Manpower Notes

The graduating classes of 1977 are asked to take note of the following:

1. Recruiting on-campus for graduates from the Applied Arts and Business Division (trimester system) commences on January 10, 1977.
2. Recruiting of graduates from courses still operating on the semester system will commence February 14, 1977.

The Canada Manpower Centre on Campus will keep you advised by placing schedules in the Projector and by posting bulletins throughout the college. This issue will provide you with the names of employers who will be recruiting on-campus from the 10th of January, 1977 to the 1st of February. Subsequent issues of the Projector will keep our recruiting schedule updated.

A number of employers have requested that students complete and return applications for employment prior to their actual recruiting date on campus. This procedure is being followed so that employers will be able to pre-screen applicants. Because of the holiday season, your examinations and mid-term break, we are listing the names of those employers now.

You are requested to have your application completed and returned to the Canada Manpower Office, C-211 before the date specified in order to allow us to comply with the employer's request. Job descriptions and applications are available at the Canada Manpower Office.

We ask that all prospective graduates that need our assistance in seeking permanent employment register with the Canada Manpower Centre, C-211, immediately, as you should be registered with us before the recruiting period begins.

Undergraduates — SUMMER WORK

Public Service Canada (Federal Government)

All full-time students at Red River Community College who will be continuing their studies in 1977-78 are eligible to apply for Career-Oriented Summer Work with the Government of Canada. Applications and brochures fully explaining a variety of programs are available at the Manpower Office, C-211.

A completed application form and acknowledgement card must be submitted to our office no later than: **Monday, January 31, 1977.**

Graduates — Careers with the Federal Public Service of Canada

We have advised that the Public Service of Canada will recruit graduates from Community Colleges for positions as Custom Inspection Trainees and Electronic Technology graduates. Interested students will be required to complete a Public Service Commission form PSC 1425 and hand them into the Canada Manpower Office no later than: **Monday, January 31, 1977.**

These applications are available at our office. Brochures describing positions are also available.

CANADA MANPOWER CENTRE

EMPLOYER RECRUITING S

ROOM C-211 - RRCC

EMPLOYER RECRUITING SCHEDULE

BULLETIN NO. 1

DATE Jan. 10 to Feb. 1, 1977

G - Graduate
U - Undergraduate

	DATES OF VISITS JAN	BUSINESS ADMINISTRATION	COMM. & IND. SALES	COMPUTER ANALYST PROG.	BIOCHEMICAL TECH.	BIOLOGICAL TECH.	CHEMICAL TECH.	CIVIL - Building	CIVIL - Design & Estim.	CIVIL - Municipal	CIVIL - Structural	CIVIL - Survey	DRAFTING - Archi.	DRAFTING - Machine	COMPUTER TECH.	ELECTRICAL TECH.	ELECTRONIC TECH.	INSTRUMENTATION TECH.	MECH. - Heat & Power	MECH. - Production
Toronto Dominion	10/11	G	Must be mobile																	
MacLeod's	12	G	(Acctg) — Pre-screen — Applications due December 22, 1976																	
Empire Life	12	G	G — Marketing																	
Poole Construction	13/20	G	Accounting — Pre-screen - Applications due Jan. 6/77																	
New York Life	13	G	G — Mktg.																	
Simpsons-Sears	17/18	G																		
Royal Bank	18/19	G	(Mktg & Acctg) — Must be mobile																	
I. A. C.	24	G																		
Cdn. Imperial Bank	25/26	G	Mobile																	
Bank of Nova Scotia	31	G	Mobile																	
N.B. Please see notes on Public Service Recruiting.																				

"Best Wishes for a Happy Holiday Season to All!"

MARY CHRISTMAS

Advance
1300 Portage Ave. Ph. 786-6541

Projector

Red River Community College Student Newspaper

January 11, 1976 Vol. VI Number IX

RECEIVED
JAN 11 1977
DEPT. OF EDUCATION
Red River Community College

What's Going On?

VIDEO '77

This program will resume in February, (God and the Customs Officials willing)

COMING ATTRACTIONS:
Jimi Hendrix
Richard Prior
Groove Tube
Stevie Wonder
Chicken Little

JAM POT

RESUMES TODAY

JANUARY 12TH – 11-1 P.M.

Tower Lounge

Keyboard Stylist – MICHAEL LEWIS

RRCC'S SECOND ANNUAL CHARITY DANCE MARATHON

36 hours of non-stop dancing

1ST PRIZE $300.00 CASH

Plus $300. in other cash prizes

Only fifty couples may enter. All you need is a partner, $5 entry fee, 25 pledges and stamina.

For further information contact: Lyn Johnston at the S.A. Office

B.A. SOCIAL

with

HARLEQUIN

FRIDAY, FEBRUARY 14th – SOUTH GYM – 8 - 1 A.M. – ADM. $3.00

Tickets available at S.A. Office and information booth.

BOYS NIGHT OUT

with

TEAZE in Concert

TEAZE will be awarding a prize to the male group with the best vocal rendition of their albums title song . . . Boys Night Out.

Evening Beer Bash – 8-1 a.m. – South Gym Reg. Bar

Admission: $2.00

Tickets may only be purchased by females.
Only females will be served at the bar
Special prize for the girl bringing the most guys
L.P. and T-Shirt door prizes

Tickets available at the S.A. Office Jan. 17th

FLUFFED UP FOLLIES II IS COMING FEB. 23 - 26TH

Anyone interested in becoming involved in planning and helping with the winter carnival is asked to leave their name at the S.A. Office. People are required to help in the following areas: Promotion ... Snow Golf Tournament ... Competitions & Events ... Carnival King & Queen Contest ... Charity Dance Marathon ... Torch Light Parade.

The Next activities COMMITTEE meeting will be held January 17th at 3:30 in the S.A. Office. Join us.

- Live entertainment Buffalo Cafeteria
- Carnival King and Queen finals & crowning
  Pillow fights – team competition
- Torch Lite Motor Caravan
  Portage Avenue to Red River Community College
  1 float plus convertables
- Smoosh Races – team event
  Tug of War – team event
  Giant Push Ball competition – Just for fun
- Dance Marathon Kick Off
  Cross-country Ski Race
  Carnival Pub – Admission $1.00
- Dance Marathon Contest – Continues
  Let's Boogie Live Band – Reg Bar Admission $2.
  Kissing Booth
- Disco with Silent Movies Bar Closed
- Snow Golf Tournament
  Super Dance Show – Centurion
  Kissing Booth – Bar Closed
- Let's Boogie Again – Live Band
  Admission $2.00
  Marathon ends at 12:00 midnight

WHAT'S HAPPENING

HELP WANTED

STUDENT SECURITY PERSONNEL – $.375 per hour

2 PROGRAMMERS ASSISTANTS – $60.00 per month

There are immediate openings for both positions listed above. Please inquire at the Students' Association Office, DM20 for further information and job applications.

The Social Hassle

"We don't want a squealing squad, we just want the damage to stop," says Lynn Johnston SA Program Co-ordinator.

Lynn refers to incidents such as clocks torn apart, mirrors broken, chairs slashed, etc.

"The pulling of fire alarms on December 3rd may have been funny to some people," says Lynn, "but it caused confusion and wasted time valuable to the police and fire chief."

The administration says, "There is no need to tolerate this. All licenced activities should be cancelled."

The S.A. agrees but would give students another chance. Their attitude is, "Why let a few people spoil it for everyone?"

Lynn says the decision to allow activities to continue depends on students behavior in the next two months. The S.A. pays for the damages, so it costs students money.

The S.A. has rearranged the security system. Instead of giving culprits a warning, they will be charged and banned from any further licenced activities.

What can the students do to protect their socials?

Lynn suggested if a student sees someone demolishing the school's property, they should take action by reporting it to a security guard.

"Most people don't go to socials alone. Their friends are around when committing acts," says Lynn.

If Winter Carnival, Wake-a-thon and all other social activities are to continue at RRCC, the next two months should be "hassle free".

Red River Has a Family

by **Virginia Steeds**

Congratulations! Did you know you're a foster parent? Your foster child is 9 year old Juana Luna. She was adopted on behalf of the students about six years ago.

Juana, her parents and two younger sisters live in Bolivia. Her bricklayer father, earns $65. U.S. dollars monthly. This barely keeps the family alive. Through the Student Association Donation Budget we contribute $17.00 a month. This provides extras, such as school, medical supplies and clothing.

The Foster Parents Plan annual progress report, says Juana Luna is in good health. Her physical and mental development are normal for her age. She is now in the first grade and doing well.

The family is financially poor, but maintain a warm and loving relationship in the home.

Cash for Communications

by **Harlan M. Mushumanski**

Scholarship hopefuls have a few more possibilities. These are awards available for students in communication courses in Canada, which includes Creative Communications at Red River. Two are sponsored by the Canadian Association of Broadcasters and several from the Rotary Club Foundation.

The Ruth Hancock Memorial Scholarship was established in memory of a (CTV) Canadian Television Network executive assistant. The $1000 scholarship is awarded to a Canadian student enrolled in a recognized communications course in Canada. The deadline for entries is January 31, 1977.

The Raymond Crepault Memorial Scholarship was established to commemorate his special contributions to the field of Canadian broadcasting and to emphasize his commitment as a French-Canadian to the unity of Canada. To be eligible for the $2,500 scholarship, the applicant must be a French speaking Canadian citizen interested in improving their radio and/or television skills through university training or the equivalent, on a full time basis, at a Canadian institution. The deadline for entries is February 28, 1977.

The Rotary Club is offering several scholarships or awards for study abroad to young men and women who are interested in world affairs. The award gives them the chance to be an "ambassador of goodwill" while working abroad.

The award covers round trip travel expenses, educational, living and miscellaneous related expenses for one academic year. Application must be made through a Rotary Club no later than March 15, 1977.

The winners of these awards will be announced in Sept. 1977. Further information and application forms may be obtained from the Student Association office or the nearest Rotary Club.

TOP TO BOTTOM

Totally T.

T. Trouser
Apple Bee
Landlubber
Ziggy
Rosehips
Brittania
Frye
Howick
Big Blue
Que

STORE HOURS

Mon. to Wed. 10 a.m. til 6 p.m.
Thurs. & Fri. 10 a.m. til 9 p.m.
Saturday 10 a.m. til 5 p.m.

CHARGEX

T. TROUSER

financial success through personal money management

Financial Success Through, Personal Money Management

Financial success doesn't just happen – it's planned. You can help secure your financial future by using all of the low cost services offered at your Credit Union A Personal Money Management plan can be tailored to suit your individual needs. In addition to personal, confidential counselling – we provide:

1. Higher Interest on Savings
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4. Low Cost Chequing
5. Trust Accounts
6. Safety Deposit Boxes
7. Special Open Ended Mortgages
8. Passport Assistance
9. Longer more convenient Working Hours

CONSIDER YOUR CREDIT UNION FIRST.
WE CAN TAKE CARE OF ALL YOUR FINANCIAL NEEDS.

CO-OPERATORS CREDIT UNION
(next to the Crazy Ox)

Mailbox

Disco Kid, Was a Friend of Mine

Dear Editors:

Stephany Cholakis, better known as the 'Disco Kid' is nineteen years of age. A very caring and down to earth person, at times she cannot do enough for you. Whenever you need something done she fulfills the job with no if, ands or buts about it.

Put Disco in charge and she makes you feel just as equal as herself. You'll never hear her say 'no', or 'I can't do it'. It's either "if there's a loophole there's a way or her favorite saying "Hey guys, if it takes a daredevil person to do the job, Disco won't let you down."

She's a preaching proud American, studious student, and it's never dull when she's in class, her teachers say. Disco is a graduate of ABE and now waiting to enter Commercial Cooking in the college.

She says "as long as I'm a student at RRCC I'll write for ABE". Whatever you guys or gals do, don't bug her when she's sleeping in the lounge you might end up getting a black eye.

So Disco, from the Student Council and staff in A.B.E. – Thank you for everything and good luck in the future. I know she doesn't like people writing things about her, but Disco, cool it. You deserve this.

Yours truly,
A.B.E. Student Council
and Staff

Burnt Up Over False Alarms

Dear Editors:

Twice this term someone has 'cried wolf'. Fire alarms in building 'F' have been set off accidently. Neither time have students left the building.

These 'accidents' have further reinforced the casual attitude to this warning system.

I would be most relieved if a campaign could be established to educate people on the purposes of the fire alarm and how to react to them.

Yours.
Cathy Crawley
Industrial Arts
Teachers Education

Classified Ads

MISCELLANEOUS

For sale. One 1-way airline ticket to Victoria. For more information phone 284-6016 evenings.

For sale. Dayco snowmobile belt. Best offer. Call John at 774-1267 after 5 p.m. for more information.

CARPOOLS

Student willing to share in a carpool. Needs rides in morning from Fort Richmond. Classes 8 & 9 a.m. daily. Please contact Cynthia after 5:30 p.m. Telephone 269-2153.

Need a ride from Broadway and Osborne area. Call Art 774-0892 or 489-4802. Will pay gas.

Need a ride from Ellice and Arlington area for afternoon classes. Call 775-0750.

FOR RENT

Very comfortable room for rent in St. James area. Asking $25 a week. Non-smoker. Telephone 889-3626.

Board and room for quiet male student. Call 774-4847 for more information.

CARS AND CAR PARTS

For sale. 1973 Nova. Two door, 33,000 miles, 307 cu. in. 4bbl., 3 speed floor shift (standard), radials all around, Keystone Diamond spoke mags, Craig powerplay cassette deck, rear window defroster, extra set of Rally wheels (5). Call Mike Marion at 233-5982.

For sale. Dodge V-8 engine, 318 ci. Complete with 3 speed automatic transmission from '76 Dodge. Asking $500. Call Ray at 633-2844 from 8 a.m. and 5 p.m.

1974 Chev. half ton. PS, PB, 350 4bbl. Call 268-1487.

Four studded snow tires used one month $23 and $26 a pair. Phone 888-7271.

For sale. 1973 Capri 2600 four speed, V6, 'decord option radials, 31,000 miles. Asking $2400. Call 222-2455.

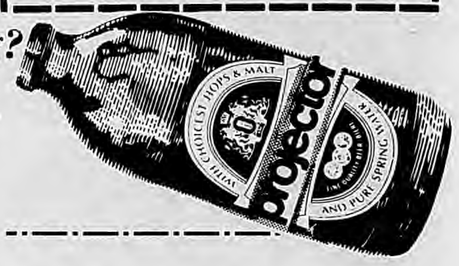
For sale. 1974 Vega Kamlack station wagon. Radials, 32,000 miles, 4 speed, good mileage. Must sell telephone 452-9586 after 5:30 p.m.

For sale. Used Cal tract tires G60-15. Good condition $10. each. Call Bob at 256-5836.

For sale. 1975 Mustang II features V6, 4 speed standard, PS, radials, 8-track stereo, remote mirrors (right and left), viny roof, air conditioning, digital clock, rear window defogger, 16,500 miles. Asking $2400. Call 837-2877 for more information.

For sale. Small bock Chevy M-21 Muncie 4 speed, Hurst RAM, 4 shifter, 2 piece scattershield, resurfaced flywheel, new pressure plate, and new Shideler clutch disc. Best offer. Call Ed 256-0024 after 5 p.m.

Do You Know What You're Mixing?



Some of the drugs (pills, cough medicines, tonics, etc.) you take every day – and may not even think of as drugs can become dangerous, even fatal when used in combinations.

A not uncommon situation –

A successful working wife and mother attended a theatre party where she had several cocktails. Hoping for a restful sleep when she got home, she took 2 sleeping pills. It was the last thing she did.

A business executive depressed by every day pressures swallowed a prescribed antidepressant capsule, and sat down to a gourmet lunch hoping to forget his troubles. He sipped wine, nibbled Camembert cheese and keeled over, paralized on one side of his body. He had a stroke.

Both these people made a common mistake. They swallowed chemicals that are individually beneficial, but lethal in combination.

A brief sampling of some common drug interactions.

Many people take vitamin pills, tranquilizers and birth control pills by habit – like cleaning their teeth. They don't think of these as Medication. Many of the "over the counter" preparations such as cough syrups, antihistamines, and tonics contain appreciable amounts of alcohol.

Some foods interact with drugs – milk and dairy products as outlined in above chart. Aged cheese, broad beans, chocolate, bananas, pineapple, tomatoes and lemon combined with certain antidepressants cause blood pressure to increase to dangerous levels.

People with stomach trouble who are on certain tranquilizers often destroy the effect of the drug by taking antacids (Maalox, Aluminum gel, Gelusil, etc.) which cause malabsorption of the tranquilizer.

The generally "innocent" drug ASPIRIN is irritating to the stomach and bowel and does interact with other drugs.

- increases susceptibility to ulcers
- lowers salt excretion 3-4 hrs. after consumption
- increases action of anticoagulants -causing bleeding

It should be noted that not all drug combinations can be harmful. Some combinations are very beneficial.

REMEMBER: Drugs are foreign to the body and basically affect the kidneys and the liver (neither one can you live without!)

1. Tell your doctor about all medications you're taking, even infrequent over-the-counter drugs.
2. If you change doctors do not continue with a former physicians prescription without checking with your present doctor.
3. Avoid self treatment with non-prescription drugs while taking prescription drugs.
4. Do not take old prescription drugs. (Some decompose or chemically change in time).
5. Do not trade medicine with friends with similar symptoms. Their drug needs may be entirely different from yours.
6. *Do not take any drugs if you are going to a cocktail party.

Drug	Combined With	Interaction
Tranquilizers (some)	Alcohol	Increases effect of both
Tranquilizers	Barbiturates	Increases effect of both
Tranquilizers	Antihypertensive drugs (blood pressure pills)	Can dangerously decrease B.P.
Tranquilizers	Diuretics	Causes shock
Analgesics (Aspirin)	Anticoagulant	Could cause bleeding
Certain Painkillers	Tranquilizers	Increases sedation
	Diabetic Drugs	May drop blood sugar level too low
Antihistamines (used for allergic reactions)	Alcohol	Increases sedation
	Barbiturates	Nullifies both
Antidepressants	Alcohol	Depresses Central Nervous System
	Amphetamines	Increases effect of Amphetamines
	Barbiturates	Makes Barbiturate more potent
	Tranquilizers	Markedly increases effect of tranquilizer
Antibiotics (tetracycline) (penicillin G.) (Sulfa)	Milk or antacids	Makes antibiotic less effective
Furoxone	Anticoagulant	Makes anticoagulant more potent
	Diabet Pills	Makes Diabetic Pills too powerful
	Alcohol	Could skyrocket blood pressure

A.B.E., Eh?

I, Disco Kid, want to thank everyone who participated in the OXFAM PROJECT. It was a gigantic success.

To the beautiful people who came out and bought all sorts of goodies, we appreciate it very much.

The A.B.E. Student Council and some dedicated staff members had a lot of fun meeting all of you. For myself it was an experience I'll never forget. Even my migrain headache thought so.

I would like to make some individual thank you's:

a) Mr. Talbot the Director of RRCC who picked the winners for the draw.
b) To the Student Association for supplying us with everything we needed.
c) To the A.B.E. Student Council who worked so damn hard and did a fantastic job.
d) To the lady who picked, organized and sought information for the OXFAM PROJECT, the one and only Agnes Ananitchuck.
e) The people around the college who came to our rescue at the last moments of helter. Crazy Ox for the paper bags, cooking dept. for the knives to cut our goodies up, Phys. Ed. dept. for the use of megaphone, and the custodians who cleaned up after us.

Oxfam will be gladly accepting a check for $1,500.00. I guarantee every cent is going to Zambia. Believe it or not.

On December 10 A.B.E. had their annual Christmas Social that was a success. It's always drawn to my attention that not once have these socials had any kind of vandelism or brauls like things that I hear that go on at R.R.C.C. socials. The reason is, we appreciate and have more respect for our functions.

I am feeling great. A.B.E. is finally getting up and showing themselves 100% better. When I entered A.B.E. 6 months ago building E was like a ghost town. Now it's like Las Vegas. Congratulations students it's about time you showed your colors. Don't get me wrong. A.B.E. isn't disturbing the peace, just merely tieing up loose ends.

Coming in Wall to Wall Disco Kid*

HAPPY NEW YEAR

Frustration Forum

by Tom Lewicki

"Hey! Robbie!"

"Hiyah, George. How were your holidays?"

"Fantastic. In fact, too good. Now I'm feeling really down about having to come back to this dump. It's not funny, I'm depressed."

"Why?"

"What do you mean, why. Aren't you?"

"Can't say that I am. Say, are you heading down towards the Ox? I've got to go get some paper."

"Yeah, sure."

"Okay, so you say you're depressed about coming back to school."

"Well, maybe not depressed; pissed off would be more like it. I knew it had to happen, but I don't have to be happy about it. The holidays were *so* good. First exams finished; big celebration there. Then a few days to recover and Christmas makes the scene. Oh man, did I eat! The big family feast at my auntie's was superb; I almost passed out at the table from an overdose of turkey stuffing."

"What'd you get in the way of presents?"

"Whole bunch of stuff, but the best thing has to be the Pierre Trudeau puppet. It's got adjustable hair – long for just plain sneering at the public and short for election years. And is it realistic! Whenever I'm pulling his strings I start getting a French-Canadian accent."

"Figures. You were saying, about the holidays."

"Oh yeah. And after Christmas a week to sleep in and go to the pub and just plain kibitz around. Then New Year's. Went to a great party. Course, I don't remember much of it; but I do know that almost everyone made it to the can before throwing up."

"Uh, yeah. Sounds great. And . . ."

"And after all that, I have to come back to school. How the hell can you not feel depressed?"

"Well, I must admit that school can't compare to the Christmas season and everything. But it's not all that bad."

"No?"

"Naw. I like seeing all the people here that I was too lazy to look up during the holidays. Like you. Everyone's got stories to tell and everyone did something different on their holidays. There's all sorts of things that this school's got that you can't get at home. Like the Gym. Ping pong, volleyball, the weight room, the running track. Delicious meals at the Barfallo."

"You're kidding!"

"Of course."

"Oh. You had me worried for a second."

"I may be enthusiastic, but I'm not delirious. Okay, there's socials coming up, special events in the Tower Lounge, maybe the old 'snow frolics' or whatever they're called if we get any snow. And besides, if you really dislike this place so much you can always drop out."

"Can't do that."

"Why not?"

"Well, uh, it's hard to say. The fact is . . . I'm getting educated, dammit! I don't want to shovel shit at minimum wage for the rest of my life."

"Good thinkin'. Hey, what's this crowd by the Ox?"

"It looks like . . . the Contemporary Dancers. Hmm, looks interesting. Tell you what; go get your paper and meet me back here, I'm going to watch for a while."

"You're proving my point, George."

"Shut up and go get that paper."

Editorial

"Nothing to fear but fear itself."

Publications rarely instill confidence in their readers. Writers are often pessimistic. They fail to affect social change so they crucify their readership. Everyone has the ability to open up.

It could be as easy as recognizing women's rights, the rights of people. It could be as difficult as travelling throughout this country, recognizing regional differences and getting to know other Canadians in nationalism.

It takes a lot of miles, people and ideas to stretch the mind. But it can start right here on campus if we see through other's eyes.

Our perspectives are individual, but we don't have to be rednecks.

Our sexuality, education, jobs and goals are not tied to our own bodies. They lay in other hands.

We are all teachers whether we are carpenters or micro-biologists.

LISTEN: What do you hear when you're alone? What conclusions do you draw in crowds? What assumptions do you make of friends? What things do you take for granted?

The individual is the basis of our society.

A person with a gun affects this society. The gun is only an extension of an idea. Drop the gun and work on the idea.

There are several examples on this campus where these principals can work.

Student housing on Community college campuses has been discredited by two experiments in Canada. Because two have failed to do an adequate job others may not be considered. This ludicrous assumption from the federal government is causing great pains at RRCC.

The corporate affairs branch of CMHC is trying to find an answer, in response to RRCC's housing problem.

Individuals will be housed, not our Student Association. Vocal students could contribute a great deal to the cause.

Dialogue day is students talking, talking to everyone. Each person has something to contribute. Start talking.

Teachers should treat students as individuals, not enmasse, in keeping with my philosophy.

Women and men should be treated as people. Let their inefficencies as either sex stand alone.

As people we are part of our SA, school, administration, community, government, institutions and organizations helping others and everything else in our society's make-up.

ACT NOW.....

Wood Pulp Latest Food Additive

LONDON (CUP) – Your next bite of bread could be 25 per cent wood pulp, a McMaster professor told more than 75 people at a recent meeting at the University of Western Ontario.

Dr. Ross Hall, author of the book *Food for Naught*, charged that Canada's Food and Drug Directorate "has already lost complete control" over the dangers of chemical additives to food.

Ground cellulose fibre can be added to certain baked products today, "but what your body does with that wood pulp, they don't seem to worry about," said Hall.

Neither government nor industry is doing sufficient research to determine the effects of additives, Hall claimed. He mentioned that ice cream may contain up to 1500 additives, yet the government has been negligent in testing the effects of food additives used in combinations.

"There is very little control over what's happening. There is a lot of politics in this and a lot of economics," he added.

Food processors often add a small amount of a natural ingredient so it can be included on the label, Hall said, noting that additives are used to cheapen production costs and increase consumer convenience. But getting information from producers on their additives is very difficult.

Hall advised his audience to be wary of the cosmetic marketing used by food manufacturers, and to avoid unspecified labels, phosphates and high sugar levels in canned products.

"What's going to happen when people eat this type of product day after day . . . year after year?" he asked, adding that he was primarily concerned with the long-term reduction in the quality of food which may be caused by food additives.

Travels With Andy

by Andy Blique

There are few sanctuaries where we may retire completely from the trappings of modern day North American society.

The Manitoba Naturalists Society, in conjunction with the Department of Tourism and Cultural affairs, provides facilities for interested groups on an isolated Whiteshell Lake.

Mantario Lake is one of many lakes in an uninhabited area of the Whiteshell. The Manitoba Naturalists' Society has established a cabin with facilities for sixteen people on its shore. The facilities are open to recognized organizations with regulations governing their use.

Naturalist principals insist firearms, snowmobiles and power boats are not permitted for cabin users. Conditions for outdoors activities like skiing, snowshoeing, hiking, fishing, winter camping and wild life study are excellent. The cabin overlooks the lake from the high point of the island.

The cabin is a simple, adequate structure containing two separate dormitories with bunks matresses and a well equipped kitchen and dining area.

Visitors are expected to bring their own bedding and food. Cutlery, dishes, and cooking utensils are provided. Visitors must also leave the facilities clean and tidy. Litter must be cleaned up and non-burnable garbage must be taken back to civilization.

There are three ways of getting to the Camp: canoeing, hiking and skiing. The northern canoe route takes 6-8 hours including six clearly marked portages ranging from 100 yards to half a mile.

The southern route starts at the CNR station at Florence Lake and takes 7-9 hours with 5 portages.

The marked hiking trail is about fourteen miles long. It should not be attempted by inexperienced persons.

Two skiing routes also exist. One follows the Northern Canoe route while the other the hiking trail. Only experienced people should attempt this trip.

There are often opening with groups going, so you could go with like-minded folks, but an experienced woodsman or someone who knows the area must accompany groups going to the centre. If you belong to an interested group or want to join one, get in touch with:

Days: Mr. Lawrie Logan – 775-0231, ext. 282

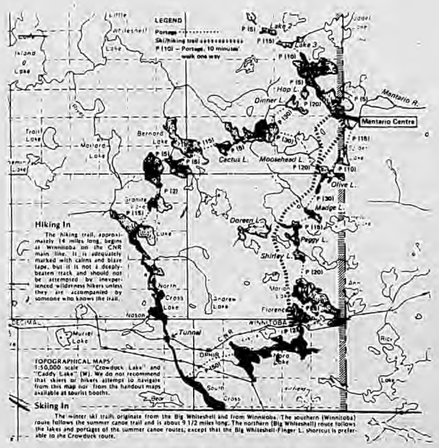
Evenings: Mr. Ord Mackintosh – 489-5331

Mr. Lawrie Logan – 837-7514

Or write to:

Mantario Wilderness Centre
c/o Manitoba Naturalists' Society
214-190 Ruper Avenue
Winnipeg, Man., R3B 0N2

The Mantario Wilderness Centre provides a unique experience for uban dwellers to completely isolate themselves in a natural environment and get an understanding of the fast-shrinking untainted wilderness.



Mantario is a chain of wilderness lakes, where people can get back to nature.

Getting Yours

This week the Student Council Executives were asked what they do.

Sam Richards, President

I have been asked by the Projector editors to submit a "Summary of what I have done" for the students during the first 6 months of holding office in the S.A. Well give me an inch and . . .

Once a candidate is selected in the Election process several changes happen to their life. First of all, even before a person takes office, they find their time becomes committed in avenues they have not yet prepared for. Another change, sadly enough, is once in office very little time is available to spend chatting or sharing coffee with school friends. Even some who helped the candidate get elected, hardly ever see him or her anymore.

The Executive of the Students' Association has very few clear channels of communication with the student. They rarely have time to write these snug little letters to the Projector, or speak on the radio, so they rely on the Projector staff and the grape vine to inform the student of what is going on, what is positive and negative. The Projector is usually prepared to hunt out the negative because it always makes a "good story". According to the past editors, the positive achievements and activities don't make as good stories and so the students don't really want to hear about them.

So now it is up to us to come across and tell the students ourselves — at the Editor's request.

Since most of the achievements of this office are of group effort, I would rather say these things are our Students' Association achievements.

This summary is brief and takes into account some of the immediate major tangible accomplishments. Other intangible accomplishments are ongoing concerns such as representing our student members in the Student Aid Consulting Committee and the Director's Advisory Committee. I am also a member of the Student Aid Review Board, occasionally assisting with appeals. I believe this is the first year a Red River Community College student has been on this Board.

Around September first, the Students' association assisted creation of the Temporary Loan Fund for emergency financial problems, otherwise forcing students to drop out of school. Jim Duxter, past Student Aid Counsellor was the founder of the fund. SA put up 99.9% of the cash. Now the provincial government is considering the establishment of this type of fund in all Manitoba colleges.

Another achievement we lay claim to is the S.A. maintained good relationships with the Administration of the College despite our socials very bad impact on clocks, elevators, washrooms, ceiling tiles, fire alarms, mirrors, doors, walls and police. We not only have good administrative communication we still have socials. Together we are trying to iron out the difficulties permitting vandlism to happen.

An added feature is The Christmas Tree Fund, a small fund and raffle, which raised $212.00, it partly paid for a gift to The Manitoba Home for the Retarded in Portage La Prairie. The S.A. donated $199.60 to raise the rest of the cost. This gift is an Air Hockey game (like shuffleboard) which will help develop co-ordination and sports for the 940 residents of the Home.

Our major concerns are not easily dealt with in one or two weeks. In past years, the Students' Association has been concerned with the Housing problem faced by our members. Our student enrollment is roughly 29% rural, including those who live beyond the perimeter highway, foreign students and out-of-province students.

Housing has been very difficult for these people and has even been front page news. This year with forethought, planning and luck, our Executive with the U of W executive ran a Housing referral service. Gary Eastman, Vice-President and Bev Weston Public Relations Director, put a lot of hours into this project.

But, housing registeries are not always the answer, so in search of permanent solutions, we have been accumulating plans and ideas and are making an effort to get a residence built on campus.

This is not a new project as two years ago the Students' Association through their president (then John Coy) approached the Province armed with surveys and estimates and proposals.

The Province told us that we didn't really want it.

This year John Coy (now our Business Manager), Sid Johnson (Secretary-Treasurer) and myself approached the Central Mortgage and Housing Corporation through Mr. Anderson, Chairman of Corporate Policy and Research. Mr. Anderson told us that he was very aware of this need and that he would try to find a way to get Federal funds.

A month after seeing Mr. Anderson in Ottawa he replied by mail to us that the section of the "ACT" (CMHC Act) involving students had been closed, and that they are concentrating on housing for old folks.

Undaunted, we shall try the last avenue open to us at the present time — Big Business. It is our hope that we may raise enough funds from the commercial and industrial community to open a small hall on campus.

Another ongoing project is to re-establish Dialogue Day on campus. RRCC Administration is very eager to co-sponsor this event. We hope to run Dialogue Day (or a series of days) in a Convention-Style. There will be a pancake breakfast and a wine and cheese party conditional on Mr. Talbot's approval. All students, faculty, Administrators, support staff, etc., will be invited to participate.

There will be speakers, seminars, films and Bearpit sessions. It will mean a great deal of effort from a lot of people, but the rewards can be tremendous. Mid-February is the target date for this event.

I tend to look ahead rather than back at "my" accomplishments. OUR accomplishments are the result of group effort (any one of us would be pretty silly here all by themselves). Our objectives must be longterm because our actions will affect students participating in this college for at least 5 years (maybe more). Planning for this requires as much feedback and co-operation from our membership as is possible.

Sam Richards,
President.

Gary Eastman, Vice-President

This year has been quite a learning experience so far. It is very worthwhile for any student to pay attention to the Students' Association because it opens your eyes to the operation of the college as a whole.

The position of vice-president is a very interesting one. Besides the duties of Clubs Co-ordinator, Election Co-ordinator, and the presidents' right-hand man, there is a wide field of endeavor, in which he or she can become involved.

As vice-president it was possible for me to become involved in the Student Housing Registry this summer, and to help set up the Students' Association of Manitoba.

Every day something new comes up, so if you want to stay well informed, why not get involved? I'm usually available for a hit of coffee with anyone who should come along, and my office door is always open.

Bob Gylytiuk, Sports Director

It's about time everyone knew what the Sports Director does away off by himself in a corner of the North Gym.

During the past summer I had to take a crash course in how things ran around the college and in the SA. There are a lot of executive meetings, council meetings, athletic department meetings and a few others to attend. An excellent sports program has to be planned for the year to keep everyone interested during the year. We wanted everyone to enjoy themselves.

After we had activities planned we let everyone know about them. During registration week we advertised and searched for people to play on our teams. We made write-ups for CMOR, Projector and many posters to be hung around the college. A calendar was made and RRCC buttons passed out getting everyone into the school spirit. This year a drink machine and a cleared skating rink were added to our department.

Helping out during Frosh Week took up many hours of my time as I wanted to get some sports activities in it. Planning ski trips and a Snow Golf tournament are being looked into.

Our biggest events, Super Sport and 4-West, take up hours of calling participants, planning events and planning entertainment. Getting promotion out such as banners and write-ups are things that I like to make sure exist. At the end of the year the athletes have an awards banquet to look forward to which wraps up their year. Trophies for the various events have to be bought and picked up so athletes have something to remember the college by.

Besides planning all the above I am also willing to listen and try out new ideas of getting even more student participation in our programs. If anyone has problems or suggestions, give me a visit.

Bev Weston, Public Relations Director will have her say in the next issue.

Well, the start of the new year has taken me into the second half of my term in office.

The first half started off pretty hectic in July with everyone trying to get to know each other. However, gradually the Executive started to perform as a team and with the help of Council ran the Students' Association.

This year I felt more of the student's money should be spent in getting maximum student exposure to different activities. I believe, Lyn Johnson, Program Co-ordinator, has accomplished this and has presented us with a well rounded activities program. However, I still feel RRCC students could take a more active part in the running of the SA.

With this thought in mind I would like to make a personal appeal to first year students; when election time arrives in the spring, think seriously about running for one of the Executive positions.

In ending I would like to say as the new year starts I feel the SA can continue to offer students a valuable service.

As Publications Director, this job entails the responsibilities laid out in the By-Laws and those one feels energetic enough to undertake.

I refer to the responsibilities of the Photography Department, activities programs, Dialogue Committee and any other programs not covered within the Students' Association job description.

The responsibilities of Publications Director in the By-Laws deem responsibility for the student handbook, the newspaper publication and production, and the telephone directory. The submission of a publications budget is ALSO on the list of responsibilities.

The responsibility of CMOR has been shifted from the Public Relations position to Publications Director. This gives the position overall media coverage and enables better co-ordination.

As Publications Director, I have been able to accomplish all of the above mentioned, plus a Booster Book for the Varsity Hockey Program, (soon available for $1.00 per copy in the College.)

The present Yearbook co-ordination and production is utmost on the list of priorities, as is involvement in the Dialogue Committee.

Lack of space and time restricts a detailed list of accomplishments. Lunch is convenient for further discussion SA is located on Mall Level Bldg. D.

P.S. The job does not offer a three week paid vacation in Miami.

STAFF BOX

Co-editors..... Brian Mitchell
Greg Cox
Sports Editor ..... Murray Rauw
CUP editor Harlan M. Mushumanski
Advertising Mgr. ..... Ben McFarlane
Sidekick Kozak
Photography..... Malcolm Rawlings
Geoffrey C. Dent
Production Staff ..... Rick Johnson
Michelle Dumaine

Contributors: Earl Buermeyer, Debbie Haliburton, Virginia Steeds, Tom Lewicki, Andy Blicq, Kath Michalchuk, Disco Kid.

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Movie Review:
A Star is Born

by Harlan Mushumanski

A tip for all the nostalgia buffs wanting to see *A Star is Born*, currently playing at the Colony Cinema, don't go. You will be sadly disappointed in the remake of the old Judy Garland classic.

The theme remains the same but has been updated with minimal changes. The story deals with a talented young performer who becomes involved with a failing rock star. His dependence on the bottle is overshadowed only by his love for her in this Streisand production.

Kris Kristofferson and Barbara Streisand give a very touching portrayal but there are flaws in the movie. Being a Kristofferson fan I was surprised to see him rely so heavily on his growing acting ability, leaving the singing entirely to Streisand. She does an amazing departure from her usual music renditions to give a strong hard delivery of a couple of great songs. The music has obviously been written rather than adapted for her voice range.

The staging and on location shots are only fair until the end scene where she delivers the best song with a feeling that may or may not be an act.

Some of the support characters are very well constructed while others, notably the disc-jockey picking at Kristofferson's rock star image, are too superficial. The number of supporting actors and characters has been kept to a minimum to make sure the leads are not drowned in a rush of faces across the screen.

It is tragic but very real love story that draws sympathy from the audience but no tears. There is not a deep message hidden within the content of the show. It takes two reasonably well-rounded performers, a plausible storyline and music with a general appeal to give what all movies should give, entertainment.

GOLD FOR THE GODS opened on December 17th and will be on view through February 20th. Opening night guests thronged to see the priceless treasures of the Incas.

Beard Growers Beware

Bonjour,

Historically, beards were to be practical. Today, beards should be fun. So, come and enjoy all the fun at the 1977 Festival due Voyageur Beard Growing Competition. Le Festival du Voyageur would like to invite all applications to its Beard Growing Competition.

The competition will be bigger and better this year, with more prize money and trophies. There will be 3 categories – Beards started before Dec. 1, 1976; 2nd category – Beards started after Dec. 1, 1976; 3rd category, new this year – the novelty category. The novely category will include all beards designed and cut in an original fashion.

Beards will be judged on texture, length, design, appearance, trimming and colour.

The judging will be held during the festival week and a special evening is planned with unique form of entertainment.

Applications for the contest are available at the sponsoring barbers and hair stylists: Beaudry's Men's Hair Styling, Bob Beaudry's Hairstyling for Men, Captain's Chair, Cottonwood Barbers & Men's Hairstyling, Larry's Barber Shop, Male Image, Niakwa Barber Shop, Paolo's Men's Hairstyling, Southdale Barbers and Men's Hairstyling, St. Vital Men's Hairstyling & Barber Shop, Viscounte Hair Styling, Windsor Barber Shop.

Deadline for applications is February 4, 1977

Getting Unbored in Winnipeg

The Projector is continually swamped with letters from Winnipeg Art and Theatre groups extending invitations to all RRCC students to attend their lectures, exhibitions and productions. It is impossible to print every news release that is submitted to us. However here is a summary highlighting some social events to brighten up your January.

The Manitoba Theatre Workshop (MTW) is now accepting applications for their Senior Workshop School for students aged 16 and up.

Included in this year's agenda will be a special class in Corporal Mime conducted by Kathy Condello.

Other courses include classes in Improvisation for beginning and advanced students, script analysis, experimental theatre, and acting technique.

All classes will begin in early January and last a full twelve weeks. For more information regarding registration contact the Manitoba Theatre Workshop at 942-7291.

The YW Women's Center is also accepting applications for their activities program.

Classes include councilling in rape prevention beginning in March, women consciousness raising, February 3 - March 24, and a host of other YW adult education programs.

To receive a winter activity program call the 'Y' at 943-0381.

The Manitoba Action Committee on the Status of Women will present their fourth seminar in the Women's Dialogue series.

Entitled – *Women on Welfare*, the seminar will feature a panel of people with expertise and personal experience in our welfare system. Following the seminar is an open question and answer period for public participation.

There is no admission fee and everyone is welcome to come and participate.

The seminar will be held in the YWCA cafeteria, 447 Webb Place, on Thursday, January 13th, at 8:00 p.m.

The Winnipeg Art Gallery is sponsoring a series of free lectures in conjunction with their current exhibition – Gold for the Gods.

The lectures will deal with the history, art and culture of Ancient Peru, and on the nature and meaning of gold. They will take place each Sunday afternoon (2-3:30 p.m.) from January 9 through February 13 in the lecture room of the Gallery.

Admission is free. For more information contact Gail Lowen, Winnipeg Art Gallery, 786-6641.

Another event to watch for this month is from the University of Manitoba School of Art. They're hosting an exhibition of Circus Lithographs lent by the Circus World Museum and the State Historical Society of Wisconsin.

Included in the exhibition are free circus movies and free popcorn. It will be open at 8:00 p.m. Monday, January 10th, in the Gallery III, School of Art and continue through to January 30th.

OPERA

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You're Somebody Once You Leave That Closet

by Joan Shields
for CUP

Ottawa (CUP) – "Hitchhiking, I was picked up by three men, about 30, smoking grass, driving an endless white Cadillac as if it were a yacht and the road were an ocean. They didn't know I was gay (I wasn't feeling suicidal that day). After a lot of brainless chat on other subjects, they joked: "We're going to get Playgirl to photograph us nude for a centrefold, and every faggot in the country will lap it up." All sorts of comebacks occured to me ("I'd prefer to see you in the Joy of Cooking" or "Would you care to step outside – just you, and don't slow down", etc.) but all I managed was to ask to be let out at the next turnoff, in the rain. *That* should teach them a lesson!"

Michael Riordon,
courtesy Body Politic

This excerpt is taken from an issue of Body Politic, a slick, informative and entertaining monthly publication serving Toronto's gay community. With an estimated readership of $15,000 it's a widely read Canadian paper devoted to strengthening the growth of gay consciousness in this country.

The features and new stories appearing in it publicize the plight of gays in a heterosexual society. Body Politic also reviews the gay culture that is beginning to emerge in the commercial press, it is readily picked up by an information-straved minority.

Now in its fifth year, Body Politic is put out by a 13 member editorial collective. There are no women in the collective but the members say they try to leave the paper open and encourage contributions from lesbians.

The Body Politic staff subscribes to "popular journalism" to get its point across. Features are often written in the first person allowing readers to identify with them. In a section of the paper entitled *Profiles* individual lesbians and gay men are chosen to be interviewed. They're questioned on such topics as their youth, hobbies and hopes and the bitterness and joys of being gay in this society. The people come across as pretty normal, which is perhaps the intent of the column.

Some articles are written by people and alienated in our heterosexual society: the middle-aged man, often established and married, who occasionally seeks impersonal companionship in public washrooms or the young gay under 16, who has to deal with school and parents and a lack of privacy and understanding.

By daring to print the unprintable, Body Politic gets shock value out of every issue. In a movement that has always been undermined by people too ashamed to let their sexual preferences be known, the paper reflects the current consciousness of militant gays. It encourages gays to be strident, to be openly and aggressively gay until straight society comes around to accepting homosexuality.

The people who submit articles to Body Politic offer readers some of the most honest and gripping writing to be found in any periodical publication in Canada. In an article *Learning to Kill* the author describes an incident in which he and three other gay men were beaten up in downtown Toronto because they were holding hands. The men didn't defend themselves because they were all terrified of violence.

As the writer put it "Even as a youngster when fights – real or play – were more common, I always really wanted to melt into the arms of the boy I was struggling with. I see my interactions with other men as erotic, not violent."

While Body Politic has broken new ground with the gay community in Canada, it has also come under heavy criticism from its readership. It's been charged that the male, middle-class Toronto editorial collective puts out a paper with little appeal to lesbians, workers and people who live in rural areas.

When questioned on this point, the men in the collective reply that they're aware of their limitations, and that they bend over backwards to be representative to all gays in Canada. No small feat, mind you.

Another contentious point between the collective and Body Politic readers are the classified ads at the back of the paper. A typical ad might read: "Non-smoker looking for gay male friends between Hamilton and Guelph. Prefer age 35-45 with serious cultural interest. Welcome blind, deaf or handicapped. Not interested in casual sex. Discretion assured."

On first glance the classifieds look sleazy and out of place in an otherwise sophisticated newspaper. A bunch of men advertising for sex partners at 10 cents per word seems to defeat the purpose of a periodical that calls for openness, strength in numbers and a warm and understanding gay community.

While the collective runs the ads primarily for revenue, it acknowledges the need for classifieds for men who are lonely and can't easily make friends. In defending its position, the collective demonstrates that it can be humanitarian as well as realistic and business-like.

Aside from these drawbacks, Body Politic should still be commended for providing gays with a monthly shot in the arm. As gays know only too well, magazines that provide well-written and sympathetic articles for gays are few and far between.

Memories Are Made of This: Skiing in Banff

by Kathy Michalchuk

"The Banff ski trip was excellent," said Barb McKay, Crazy Ox employee. "I'd go again, anytime."

She and Jim McDonald were among the twelve people from RRCC who accompanied 33 other people, from the Universities of Winnipeg and Manitoba, on this excursion.

"They were really a good group of people," said Jim. "We were known as the University of Winnipeg Ski Club."

The trip began with a pre-excursion party for all members. Anyone who did not meet at that party eventually got to know each other during the 19-hour ride, made pleasurable in a stereo system and washroom-equipped Greyhound bus.

"The orientation was not really necessary because we all knew each other by the time we reached Banff," said Barb. The group did meet in a banquet room at the Mount Royal Hotel on the evening of December 27 to see films about skiing and to be familiarized with slope conditions and town attractions.

"However, we couldn't get any wine or cheese so there was no wine and cheese party," said Barb.

Good weather and good slope conditions permitted the skiers to be on the ski slopes for the scheduled five full days. The choice of mountains was reduced to Sunshine and Lake Louise. Norquay was closed because of insufficient snow on the slopes.

Both Barb and Jim agree the bus service was good. Buses were always on time. At 7:00 a.m. each morning, a bus transported the group members from the Archway Motel to one mile to the downtown area where they had breakfast.

"At about 8:00 each morning there was a huge exodus," said Jim. Buses began heading for ski slopes from bus depots and cars jammed the highway.

The ski slopes opened at 9:00 a.m. when the tow bars began operation and closed at 4:30. Generally the snow coverage was adequate except for protruding rocks on the lower slopes at Lake Louise.

Most of the skiers from this group spent the first two days at Sunshine and the remaining three at Lake Louise. Many enrolled in ski lessons taught by professionals. These were offered at Sunshine at special rate of $5 per person per hour for this group's members. These novices spent the first three days taking lessons and then attempted the Lake Louise slopes.

"The crowds on the mountain were heaviest in the mornings," said Jim.

"Especially at Sunshine," said Barb. "I waited in the tow bar line for as long as 20 minutes. It was only a 7-10 minute wait at Lake Louise where the skiers were pretty well distributed."

Back in town by about 6:15, these Manitobans ate dinner in the "lots of really nice restaurants." There again, long line-ups necessitated the making of reservations so meals were eaten as late as 9:00 p.m.

"By the time supper was finished, you were so tired, you were ready to go to sleep," commented Barb.

New Year's Eve celebrations began with a roast beef supper at the Mount Royal Hotel. Live entertainment was provided by a blues-grass band and during intermission, rock tapes. Naturally there was a full bar.

The lone casualty of the group was Jim McDonald after 40 minutes on the slopes at Sunshine on Day 1. He said that as well as record crowds on every ski hill, the hospitals had record crowds, most being treated for ski related injuries.

Members of this group could enjoy bonfires at any time in a wigwam set up in the Archway Motel courtyard. There were also opportunities to go for sleigh rides and swimming at a hot springs.

This excursion was the first activity of its kind organized by University of Winnipeg students, Doug Bunting and Don Shick and a former student from that university, Doug Downie.

"I thought, they did a good job," said Jim. "Everything we expected to happen, did. Generally everything seemed to flow smoothly. I'd definitely go again."

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Manitoba Runner

Are you a distance runner, a jogger, a person interested in regaining or maintaining physical fitness? If so, the Manitoba Runners' Association is for you. All that is required is an interest in running.

The Runners' Association is not an organization for which one competes. Rather, it is a group which insures the existence of competition and physical fitness runs by establishing a strong running program. It brings together people of similar interest to facilitate attainment of common objectives.

Many non-competitive runners fear that organized running means competition, and many competative-minded runners feel competition is the exclusive domain of class-athletes. Nothing could be further from the truth. The concept of the Runners' Association is to provide events for participation as well as excellence.

The Manitoba Runners' Association was established in 1970 and modelled after the Road Runners Club of England. The goal of the Runners' Association is to promote and develop the sport of road running. The success of this effort has been phenomenal. In recent years we have generated interest in running through our Fun Run Series, as well as staging national championships. The Runners' Association has been, and still is the driving force behind the Masters running program.

The importance of running as exercise is now more widely recognized than ever before. There is no faster and better or inexpensive way to accomplish the goal of cardio-respiratory fitness than through participating in running.

We welcome you to give serious consideration to joining one of the most enjoyable, healthy and rewarding activities that you will encounter in your lifetime.

PROGRAMS

The Association operates its programs with the intention of giving all ages an equal opportunity to succeed. The first and most obvious approach is that of age-grouping. But the Runners' Association has gone one step further with the introduction of age grading. This is a computerized system which allows a comparison of age-group performances and performances over different distances. The third aspect of the program involves the Standards Program. These cover five classes from novice to provincial and are annually adjusted.

Age Groups: Males and Females

Tykee:	born 1972 or later
Tykee:	born 1970 or later
Tykee:	born 1968 or later
Tykee:	born 1966 or later
Bantam:	born 1964 or later
Midget:	born 1962 or later
Juvenile:	born 1960 or later
Junior:	born 1958 or later
Senior:	born 1948 or later
Sub-Master:	born 1947 or earlier
Sub-Master:	born 1942 or earlier
Masters:	born 1937 or earlier
Masters:	born 1932 or earlier
Veterans:	born 1927 or earlier
Veterans:	born 1922 or earlier
Esquire:	born 1917 or earlier

SPECIAL: Mature Women: Females born 1948 or later and no longer a full time student. Family Doubles: Any married couple. Families: Any parent(s) and offspring(s), no limit on number of children.

NOTE: You must register for the special groups.

The 1977 season will have the usual major events: Voyageur Festival Handicap (Feb), Joe Keeper Memorial Prediction Run (Mar), Viking 15KM (Apr), Manitoba Marathon Championship (May), Portage 50KM Relay (June), Red River Ex Run (July), National 25KM (July), Icelandic Festival Races (Aug), Manitoba Championship (Aug), Labour Day Marathon (Sept), and One Hour Track Run (Sept).

To go along with the extensive program, many out-of-province events will be included. Car pools will be arranged.

Continuing in the tradition of family involvement. The Runners' Association also organizes an extensive running/jogging program for the entire family. To complement the age-group and age-grading systems there are several handicap runs held each year. Held in conjunction with all competitive events is a 3Km. (1.9 mi.) run, designed to give the non-competing members of the family an opportunity to run. The Runners' Association also hold three separate series of "Fun Runs", in the spring, fall and winter of each year.

The method used to measure courses is the internationally accepted approach to accurate measurement. This calibrated wheel method is accurate to within 25 feet in 26 miles.

A new part of the Runners' Association program is that of the addition of a coaching/fitness staff. At this time one is specialized in children's running and two are specialized in masters and sub-masters, as well as the over-all aspect.

BENEFITS OF MEMBERSHIP

The benefits of belonging to an organization such as ours, with its widespread ramifications and which can speak with authority on road running will be obvious to all those participating in this increasingly popular sport.

The direct benefits which members receive from their modest subscription includes the "Manitoba Runner", the monthly newsletter of the Runners' Association. The newsletter reports the activities of the Runners' Association and covers road running and general fitness on a world wide basis, including articles of topical and unusual interest.

All members receive a Fixtures List of up-coming events, locally and nationally.

All members become eligible for awards based on the Standard Program. Members are also eligible to win any of the many annual awards given out at the end of each year. The annual awards cover a large area and every member of the family can win.

Other benefits include: Organized trips to a variety of out-of-town events, use of the indoor facilities available to us, the physiotherapist, and you can apply for any of the administrative positions of your liking. Your membership will also register you with the national athletic body (CTFA), covering our sport. (Please note, if you already have a current, MTFA (CTFA) card please deduct $2.00 from membership and include your number on this year's card.)

MEMBERSHIP

Membership in the Runners' Association has no restrictions, anyone can join. Since we are primarily an administrative body, any current club membership you may hold will not be affected by the Runners' Association membership. Our membership covers people from all parts of the province as well as many places in Canada and the U.S.A.

The *minimum* subscription is three dollars ($3) per annum. Any monies contributed in addition to the three dollars will be treated as a donation and used to further the aims of the Runners' Association. Receipts issued.

The Runners' Association extends the opportunity to all people interested in the development of the Runners' Association or to running as a life long program, to purchase a share(s) in the Manitoba Runners' Association. For the nominal fee of $50.00 you can become a shareholder and as such a life time member, receiving all Association benefits for the rest of your life.

Any individual, company, organization or institution can help promote the Association's goals by becoming a "PATRON". All Patrons will receive the newsletter as well as a monthly acknowledgement in the newsletter. The *minimum* donation is $10.00 (receipts issued.) Interested persons are asked to contact, the President: Mr. Charles Paille 109-2355 Pembina Hwy., Winnipeg, Manitoba. Phone 269-0440.

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APPLICATION FOR MEMBERSHIP OF THE

MANITOBA RUNNERS' ASSOCIATION

to: Mr. James Nadler, Registrar & Subscription Secretary,
11 Golden Willow Cres., Winnipeg, Manitoba, R2M 4E1

Please enrole me as a member of the Manitoba Runners' Assoc. and I enclose herewith one year's subscription. (minimum $3 annually)
Sum enclosed herewith $.....

PLEASE COMPETE IN BLOCK LETTERS

Full Name .....

Mailing Address .....

Postal Code ..... Phone ..... Yr. Born 19....

CTFA no ..... Signature .....

Make checks payable to Man. Runners' Assoc.

PLEASE SEND
MEMBERSHIP
APPLICATION TO:

Name .....

Address .....

.....

.....

AND

Name .....

Address .....

.....

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Mail Bag

Dear Road Runner,

In the past years road running and distance running has been blossoming all over the world. Here in the land of the perennial icicle road running has been expanding at a phenominal rate.

For those who plan on visiting Manitoba or just have an interest in road running the Manitoba Runners' Association publishes an excellent monthly newsletter. For the nominal fee of a membership, just $3.00, you can receive this excellent publication as well as the other Runners' Association benefits.

Your subscription will be automatic upon arrival of your application. We would also welcome any correspondence you may wish to forward to our newsletter. Articles such as fixtures, race information and other interesting articles.

Please find enclosed an information sheet on the Manitoba Runners' Association and several membership forms for your subscription. There are extra forms for your friends, club, school or any other interested individual.

I would like to wish you best of health and success in the up coming year.

Sincerely,
Mike Whitworth,
Editor

WANTED

Snow Golf Co-ordinator for the Snow Golf Tournament to be held late February or early March. To assist setting the course and running the tournament. Salary will depend on work involved and number of entries. See June Graham immediately if interested.

WANTED

Cross Country Co-ordinator for the competition to be held late February or early March. Will assist setting the course and running the tournament. Salary will depend on work involved and number of entries. See June Graham immediately if interested.

WANTED

BASKETBALL OFFICIALS

Co-ordinator – $50.00
Referees – $2.50 per game
Scorekeepers – $1.00 per game

See June Graham immediately if interested.

Sport's

IN HOCKEY:

Rebel League Woes Continue

by Murray Rauw
Projector Sports Editor

The Rebels won its fourth game of the season and first of the year in the Manitoba Assiniboine Hockey League Dec. 11 when they defeated the La Broquette Habs 6-5 in a game played in Labroquette.

Unfortunately, the team slipped back to its losing ways the following night in a return bout with the same Habs and dropped a 7-4 decision in RRCC's first home game of the season.

Again, it was Obie Erickson sparking the Rebels in the winning effort. The hard-shooting right-winger earned the hat trick including the winner at 11:51 of the third period uping his total to 16 for the year. Erickson also added an assist to go with the three goals. Rick Larose, Bruce Giesbrecht and Bob Flemming completed the Rebel scoring.

In the home opener at Stony Mountain Arena the visiting Habs struck for four straight goals in the third period breaking a 3-3 tie. Curt Hogabaum's goal late in the period broke the string but by then it was too late for RRCC to muster any type of a comeback.

Nino Cantafio, Rick Rink and Erickson rounded out the scoring for the varsity.

The Rebels began 1977 the way they ended 1976 losing an 11-9 contest to the East Kildonan Sabres despite outscoring the Sabres 4-1 in the final period.

Seven players figured in the Rebel scoring. Bruce Giesbrecht and Bob Flemming connected in the first period. The period ended in a 2-2 tie. The second stanza proved disastrous for the Rebels. East Kildonan slammed in eight goals with RRCC settling with three replies. Kurt Carter in eight goals with RRCC settling with three replies. Kurt Carter, Keith MacLennan and Colin Atkinson potted the Rebel markers.

Carter and Atkinson each notched their second tally of the evening in the third period with Denis Marion and Thom Wolstencroft rounding out the Rebel scoring.

The Rebels lost a third game during the Christmas break to the Stonewall Flyers but Scoring summaries were not available at press time.

Despite the dismal league record coach John Schillinger is not upset over the team's performance. He noted he has been unable to ice a full team in the last few games because of exams and the mid-term break.

REBEL RAMBLINGS... Schillinger will be forced to make some line-up changes in the near future as the exams cost the club three players... Publications Director Jim MacDonald has written and published Rebel Booster Book. The book will be sold for $1.00 with all proceeds going to support the team. So when a team member approaches you, support the team and buy a book. It contains line-ups and pictures of all team members as well as statistics for the season up to December 12... Next game for the Rebels is January 16 when the Rebels host the Warroad Minn. Lakers at Stony Mountain. Game time is 8:00 p.m.

TEAM STATS
(after 12 games)

	G	A	PTS
Obie Erickson	17	7	24
Keith McLennan	7	8	15
Colin Atkinson	5	7	12
Don Desjardins	3	7	10
Rick Larose	2	6	8
Denis Marion	3	5	8
Thom Wolstencroft	2	6	8

Manitoba Assiniboine Hockey League

January 16	Warroad at Red River	8:00
January 21	Red River at Kildonan	8:00
January 22	Red River at La Broq	8:30
January 23	Kildonan at Red River	8:00
January 30	Steinbach at Red River	8:30
February 6	Stonewall at Red River	8:30
February 11	Red River at Warroad	8:00
February 13	Red River at Transcona	8:30
February 20	St. Boniface at Red River	8:30
February 26	Red River at Steinbach	8:30
February 27	St. Boniface at Red River	8:30
March 4	Red River at Stonewall	8:30

Only $360. Raised

This years request for the Intramural Christmas Cheer Fund ended with disappointing results. Only $360.00 was donated by RRCC students. Considering there are about 1700 students participating in athletic activities at RRCC the results are disgraceful.

To add to the insult, while RRCC dug for the paltry total University of Winnipeg students raised over $2,000 through various fund-raising schemes.

This year 130 teams have been entered in intramural activities. The grand total of 30 actually donated.

The worst participation of all comes from the college curlers. For the second year in a row not a single nickel came from that activity.

One student who deserves a big thank you is Ken Campbell. Ken, a 2nd year BA student and a member of the Varsity Viking flag football team succeeded in prying over $80.00 from teammates and friends. Thank you, Ken. Following is a list of contributing intramural teams.

Business Alouettes	(BA 1-8)	$20.00
BA Volleyiers		$ 5.00
Ball Movements	(Electronic Tech)	$ 5.00
Panda's, Koala's & Willie's Whompers	(Bus. Acct. 1-5)	$12.50
Buckeyes	(BA 1-5)	$ 5.00
Boy Scouts	(Cap. 4-1 & 4-2)	$11.27
Child Care Teddy Bears	(Child Care - 1st yr.)	$ 5.00
C-4's	(Civil Tech-4)	$ 4.00
Spikers	(Bio-Tech)	$ 5.00
High Flyers	(Electronic Tech)	$25.00
Maincourse	(Hotel, Rest. Admin-4)	$15.00
Jugs	Domestic Electronics	$ 4.50
Equipment Counter		$11.86
BA Volley Dolls & Whisers	(BA- 1-3)	$33.50
CAP 1-2		$12.00
Computer Tech III		$ 5.10
Varsity Vikings & friends	(BA)	$81.00
H & R Raiders	(Hotel & Rest. Admin)	$ 5.00
Med. Lab.		$10.37
Smoke in the Wall Gang	(C&I Sales)	$ 5.00
Crunch Riptack & the Manglers		$20.00
Jack Birch		$10.00
Intramural Donation		$50.00

2 Rebels Selected

BASKETBALL

Two members of the RRCC basketball squad were named to the Manitoba Junior Basketball league recently.

Selected to the squad were guard Joe Di Curzio and forward Roger Twerdun. Both are 2nd members of the varsity team.

Meanwhile the Rebels have been idle since defeating Winnipeg South, December 8. Next action is tomorrow evening in the north gym.

Women B-Ball Nears Extinction

For women athletes who don't like to be cut from the team, RRCC has the team for you.

It is safe to assume anyone trying out for the RRCC women's basketball team will automatically make the team because players are desperately required so Manitoban can field a team in the 4-West playoffs in Saskatchewan in March.

Earlier this year the RRCC squad folded because the college could not scrape up enough players to compete in a city league.

On January 6 the phys-ed dept. held a practice to attempt to form a team for 4-West competition. This try attracted only four hopefuls.

The department will try again to find the needed players so if you are interested in representing RRCC in interprovincial basketball contact anyone in the phys-ed department immediately.

Intramurals at a Glance

Intramural table tennis and badminton begin on January 28 with entries closing at 4:00, January 21. Singles, doubles, and mixed doubles will be offered. Players entering in doubles can team with any student instead of being restricted to a partner in the same class.

Table tennis entrants from later this fall need not re-enter but if lunch times have changed please see June Graham.

WANTED

BROOMBALL OFFICIALS

Co-ordinator – $50.00
Referees – $3.50 per game
Scorekeepers – $2.00 per game

See June Graham immediately if interested.

Students writing exams later this month will be accomodated.

The RRCC Invitational Bonspiel will be held at the Granite Club March 11-13. The spiel will accommodate 32 rinks with 10 spots being held open until February 20 for entries from other colleges.

Forms for entries will be available at the SA office later this week.

Entry fee for the event is $40.00 and must be made at time of entry. Each rink must include one member of the opposite sex and three members must be full-time RRCC students.

Rinks are guaranteed 4 games in the 4 event set-up.

Play will be held from 10:30 p.m., Friday to 7:30 a.m., Saturday 11:00 a.m., Saturday, 5:00 p.m. and again 10:30 p.m. to 7:30 Sunday morning.

Bar and restaurant facilities will be available.

Intramural Notes... Entries for men and women's basketball close Feb. 4 with play beginning 10 days later. Enter as a class... 2 on 2 basketball entries close February 18. Enter with any student from within the school. There will be A & B divisions... entries close Jan. 28 for co-ed broomball. Each team must have two girls and four guys... Hopefully, anyone skiing on the college grounds should use the north grounds in order to back the snow so a cross-country skiing competition can be held later this term... New classes should appoint a spots rep and then contact June Graham. Any class ending up with more than one rep should contact Ms. Graham.

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Attend free introductory lecture
Thursday evening, January 20
at 8:00 p.m.
in Room 17 at the
Winnipeg Convention Centre

For further information
phone 775-0775

Student rates are applicable