid ingredients all at once. Mix only enough to moisten. Fold in walnuts and raisins. Pour into two greased 2 L (23 x 13 cm) loaf pans. Bake at 180°C for 1 h. Makes 2 loaves.

- Include leftovers — use roast beef from previous day for beef sandwich.
- Canadian apples are still available in March.
- Stretch your meat by serving a hearty soup. The meat and skim milk powder in the soup served with the soybeans in the salad ensure you get high-quality protein.
- Soybeans have more protein than any other legume. To complete this protein, combine soybeans with foods of animal origin, or with other plant foods such as nuts or cereals.

HEARTY BEEF VEGETABLE SOUP

- 250 g ground beef
- 250 mL chopped onion
- 1 can (796 mL) tomatoes
- 5 mL salt
- 1 mL pepper
- 0.5 mL thyme
- 1 can (398 mL) mixed vegetables
- 250 mL skim milk powder
- 500 mL cold water

Cook beef until fat coats pan. Add onion and cook until transparent. Add tomatoes, seasonings and vegetables. Combine skim milk powder and water. Add slowly to soup. Heat through. 6 servings.

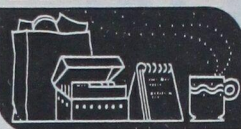
FIESTA SALAD

- 175 mL dry soybeans (425 mL cooked)
- 500 mL water
- 3 mL salt
- 500 mL water
- 125 mL chopped celery
- 75 mL chopped onion
- 75 mL chopped green pepper
- 50 mL chopped pimiento
- 25 mL oil
- 75 mL vinegar
- 25 mL sugar
- 5 mL tarragon
- 2 mL dry mustard
- 2 mL garlic salt
- 0.5 mL paprika

Soak dry soybeans in 500 mL water. Let stand 12 h or overnight. (For quick soak, slowly bring to boil and boil gently for 2 min. Remove from heat and let stand 1 h.) Drain. Add salt and 500 mL fresh water. Bring to boil, reduce heat, cover and simmer until tender (about 3 1/2 h). Combine vegetables. Combine remaining in-

Agriculture
Canada

Choose nutrition now



To eat nutritionally every day, start by planning your weekly menu. In doing so, consider Canada's Food Guide, your food budget, your time available and your lifestyle. To get best value for your food dollar, remember that Canadian canned and frozen fruits and vegetables are available year round and generally cost less than imported fresh produce. This family menu is planned so that you may buy and prepare larger quantities of food you can use up during the same week. Meal preparation time was also considered.

WEEK-AT-A-GLANCE MENU

	BREAKFAST	LUNCH	DINNER
Sunday	Apple juice Whole wheat pancakes & sausages Beverage	Cream of potato soup Crackers Cheese Apple wedges Milk	Maritime pot roast* Peach upside-down cake Beverage
Monday	Apple juice Pumpkin bread* Yogurt Beverage	Beef sandwich Carrot sticks Canned peaches Milk	Hearty beef vegetable soup* Fiesta salad* Sesame seed roll Ice cream & frozen blueberries Beverage
Tuesday	Grape juice Boiled egg Whole wheat toast Beverage	Pumpkin bread* Cottage cheese Rutabaga sticks Oatmeal cookie Milk	Baked chicken Beet salad* Baked potatoes Butterscotch pudding Beverage
Wednesday	Apple juice Whole wheat cereal with milk Beverage	Sesame seed roll with sliced ham Coleslaw* Apple Milk	Savory chicken liver* Noodles Stir-fry frozen broccoli Rhubarb bread pudding* Beverage
Thursday	Tomato juice Bran muffin Cheddar cheese Beverage	Egg salad on kaiser Carrot sticks Yogurt Milk	Baked beans Whole wheat roll Baked apple Beverage
Friday	Grape juice Porridge & milk Beverage	Tuna and sprout sandwich Coleslaw* Applesauce Milk	Marinated vegetables* Spaghetti with meat sauce Custard Beverage
Saturday	Tomato juice Scrambled egg Whole wheat toast Beverage	French onion soup Canned apricots Oatmeal cookie Milk	Potato pork scallop* Spaghetti with meat sauce Cold raspberry soufflé* Beverage

* Recipes included.

redients and add to vegetables. Refrigerate overnight. May be stored for 1 week in refrigerator. Makes 750 mL.

Tuesday

- 175 mL of vitaminized grape juice is a source of vitamin C.
- Rutabaga is an economical source of vitamin C.
- Compare prices of ready-made cookies with homemade.
- Compare price per kilogram of whole chicken with that of chicken parts; it is often cheaper to buy a whole bird and cut it up.
- A baked potato is an economical source of vitamin C and fiber.

MARINATED BEETS

- 100 mL oil
- 2 mL salt
- 5 mL sugar
- 3 mL dry mustard
- 2 mL paprika
- 10 mL basil
- 100 mL vinegar
- 1 can (540 mL) sliced beets, drained

Combine all ingredients except beets in jar with tight-fitting lid. Shake vigorously. Pour over beets. Marinate overnight in refrigerator or let stand 3 h at room temperature. 6 servings.

- Use skim milk powder to prepare the butterscotch pudding. Simply substitute 75 mL skim milk powder and 250 mL water for each 250 mL of milk required.

Wednesday

- Prepare a 7-day coleslaw that can be used safely all week.
- Raw cabbage is an economical source of vitamin C.
- Use variety meats such as liver, kidney and tongue, which are often cheaper than other meats. Liver, in particular, is an excellent source of iron.

SEVEN-DAY COLESLAW

- 1 large cabbage, thinly sliced (about 1.5 kg)
- 500 mL thinly sliced onion
- 1 medium carrot, finely shredded
- 75 mL sesame seeds
- 125 mL sugar
- 200 mL oil
- 250 mL cider vinegar
- 10 mL salt
- 5 mL dry mustard

the link, January 28, 1987

5 mL celery seed

Combine cabbage, onion, carrot, sesame seeds and sugar. Combine remaining ingredients. Bring to boil; pour hot liquid over cabbage mixture and toss. Cover and refrigerate overnight. May be stored 1 week in refrigerator. Makes about 3.5 L.

SAVORY CHICKEN LIVERS

- 125 mL flour
- 5 mL salt
- Dash pepper
- 1 mL poultry seasoning
- 700 g chicken livers
- 125 mL sliced onion
- 1 garlic clove, crushed
- 25 mL oil
- 5 mL Worcestershire sauce
- 15 mL soy sauce
- 350 mL water

Combine first four ingredients. Cut livers in quarters. Coat evenly with flour mixture. Sauté onion and garlic in oil until onion is transparent. Add livers and cook until brown (about 5 min). Add Worcestershire sauce, soy sauce and water; simmer until livers are tender (about 10 min more). Serve on noodles or toast, if desired. 6 servings.

RHUBARB BREAD PUDDING

- 4 slices bread
- 20 mL butter or margarine
- 250 mL sugar
- 3 mL cinnamon
- 750 mL fresh rhubarb, cut in 3 cm pieces, or frozen cut rhubarb, thawed
- 25 mL butter or margarine

Spread each bread slice with 5 mL butter or margarine, then cut in 1 to 1.5 cm cubes. Combine sugar and cinnamon. Arrange half rhubarb on bottom of greased 2 L baking dish (20 cm square). Top with half bread cubes and half sugar mixture. Repeat. Dot with 25 mL butter or margarine. Cover and bake at 190°C for 20 min; uncover and bake until lightly browned (20 to 25 min more). Serve with milk, if desired. 6 servings.

Thursday

- Remember that potentially unsafe foods (mixtures in which food poisoning bacteria grow rapidly unless proper heat or refrigeration is maintained) include milk and egg products, meat, poultry and fish. If a refrigerator is not available,

choose safe foods; those you may keep at room temperature because food poisoning bacteria do not grow easily in them. Safe foods include bread and crackers, raw fruits and vegetables, nuts and peanut butter, dried fruits, pickles, relishes and salami, pepperoni and other dried sausages.

- Baked beans can be kept in the freezer for 6 months. Prepare large quantities at a time. Baked beans and a whole wheat roll make an economical source of high-quality protein.
- To save time and energy cook the baked beans and the baked apple in the oven at the same time.

Friday

- Cooked whole grain cereals, available in quick, instant and regular forms, usually cost less per serving than ready-to-eat cereals.
- Remember that unsweetened ready-to-eat cereals cost less than the sweetened ones.
- Prepare a quantity of meat sauce and freeze what you don't use.
- Pasta, a member of the breads and cereals group, is a good meat extender.

MARINATED VEGETABLES

- 250 mL thinly sliced carrot
- 250 mL rutabaga, cut in thin strips
- 1 can (284 mL) green beans
- 125 mL onion rings
- 25 mL oil
- 75 mL vinegar
- 25 mL sugar
- 5 mL salt
- 1 mL pepper
- 2 mL tarragon
- 1 clove garlic, crushed

Cook carrot and rutabaga in boiling salted water until tender-crisp (3 to 5 min). Drain and cool. Add beans and onion. Combine remaining ingredients and blend well. Pour mixture over vegetables and refrigerate overnight. 6 servings.

Continued
on page 7

SPORTS & RECREATION

OPEN RECREATIONAL VOLLEYBALL TOURNAMENT

WHEN: Saturday, January 31
10:00am - 2:00pm

FEE: \$24.00 per team
Minimum of 8 players per team

REGISTER: Recreation & Athletic Services Office
SAC Building 4A
10:00am - 2:00pm



Entry Deadline January, 28th
Excellent Tournament Prizes

BASKETBALL TOURNAMENT 3 on 3

WHEN: Saturday, February 7
10:00am - 2:00pm

FEE: \$12 per team
Men's and Women's Division

REGISTER: Recreation & Athletics Office
SAC Building



Entry Deadline Wednesday, February 4

Excellent Tournament Prizes!

BCIT SWEETHEART CO-ED CURLING BONSPIEL



Sat., February 14
1st Draw: 08:30am
Finals: 08:00pm
Location: Burnaby Winner Club
Registration Fee: \$15.00 pers. \$60.00 team (students & staff)
Registration Deadline: 10 Feb. '87

Guaranteed 3 (6-end) Games
Brooms Available

PRIZES -
SOCIAL -
DINNER & DANCE
TROPHIES -
PINS



Hockey's back

BCIT has added something new this year. It's our very own hockey team.

Not that we didn't have a team before. But it was supported by the players, coaches, and a few faculty members. Now the team is fully supported and sanctioned by the school and will play in the Totam Conference. They even have uniforms.

The Totem Conference consists of five teams: BCIT, Douglas College, Trinity College, Selkirk College in Castlegar, and Caribou College in Kamloops.

Because of our student's huge workload, we can't play as many games as the other schools, (we play about 12, the other teams play twice as many) but it all comes down to a final tournament in Kamloops, so the Cougars have the same chance of winning it all.

The coaching staff consists of head coach Walter Olsen, assistant coach Ray Richard (our very own Sports Chariperson), and Troy Nagy, who acts as trainer. Roy and Troy handle most of the practises, while Walter handles some workouts, the administration, and works behind the bench during the games. It really is a team effort.

Head coach Walter Olsen has played a lot of hockey in his day, including the NHL (that's the Nelson Hockey

League), where he grew up. He currently teaches physics to Civil and Structural. He knows a little about teamwork too. Several years on the UBC rowing team saw to that. Walter has coached some minor hockey and actually started the BCIT team back in 1983. He enjoys coaching because it allows him to help players reach their full potential. He likes the team comradery and getting to know the students while allowing an outlet from school pressures. And besides that, it's fun.

Our team has played six games thus far, and unfortunately their record is a little off, but the games have been close, and Walter feels that the team is improving steadily and should be ready come tournament time. There's lots of potential for next year too, as half of the players are first year students.

One sad note is that assistant coach Ray Richard will probably leave the team next year. But since being sanctioned, several faculty members have shown an interest in the team.

Head Coach Walter Olsen says his only problem is fan support. There isn't any. It is a good brand of hockey, and the games are close by, just over at the Four Rinks. Upcoming games are on Sunday Feb. 1st at 9:50 am and Satur-

day Feb. 14th at 12:00 pm.

So come on out to a hockey game if you get a chance. Teams win with support. And not many colleges can say they have a hockey team.

-Randy Derrick

Mystery hockey player shoots and scores

Wow! Who is this guy? He does it all. He can skate, he can shoot, and he can score. And score he does... often. In his first two outings this rookie sensation has tallied 7 markers and appears to score at will. This individual offensive onslaught coupled with a solid team effort appear to have stunned and stymied would-be competitors. It has been rumoured that this vigilante on skates answers to the name of 'Bronco'.

Relatively little is known about Bronco except that his talent and superior leadership qualities have resulted in escalating this team to greater heights.

Perhaps I'm biased in my rather outspoken opinions, but I think not. Why not see this scoring sensation with the excellent concentration first hand? Chances are Bronco will dominate both on the ice surface and scoresheet again.

Next game is Wednesday noon, January 28th at Burnaby Four Rinks.

-Brad Norton

New videos at the Library

The Main Library has four new video tapes available in reserve from the Esquire Success Series: Career Strategies 1, Career Strategies 2, Professional Style, and Persuasive Speaking.

As the ad says, these practical learning cassettes will "give the busy person the edge on success".

LOST AND FOUND

The Link will run your lost or found classified ad at no charge. All other classified ads \$1 per 25 words or less. Deadline Monday noon.

**Intramural
standings
return
next week**

INVITATION TO STAFF AND STUDENTS TO PARTICIPATE IN AN OPEN FORUM ON THE PROPOSAL TO CLOSE THE INGLIS LIBRARY

Date: Thursday, February 5

Time: 11:45 am - 1:30 pm

**Place: Inglis Building
3rd Floor LRC**

Peter Jones, Vice-President for Student Services and Educational Support, Paula Pick, Institute Librarian, and other Library Staff will be present.

Coffee will be served.

Intercollegiate Athletics

Home Games:

COUGAR HOCKEY

Sunday Feb. 1 9:50-11:20 a.m. Columbia 4 Rinks vs Caribe
 Saturday Feb. 11 12:00- 1:30 p.m. " vs TBA

MEN'S & WOMEN'S BASKETBALL

Friday Jan. 30th (W) 6:30 p.m. vs Trinity
 " " (M) 8:15 p.m. vs Trinity
 Wednesday Feb. 4th (W) 6:30 p.m. vs Douglas
 " " (M) 8:15 p.m. vs Douglas
 Friday Feb. 13th (W) 6:30 p.m. vs Malaspina
 " " (M) 8:15 p.m. vs Malaspina
 Friday Feb. 20th (W) 6:30 p.m. vs Capilano
 " Feb. 20th (M) 8:15 p.m. vs Capilano
 Saturday Feb. 28th (W) 2:00 p.m. vs Fraser Valley
 " " (M) 4:00 p.m. vs Fraser Valley

RUGBY

Saturday Jan. 31st vs Trojan Police
 Saturday Feb. 7th vs Douglas
 Saturday Feb. 14th vs Richmond
 Saturday Feb. 28th vs Semiahmoo

BADMINTON

Saturday Feb. 21st TCAA Badminton Tournament

Continued
 from page 5

Saturday

• 175 mL of tomato juice is a source of vitamin C.

POTATO PORK SCALLOP

25 mL butter or margarine
 25 mL flour
 10 mL salt
 1 mL pepper
 600 mL milk
 1.5 L thinly sliced potatoes (about 1 kg)
 250 mL chopped onion
 6 pork shoulder chops, 1.5 cm thick (about 1 kg)
 Salt and pepper
 0.5 mL sage
 Melt butter or margarine, then blend in flour and seasonings. Gradually add milk. Stir and cook until smooth and thick (about 5 min). In a 3 L baking dish (30 x 20 x 5 cm), layer sauce, potato and onion. Repeat layers ending with sauce. Bake uncovered at 180°C for 1 h. Trim excess fat from pork chops. Rub hot pan with fat cut from chops. Brown chops 3 min each side. Place chops on top of casserole. Sprinkle with salt, pepper and sage. Continue baking until potato and chops are tender (about 45 min more). 6 servings.

COLD RASPBERRY SOUFFLÉ

125 mL ice water
 125 mL skim milk powder
 1 envelope unflavored gelatin
 50 mL water
 75 mL boiling water
 50 mL sugar
 50 mL oil
 2 mL vanilla
 10 mL lemon juice
 1 package (225 g) frozen sweetened raspberries, thawed

Combine ice water and skim milk powder in a chilled bowl; beat until soft peaks form (about 4 min). Soak gelatin in 50 mL water for 3 min. Add boiling water and stir until gelatin is dissolved. Gradually beat sugar into skim milk powder mixture, then gradually beat in oil, vanilla, lemon juice and gelatin mixture. Freeze 10 to 15 min. Purée raspberries in blender. Strain to remove seeds. Remove chilled mixture from freezer and gradually beat in raspberries until well blended. Pour raspberry mixture into a 1 L soufflé dish and chill 4 h or overnight. 6 to 8 servings.

TEMPERATURE			
Most commonly used oven temperatures			
*C	replaces °F	*C	replaces °F
100	200	190	375
150	300	200	400
160	325	220	425
180	350	230	450

Refrigerator temperature: 4°C replaces 40°F
 Freezer temperature: -18°C replaces 0°F

Prepared by Food Advisory Division
 March 1983

CORONET BUSINESS SERVICES

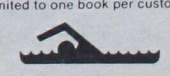
Allow us to professionally prepare all your written material using advanced word processing technology. Evening and weekend services. Call us today. 984-7060

Swimming Pool Tickets

The Recreation & Athletic Services Department makes tickets available for the following pools:

Canada Games Pool
 New Westminster: 10 tickets \$15.00
 C.G. Brown Pool
 Burnaby: 10 tickets \$11.00

Limited to one book per customer



Students, staff and alumni only

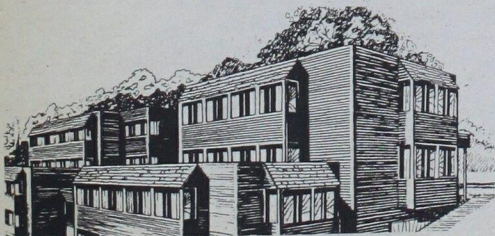
THE LINK

Residence

BCIT currently has rooms available for both males and females at Maquinna Residence (on campus) and at Redford House (off campus) at very reasonable rates.

Each residence offers uniquely different lifestyles and activities. Maquinna provides a community arrangement with shared kitchens and living areas. Redford House offers private rooms and baths plus a partial meal plan.

For more information, drop by either residence or contact Maquinna at 432-8677 or Redford House at 294-6873.



NEED WORK?

Full-time and part-time jobs available, including:

- Cook (short order - institutional - a la carte)
- Chef Welding Electronic Technician Stenography
- Accounting Building Maintenance Bricklayer
- Medical (office assistance - reception) Bartender
- Refrigeration Legal Secretary Power Engineer
- Horticulture (maintenance - floral design)
- Drafting (architectural - mechanical - civil & municipal - industrial - structural) Upholstery
- Warehousing (shipping - receiving) Millwright
- Carpentry (framing - finishing - benchwork & joinery) Appliance Repair Autobody Repair
- Cashier Painting & Decorating Clerk Typist
- Mechanics (automotive - commercial transport - heavy duty - small engine - motorcycle) Baker
- Machinist Plumbing Sheet Metal Word Processing
- Butcher (meat cutter - wrapper)
- Instrumentation Electrical

The EAC has it!

Register Today at the
 Employment Action Centre

4th Floor, J.W. Inglis Building

or call 438-1343

This program is a cooperative venture of your Student Association and BCIT.

review



Strong Persuader Robert Cray

Unless you are a blues aficionado, chances are good you haven't heard much about Robert Cray. Now, with the release of "Strong Persuader", Cray has firmly established himself with his own brand of blues and soul.

"Strong Persuader" is Cray's fifth trip to vinyl. There are two independent releases still available on the High Tone label, but his debut album on Tomato, recorded in 1978, is now out of print. Rounding out Cray's vinyl offerings is the Alligator album "Showdown", which he recorded with bluesmen Albert Collins and Johnny Copeland.

I saw Cray last July at one of a couple of gigs he did at Expo. The audience ate him up and he earned rave reviews from Vancouver's music community. Just three weeks ago Cray was back in Vancouver. He pulled into 86th Street and packed them in. Over 1100 believers turned out to worship at the altar of the blues.

There's no doubt that local airplay of "Smoking Gun" from Strong Persuader has helped to spread Cray's musical message. And although the song is based on a traditional blues sound, Cray transcends the basic twelve bar blues stereotype. He plays a more accessible style of blues, similar to Eric Clapton. Crisp, clear guitar

tones mark the production, reminiscent at times of Dire Straigt's Mark Knopfler. And if you're really looking for influences, you might find the odd Steely Dan jazz chord thrown in.

Cray does all his own solo work. He doesn't play with the same amount of dexterity as a Stevie Ray Vaughn, but he doesn't bore you with extended guitar solos either. His fingering is economical: he fills in the empty spaces only where they matter, setting off more than overpowering the drums of David Olson, the keyboards of Peter Boe, and Richard Cousin's bass work.

While Stevie Ray Vaughn could be cast in the "Southern Blues" mold, Cray's influences aren't as limiting. Cray has brought together the roots of r&b, soul, and blues. In no small way, Cray has re-invented the blues sound. He comes across sounding fresh and new, more like a true pioneer than another blues reincarnation. It's no wonder artists like Eric Clapton, Keith Richards, and Elvis Costello swear by his music.

Lyricaly, Cray steals from the stock themes. Songs about loneliness, like in "More Than I can Stand", has Cray agonizing over the woman who left him. And in "New Blood", Cray decides to go out and find a new lover while recalling that it's been over a year since he last spoke to his ex - or since he last left room. "I Guess I Showed Her" is a cheatin' song: "My suspicions been confirmed / I saw her havin' lunch with some new guy". Cray has no choice but to move out of his house. So he leaves, not even waiting for an explanation.

The soulful, smooth voice of the man from Tacoma,

Washington is almost too sweet for stories about misery and despair. But Robert Cray's got a bad case of the blues, and he sure is a strong persuader.

- Glenn Hamilton Tate



Get Close The Pretenders WEA Records

If there was ever any question about the Pretenders being a band or a vehicle for Chrissie Hynde, there isn't now. She proved this when she scrapped everything from the last album, except guitar player Robbie McIntosh.

For this album she got a new band and a new production team. "Get Close" also has a different sound.

This record never reaches the heights attained by the multi platinum "Learning to Crawl". Hynde is at her best when she is angry or upset. Right now everything is rosy for Chrissie: she has a new husband (Jim Kerr of Simple Minds), a baby and lots of money. With nothing to complain or gripe about, Hynde has written a bunch of nice songs. Nice doesn't suit her.

In fact the best songs here are the ones she didn't write "Hymn to Her", and "Room Full of Mirrors". The latter is

an old Jimi Hendrix tune (a choice that took some guts).

Other than those two songs, the best ones she wrote are the bouncy single "Don't Get Me Wrong" and a searing tune called "How Much Did You Get For Your Soul". In "How Much ..." she cites Micheal Jackson and Lionel Ritchie for using their pull to sell pop. She believes someone with that kind of influence should have something better to say.

Chrissie Hynde has mellowed with age, and may have lost her most important asset - her anger. In fact she is turning into one of the types of people she used to despise. Maybe a divorce would help.

- Raymond Dow

Every Breath You Take The Police A&M Records

Subtitled *The Singles* that is just what this eleven track album is, a greatest hits package that would have made a great Christmas present. It would still be a good Valentines Day gift: all the big Police hits are here, from 'Roxanne' to 'Wrapped Around Your Finger.' The Police have given the world eight years and five wonderful albums so far, although the three - Sting, Summers and Copeland, have not promised to put out any more albums as The Police.

No new songs on this lp, but 'Don't Stand So Close', originally written in 1980, was updated by the band. Sting, who had said he wasn't completely happy with the original hit version, got the group together after a benefit concert last year and recorded 'Don't Stand So Close - '86'. They didn't need to bother, the new version is rather lacklustre, to say the least. Oh well.

- Don Wright

E X C E L L E N T
THE EATERY
1 FREE BURGER

The good deal is your least expensive gourmet burger is free when two are ordered. This applies to beef & Tofu burgers only, and isn't valid for take-out or any other coupon.

ENJOY YOUR BURG AND HAVE A NICE DAY!

3431 WEST BROADWAY 738-5298

Community Sports
offers a **10%** discount off
regular prices of all merchandise
to all **BCIT** students, staff & faculty

SEVEN MONTH SKATE
SHARPENING PASSES FOR **ONLY \$39.00**

3355 W. Broadway 733-1612
OPEN 7 DAYS A WEEK FROM 9:30 A.M.

THE LINK

The Link is published by the BCIT Student Association, although the views presented within do not necessarily reflect the views of either the Student Association or BCIT.

Link Staff and Hangers-On:
Charlie Smith, James Roberts, David Mattatal,
Alec Herrman

Advertising Sales Reps:
Don Wright, Mike Maxwell

Deadline: Friday noon. Listed in CARD.

434-5734 local 5517

Don Wright, publisher

CLIP THIS OUT AND SAVE

WANT TO QUIT SMOKING?

The following books, reports and films are available in the Main Library to help you:

BOOKS in the STACKS

Kicking it: the new way to stop smoking permanently / RC 567 G44 1979
A Doctor's book on smoking & how to quit / RC 567 C62 1976
Become an ex-smoker / RC 567 D36 1978
How to stop smoking through meditation / HV 5740 T9 1976
No more butts : a psychological approach to quitting cigarettes / HV 5740 O57 1977
Quit smoking / RC 567 C35 1983

FILMS

One way to quit / FC 624-625
How to stop smoking / KIT 752

REPORTS on RESERVE

	PAM. No.
Lung cancer deaths attributable to involuntary smoking in Canada.	517536
Report on the air sampling measurements	517537
In the matter of arbitration between : De Havilland Aircraft of Canada Limited and United Automobile Workers of America, Local 673	517538
Towards standards of acceptable risk for involuntary exposure to tobacco smoke in the workplace.	517539
Smoking in the workplace.	517540
British Columbia Institute of Technology Smoking Policy Committee report.	517541

(with thanks to Sheila Ferry and Bev Alder)