Unsettling Experience

by Lorne Stelmach

Red River's mens basketball coach, Bernard Jones, feels like he has grey hairs. Or at least thats what his teams season has been like.

Jones says the team is quite unsettled as they get closer to the March provincial championships, despite the fact they have steadily improved.

"We've really progressed from the beginning of the year, but its been a slow, hard process," Jones says. A couple of players retired from the team and Jones added that a couple more are borderline academically.

He singled out Dave Galas as the player who has probably improved the most. "He reaaly gotten agressive, and he seems to have that killer instinct. He's improved 300 percent."

Jones couldn't say how he thought the team might do at the Provincials against Assiniboine Community College of Brandon (ACC).

Right now, he rates the two teams pretty well even, and says he'll have a better idea of their chances after the ACC Invitational tournament (Feb. 8 & 9).

The Rebel men recently split a doubleheader against North Dakota State University. Terry Lamoureaux scored 16 points in leading the Rebels to a narrow 78-77 victory in one match. North Dakota rebounded to win the other match 89-68. Oscar Hew led the Rebels in that second match with 13 points.

After they compete in the ACC Invitational, the Rebel men are slated for a doubleheader in Devils Lake, North Dakota on February 15 and 16. There competition there will be Lake Region Community College.

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Gaining Strength

by Lorne Stelmach

Red River's badminton team continued to show improvement at the Manitoba Provincial Open last month.

"The whole team is getting stronger," said coach Jack Kaplan. "They have been showing constant improvement from tournament to tournament."

Dale Sutcliffe made it as far as the semi-finals in mens singles play in group two. The tournament was divided into two groups, with all of the higher rated players in group one. Red River competed in group two.

In the first consolation round, Ron Bilawka and Karen Farrell won the mixed doubles, and the team of Kerri KcFadyzean and Sandra Kaita captured the ladies doubles crown. Carol Pauls lost in the finals of the ladies singles.

In the second consolation round, Lim Seng Sham won the mens singles title. Overall, it was a strong showing for Red River.

The teams final tournament, before the provincial championships at the end of the month, is the Westman Open. It will take place at Brandon University on Feb. 16 and 17.

Winners And Beginners

by Barb Norton

It's three in the afternoon in a chattery, clattery restaurant. Grant is having a little snack. An omelette, three pancakes, bacon, hash browns and toast. He is bulking up, eating extra calories and protein to add to his muscle size. Soon he will begin a diet to lose body fat and define his muscles. "Every minute seems like an hour then," he says.

Grant travels from Gimle where he tends bar, to Winnipeg where he works out six days a week. "It's the trend of the 80's," he says between bites, "there's no feeling like it in the world."

This 19-year-old is a serious body builder, and will be a contender in this year's Mr. Manitoba contest.

It all started on a trip to California when he was 14. He saw the body builders on Venice Beach. "I just knew it was for me."

Grant works out for an hour and 15 minutes a day, with one day off between three. "It allows you to control how you look. Fre people are as dedicated as I am, but it seems like everyone is getting into it in some way, especially the ladies."

Misconceptions regarding body building bother Grant,who will attend RRCC next year to train as a Lab Technician.

"People think guys with big muscles are big dummies. People also think that if you stop training the muscle turns to fat, and this is definitely not true. I don't know why anyone would want to stop. It builds confidence that shows in the way you carry yourself and the way you look. Sure, ego has a lot to do with it, but it's more confidence than ego."

Grant has a goal — "I want to be the best in the world." He adds that he intends to continue training at Gold's Gym, and to enter the various contests.

Have you ever been driving down St. James Ave and wondered what goes on inside that yellow building that everyone talks about? The first thing that strikes you as you enter is that it lacks that gym-like smell associated with places like this. The second impression that you can't ignore are the bodies. This is where the big boys are. One of the biggest and the best, in fact, the best in Canada, is Les Berthelette — Mr. Canada. He can be found at Gold's working out himself or instructing others.

Les is eager to talk about the sport of body building. The three-time Mr. Canada is well versed in fitness and nutrition.

It began for him in 1975 when he moved to Winnipeg from Ontario and saw his first Mr. Manitoba contest. His reaction, much like Grant's was "That is what I want to be." In 1977, after perfecting his diet and training formula, he went out to compete for the Mr. Manitoba title and placed seventh. In 1979 Les won the Mr. Manitoba title and went on to win both the Mr. Western Canada, and Mr. Canada titles.

Les explains what the contest is all about. "This is a body building contest. There is no weight lifting involved. There are two rounds of judging in the morning. Seven compulsory poses are judged by seven judges, and points are given in order of preference. The first gets one point, the second choice gets two and so on. Each strikes the same pose and is judged on muscularity, symmetry, proportion and definition. In the second round the contestants have 60 seconds to display a posing routine to music, and the same point system is used. The least number of points wins, and three semi-finalists are chosen."

"In the evening the three finalists do a posedown. They pose individually, then all together. The crowd, as in any other spectator sport, goes crazy. Many women come out to see the contest, but there are lost of men also. The contest is held in conjunction with the Red River Exhibition in June."

Les smiles through the explanation as if recalling the excitement. "You don't get money, just trophies. I have sen Egypt, Singapore and Belgium so far. It's a great way to see the world."

When body builders get together they usually talk about the sport. "We see a guy and comment on his build," Les says. "We will go out for a drink on Christmas, New Years, in fact any excuse to party will do."

As far as the use of steroids goes, Les is against it. "Some guys use them, but it can cause skin breakouts, and psychological changes such as mood swings."

Anyone can enter the Mr. Manitoba contest, but most people come to the gym to improve their fitness. Les has decided that first hand experience is better than explanations. A fitness test is done when someone comes in to start a weight training program. The test involves first determining the girth, which is made up of the neck, bicep, chest, waist, hip, thigh, and calf measurements. The bodyfat is then measured with calipers, a device that pinches the excess fat and measures it.

The test also includes getting weighed, and doing 60 seconds of situps. Strength is measured by starting with the arm stretched straight up in the air and slowly lowering it, while gripping a strength measuring device as hard as you can. Flexibility is measured by sitting on the floor and bending forward at the waist as far as you can.

The fitness test determines the program a beginner will follow, showing which areas need concentration. The test is repeated at three month intervals and the routine is adjusted to changes.

"The genetics of a person have a lot to do with it," says Les. "Two people can do the same workout, maybe one can lift more than the other, but it doesn't mean he would win the contest. If you're dedicated and have good genetics you have a chance."

Les is all for first hand knowledge, so it was down to the gym for some actual training. The gym is slightly intimidating to an out-of-shape beginner. Mirrors line the walls, and weights and machines are scattered on the floor. Bodies that relfect man's search for perfection are everywhere.

The timidity wears off as Les's calm, easygoing guidance takes over. Working out is work, but is can be fun. Everyone here is seriously into what they are doing, no matter what the motivation. Les says there is a feeling of exhilaration when you work out, and Grant added that it is the greatest feeling in the world.

They were right. The concentration needed to work the muscles blocks all other thoughts from the mind. You are worry free. The body is alive and working. A desire to be more fit takes over.

Fitness is in style. For some it is a lifestyle, for others a way to keep in shape that can be done for an hour or so, three times a week. "The trend of the 80's" could become the addiction of the 80's for anyone who tries it.

RED RIVER COMMUNITY COLLEGE

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The Projector

Seniors Day A Success

by Barbara Lawton

Senior citizens from all parts of Winnipeg gathered at Red River Community College on February 14 as guests at the college's first Seniors Day. The event was planned to coincide with the annual banquet held by the Students' Association for seniors from the Lions Manor and Lions Place.

Ray Newman, chairperson of the Senior Citizens Day organizing committee, said the event was an unqualified success, attended by as many as 1,500 people. Last November, the 30-person committee of college staff, students and seniors had been advised they could probably expect a turnout of around 250 due to winter weather and other factors. By February 11, nearly 1,000 seniors had registered to attend the event.

The huge response meant a few last minute changes, said Newman, but caused no real problems.

"I'm a stickler for organization and details," he said. "I had anticipated things would run smoothly and they did."

Twenty-one buses were chartered for the event, to transport senior citizens from centres all around the city. After arrival at the college, seniors gathered in the north gym at 10:30 a.m. for an official welcome, then were asked to choose to either attend a seminar or tour one of the Health Sciences, Industrial and Technology, or Applied Arts and Business divisions.

All tours and seminars were conducted again during the afternoon.

Seminar topics covered a wide range of interests. Seniors were invited to observe or participate in the production of a television game show, to learn about computers and their many uses or to increase their skills as amateur photographers. Other seminars included discussions on child care, communication in advertising, working with the elderly and gourmet cooking.

Seniors gather in North Gym

Seniors star in television production

Barber styling students set the day aside to offer seniors complimentary haircuts and shampoos, and all attending the event were treated to a lunch in the gym at noon.

Newman said the organization of an event like Seniors Day requires real team effort, with many people having to devote a lot of time over and above that required for their regular duties at the college.

He said there were far too many names involved to give credit to everyone involved in making Seniors Day a success, but singled out the efforts of Debbie Spakowski and Building and Facilities Administrator Lou Mousseau in helping look after a mulititude of planned details.

"I've had many congratulations from staff and students and, especially, from the seniors themselves," added Newman, "and that's what makes it really worthwhile."

Admissions Officer Debbie Hosey co-ordinated the preparation of printed materials and a questionnaire and looked after putting together 1,000 grab-bags for the seniors to take home with them.

The bags contained RRCC information pamphlets, notepads, Manitoba emblem pins, recipes and an assortment of other items contributed by local businesses and government departments.

According to Hosey, the amount of time spent in preparation for the event and the running around involved were both big organizational factors. "Just stuffing those bags took an incredible amount of time," she added.

Because of the overwhelming response, said Hosey, there weren't enough grab-bags for everybady. Bet seniors who didn't get one were asked to leave their names and addresses, and the college is now contacting those businesses which contributed to the bags to ask for another

Cont'd page 2

Banquet is Finishing Touch

by Barbara Lawton

As Senior Citizens Day activity in one part of Red River Community College wound up for the afternoon, preparations for another major event were just receiving the finishing touches.

Following a long and happy tradition, the RRCC Students' Association held their annual seniors banquet February 14 in the Voyageur dining area. S.A. Business Manager Don Hillman says the event was almost as much fun for the students involved as it was for the seniors who attended.

"It's an enriching experience for everybody," says Hillman. "I think everyone who's run this over the years has really enjoyed it."

Hillman says the college has held a seniors banquet off and on for more years than he can remember. But the idea of holding the event on Valentine's Day is a more recent development.

"The chef training students used to hold a dinner at Christmas time for the seniors," he says. "It used to get a fair amount of publicity, but it just seems to have died out at some point."

"We decided to revive it. Because of the Christmas break and the trimester system, which both made it difficult to organize an event in December, we decided to run it in February on the 14th. And we've run it every year now for the last five years."

Following registration on a first come first served basis, about 250 seniors attend the banquet.

"We advertise in the Lions Manor and Lions Place newsletter and also put up an ad in their drop-in centres out in the west end. It was about a 50-50 split between residents and seniors who found out about it through the drop-in centres."

The S.A. sets aside about $5,000 in its annual budget to cover costs for the event.

"But it's not all expenses associated with the dinner," adds Hillman.

"For example, the chef training students served the meal for us. In exchange,... we donate about $400 or $500 to their club which is going to Toronto this year to compete in the Ju 'or Culinary Olympics."

Along with a full course meal, the S.A. also treats the seniors to an open bar.

"They love it. And why not? They're old enough to drink," laughs Hillman.

It's up to the Students' Association to budget for the event each year. Hillman says he hopes future administrations will continue to recognize the importance of holding a seniors banquet, but adds that he's not sure what will happen next year.

"The pressure's been put on us to run our event in conjunction with theirs (Senior Citizens Day) and to open it up to all 1,500 people plus the people from Lions Manor."

"The thing is, the Students' Association could never afford to offer that many free meals. And the open bar is really expensive."

Hillman adds that the seniors community have suggested the S.A. continue to offer a free dinner but charge for liquor.

NEWS CONT.

Seniors (cont'd)

300 or so of each item.

Hosey also devised routes for the staff and students who volunteered as Seniors Day tour guides.

Among the volunteers were several retired RRCC staff members. Bill Grant, former college registrar, said he volunteered his services as soon as he heard about the event.

"I thought it would be something I'd enjoy and figured why not help out," said Grant.

The enthusiasm of Seniors Day volunteers was matched only by that shown in the faces of the seniors themselves, many of whem lauded the event as being a great idea and a lot of fun.

"Sure I'm having a good time," said Tony Dolenuck, a retired bartender. "But a person would have to stay here for about six months to see everything. In two hours, there's not enough time to barely begin."

Anne Anaka, a homemaker who took some typing courses at Red River, said she would be interested in trying a course in creative writing.

"We're way out in the north end, so getting here might be a problem. But it would sure be nice in the summer," she added.

And 80-year-old Joe Meyer, an electrician who helped with the original construction of the college, said he thinks Seniors Day is a very good idea and should be repeated.

"But," joked Meyer, "I'm too smart already. I've gone to school for too many years to think about taking more courses now!"

Before leaving, seniors were asked to complete a short questionnaire designed to identify the areas of study in which they might be interested. Once the questionnaire results are analyzed, the information will be used to help the college react to the needs of Winnipeg's seniors community.

ICBL: Evolution or Revolution?

by Bain Gair

Some Red River Community College staff have misgivings about the impending changeover to individual competency-based learning (ICBL) in most courses.

"We foresee problems. A lot of people won't face up that they're going to be there," said one staff member, who did not wish to be identified.

None of the instructors who spoke to the Projector wanted their names printed in this story.

"In support services, there's a sense of it (ICBL) having been imposed on us without having any input," said one member of the support staff.

"There hasn't been a lot of understanding on the kind of impact it has on this place," she said.

"It's going to be a big shock in the beginning," another instructor said.

When asked for thier views about changing courses to ICBL models, most instructors said it's too early to form opinions. Several instructors indicated they don't know what ICBL instruction means yet.

These comments followed the opening of a two-day workshop on ICBL. Representatives of colleges using ICBL instruction and firms using it in industry discussed and demonstrated various aspects of ICBL.

They came from B.C., Alberta and Ontario, none at the expense of the college, said Gary Polonsky, RRCC director.

The initiative for the change from time-based learning (the model most courses use now) to competency-based learning came from Manitoba's Education Minister Maureen Hemphill last April.

"We envision that the majority of (RRCC) programs would be operating in some variation of ICBL by 1990," Polonsky says.

"We have 9 programs in beginning stages of development," he said.

The changeover will cost roughly $150,000 per program, he said, but the college cannot forecast exact costs yet or how much will need to be added to the college budget.

"Nobody will lose their jobs," Polonsky promised.

How will the new teaching methods affect students?

"For the first week or two, the students will undergo an adjustment period, and we will have a program in place to help them adjust. After a couple of weeks on this program the majority of students, according to the research and according to the (workshop speakers), come to love it," he said.

ICBL principles focus on students individually. Performance standards are devised and student's progress is measured against these standards.

Students receive course material in a package and work through it at their own pace. Exams are scheduled according to each student's progress.

Instructors will undergo the biggest change. No more lectures, no more rigid course time schedules. Students will consult the instructor when they need advise. The instructors become more like a personal tutor.

The responsibility for learning is almost exclusively on the student.

"It (ICBL) rewards people who make the effort and punishes thoe who sluff off," said one instructor who is currently working on developing an ICBL program.

Course content, evaluation and instructional aids will be developed according to the needs of each program.

ICBL programs will be introduced incrementally, Polonsky says.

"By late spring we will take all this investigation that we're doing, and testing, and we will generate a plan which will indicate just how we are defining ICBL over the next several years and. . .what our directions are with it," Polonsky said.

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and

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- **READ** the Declarations (back)
- **SIGN** and date the form (back)
- **SELECT** full or time payments (front)
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- **ENCOSE** your payment with the renewal form in an envelope.
- **DROP** the application off at our office, Room DM20.
- **PICK UP** the validated renewal 24 hours later.

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Take a load off your mind, avoid late hassels, give us a post-dated cheque with you insurance **NOW!** Then just pick up your renewal at the end of February.

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Included In College Mainstream

by Theresa Harrison

A new program designed to benefit both the participants involved and Red River Community College by letting each come to a better understanding of the other is now underway at the college.

Project Inclusion integrates severely handicapped people into the college community. Four women, all in their twenties and with various physical and intellectual limitations, are taking part in college activities. These range from classroom lectures to sports events to beer bashes.

The emphasis is not on formal training, but rather on improving the quality of life of handicapped persons through interaction and experience with their non-handicapped peers.

Fausto Yadao of Adult Basic Education is one of thoe responsible for Project Inclusion at the college. He says that the program is the first of its kind in North America, and that Red River is breaking new ground.

"We are trying to design the project so that the participants are inegrated into college life in a way that is meaningful to them," Yadao says. This means a focus on some skills training, enrichment of personal experience and, most importantly, development of peer group relationships.

Participants capable of training for future employment may be involved in areas such as food preparation, some of the industrial trades, day care and secretarial. Participants primarily interested in stimulation and interaction would fit in a variety of classromm settings. All participants could make use of the recreational facilities at the college as well, in conjunction with activities going on at the time.

Representatives from Nursing, Child Care, Phys. Ed. and ETV have already expressed an interest in getting involved in the project.

Instructor Donna Daman, who teaches moderately retarded students at Red River, says the project should be looked on as public education. College students and staff can get as much out of Project Inclusion as the participants. "There are more and more handicapped people coming into the community," she says, and public education is important.

Participants have been given keys to elevators and alloted space in Building D as a base of operations. Project coordinator Cindy Fleischman is scheduled to be given office space, and the Department of Education has agreed in principle to fund her position.

The project is funded through Canada Works Project, one year at a time.

The Canadian Association for the Mentally Retarded had approached Education Minister Maureen Hemphill about inplementing Project Inclusion. Hemphill brought the idea to Red River, which already has programs for the handicapped. The college was chosen as the site of the project because of interest shown, experience with handicapped students and a willingness to try.

THE WINNIPEG CHAPTER of the CANADIAN FRIENDS OF THE HEBREW UNIVERSITY

is pleased to announce the availablity of scholarships for the summer 1985 or regular academic session 1985-86.

Further information is available from the Winnipeg Chapter Office, 309 — 259 Portage Avenue, Winnipeg, Manitoba. R3B 2A9. Ph: 952-3085.

Applications deadline March 31, 1985.

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Esso Resources/ Imperial Oil Ltd.	18-20	G (acctg)					U G			U G		U G			U G	U G	U G	U G	U G		P	M
Manitoba Hydro	26/27 1st														G	G	G				P	M
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Pannell Kerr Forster	26	G (acctg)																			P	--
Digital Equipment	MAR 5														G		G				P	--
P F R A	TBA								G	G		G									---	--
Chevron Standard	20									G									G		P	M
K-Mart	25	G																			P	M
Whitewood Distributors	25	G (Mktg/Admin)																			D	-
New York Life	28	G------G-----Mktg																			D	-
Woolco Dept. Stores	27	G																			P	M
Bearing Supply	TBA																G		G		P	-
Dearborn Chemical	"						G												G		P	-
Camco/Redboine	"							G	G	G	G	G							G		P	-
Pitney Bowes	APR	G------G-----Mktg.																			P	Wpg Bdn
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M - Western Canada UCPA by March 7/85	
Retail Mngt. Trainee UCPA by Feb. 26/85	
Please book appointments for briefing Mar. 25	
General Briefing Session Plse. see Poster	
Retail Mngt. Trainee UCPA by Feb. 26/85	
Inside Technical Salesperson UCPA by Feb. 28/85	
Tech. Service Rep. UCPA by Feb. 27/85	
Construction Site Supr. UCPA by Feb. 27/85	
Jr. Mktg. Representative UCPA by Feb. 28/85	
M - NWT UCPA or RESUME by Feb. 22/85	

EDITORIALS

Women Without Men

Red River Community College held a Seniors Day on Feb. 14th. About 1500 people attended the seminars and luncheon planned for them.

It's not every day that you get a look at a crowd of 1500 senior citizens. One thing really hits you in the face.

There are close to 25 women over 65 for every man over 65.

That isn't good news for either sex.

For men it means an average life expectancy of around 75 years. Those golden retirement years sure fly past quickly. No wonder some men have the motto, 'Live for the moment'. They may not have a lot of moments left.

For women it means that they will out-live their husbands by a decade. That's if they are both the same age.

As many husbands are older than their wives, the life span difference grows. It's painful to have to live without your mate for 10 to 15 years.

Some widows may remarry, but with the odds of 25 to 1 against them in the search for a man their own age, it doesn't happen to most of them.

This trend may be changing though. Now women are starting to assume the same lifestyles that kill many men off before their time. Statistics are coming in showing women catching up to men in the suffering of stress-related disease. Soon the life span gap between women and men may be narrowed.

While that is a negative way to change the life span difference, there is a positive way. Many men are beginning to look at their hectic lifestyles and slowing down. They are getting in better physical shape and eating nutritious foods. Vacation time is increasing in many companies so men can really relax away from the stresses of the office.

Medical science is also coming up with cures and preventative treatment for many of the common fatal diseases. Canadians enjoy the benefits of a good medical system and are able to receive attention when they need it.

Women should encourage men to stop and smell the roses, and if the women are wrapped up in their careers, they should also take more breaks. Then we can all enjoy long lifes together.

The Winners of the Administrative Management Society's Bartender's Delight Raffle held February 2, 1985 are:

1st prize: Norma Meneer
51 Rosewood Place
Wpg. Man.

2nd prize: Gary Oleksuik
30 Cameo Cr.
Wpg. Man.

3rd prize: Penny Moore
323-20 St. Patrick St.
Toronto, Ont.

Letters to Editor

The purpose of this letter is acknowledge and thank the many students and staff who contributed to the Steve Fonyo campaign.

One thousand and ten dollars ($1,010) was raised and presented personally to Steve by Liane Davidson, a Business Administration student (and 1984 Honourary Chairman of the Canadian Cancer Society), and Gary Polonsky, College Director.

Thank you again.

Gary Polonsky
College Director
Sharon Anderson
S.A. President

Steve Fonyo signs autographs for Winnipeg schoolchildren.

It was with surprise and pleasure that I read your January 11, 1985 article entitled *A Little Help From Friends.*

We have an ongoing need for women volunteers and your article will certainly stimulte interest.

Our Association, while very similar to Big Brothers Association of Winnipeg, is separate and distinct. In the event, future aritcles on this issue are planned, we would appreciate direct input!

Sincerely,
Pam Atnikou
Executive Director
Big Sisters Association

HIGHER FOOD PRICES. . .ENERGY COSTS INCREASE. . .FAMINE IN AFRICA. . .HUNDREDS OF FARMERS FACE FORECLOSURE. . .MALNUTRITION ON EVERY CONTINENT. . .FISH CATCHES DECLINING.

Headlines continually call our attention to the grim dimensions of the global food crisis.

Short supplies of food and energy dramatize the extent of global interdependence and no country is entirely isolated from the effects. Can it be that in some regions mankind will become and endangered spieces through lack of that which is needed to survive.

The current famine in Africa has opened our minds and our hearts to the sufferings of starvation and the slow, painful recovery that follows. Their region now faces shortages in each of the four basic agricultural resources — land, water, energy and fertilizer.

At one time the world food problem was viewed as a food/population equation, with an increased demand for food derived from growth in population. This is still true, but now rising affluence has emerged as another major claimant on the world's food producing resources. One way to get a feel for this is to visualize in terms of per capita grain requirements. In less developed countries about 400 pounds of grain per year is available to the average person. By contrast the average North American uses nearly a ton of grain per year. A person from an underdeveloped country will directly consume nearly all of the 400 pounds whereas a North American will directly consume only 200 pounds, basically in the form of bread, pastries and cereal. The remainder is consumed indirectly in the form of meat, milk and eggs. Thus the average North American currently uses up five times as many agricultural resources as the average Indian, Nigerian or Columbian. The average Canadian eats near 200 pounds of meat each year.

The world's food resources have limitations. The combined effect of population growth and rising affluence is expanding the world demand for food at a rate without precedent.

The advanced technology is available to expand our food supply, but the critical issue and price of this developement. Financially the cost of the energy and the fertilizers could be prohibitive, and ecologically the byproducts of technology may amount to stockpiling new problems with unforseen consequences. Unless an effort is made to slow the growth of demand for food, the world will be forced up the costly curve of bringing marginal resources into use.

A reduction in the birth rates of both poor countries where birth rates tend to be so high and affluent peoples who exert such a disproportionately large per capita claim on the earth's scarce resources would be a logical portion of the solution. Simplifying the diets of the affluent would bring positive economic, ecological, healthful and ethical changes. Stockpiling food resources which can be mobilized and relied on by victims of war, drought or natural disasters would also be an inteligient response to potencial demands.

As citizens of the affluent community we can examine our behavior and find ways to improve our relations with those who are hungry. ½awareness and education seem to be the keys we can use to open the doors to feed the world.

signed,
Linda Tustin
Lester Brown

FEATURES

Puppies For Sale: Buyer Beware

by Kelly Fitzpatrick

So you got a cute, cuddly puppy for Christmas? You had better be prepared to face a large responsibility. It takes a lot of time and patience to train a dog, and a lot more to clean, care for and feed it.

For starters, there is the $25 licensing fee. This is an annual cost for the license must be renewed each year. To ensure that your pet does not become ill, or make others sick, there are vaccines. At you local animal hospital you will be provided with the three necessary vaccinations. They are for rabies, distemper and parvo-virus. Each are $15, but only two at a time are given. This adds up to $30 for a year's coverage.

So far your pet has cost $55, and it hasn't been fed yet. An official at the Chrleswood Dig School and Kennel recommends dry-meal dog food, at approximately eleven cents a day. For one year this would come to $40. For more popular land convenient dog food, like gaines Burger, the annual cost would be closer to $100.

It doesn't stop here. For your pet to be cheaper, it must be spayed, if female, or nuetered if male. The Winnipeg Humane Society performs these services at time of adoption. The charge is $50, and includes the prices of adoption, sterilization and first destemper vaccination.

If you bought your dog through another source, then the operation would be performed at your local animal hospital. The price for nuetering a male is $60. To spay a female, there are two rates. If the dog is sexually immature, the price is $60. If the dog has been in heat, or is ready to reproduce, the cost is $50 dollars.

Therefore, for one year, the cost of owning a dog can range from $100 to $300. With an average lifespan of twelve years, your dog can be fairly costly. However, when the companionship, friendship and security are considered, it is a bargain.

The next consideration of pet ownership is training. A puppy can begin its housebreaking as soon as it is in the door. This involves the classic 'paper-training'. The puppy is encouraged to defecate on a spread of papers. If it fails to do so, it doesn't need to be hit. A stern rebuke and prompt removal to the papers is usually sufficient to teach puppy that the Carpet Need No Fertilization.

With house-training accomplised and the security of you floors established, the puppy can be taught obedience. Most puppies are ready for advanced training at the age of six months. Training for such things as coming to call, helling and staying can take from on month to six weeks.

The rules for the ownership of a dog are fairly strict. If you are the lazy type who lets the dog take its own walks — and a lot of us are — you are taking a big risk.

The City of Winnipeg by-law number 2443½79 states that "no owner shall permit his dog to run at large. When a dog is found running at large, its owner shall be deemed to have failed or refused to comply with this subsection". The by-law defines "at large" as being off the owners premises and not on a leash held by a person able to control the dog. The leash cannot be over six feet long.

Along with this are guidelines against a dog's disturbing the peace by letting it "bark or howl or in any way unduly disturb the quiet", against the infamous defaction on property other than the owners, unlicensed dogs, vicious dogs, and the like.

If Fido dirties on public or private property other than the owner's, instant removal of the offending offal is required.

The fine for having a dog at large is $50. You can get off easy, however, by paying the peace officer or appointed by-law enforcer a voluntary $10 penalty.

If you dog is rounded up and impounded, the cost to spring you springer (or whatever breed it is) is $35. There is also a $9 a day pound fee added to the cost. If it happens again, the cost is $150 plus the daily nine and the third offence is a whopping $225 plus the daily nine.

If you dog bites someone, it is impounded to check for rabies. If the incident is the dog's fault, a penalty of $50 is levied. If it happens again the cost is $100. Beyond two bites the dog is labelled vicious and must be chained and muzzled where no possibility of injury exists.

For failing to clean up your dog's excretements the fine, on conviction, can range from $25 to $500. There are also penalties for failing to keep a bitch in heat indoors or in a kennel, for not licensing your dog, and public damage by the dog and other heinous crimes.

If you no longer wish to keep your pet, through whatever circumstances, the Winnipeg Humane Society will take it off your hands. It is located at 5 Kent Road. There is a $10 charge for turning over an animal.

You are required to sign a release form relinquishing all claim to the animal. A 24 hour grace period is granted in event of a change of heart.

The Humane Society a good place to adopt a dog. Last year they gave 1,532 dogs up for adoption for the $50 adoption fee. The official at the society said that even pure-bred dogs can be adopted, although the registration papers are not transferrable.

The office hours at the Winnipeg Humane Society are 8:30 a.m. to 10:00 p.m. fur turning over animals and from 10:00 a.m. to 10:00 p.m. for adopting animals. They do not allow second-party adoptions or adoptions as gifts. There is a two week trial period allowed in case there are problems with the animal. Out-of-town residents must set up the spaying or neutering operation at their local vetrinarian clinic. The bill can be sent to the Humane Society for partial reparation.

A dog can be both a source of great joy for over a decade as well as a tremendous pain in the neck. One thing is almost certain; the amount of love given to a dog will be given back twofold.

Enjoy your pet.

A New Life at L'Arche

by Chris Thenhaus

The house at 420 Rosseau Ave. East is almost hidden from plain view. It stands at the end of a back lane, with its two closest neighbors being churches. One to the East and on to the North. As you look at the house from the North East corner it is as if it were nestled in the hands of God.

The house actually looks more like an apartment block. The second floor is a row of windows looking out over one of the churches. The cold, brown brick exterior stares unassumingly out at the snow covered ground. But inside there is a warmth that the hottest summer day cannot match.

The house is a L'Arche home where mentally handicapped adults live and work under minimum supervision.

L'Arche is an international organization that was founded in 1964 by Jean Vanier in Trosly-Breuil, France.

Vanier is a Canadian theologian and philosopher and began the first home with two adults.

Since 1964, L'Arche has expanded to some 66 homes all over the world.

The Rosseau home was founded in 1973 by sister Marie Paradis, and hos grown to include five other homes throughout the city.

The Rosseau home has about 12 people living in it — eight handicapped adults and four assistants.

The home was origianlly a convent run by the Oblate Sisters until they heard Vanier speak in Gimli in August of 1973. At that time they approached Vanier and told him that they would like to start a home in Winnipeg and donated the convent.

Martha Raw, who is an assistant with the home describes L'Arche as "A group of people who live in community in a Christian way."

Raw admits that the general public tends to associate L'Arche with the Catholic church, but says that it is, in fact, supported by the provincial government.

She says that residents of the community come from all denomonations, adding that some even claim to be atheists.

Rawe says that most assistants come to L'Arche because they themselves have a relative who is mentally handicapped or know someone who is.

Rawe says that the home is a family and like all large families they have their tensions both, good and bad.

Residents of the home all have jobs. These include everything from working in restaurants, washing dishes, to working for manufacturing plants.

Chores around the house are shared by all and at a "house meeting" on sunday night the chores are divided up.

The people at the home are always god to have visitors. When the door bell rings everyone goes to greet the guest and the reception is nothing short of spectacular.

Almost immediately any anxieties one may have about such an environment are put to rest. In no time at all your coat is taken and hung up while you are escorted into the living room for a cup of tea and a chat. You don't get service like that at some of your finer dining establishments in town.

Rawe says that they are always happy to have visitors. Anyone is welcome to stop by. Whether it's to offer some volunteer help or say hello.

Because the home is so close to churches it has easily been accepted into the rest of the community. Rawe says that this is very important because it is one of the main purposes of L'Arche.

Maurice Carney, a neighbor agrees. "We (the neighbors) do benefit from having a community like this (L'Arche) in the neighborhood. It's good for us. It makes us more aware of our neighbors and ourselves."

Carney says that part of the reason for the acceptance of the community is the fact that the neighborhood wanted it.

Rawe says that L'Arche concentrates on relationships, family and friends. She emphasizes that L'Arche is a community before it is a home.

Rawe ways that the community is always in need of volunteers and donations. She says that the funding provided by the provincial government only offsets some of the costs. Anyone interested in helping can write to L'Arche Winnipeg Inc., 420 Rosseau Place, R2C 0K8.

L'Arche is the French word meaning "Ark" and like the famed one that Noah built, the L'Arche community offers a new beginning for everyone associated with it.

Staff Box

Editor-in-Chief: Andrea Long

News Editor: Rick Major

Entertainment Editor: Laura-Lee Saranchuk

Sports Editor: Lorne Stelmach

Typesetter Joan Hoeck

Saving the Book

by Nona Pelletier

A Winnipeg building supplier helped rebuild one of the largest supporters of Manitoba authors.

After going in to receivership late last May, Mary Scorer Books, was brough back to life with the support of John Doole, president of Winnipeg Supply. About a week after the store went into receivership, Doole contacted owner John Oleksiuk. Doole took over the store and Oleksiuk became general manager.

Mary Scorer is one of the largest supporters of Manitoba and Canadian published books. "Our store generated about 25 percent of the Manitoba publishing industry," said Oleksiuk. The store holds regular readings and autograph sessions with writers, and that tradition is continuing with many events since the reopening in October.

The book store was started by Mary Scorer in 1959, and was originally located underneath Hy's Steak Loft. When Scorer went into the publishing business, in the winter of 1969-70, she hired Oleksiuk to manage the store with the intention that he would eventually buy it. In 1973, Oleksiuk bought the store with a friend. Seven years later he bought his partner out and ran it alone until Doole took over last summer. Mary Scorer won the best book store award in 1980, the year Oleksiuk became to sole owner of the store.

Doole was a regular customer of Mary Scorer and as a writer he appreciated the contribution the store made to the community. (His book, *Pith and Vinegar* is for sale in the store.) Doole heard of the receivership through the wide media attention Mary Scorer received, met with Oleksiuk and worked out an agreement.

Oleksiuk is happy with the arrangement. "I'm better off in the sense that I am still doing what I like to do. The store has been rejuvenated and I'm able to go back to it with a much better frame of mind."

Oleksiuk can now concentrate his efforts on running a book store. Although he did suffer some financial loss, he feels he is now better off. "It's going to be a few more years before I recoup my losses but I don't think I would want to do it any other way. The relationship I have with Mr. Doole is really wonderful."

The new store is on the south side of Graham Avenue between Kennedy and Edmonton. Oleksiuk says this location attracts new customers. "It's much better, even when it comes to our regular customers and also to the general public. Being here has opened our doors to some new customers.

Since its reopening the writing community has shown its support for the store. "They really feel there is a home here for them," said Oleksiuk. "A home in the sense that there is a place that their books can be displayed and even more than displayed. They can have them sold."

Oleksiuk is still surprised over the events over the past year. "I think if anyone would have said last year at Christmas that I'd be having a Christmas Party with Winnipeg Supply and Mary Scorer Books, I'd have laughed. That's like going to the moon, that's as far out and far fetched as you can get."

Charity Social

The Helping Hand Social is coming up March 9 at the South Gym.

Tickets are $6.00 and available at A.T.O. or the fund raising tables that will be set up March 1, 5, 7 and 8th at the Buffalo Alcove.

Proceeds, which will be split between Oxfam and the Red Cross will go to Famine relief in Africa.

The Helping Hand Social will feature lots of prizes.

Gift certificates have been donated by many local restaurants including Chi Chi's, Knickers, Peppers, Boston Pizza, Mammalus, Old Spaghetti Factory, Bonanza, etc. Jets tickets, Long Distance certificates and many others are also among the prizes.

GIVE FROM THE HEART
MANITOBA HEART FOUNDATION

A Paper, Anyone?

by Denis Labossiere

"It's cold. That's the worst of it." says Alf Chambers, a Portage Ave. newspaper vendor.

Life isn't easy for the twenty or so stoic men and women who must face the elements for five or six hours a day, only to return with fifteen or twenty doolars.

The street vendors make seven cents per paper on weekdays and 12.5 cents on Saturdays. The Winnipeg Sun generates only a five cents profit for vendors.

"That's not enough," says Wayne Booth, who's been selling papers for 5 years.

"We don't get tips either," stresses Chambers. "The odd time you get to keep the change from a buck when someone buys two papers, but it's rare even around Christmas.

"And then there's the boxes," adds another. "I used to sell an extra 50 papers when it was just the Free Press that had boxes.

"It's hard living on this. Most of the guys are doing this on the side while collecting welfare or old age pension."

"I don't," states Booth, who sells about 200 papers a day. "I've only had to go to welfare once, for clothing money. Lately, I've done good because some guy got fired; so his customers come to me."

On his best day ever, he saw 340 sales in 8 hours, for a profit that didn't exceed $25.

"I'd take another job, if I could get one." says Lloyd Smith who supplements his sales with a large paper route.

"Selling on the corners is better if you know the tricks to the trade. . .things like setting up beside a bus shack."

This isn't the case at Portage and Memorial, where Smith parks his wagon at 8:00 each morning. "I stay here because The Bay let's me warm up inside anytime I want. That's worth more to me than money."

Bill Mason, a Hargrave street vendor agrees. "One time an old guy got really bad frostbite and they had to cut off two fingers from his right hand."

"After that, he'd worry it would happen again, so he'd pull his sleeves over his hands and use a barbeque fork to give customers their paper. The paper would always get torn by the fork but I don't think anyone complained."

Volunteers Needed For Red River's Income Tax Program

Revenue Canada is offering a tax preparation course free of charge. The only qualification is a desire to help others. After you take the course you will be required to assist students with an income under $11,000 prepare their returns for this tax season.

Lend a helping hand to your fellow students and complete a worthwhile course at the same time.

Sign up now at the S.A. office — DM 20.

by Arlana Guiler

The wide range of video cassette recorders available is mind-boggling. Making the choice between getting a Beta or VHS machine is hard enough. Video machines are a major purchase, so you are entitled to have enough information to make the right choice.

VHS, which stands for video home system, and Beta are the two types of video cassette recorders currently available. Most electronics companies make either one kind or the other. Some even make both, but stay away from these companies. As they are not specializing, they are not making a good quality product.

The differences between Beta and VHS may not be obvious at first, but at a closer inspection they are quite different.

The most noticeable difference is in the size. VHS cassettes are much bigger than Beta cassettes. Consequently, the machines are bigger.

Another reason for the size difference is in the way the tape is fed through the heads. VHS machines use a much more elaborate system of playing the tape, so more space is taken up by the extra machinery.

This is your first step towards making a decision. If space is at a premium, you may want to choose a Beta. However, if space is not a major concern, then you have many more choices.

The second biggest difference is the availability of movies. There are many more movies available in VHS format than in Beta. Although Beta is starting to catch up, VHS has had a large head start. Mike Websdale, a former employee of a Brandon video store, says that Beta may never catch up to VHS.

So, if you want a bigger selection of movies, VHS may be a better machine to choose.

But there are many otner things to consider when choosing a VCR. Websdale says that firstly, you should find out what kinds of machines your friends have, so that you can trade movies with them. You should also find out what kind of movie rental places are around your home.

The price of the machine is another consideration. If there is a good sale on Beta's, that may influence you decision. When times are tough, there is not extra money to fritter away on a machine that may be more than what you want.

Websdale recommends that the consumer check out the features on a VCR. There are remote controllers, pause buttons, and picture reviews available, all at an extra cost. Decide on what you really need and want, and do not spend extra money on useless features.

Lastly, Websdale says that you should "find a dealer who will be your friend. One who will not say 'too bad' when something goes wrong." A good dealer is worth searching for.

Websdale said that there is only one kind of machine he would ever consider buying. It is the Harmon-Kardon VHS machine. He likes it because he feels it delivers the best stereo sound available.

Another customer thought differently. He bought a Sony Beta hi-fi machine because it takes up less space than a VHS, and it gives good stereo sound. "Also, by my reading, it gives a better picture," he said and added that it is cheaper to repair a Beta machine.

It is not easy to choose a video machine. However, you must consider all of your options before buying one. A VCR is a major purchase, you should not be taken lightly.

Korea Remembered

by Shawna McCutcheon

Korea. A man stumbled in Korea and never got up again. He was blown apart by a land mine.

Do we remember Korea as the sight of a bloody war or do we think of M.A.S.H. and Hawkeye, Radar, Trapper and the other characters of the popular series?

One person doesn't remember Korea as a place where doctors joked and all soldiers were cared for. He doesn't remember when there was time to play poker or when there was time to have parties.

"They called it a police action. Some police action! It wasn't a police action at all. It was an all-out war," he remembered.

He is a veteran of the Korean War. He lived through it, unlike so many other soldiers. For this reason he wishes to remain anonymous. I will call him John.

I m not important. I survived. I did my best but those who didn't make it back are the important ones. They gave up the most they could. Their lives."

"Korea was a cold, hilly, mountainous terrain. It was a hellova place to fight a war."

"At the beginning of the war, we had inferior weapons next to the Koreans. A lot of lives were lost due to that fact. It wasn't until the latter part of the war that we received equipment which matched the Koreans," he said.

The Korean war has been the only conflict since 1945 in which the forces of the great powers have opposed each other. The war involved several member countries of the United Nations with Canada and the United States playing a large role. There were over 1,500,000 casualities to the U.S. alone.

"The North Koreans were nothing like they picture on M.A.S.H. The North Koreans were fanatical. They didn't offer to give M.A.S.H. units American wounded soldiers if they couldn't treat them properly. The show M.A.S.H. made out in one episode that that is exactly what the North Koreans would do. That's crap! Wounded soldiers that were in North Korean hospitals were treated as prisoners."

"I remember meeting people, guys that had families and good jobs back home. They'd talk about the things they were going to do when they got home and the future they had planned for themselves and their wives and children. They all talked about the good times they were going to have. Then they were dead. A bullet shot in a fatal place, a tripped land mine, or a grenade thrown to close by," John recalled.

"At times were were stepping over the bodies. I can still picture it now. It was horrible. Blood was everywhere and you didn't have time to stop and see if a person was alive," he said.

"The guys that were over there believed they were dying for a good cause, though. They were there with one thought in mind, to stop the Communists. They wanted to win. Plain and simple."

"To take one hill, in a matter of two weeks, there were 8,000 U.N. casualties and 12,000 Chinese casualties. The Chinese played a big part in fighting the North Koreans," he recalled.

"There was a lot of dedication to winning this war. I felt it myself."

"It ended for me in the latter part of the war. We were fighting Heartbreak Ridge. The Americans and a Turkish brigade were attempting to hold this hill. We were advancing towards the enemy when a grenade exploded. It killed the man beside me. It literally blew his face off. The shrapnel hit me in the forehead and all I remember is saying a quick prayer."

"I was taken back to base hospital and they took a shrapnel out. The shrapnel had split my skull so they placed a metal clip into my forehead to hold it together," he said.

John stopped and looked across the room. He shuddered. "The man's face was literally blown off."

He continued. "I still have the clip in my head. Five years ago, they removed the rest of the shrapnel from me. Tiny metal pieces had worked their way down into my neck and got lodged there."

"The memories of the pain never seem to leave you."

"I wish the people who made M.A.S.H. could have been in the Korean War. They may just understand then what a farce they're putting across on the public. The Korean War was death to a lot of innocent men. That included medics and soldiers alike. It was not a thing to joke about," he concluded.

The man who stumbled and was killed in Korea had a name. John remembers his name and always will. It was his best friend.

Whittle For Fun

by Andrea Spicer

Arthur Felix is a 88 year old veteran of the first World War, a retired farmer, and a whittler.

That doesn't sound like anything out of the ordinary. But Arthur Felix taught himself to whittle while he was in the trenches. Arthur was 20 years old when he enlisted in the Army. He was a assigned to the 52nd Canadian Infantry. He was sent to Europe, and was placed in the trenches in France.

"To help keep my sanity, I began to whittle on anything I had — sticks, knife handles, anything," said Arthur.

Arthur, who has one leg shorter than the other, had placed a block in his boot. So when he could not face the pressures any more he began to whittle on his block. "The first thing I ever made was a bear. But it looked more like a stick figure."

Soon Arthur had improved to such a degree that his animals looked real. As wood was in great demand, he began to whittle on anything that he could find; discarded knife handles, or small pieces of lumber. Soon he was making things for the men in his troop to send home to their families.

Mac Arent was in the same troop as Arthur. "I remember Art was always chipping and peeling any piece of wood that he could find. At first we all laughed at him, but later we envied him for finding something to take his mind off of the tension of the waiting," said Trent.

After the end of the war, Arthur came back to Canada and began to farm in Manitoba. While Arthur was struggling with his farm he would whittle at night to relax and to make extra money for his family.

Most of the articles in Arthur's house were made by Arthur. All the furniture have figures carved on them. The figures are in the shapes of animals or cupids. Also all of Arthur's grandchildren have toys that Arthur made for them from scratch.

Tom Hornwood is Arthur's neighbor. Tom was in Arthur's troop in the army. "Arthur started whittling and then there was no stopping him. On the boat coming home, I thought that Art would go crazy. He lived for the day that he could get to Halifax. But we arrived after the munitions boat had exploded, and all the available wood was being taken for repairs to the harbour."

Now Arthur does all his whittling for fun. He donates toys that he makes to a charity of his choice.

Despite his age Arthur whittles every day. he is now badly affected by rheumatism, but he still manages to make one small toy a day.

"I'll keep on as long as I can. I'd like to leave this life knowing that I make the children happy.

ENTERTAINMENT

Timothy Hutton stars in Turk 182.

Turk 182: A Classic Struggle

by Kelly Fitzpatrick

Turk 182 premiered alst Thursday with Timothy Hutton as Jimmy Lynch fighting grave injustice at the Northstar II.

The movie starts off quickly. In the opening scene we meet Jimmy Lynch playing the crowd at Hoolie's bar for bets as his brother Terry (Turk) Lynch is attempting to walk the length of the bar on his hands.

These guys are all-American fun lovers. We also find out that Terry is a member of the new York Fire Department, staton 182. Hollie's bar is their hang-out.

Since the bar is full of firefighters, a little Puerto Rican child runs in to find help for a little sister, trapped in a nearby fire. Terry Lynch, the hero he is, runs off to help.

Discarding the fact he's off duty and had been drinking, Terry rushes into the inferno to find the child. In the time before the fire engines arrive, he has searched the building, narrowly missing getting cooked himself.

The irony strikes. The fire department has arrived. Terry has found the child. Just as he is about to open a window to safety a fire team bursts into the room. They blast a jet of water from their hose that knocks Terry (holding the girl) out the window.

A slow-motion shot stretches Terry's three story fall onto a parked car into an ordeal. The girl is safe, but Terry is hospitalized.

Suddenly it is six months later. Terry is physically recoverd, but has lingering emotional problems. He cannot function as a fire-fighter anymore. To make things worse, his request for compensation and pension is turned down.

Being the bureaucracy it is, the City of New York only sees the dry facts. Lynch was off duty, and under the influence, therefore it is his fault. No pension.

This does not sit well with Jimmy. He barges into city hall, while the mayor is being hounded by a mass of reporters. They want to know about the latest scandal, where a city official named Zimmerman (for reasons that are never revealed) fled to South America with public funds.

Mayor Tyler (Robert Culp) is running for re-election. He is desperately trying to calm the media. His opponents' slogan "Zimmerman flew — Tyler knew" is all over the press.

As the interview ends, Jimmy calls from the back of the crowd. The mayor patiently listens to Jimmy's story of a firefighter injured in the line of duty. The mayor seems sympathetic until Jimmy tells him that his brother was off duty and possibly drunk. The mayor brushes him off, and calls Terry a drunk. Again it is 'no dice'. Jimmy plots his revenge.

Jimmy plasters dozens of fan letters to his heroic brother all over the walls of the mayor's office. The mayor is not amused, and tells his henchman, detective Ryan (Peter Boyle) to "make an example of this man".

As a result the cops arrest Terry after roughing him up a bit. Enter Danny Boudreau, a beautiful social worker, sent to help him. She and Jimmy get off to a shaky start, but agree to work together for Terry. Neither one can help in time to save Terry from attempting suicide. By the middle of the moive, Terry is in a body cast, his mind out of whack, and up the river for something his brother did.

Meanwhile the mayor is still campaigning. As he unveils a revolving golden apple in the park to support his 'polish the big apple' campaign. his opponents strikes. As the apple revolves it reveals the whitewashed slogan "Zimmerman flew-Tyler knew". Jimmy sees this. The idea appeals to him, and a folk hero is born.

In the following weeks all conceivable (and some inconceivable) spots are it with "Zimmerman flew-Tyler; Turk 182".

The cops are in a muddle. Detective Ryan's head in on the chopping block, and Mayor Tyler is on the verge of a breakdown, as the mysterious Turk even commandeers the scoreboard at a football stadium.

The theme of the movie is classic; the underdog against the big, bad politician. The cinematography is splendid, as the whole movie was shot on location in New York. The soundtrack is odd at times, with Irish folk music against downtown Manhattan.

There are problems with the plot. For the most part it makes sense, but it stretches credibility to the limit once in awhile. Whenever it does, director Bob Clark throws in some nice touches of comedy, which manages to save the film.

The action is well paced. The actions of vandal/folk hero Lynch on his graffitti binge are paralleled with Ryan's attempts to find and destroy him.

Darren McGavin puts in a good performance as detective Kowalski, the specialist called in to sort the whole mess out when Ryan loses his cool.

In general, Turk 182 is an entertaining movie. The performances are solid and the movie seems suited for those who thrive on happy endings.

Good Old Fashioned Fun

by Shawna McCutcheon

Born Yesterday opened at the Manitoba Theatre Centre on February 7th.

Born Yesterday, first took Broadway by storm in 1946. This gives an idea of the time the play is set in.

It begins with the entrance of Harry Brock, a bigtime junkman who has bought himself a lawyer and a senator, who wants to be rich and move in high society circles. He doesn't care what he has to do to get there.

Harry has a problem however and her name is Billie. She's the original dumb blonde mistress that plagues Harry's dreams of ever making it anywhere in Washington.

While living in a hotel in Washington, they spend their time trying to impress the rich while stealing money from the people.

Harry realizes that Billie may ruin his chances of becoming a big guy in Washington because she is so uneducated. To solve this problem he enlists the help of a reporter who interviewed him to educate her.

This idea backfires however when the reporter and Billie get overly friendly with each other and she becomes a little too educated. She realizes the scandal that Harry is pulling and she intends to do something about it.

Seana McKenna, who plays Billie, does a fantastic job and really brings out the best in the character.

John Aylward, who plays Harry, also does a fine job of poytraying the humourous yet hard nosed character.

Born Yesterday is a definite must to see if you enjoy live shows that go back to good, old-fashioned fun.

Basic Dance Movie

by Shawna McCutcheon

New York. The home of David Letterman and Stupid Pet Tricks, late night muggings and assaults and now the setting for a new movie called Fast Forward.

Fast Forward is your basic dance movie with lots of fancy steps and very little plotline. The show relies heavily on ten minutes dance routines that start to look the same after the first five scenes.

It begins with the familiar concept of kids leaving home, taking off to the big city and trying to make it on their own.

These kids, however, are dancers and they're determined to make a mark in the world of show business. This entails dancing on the streets, having a showdown with some local breakdancers in a bar and fighting just about everybody to get into a famous talent contest.

But just when everything looks black, enter the herione. She is the part owner of the company who puts on the talent show. The rest you can figure out for yourself or go see the movie.

There are no prominent performers in this show, but if you're into lots of dancing and are the type of person who would sit through an entire movie strictly for that, then Fast Forward is for you.

But if you'd rather see a movie that keeps you awake, you'll dance right on by Fast Forward.

Part Time Jobs:
Student Tutors Needed!

Job description and application forms available at the Tutorial Centre.

Qualifications:
Minimum grade point average of 3.0.
For all subject areas
$5.00/hr.

Advice From Babba O'Riley

Dear Babba,

I have been waiting tables for a month now and I really enjoy it. My only problem is I don't know how to deal with obnoxious customers. You know; the ones who insist on getting a menu, just when I'm in the middle of a really good magazine quiz. Or there's the people who expect coffee refills and only leave a two buck tip. I don't want to be pushy but how do I tell these people where to get off.

signed,
Waiting patiently

Dear Waiting,

Become a bus driver. Just kidding. Next time some ignorant headcheese has the nerve to ask for their salad, wear some good aged garlic sausage to their table. It works everytime.

Dear Babba,

I live in a retirement home across from a high school. Now I love kids but what has happened to their taste in music. I see these disturbed little tykes with their ghetto blasters (or grandma blasters as we call them) everyday. They're blasting tripe like "I just called to say I love you" and "Penny Lover". Whatever happened to the classics. What happened to the Sex Pistols and the Plasmatics, that's what I'd like to know.

signed,
Dazed and confused

Dear Dazed,

I know what you mean. I can't understand it myself, but don't worry, some kids still know a good toe-tapping tune when they hear it. Have you heard the new "Maiden" single?

Dear Babba,

I just thought I'd write to say I love you. I picked up my pen to show how much I care. Because you've helped so many demented people and I've got a problem I really need to share. Seriously Babba, my fridge door is covered with profound clippings from your columns. The other day, one of my best-loved clippings fell into the Irish stew, when I opened the door. I was heart broken. I have enclosed the remains. Please decipher what you can and reprint this message of faith and inspiration.

signed,
Freezer burn

Dear Freezer,

It warms my old heart to read such dedication. The stew gave me heartburn but I was able to find the column you asked for. Here it is:

When you're feeling up
and your friends are near
get a peroghie light
all you want in a beer
(all you want in a beer)
Peroghie light get you so tight
goes down so smooth
comes up so nice
(comes up so nice)
get peroghie light
that's good advice!

written by Anonymous

BE A RED RIVER DISCOVERY

Are you a hidden talent? Can you sing, play a musical instrument, do magic tricks, jokes or impersonations?

If so, Steve Maitland wants you to come and audition for the RRCC Discovery Hour! Every Wednesday from 12:00 to 1:00 you will have the chance to be discovered by the students of Red River and anyone else in the Tower Lounge. If you're planning a career in entertainment, you can't pass up this valuable experience. If you just want to perform for fun, to win a bet or whatever, this hour will be yours to strut your stuff. (your act need not fill an entire hour; it can be part of a variety hour) If interested please see Steve Maitland, RRCC Program Coordinator, in his office at the S.A. as soon as possible. BE DISCOVERED AT RRCC!

The Dirt Band Rabbitt Show

by Tim Martin

Nite Out Entertainment brought two great country music acts to Winnipeg's Centennial Concert Hall on Sunday, February 10.

Eddie Rabbitt was backed up by the Nitty Gritty Dirt Band who did a great performance with such songs as "Make A Little Magic" and "American Dream".

The Dirt Band was obviously well prepared for this concert as the sound and quality of their performance was close to superb. This band is one of the most versatile bands I've ever seen, every member plays at least two instruments and John McEuen, the band's string expert, played guitar, slide guitar, fiddle, mandolin, and banjo. Then he played more guitar, slide guitar, fiddle, mandolin, and banjo. Unbelievable!

The vocals as a whole were strong, except in a few isolated incidents. The musical quality was also exceptional. One of the reasons for this is the excellent accoustics in our concert hall, but it had a lot to do with the Dirt Band itself.

The Dirt Band is comprised of five musicians, who after 18 years of being together have become excellent entertainers. The amount of energy they displayed near the end of their show can be compared to the output of a 426 Hemi, fully blown. John McEuen, on fiddle, stole the show as he jumped onto the stage in different areas throughout the last two songs. A great performance!

Eddie Rabbitt, the main attraction was "Drivin His Life Away" and seemed to please a crowd which lapped up every bit of his bull. This man is a sex symbol?

Eddie Rabbitt definitely had superb sound quality and stage presence until he started talking. His jokes, which included one about his newborn son's manliness, were too long, too many, and too stupid. The "true stories" about his family were also boring enough to put a hyperactive child to sleep.

His backup band was very well polished and they knew exactly what they were doing. Their uniforms all matched, black on black, on black, nice color coordination. I was suprised that Eddie didn't come out in satin and sequins but he wore the same outfit.

"Drivin My Life Away", "Step By Step" and "Love A Rainy Night" were all well accepted songs and with good reason, they sounded like they came right off the album. In fact one song they played had a recorded track of Crystal Gayle's voice to go along with it. A very cheap way to make an impression if you ask me, but for some reason the Winnipeg public loved it.

After several tries, Eddie finally encouraged Winnipegers to sing along with him then he left the stage in hopes of being called back. He was. Two standing ovations, and some lucky lady even got his sweat drenched, initialed towel. What a thrill!

Overall, it was a good concert, but certain facts stuck out about Mr. Eddie Rabbitt. A good song writer, a good perfomer, and a massive ego.

Red River Social Scene

Yuk it up With Evan Carter and Wes Zaharik

by Laura-Lee Saranchuck

Brace yourself! Is your coffee machine oiled up and ready to go? Yes, it's almost here — EXAM WEEK!

Before you go into studious hiding, be sure to catch Evan Carter and Wes Zaharik of the Toronto Yuk Yuks. They'll be ripping up the Tower Lounge crowd, Monday, February 25th at noon. Go out with a smile on your face. It's your last chance before the hard-core cramming begins. Then you'll wonder if you'll ever laugh again.

Just so you have no excuse to goof off, the S.A. hasn't planned anything in the way of delightful distractions until March 8th.

On March 8th, Friday — the last day of exams, picture yourself with five free beers, music videos before you and the chance to win a trip for two to Vancouver that very night. It's all waiting for you at the Sensational Suitcase Bash, compliments of the S.A. Your student fees will be in the limousine taking the happy couple o the airport at 6:45 and winging away to Vancouver for a wild weekend complete with hotel accommodations and $100.00 each spending money. So how do you get in on the gravy train? You buy a Suitcase Bash ticket on sale at ATO, Tuesday, Feb. 26 at 4 p.m. Your name, address, etc, goes on the back of the ticket and when you arrive at the bash, it goes into the draw box and you get five free beer tickets to start you partying.

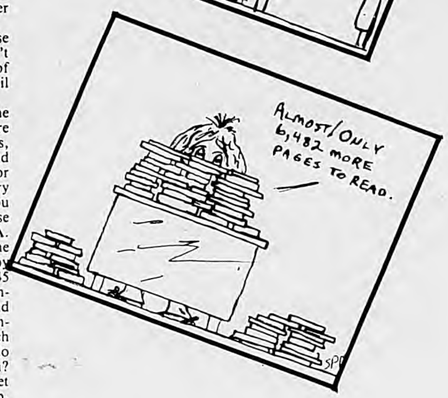
The drawing is at 6 p.m. and the winner and his/her guest will be taken to the airport at 6:45. You can't go to Vancouver for a weekend without any clothes. SO, BRING YOUR SUITCASE. Yes, you guessed it, that's why it's called the Sensational Suitcase Bash.

Even if you don't win, you can drown your sorrows in your five free beers and lose yourself in the music videos. This definitely is not your average low-budget beer bash. That's why the tickets are six bucks but it's worth it and it's a great way to start your week off after exams.

Or, if you don't get exams or a week off, its still a great way to a blowout the end of a boring week. No matter what, don't miss the Sensational Suitcase Beer Bash!

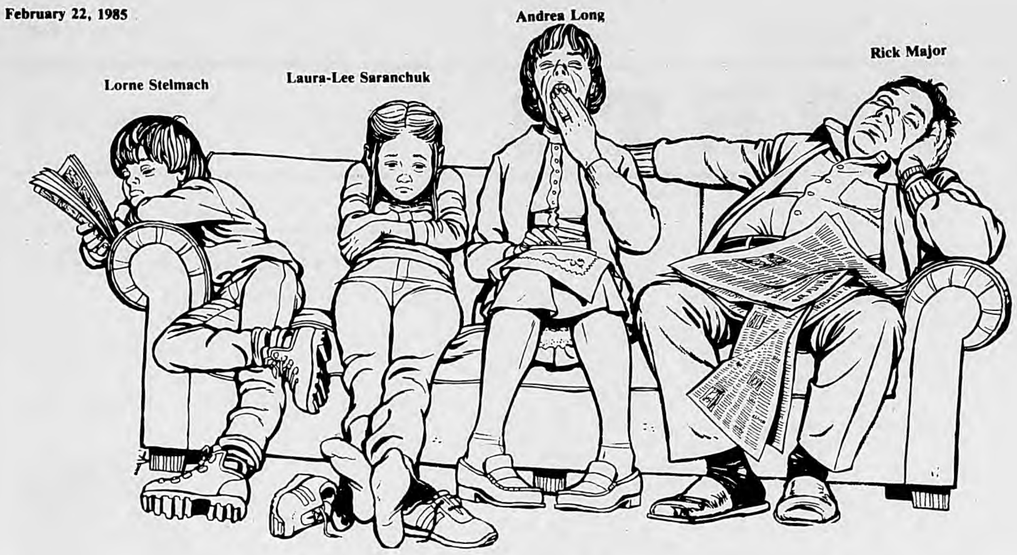
On March 19th and 20th, Brichwood Honda presents their motocycle show in the Tower Lounge. Also on the 20th, folk guitarist and singer, Tom Schaffnit, appears in the Tower Lounge at noon. He'll be back on the 21st in the voyageur lounge. So you'll have to climb some stairs to mellow out that day.

That's all on the Red River Social Scene for now. Check back next issue for an update.



DON'T FORGET YOUR UNDIES — THE SENSATIONAL SUITCASE BASH

The Amazing Motorcycle Show March 19th - 20th the Tower Lounge by Birchwood Honda.



Attention!

The Projector staff is ready to retire. We are now taking applications for the following jobs:

Editor-in-Chief
News Editor
Entertainment Editor
Sports Editor

These are paid positions. Please submit your application to the S.A. office. The deadline is March 25, 1985.

Give The Gift of Life

Red Cross Blood Donor Clinic
March 25 and 26th 9:30 — 3:00 PM
In the South Gym

SPORTS

Mr. Volleyball

by Sandi Beth Brown

It's a Wednesday afternoon at The River. MTV is on the screen in the tower lounge and the hallways are filled with students going about their academic business. One man stands out in the crowd.

He makes his way past the LRC, knapsack slung over one shoulder, a candy cane fixed between his lips. His navy sweatpants look older than he does — paint — spotted with gaping holes at the knees.

His casual, athletic stride is a big hint, but the kneepads idling at his ankles are a dead giveaway. Mitch Davidson is back on campus.

Davidson came to Red River as a student in the late seventies; today he returns as a teacher — head coach of RRCC's womens' volleyball team.

Hiring Davidson may prove to be the Athletic Department's most intelligent move to date. The womens' team has only been together for two months. But in that time, Davidson has taken them from an ignorance of basic offences to video-taped sessions which allow them to see their individual flaws and fine points.

Davidson's ten-year track record as a coach began back at Murdoch MacKay Collegiate, where as an 18 year-old, he helped out his schoolmates by giving them tips on badminton.

He still loves racquet sports and once upon a time he played Double "A" hockey. However, the sport he devotes himself to is volleyball.

Davidson's devotion is born of necessity. At 5'7", his chances of playing university level volleyball were marginal at best.

What saved him was a lot of hard work. He concentrated on the basics and eventually excelled at the fundamental skills that taller players tend to let slide.

When Davidson did make the team at the University of Winnipeg, a few words of advice gave him a mental boost.

"My first year playing I would have sat the bench, but my coach said to me, 'You're a good player, but you always think you're too short. Why don't you think you're 6'4"?"' says Davidson. "I started to think that way."

The change in thinking created a new kind of intensity for him. Davidson is the first to admit that he's a fun-loving lunatic, and he describes his on-court attitude as 'loud and obnoxious, but in a fun kind of way'.

Those who have seen him play use different adjectives for his behavior. University of Manitoba womens' volleyball coach, Donna Baydock, says, "as a player Mitch is very intense, almost to the point of being rude to the opponents. . .He took his height as a challenge and made the most of it."

Davidson claims that his feistyness ends when he leaves the court, but his competitive nature is not just for volleyball.

When not coaching or trying to finish up his degree in recreation at the University of Manitoba, Mitch works as a waiter. His vibrancy and live-it-to-the-limit attitude are a vital part of the atmosphere at The Keg restaurant.

Davidson and his fellow waiters at The Keg are known as "The St. James Spirit-Lifters." Heavy on the spirits.

Davidson's stated life goal is happiness or, more precisely, self-satisfaction. So far he's found happiness playing volleyball, but at the tender age of 27 he's decided that, "it's time to get serious and get some goals."

For Davidson, getting serious may be easier said than done, and setting definite life objectives might take some doing for a man who admittedly, rarely plans beyond tomorrow.

Davidson's future is bound to include volleyball. In fact, he's currently in training in anticipation of a return to playing.

One thing is certain — whatever Davidson chooses to try, chances are he'll excell at it. To quote U of M's Coach Baydock, "Mitch is very intense when he plays, when he works, when he's partying. . .He doesn't know how to do anything part way."

Brooklands Inn
RRCC Students' Days

Every Monday, Tuesday and Wednesday from 11:00 a.m. to 9:00 p.m. Draft at wholesale prices!

AND
The "Rebel Lunch" a burger & fries for only $1.75.

See ya at the Brooklands! 8 Keewatin St. across from Labatt's.

Brooklands INN

New Coach Takes Control

by Robert Knodel

The Red River Rebels have a new hockey coach. Doug Smith, a former assistant coach with the Winnipeg Warriors, officially assumed the reigns on Feb. 1.

Smith succeeds Gary Whyte, who guided the Rebels to the Manitoba championship last year. Whyte said increasing business pressures forced him to step down.

Doug Smith first became serious about hockey when he was 14. He was drafted by the National Hockey League's Oakland Seals when he was 19.

However, he didn't make the team that first year. At that time, young players usually spent the first few years waiting for older players to retire.

The stiff competition eventually meant a trip to the Central Hockey League, where he finished his career. Knee injuries and contract squabbles prompted his decision to retire.

His memories include winning the Lester Patrick Cup — the Central League Championship — with Denver in 1972. He also played with Kansas City and other minor league teams.

Smith admits taking over the team at the stage of the season is difficult. But he thinks the team has the potential to do well in the playoffs. He believes with hard work in practice and greater discipline, the team would have no problems.

Although he's only been the coach for five games, he already knows something about the other teams. Smith says most of the teams do not stress positional play, which is something he intends to stress with the Rebel team.

Smith's philopophy is to let the puck do the work. "I've never seen a team faster than the puck." He believes moving the puck quickly and playing positional hockey are the keys to success for the team.

This is especially important for the Rebels because a shortage of practice time has left the team in less than ideal physical condition.

Smith believes the best way to get around the situation is to play smart hockey and have all members of the team show some dedication.

Smith also thinks the officiating in the league leaves something to be desired. He believes the referee's should take the games as seriously as the players, which he doesn't think is happening right now.

"There's too much inconsistency in the refereeing in this league."

He's enjoying himself as coach, despite the complaints. his immediate goal is to guide the team into the playoffs, and to win the championship. Smith says if the palyers start to believe in themselves, he knows they can do it.

MidWest International College Hockey League Standings
(as of February 21, 1985)

TEAM	GP	W	L	T	F	A	PTS
Notre Dame Hounds	14	11	2	1	88	40	23
Assiniboine Cougars	14	11	3	0	107	51	22
Red River Rebels	16	6	8	2	74	87	14
NDSU — Bottineau Lumberjacks	16	5	8	3	99	92	13
Keewatin Badgers	16	2	14	0	58	150	4

RESULTS

February 16	NDSU-Bottineau 6 at Red River 6
February 15	NDSU-Bottineau 3 at Red River 7
February 9	Keewatin 3 at Red River 7
February 8	Keewatin 3 at Red River 6
February 3	Red River 1 at Notre Dame 7
February 2	Red River 1 at Notre Dame 12

FINAL REGULAR SEASON GAMES

February 22	Notre Dame at Assiniboine 7:00 pm / Brandon
February 23	Notre Dame at Assiniboine 7:00 pm / Brandon

PLAYOFFS

March 1-3	-3rd vs 4th Winner vs 1st -2nd vs 5th NDSU-Bottineau/ North Dakota

GIVE FROM THE HEART
MANITOBA HEART FOUNDATION

Rebels Grab Third Place

by Robert Knodel

The Red River Rebels hockey team snuck past North Dakota into third place last weekend in MidWes International College Hockey League action.

The Rebels finished their regular season with a 7-3 victory and a 6-6 tie against the North Dakota State University Lumberjacks at Pioneer Arena. The Lumberjacks finish one point behind the Rebels.

The Rebels came out flying in their 7-3 win, taking a 4-1 lead in the first period. Dave Korchinski, who led the Rebels with a goal and three assists, scored what proved to be the game winning goal in the first period.

After being outplayed and outhustled in the opening twenty minutes, the Jacks came back in the second period. They outscored the Rebels 2-1, including a shorthanded effort by Garth Skrupa. The Rebels countered with a powerplay goal by Blair Marshall, with Korchinski and Ron Brako assisting.

The play was chippy in the final period, with both teams taking several unnecessary penalties. The last ten minutes was well played, with both teams creating plenty of scoring opportunities.

The Rebels had the best chances, but couldn't put the puck by North Dakota netminder Tom Bukoweic. Blair Marshall ripped one off the post from close in.

The best chance came from Kevin Gillis. Gillis found himself alone in front of the Jacks net with the goalie down. However, his shot was miraculously snagged by Bukoweic's glovehand.

Finally, with just under three munites to play, the Rebel pressure paid off. Terry Ross took a pass from Peter Blumenshein and drilled a blue line blast past Bukoweic.

Brako finished the scoring at 18:32 with an unassisted effort to complete the Rebel's much deserved victory.

Rebels coach Doug Smith was pleased with his teams effort. He was particularly happy with their domination of the first period.

The Rebels outshot the Jacks 43-28. Some credit must go to Rebel netminder Andrew Sydza. Sydza was tested from in close on several occasions,

The 7-3 victory set the stage for the big rematch the next day. On the line was third place, with the Rebels needing only a tie to secure it.

The Jacks weren't about to hand the game to the Rebels. Both teams came out flying, but the Rebels couldn't convert any of their numerous scoring opportunities early in the game.

Finally, at 9:40 of period one, the Rebels got on the scoreboard. Centre Mark Bishop fired his own rebound past goalie Jim Krymilak. It was an unassisted effort, with defenceman Glenn Holmes off for tripping.

It would be the only time the Rebels would hold the lead. Before the period ended, the Jacks tied the game on a slick 2-on-1 effort.

Rob Podell took a pass from Skrupa, slipped past Holmes and slid the puck under a falling John Jamison. The period ended with the score tied 1-1.

The Jacks owned the second period, outscoring the Rebels 3-1. Glenn Early and Scott McLean, on a powerplay, put the Jacks up 3-1.

Al McDonald brought the Rebels within one goal, on a set-up from linemates Glenn Harrison and Randy Dutiame.

Less than a minute later, Skrupa restored the Jacks two-goal lead. He was set-up by Geoff Plouffe and Steve Hamernick.

The second period ended with the Jacks ahead 4-2. Both teams went to the dressing room knowing that a Jacks victory would give them third place.

The final period was highly entertaining, featuring the most wide-open hockey in the weekend series. A goal by Peter Blumenshein, the rebels second shorthanded effort of the game, brought them within one goal again.

But a questionable goal by Skrupa opened the gap to 5-3. Skrupa fired the puck into the Rebel net after it had been knocked off its mooring. Rhe Rebels disputed the goal, but to no avail.

The incident seemed to spark the Rebels. They forechecked well in the opposition end. The trio of Blair Marshall, Ron Brako and Peter Blumenshein gave the Jacks defencement fits.

The hard work paid off at 12:39. Mark Bishop intercepted a pass in the Jacks zone, poked the puck past the sprawling netminder and fired it into the empty net.

The Jacks refused to play dead, however. With five minutes to play, Kevin Radmacher fired a shot past Jamison to make it 6-4. The fans from Bottineau, who came to support the North Dakota team, thought the game was over.

But the Rebels are familiar with the motto — It's never over until it's over. With that in mind they went to work. A nifty passing play from Bishop to Dean Busdal to an untouched Richard Garlinski put the Rebels within one once again.

Just 40 seconds later, Gusdal spotted Bishop in the slot and the big guy found room to score his third goal of the game. The goal notted the score at 6.

Bishop had a super game, adding an assist to his hat-trick for a four point outing. His strong skating a deft puck-handling enabled him to "own" the Jacks defencemen.

Strong performers for the Jacks were Skrupa and Plouffe, with four and three points respectively. Their final record stood at 5 wins, 8 losses and 3 ties for 13 points. The Rebels finish at 6-8-2 for 14 points.

These same two teams will square off again in the first round of the league playoffs. They will take place from March 1-3 in Bottineau, North Dakota.

The Rebels start back up the ice against North Dakota

Effie Yip and Dale Sutcliffe competing in mixed doubles badminton for Red River

Getting Ready

by Lorne Stelmach

No matter how ready you may be, you're never completely satisfied with your preparation for those important tests.

That is how Red River badminton coach Jack Kaplan felt as his team prepared for the provincial community college championships this weekend (Feb. 22 & 23) at Red River.

Kaplan was confident his team would give a strong showing, and said they were "reasonably ready." They improved in each tournament they played in this year, and he is happy with their performance.

The team has consistently had good finishes in their tournaments, and Ron Bilawka, in particular has stood out. He has just recovered from an ankle injury and will play in the provincials.

Earlier this month, Dale Sutcliffe won the consolation round in men's singles at the University of Winnipeg Badminton Club Invitational. Louis Koszas and Chris Schaap also played well. Koszas beat Schaap to get to the consolation final where he lost to Sutcliffe. Kaplan said the team generally played well throughout the tournament.

If they play well enough at the provincials, they'll go to the nationals, which are being held in Regina and Saskatoon in March.

Right On Time

by Lorne Stelmach

Red River's womens basketball team seems to be coming together at exactly the right time.

"We're just starting to come around," says coach Steve Maitland. "I think we're going to peak at just the right time."

The Lady Rebels are preparing for the provincial community college championship next month, and Maitland is very optimistic. They are using a new offence which is more suitable to their strength, and Maitland is happy with how it's been working.

The departure of their star guard, Lori Glowa, in effect forced the change. Instead of playing two guards and three forwards, they are now using four forwards and one guard. This takes advantage of their strength at the forward position, Maitland says.

The workload at the guard position is now resting on the shoulders of Martha Cook, who Maitland says is steadily improving.

"She gets really agressive, and in fact, we have to try to calm her down a bit," Maitland says.

Their strength at the forward position can be seen by looking at their scoresheets. They are starting to share the scoring more, which is a good sign.

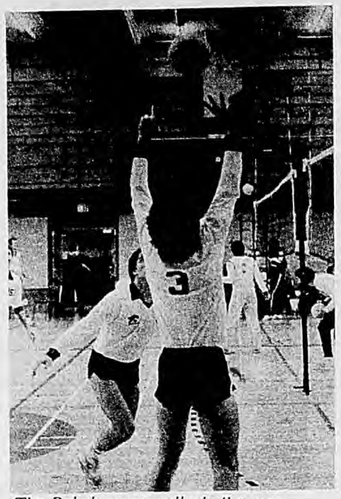
Earlier in the season, Tanis Erwin and Patti Shirtliffe tended to dominate the scoring for the Rebels. Now, Angela Connor, Ursula Soehm and Dedee Carriere are finding their names at the top of the scoresheet more and more often.

Maitland is confident the Rebels can make it to the nationals. If they do, he says their conditioning will become an important factor.

Without a doubt, he would have one of the best conditioned teams there.

SPORTS SPECTACULAR

Meet Doug Smith — The new coach of the Red River Rebels hockey team.



The Rebels mens volleyball team demonstrating the setup and. . .

The spike

The Rebels apply pressure against North Dakota.

Ron Bilawka reaches to make a shot

Search Takes Time

by Peter Schroedter

Tae Kwondo is popular in Winnipeg. The Yellow pages list 20 schools and clubs teaching it in one form or another in the city.

There are also 30 to 40 clubs and schools that get business by word of mouth alone. Problems come up when people who know nothing about the sport, except what they see on the screen, want to find a place to learn.

To find a good place, you have to take time to research what the sport has to offer. Then, compare that to what you want from it.

"There is no simple way to find a good school," said Master Kang, owner and master instructor of Kang's Academy. "Problems come from two sources. First are the unqualified instructors who can teach more than basics.

Second is that most people have false impressions of what marital arts have to offer."

"Most people come here for the wrong reason," he says. "They come to learn how to fight like Bruce Lee, to get fit or to fulfill some other short term objective. Tae Kwon Do is much more than that. It teaches a healthy lifestyle, mental and physical endurance as well as the fitness and self defense aspect."

Kang said students learn much more than just self defense or how to keep their bodies fit. A good instructor will teach students how to deal with problems in society.

The Consumer's Association of Canada advises to get a book by a known consumer advisor and read parts concerning service buying. Then, familiarize youself with what the service is all about and what you are supposed to get out of it.

After that, interview a few people who are instructing non-profit classes at the local YMCA or in you neighborhood school. Find out what professional associations there are in the field.

Then, interview possible instructors and ask what associations they belong too. Check out schools and instuctors until you find one that meets your needs."

The prices for courses vary. For $50, you usually get the underground or basement instructor. The average rate in Winnipeg for a four month course is $120, which includes a qualified instructor and gym.

There are different packages available. It cost $960 for a complete course up to and including black belt. This price is one of the highest in Canada for that particular package.

"You better interview the instructor of the course you want to take to see if your objectives match," said Kang. "If they do, ask some more questions. Find out how long the school has been in continuous operation. That will give you an idea how long you can expect service from that school." Kang adds, "Ask how many pupils are in the present class and how many reach black belt stage. That will tell what the students think of the instructor.

If there is a large enrolment and a small black belt group, the instructor can't keep the students interested. That is a poor sign."

There are other questions. Does the club belong to an official organization? Do the classes run according to schedule? Is the instructor available to answer questions for the students? Also, is the instructor in the gym watching what is happening? These will give an indication of the instructor's attitude to the pupils, said Kang.

"The most important thing about a Tae Kwon Do school is the master instructor. He has to be honest with a good philosophy and integrity. The facilities don't matter too much," said Jim Martin, first degree black belt.

"You can't judge by facilities and price alone," said Ingo Schroedter, second degree black belt. "To get the most out of a course, the important things are the instructor and senior black belts. If you like what you see in the black belt class and you want to be like them, it's a good place to consider."

No Easy Task

by Lorne Stelmach

It won't be easy, but Red River mens volleyball coach Charlie Dickson is confident the Rebels will represent Manitoba at the national championships next month.

To get there, they must defeat Assiniboine Community College (ACC) of Brandon for the provincial community college title. Dickson says ACC has improved and are better than he thought.

He says Red River will have to concentrate on playing their style of game against ACC.

"It won't be easy, but if we play our game without any unforced errors, we can win."

Two players who have really improved over the year are Mike McNeil and Dan Smith. Dickson says McNeil has become a steady hitter since the start of the season. Smith, who is a middle hitter, has also steadily improved at his position, Dickson says.

Mount Royal College of Calgary has had Red River's number in two recent tournaments. At the Mount Royal Invitational, the Rebels missed the championship round by one game — a loss to Mount Royal. The Rebels still managed to finish fourth despite losing the consolation final to Sheridan Comunity College of Toronto.

At a Saskatchewan Technical Institute tournament in Moose Jaw, it was Mount Royal again dashing Red River's hopes. They beat the Rebels in the semi-finals, and went on to capture the final.

Dickson was very pleased with these results, considering the competition included some of Canada's top teams. It gave them an idea of what they would be facing at the nationals next month.

That is, if they make it to the nationals. First they must dispose of ACC.

No problem, eh Charlie?

The Rebel mens volleyball team in action

YUKON JACK ATTACK #5.
The Walrus Bite.

Temper ½ ounce Tequila with orange juice over ice. Fire in 1 ounce Yukon Jack to give the Walrus its bite. And you thought Walruses didn't have teeth, (tusk, tusk, tusk). Inspired in the wild, midst the damnably cold, this, the black sheep of Canadian liquors, is Yukon Jack.

Yukon Jack

The black sheep of Canadian liquors. Concocted with fine Canadian Whisky.

For more Yukon Jack recipes write: MORE YUKON JACK RECIPES, Box 2710, Postal Station "U," Toronto, Ontario M8Z 5P1.