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SKI CLUB	228-6185
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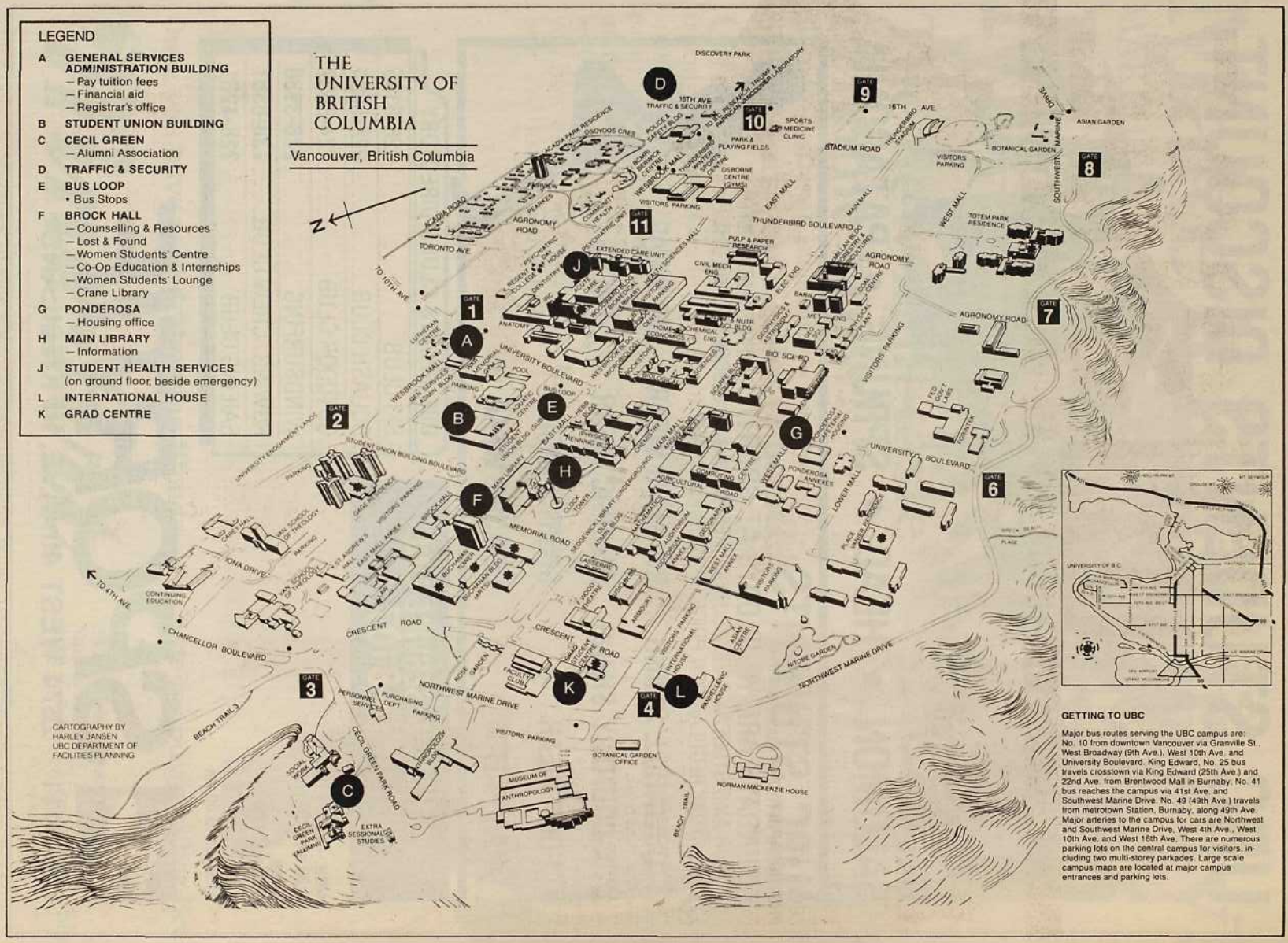
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— Women Students' Centre
— Co-Op Education & Internships
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— Crane Library
G PONDEROSA
— Housing office
H MAIN LIBRARY
— Information
J STUDENT HEALTH SERVICES
(on ground floor, beside emergency)
L INTERNATIONAL HOUSE
K GRAD CENTRE
THE UNIVERSITY OF BRITISH COLUMBIA
Vancouver, British Columbia
CARTOGRAPHY BY HARLEY JANSEN UBC DEPARTMENT OF FACILITIES PLANNING
GETTING TO UBC
Major bus routes serving the UBC campus are: No. 10 from downtown Vancouver via Granville St., West Broadway (9th Ave.), West 10th Ave. and University Boulevard. King Edward, No. 25 bus travels crosstown via King Edward (25th Ave.) and 22nd Ave. from Brentwood Mall in Burnaby; No. 41 bus reaches the campus via 41st Ave. and Southwest Marine Drive. No. 49 (49th Ave.) travels from metrotown Station, Burnaby, along 49th Ave. Major arteries to the campus for cars are Northwest and Southwest Marine Drive, West 4th Ave., West 10th Ave., and West 16th Ave. There are numerous parking lots on the central campus for visitors, including two multi-storey parkades. Large scale campus maps are located at major campus entrances and parking lots.

INSIDE

•UBC 1986•

INSIDE UBC

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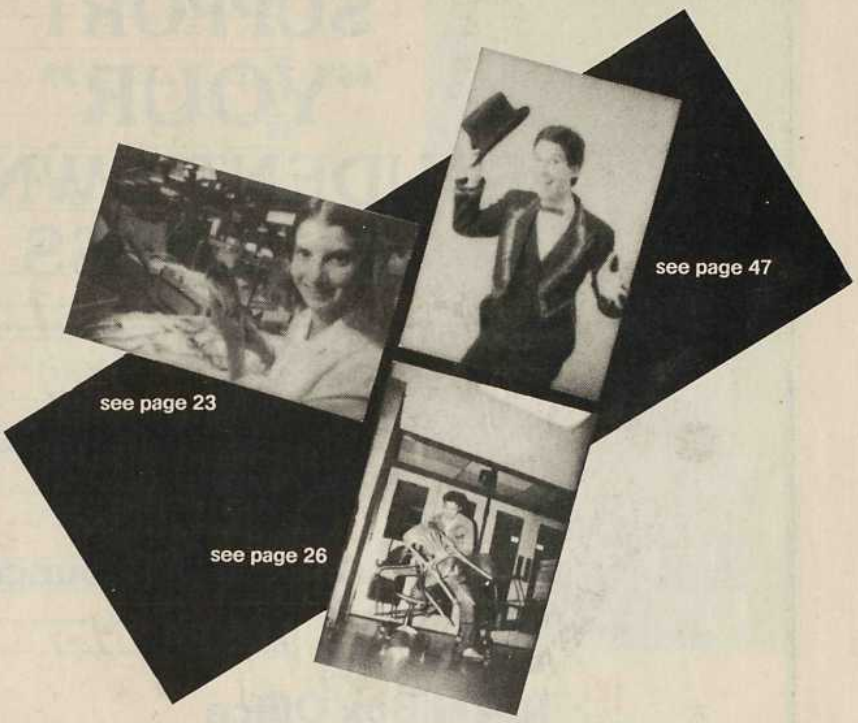

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ALMA MATER SOCIETY

Student Union Building
University of British Columbia
6138 S.U.B. Boulevard

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INTENT

Congratulations. You've made it through registration, one of the longest lineup sessions you'll experience during your time at UBC.

Hunger, excitement, and impatience are probably only a few of the side effects you've experienced from that supposedly efficient bureaucratic device. But unfortunately lineups don't end with registration! You'll get more UBC type EXPOsure while obtaining your library card, at the bookstore, in the cafeteria, and finally at graduation.

But you're in luck. You just happen to have this informative, insightful guide to UBC, conveniently located to entertain you. Waiting doesn't have to be boring. I hope.

Although this guide is written primarily for new students, it also contains many new features for returning students. You all pay AMS fees, and deserve a new book.

But don't discard this book after your lineup attendance. It contains, if nothing else interests you, many important names and numbers which aren't that easily accessible elsewhere.

Welcome to UBC.

Debbie Lo

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INTRODUCING

UBC PRESIDENT *Dr. David Strangway*

I'm delighted to have this opportunity to welcome both new and returning students to UBC for the beginning of another year.

Universities are among the oldest institutions in human society and one reason for their longevity is adaptability. UBC, like all universities, is continuously evolving. Perhaps I should indicate to you some of the directions in which I perceive the University is progressing. A major objective guiding our decisions for the future of the University is to preserve and improve the quality of education you receive.

As the senior university of the province with a wide range of established professional schools and graduate programs, UBC has a major responsibility for research. Research is essential for good teaching. Research ensures that you will receive the latest information in the subjects you are studying. It will have a renewed emphasis in the years to come.

UBC recently imposed enrolment controls for students entering first year in the Faculties of Arts and Science. The maximum number of students the University will accept will be slightly higher than first-year enrolment last year. This move is to maintain our commitment to excellence, prevents unlimited future growth in enrolment in these two key Faculties, and reflects our determination to preserve the quality of your educational experience.

I hope these brief comments assure you of our determination to provide you with the best education possible.

Welcome to UBC and my best wishes for a productive and happy year.

And heeeeer's . . . Simon!

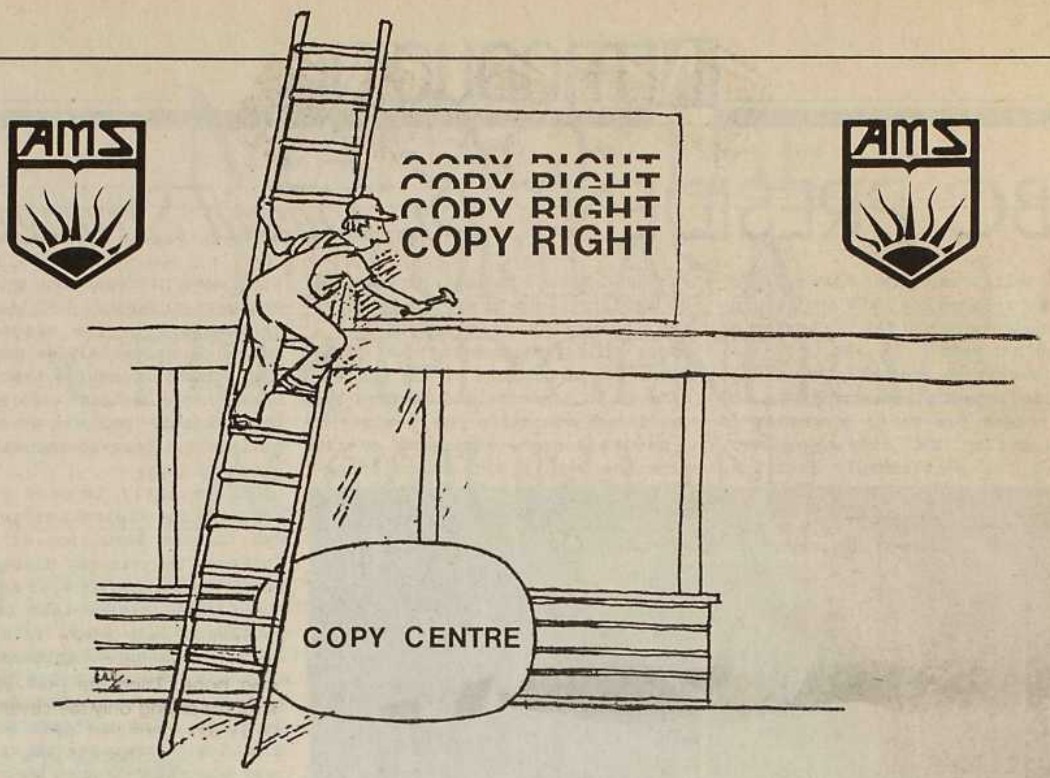
AMS PRESIDENT *Simon Seshadri*

Welcome back to another year at UBC. For many, this is your first year, while for others the countdown has begun. 1986/87 promises to be an exciting year and will undoubtedly provide us all with many memories. The good times begin almost immediately with Orientation Week. Please take advantage of the free entertainment, ceremonies and exhibits. This is all topped off on Friday, September 12th with the Welcome Back Barbeque and concert on MacInnes field, behind S.U.B.

The major goal for this year is that students are made aware of and take advantage of the many AMS-offered resources. Whether this occurs by wandering through your Student Union Building, or by getting involved, there are a multitude of activities to occupy your spare time. On behalf of your Students' Council, Student Administrative Commission, Clubs, Undergraduate Societies, Service Organizations, Fraternities and Sororities I wholeheartedly encourage you to discover an extracurricular activity that interests you.

Finally, don't let the bureaucracy get you down. Sometimes, it seems like it should be called "Them B.C." and not "You B.C." If you have concerns, questions or criticisms, voice them. Whether it's with a Prof, the parking or the A.M.S. we want to hear from you. Remember that UBC's motto is "Tuum Est"...It's Up To You.

Have a great year and see you in the Pit.



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:BUT Same Great Prices

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BOOKS

Startled student says, "Human Sexuality textbooks weren't like this when I took that course."

Literary Liberty

the hows & wheres of book buying

by DAVID FERMAN

The UBC bookstore offers unsuspecting students that special traumatic shock no other registration day surprise offers. It is the straw that breaks the emotional and financial back.

Outside, a lineup. Aagh! Not another #*%!ing lineup. I'm registered. I thought the lines were over. Inside. A lineup? Aagh!! Not another #*%!ing lineup. I have to buy all these books.

Forty dollars? For one textbook? Shock, disbelief, fury, all follow in quick succession as you stare at the steep price tag on your required texts. You scream! You run! You run and scream out of the Bookstore and are promptly struck dead by a Hastings Express bus.

Yet the pursuit of books need not be so tragic. In fact, the hunt for books in Vancouver can be darn right pleasing. But before we go spending money there are a few confusions about books and universities that must be cleared up.

The first is the myth of "required reading." Before spending all your money, wait a few days before deciding what books you really need. Then decide if you want to buy the books at all because, whether they be anthologies of Irish literature or texts on the hardest of sciences, the library will likely have a dozen or more copies of the books you need.

Sometime during the first week of class your prof will say, such and such a book is the main text book for this class and will remain so throughout the year. It is available in the bookstore. . . . Here some brown nose will declare that s/he has already purchased the sixteenth edition of said book. Then the prof will respond strongly saying only the seventeenth edition will be permitted.

What this probably means is the professor has a hand in writing or editing the book and wants you to buy it. At most you will only give the tome a cursory glance at exam time. The line about latest editions is a plot, plain and simple, devised to make students pay more each year for the same books with re-arranged chapters and different colours on the pie charts. Don't fall for it.

The second problem concerns the cliche, "I hear your prof really goes by the book." In days of yore this meant your professor was strict. But the literal minded eighties are ironically more confusing. Today, "by the book" means either the professor's lectures follow the text so closely you need not bother buying the text or the prof follows the text so closely s/he is as boring as the text. If the latter is the case it makes more sense to buy the book and skip the class, at least with the boring book you can re-read what put you to sleep and awaken alone instead of being rudely jostled awake by some bad breathed prof while your peers giggle themselves out of their naps.

The final myth is the one saying the only place to buy books for school is at the UBC Bookstore (otherwise known as the Point Grey Pavilion complete with its own trendy t-shirts and knick knacks). The UBC Bookstore acts like any other business that believes it has a monopoly. But sometimes if you look hard and are lucky you will find damaged editions for a more reasonable price. For example, the required text for Economics 100, *Economics* First Canadian Edition by Blom-

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quist, Wonnacott and Wonnacott is priced at $35.95 and $33.95. At the bottom of the pile lay used and recycled copies for $27.

The price range is hard to figure at stores selling new books and the UBC store is no exception. Many slim paperbacks are nearly as expensive as hardcover books. However, not everything is expensive at UBC. A softcover copy of *Hamlet* goes for less than two bucks, but then again Stoppard's *Rosencrantz and Guildenstern are Dead* costs $5.95 for all 96 pages. English publishing house aside, it is still a rip-off. Unfortunately, *Hamlet* is about the only fish in the state worth catching. Textbooks run on average from $35 and up, with up being exotic and school gems such as Seldin and Giebisch's *The Kidney Physiology and Pathophysiology*, going for a cool $273. Mercifully there are other places to buy books.

When I get a little money, I buy books; and if any is left, I buy food and clothes.
—Desiderius Erasmus

The one irrefutable argument for city living is the simple joys offered by rummaging through book stores. The first store to check out, and the first in the yellow pages is **A-Aaabaca Book City** (1247 Granville) a huge warehouse of a store down in the, shall we say, colourful section of downtown. Book City is cheap and open seven days a week. The thing to keep in mind with stores like A-Aaabaca is the chance of finding the exact edition of the text you desire is slim. However, the chance of discovering a non-required book that explains your course in a brilliant chapter, or a biography that gives you an insight needed to understand the most bizarre of poets is good.

Just outside the gates on 10th Avenue lies **Better Buy Books** (4443 West 10th), which is a crammers' paradise. Better Buy is like a visit to the Third World after the ultra-yup scene of Duthie books across the street. There are no Potentials Unlimited Subliminal Persuasion Self-Hypnosis tapes here, but there are Coles, Monarch, and Barron Notes brushing up against the ceiling. There is a lot of pulp (39¢ for Hollywood's Newest Superstar Henry Winkler as the Fonz), a huge wall of *belles lettres*, and an inviting sign that reads 20,000 fiction paperbacks in our backroom. Best of all Better Buy Books buys and sells used texts. Open seven days a week.

Ashley's Better Used Books (3712 West 10th) is an artistic, antiquarian bookstore with Monet's for sale and classical music playing. I found a new looking copy of *Rosencrantz and Guildenstern* for $4. There are tons of shiny hardcovers for about $10-$15 and a zillion biographies. The greatest fault of this store is that the red cement floors are too cold to sit on. One of the most complete fiction selections in town.

Around the corner on Broadway is **West Coast Books** (3209 West Broadway). An ordinary store with an ordinary selection of yellowing volumes. Two things going for West Coast are strategically placed chairs (strokes of genius) and opposite the ubiquitous back issues of *National Geographic* stand twenty Franklin W. Dixon classics.

If you fondly remember *Incense and Peppermints* the first time it came out and you make your puppy eat Purina tofu, then the store with psychedelic sun is for you. **Banyen Books** (2685 West Broadway) is not as mind expanding as it once was, but nothing is. Banyen has a good deal on children and childbirth but is not so down to earth as to neglect yoga, astrology, consciousness raising and the occult.

We're still on Broadway, way out near London Drugs, at the **Book Warehouse**

. . . see page 46

UBC LIBRARIES *hallowed halls of knowledge*

Sometime during your great pursuit of knowledge at UBC you will end up at one of UBC's 13 libraries.

Housing a total of 2.5 million books, not including its huge collection of sound recordings, maps and microfilms, UBC libraries can provide the answers to your burning questions.

The card catalogue and microfiche is the first place to start in your searches. If you can't find what you want there, the librarians can prove to be better than Holmes in finding specific material and can refer you to other sources which could be of help to you.

And experience a library tour, which takes place in September, while you're here. The long tours can prove to be well worth your time when your deadlines draw closer and the last copy of your reference book has been taken out.

One rule the libraries would appreciate you following—don't eat in the book stacks. Their posters creatively tell more.

LIBRARY HOURS

Holiday hours will be posted

WINTER SESSION
Effective September 8, except as noted

MAIN LIBRARY

Building open:	Monday-Thursday	8:00 a.m.-10:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday	noon- 5 p.m.
	Sunday	noon- 8:00 p.m.
Fine Arts Library:	Monday-Thursday	8:00 a.m.-10:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	noon- 8:00 p.m.
Government Publications & Microfilms	Monday-Friday	8:00 a.m.- 5:00 p.m.
	Saturday-Sunday	noon- 5:00 p.m.*
Map Library	Monday-Friday	9:00 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.*
	Sunday	CLOSED- p.m.

*Closed Saturdays through October 11; opens from October 18.

Reserve Book Collection:	Monday-Thursday	8:00 a.m.-10:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	noon- 8:00 p.m.
Special Collections:	Monday-Friday	8:30 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	CLOSED

BRANCH LIBRARY

Asian Studies Library:	Monday-Thursday	8:30 a.m.- 8:00 p.m.
	Friday	8:30 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	CLOSED
Biomedical Branch Library (VGH):	Monday-Thursday	8:00 a.m.-11:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	noon-10:00 p.m.
Crane Library	Monday-Thursday	9:00 a.m.- 8:00 p.m.*
	Friday	9:00 a.m.- 5:00 p.m.
	Saturday-Sunday	CLOSED

*Closed evenings at 5:00 p.m. through October 9; Open evenings from October 14.

Curriculum Laboratory:	Monday-Thursday	8:00 a.m.-10:00 p.m.
	Friday	8:00- 5:00 p.m.
	Saturday-Sunday	noon- 5:00 p.m.
Data Library:	Monday-Friday	9:00 a.m.- 4:00 p.m.
	Saturday-Sunday	CLOSED
Hamber Library (CGSH):	Monday-Thursday	8:00 a.m.-11:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	noon-10:00 p.m.
Law Library:	Monday-Thursday	8:00 a.m.-10:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday	9:00 a.m.- 5:00 p.m.
	Sunday	noon-10:00 p.m.
MacMillan Library:	Monday-Thursday	8:00 a.m.-10:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday-Sunday	noon- 5:00 p.m.
Mathematics Library:	Monday-Thursday	8:00 a.m.-10:00 p.m.
	Friday	8:00- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	CLOSED
Sedgewick Library:	Monday-Friday	8:00 a.m.-11:00 p.m.
	Saturday	9:00 a.m.-11:00 p.m.*
	Sunday	noon-11:00 p.m.

*Closed Saturdays at 5:00 p.m. through October 11; Open until 11:00 p.m. from October 18.

St. Paul's Library (SPH):	Monday-Thursday	8:00 a.m.-11:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	noon-10:00 p.m.
Social Work Library:	Monday-Thursday	9:00 a.m.- 8:00 p.m.
	Friday	9:00 a.m.- 5:00 p.m.
	Saturday-Sunday	noon- 5:00 p.m.

*Closed Saturdays through October 11; Opens from October 18.

Wilson Recordings Collection:	Monday-Thursday	9:00- 9:00 p.m.
	Friday	9:00 a.m.- 5:00 p.m.
	Saturday-Sunday	noon- 5:00 p.m.
Woodward Library:	Monday-Thursday	8:00 a.m.-10:00 p.m.
	Friday	8:00 a.m.- 5:00 p.m.
	Saturday	noon- 5:00 p.m.
	Sunday	noon- 8:00 p.m.

The Parking Blot Thickens

After registration, parking is usually the second biggest hassle for students living in the world outside university.

And this year the UBC student world of parking (aka B-lot) has undergone huge changes. Students this year will only pay a .25¢ B-lot exit fee each time they exit. No more stickers. No more sticker line ups.

Instead, now we have bright yellow gates to greet us on those dreadfully drenching days.

Bruce Gellately, Vice President of Administration and Finance, says the rate is fair and does not mean an increase in price from last year's $32 per year rate.

Last year's rate was based on the average number of visits a student paying 25¢ per visit would pay.

But the new system means extra hassles for many students. For those on practicums, nursing and medical students with frequent off campus work, the new system means more expensive parking.

For those who exit during UBC rush hours, the wait at the parking gate could be longer than the drive home.

And for those without the exact change ready. . .

AMS President Simon Seshadri, says the system "penalizes more people than it actually helps," and he foresees vandalism problems. Seshadri says he will petition for the adoption of a card system instead of the .25 system if and only if enough students complain about it.

Why the change?

Gellatley says the new system will save the administration the cost of distributing the stickers and patrolling the lots.

B-lot parking rates were increased 25% in 1985 from $24 to $32 last year without student consultation. When this year's proposed parking changes were approved, Seshadri said students weren't consulted, either. "They never the consulted the students who are about 99.9% users of B-lot," he said.

If you find the new system irritating this fall, and want to do something about it, go see Seshadri.●

Books for the birds—cheap, cheap

The Alma Mater Society Used Bookstore, a non-profit venture, is back in business. Starting September 2, the Used bookstore will be taking books for resale. From 8:30 a.m. to 12:30 p.m., Monday to Friday, and 6 p.m. to 8 p.m., Monday to Thursday, students can set their own resale prices in SUB Room 119. The Used Bookstore will be taking books for resale from September 2-17.

The selling takes place in SUB Room 125 from Monday, September 8-26. Bookselling hours will be 8:00 a.m. to 8:00 p.m. Monday to Friday.

The AMS takes a 15 per cent commission to cover operating costs.

SHELL FOOD STORE

10th Ave at Discovery

Your fast friendly Neighbourhood Store!

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With every Deli Sandwich
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chips

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Box of Hostess Chips
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(Limit One Per Customer)

SHELL FOOD STORE
VALID AT: 4314 W. 10th AVE. (at Discovery) 224-3013

"Perhaps if I close my eyes, it will all go away. . ."

STUDYING SKILLFULLY

By JAMES MORTEN and DEBBIE LO

"Study skills? Wouldn't study kills be a better title?"

My brother's opinion. Actually, effective study habits mean material is more easily mastered and more apt to be remembered. It has been said that university is like a unicycle: you don't always find it easy to get on. But, good study habits keep you from falling behind.

STUDYING

Although the learning experience varies from faculty to faculty, some general studying advice can be offered. The chunk technique is excellent for science, language, and writing courses. Students ensure they learn thoroughly, one piece of information each day, eventually building a substantial knowledge of the subject.

Science advisor Norman Basco says the key to studying is to set aside enough time to "learn what has to be learned." Some students leave understanding until the last minute and don't know that they don't understand something, he says.

Studying for courses like history, literature and philosophy is different, because the material is more general.

Economics advisor John Boyd says that the problem with most student study habits is that they don't develop "a study routine." Boyd suggests students should develop their own routine and "stick with it." He adds students should rewrite their notes carefully within one day after every lecture so that the material is not forgotten.

When doing your weekly readings try to check the authors to get the angle they are working from. To determine core information in a book or chapter, scan chapter headings and the summary chapters. To follow up you should read fairly quickly, marking key passages, or noting them on a piece of paper.

English 100 co-ordinator, Jane Flick, warns students not to rely on the use of highlighters for studying tools.

"The action of writing out main ideas makes you remember the material," she says.

For some students, Flick says, the action of highlighting a text is "an excuse for studying."

Reviewing your notes and main points immediately and then at regular intervals after, greatly helps memory retention. *Studies show that we remember only 20* per cent of what we learned two weeks before, but with review we remember 80 per cent.

LECTURES

Lectures are the process of the instructor's notes becoming the student's notes without passing through the heads of either, someone once said. I recall once saying, quite seriously, when an instructor asked me a question, "I'm sorry Ms. Coupe, I wasn't listening. I was taking notes." But many students disagree. I interviewed a few typical students

"I find lectures very helpful," says Phil Mentacos, Science 4. "It's almost like a conversation. You can ask questions, and ask for elaboration."

Ian Beresford, Arts 2, says lectures "tune you in to your professor's psyche. They illuminate what they consider most important."

At lectures, begin to listen early so you catch the introductory remarks, and be prepared to hear the speaker out fairly. Jot down the main ideas. Concentrate on concepts.

After the lecture, reflect. Think about the connections with other subjects or events, or your own experience. Be critical: was the presentation biased, incomplete or illogical? And ask questions if you don't understand something. Professors usually welcome questions and are willing to set up appointments or see you during their office hours if you need clarification or further explanation about something. Get to know your prof. They often prove to be valuable resources, and can suggest readings and courses related to areas in which you are interested.

Guest lectures are also a good way to hear knowledgeable, well-known politicians, specialists, amateurs with enthusiasm, radical campus politicos, etc. Take your pick, but take advantage of at least a few of them during your brief stay at UBC. Watch for announcements on boards, or in *The Ubyssey* or *UBC Reports*.

***One of the biggest mistakes students make when writing the ECT is that they don't read the question*—Jane Flick**

Guest lecturers are often interesting or funny—sometimes unintentionally. At a talk I attended on Lawrence of Arabia, it soon became clear to all that our guest speaker was absolutely sozzled. His presentation was clear enough, but he kept gesturing to a map behind him—unfortunately, one that only he could see.

EXAMS

I asked Phil Mentacos his attitude towards exams. "Panic," he said. This is a view too widely held by students. If you can't calm yourself by recalling why exams are given—simply to test your comprehension and to make you review—then try to see them as a challenge. In December you will get your first exposure to the academic race when you hear the words "You may begin."

When you turn over your paper, read all the questions first. Ask yourself, what exactly is being asked for. Then start writing, using your mind as well as your memory. And write neatly.

One of the biggest mistakes students make when writing the English composition test, says Jane Flick, is that they don't read the questions. "Read the whole exam through. Then, read and analyse the questions, and address them," she says.

She adds students often don't demonstrate that they know how to plan their answer in an essay question and end up off topic.

Math advisor George Bluman says that doing well in a math exam is a question of preparation. "Students should do their homework. If they don't, they won't pass," he warns.

ESSAYS

"Essays. Oh, God," says Phil. "I dwell on the topic, think about it. Then I actually go straight into writing the essay."

Although there are many techniques, an easy and methodical way to write essays is the notecard system. First, as with exams, read the topic carefully to decide what is wanted. Read introductory material if necessary, then sketch an outline. If the subject is appropriate try to get an argumentative thesis to give your paper more force and focus.

Then gather some sources and some notecards. Begin noting your sources and jot down one point or quote on each card, including on each some notation showing where in the essay that information belongs. This system enables writers to rearrange their points at will until they are ready to begin writing. And make sure that your paper is neat and professionally prepared before handing it in. Other sources of information and advise are listed below.

STUDY SKILLS SERVICES AT UBC

- The English department and Speakeasy has a list of tutors who charge an hourly rate. Drop by the English Department Office, 3rd floor of Buchanan Tower, or phone 228-5122.
- UBC Counselling Services holds free workshops in the fall on study skills. The centre houses calendars from Canadian as well as international universities and colleges. Information on LSAT, MCAT and GRE testing, as well as interest and aptitude testing is also available here.
- The Centre for Continuing Education offers non-credit courses designed to "increase your reading rate and comprehension, enrich your vocabulary, and improve your writing, speaking, and study skills." Costs range from $40 to $100. Check their calendar in Counselling or phone 222-5245.
- Nancy Horsman of the Office of Women Students hosts free workshops on essay writing, and lectures on this in mid-Autumn and mid-Spring. Check at the Office in October for dates or phone 228-2415.●

A few words of advice

APPEALS

If you feel your work has been unfairly judged you should first take the matter up with your instructor. If your remain unsatisfied, contact the department head. If you still feel unsatisfied after the second meeting, you can lodge a formal written appeal with the Secretary of Senate within ten days of receiving in writing the faculty's decision.

WITHDRAWALS

Drop/add period which ends after the first two weeks of classes is the only time you can withdraw from a course without penalty. A senate ruling says if you drop a course after that unless you have official permission to drop it, you will have failed the course and end up with an F on your transcript. There is no such things as an incomplete standing.

So if you aren't a big fan of your new prof's style or already find your course boring, do something about it before it's too late.

CHEATING

Don't do it. The Calendar warns students in bold print, "The penalty for substantial or complete plagiarism, or for cheating, normally is suspension from the University. 2. The laying of charges under federal or provincial legislation, or the commencement of civil proceedings, does not preclude disciplinary measures being taken by the University." If you are accused of cheating, you will be notified and given a chance to explain the incident, before the matter is referred to the President. Students also have the right to appeal the decision to the senate committee on student appeals.

For more on the academic rules and regulations at UBC, check your university calendar. Information on tuition deadlines, course requirements, etc. is listed in detail there. And if you can't find your answer in the calendar, walk over to the registrar's office in the general services administration building, second floor, 228-2844, hours 8:30-4 p.m. Mon.-Friday, or consult your faculty advisor, or a counsellor in Brock Hall.

CONSTITUENCIES

Below is a listing of all Alma Mater Society constituencies. Most faculties become active during orientation week and the first week of classes. Keep your eyes open for posters and event notices in the "tween classes" section of *The Ubyssey*, or if you would like to be more actively involved drop by the constituency offices, also listed below.

Agriculture

The Agriculture Undergraduate Society organizes many functions for its 400 fun-loving members. Activities include student-prof socials, beer nights, dances, and parties!

The Aggies' elite but brave charioteers always compete heroically for their small faculty against the Geers in the Chariot Race, a notorious event following the T-Cup football game.

The Barn Dance warms up the cold winter of the first term, and, in late January, Aggie Week takes place. Flashing their royal blue and gold, Aggies hold Apple Day (a fund-raising event for charity), the Great Race (eight beers in eight blocks), a Pie-eating Contest (blindfolds and tied hands required). . . and the long-awaited Farmer's Frolic in the Armouries on Saturday night.

Aggies are active in many Intramural sports and are avid participants in the Centipede and Storm the Wall.

To keep well-informed about upcoming events, read *Straws in the Wind*, the bi-weekly rag published by the AgUS. For more information, drop by the AgUS office in the basement of the MacMillan (adjacent to the lounge), or contact president Jeff Baerg at 228-4085.

Architecture

When ArchUS isn't busy trying to save the School of Architecture from extinction, it organizes parties, dances and general good times to alleviate the rigours of an architect-in-training's life.

As well as serving students already enrolled in the school, ArchUS is glad to provide prospective students with an inside perspective of the architecture program at UBC.

Architecture types are easily spotted on campus by their cool red and black faculty duds.

For more information, contact president Drew Rose at 224-3843, or check the walls in Lasserre.

Arts

If you are in arts, you're automatically a member of the Arts Undergraduate Society. Based in Buchanan A107, the AUS provides and sponsors many activities and services for its members.

During the first week of classes drop by and rent a locker—unAUStorized locks are unilaterally removed by the provisional wing.

The most popular AUS event is their BZZR Gardens, which are held on Friday afternoons in the Buchanan Lounge (Arts 200 Lounge). Definitely one of the best ways for a newcomer to arts to meet the die-hard partiers.

"Now that you do mention it, perhaps I would make a good float on the Tournament of Roses parade."

If you want to find out how to join Intramurals teams, get involved in the AUS, or find out when the next BZZR Garden is, just give president Carolyn Egan (or one of the incredible executives) a call at 228-4403, or drop by the office. Hours and contact numbers are posted outside the office door.

Commerce

The typical Commerce student enters the faculty with little knowledge of what the Commerce Undergrauate Society offers to its students. And since entry into the faculty automatically means entry into the Undergraduate Society, here's a guide to the services of the CUS.

C is for cool ones, which are downed every Friday during POITS. Come to HA25 at 4:30 every week to find out about the other side of Commerce.

O is for Oktoberfest, which is the culmination of Commerce Week (Sept. 29-Oct. 3). Other events during the week include The Price Is Right, Star Search '86, and Barbeque With The Brass.

M is for meeting people, which happens at Welcome Back Night on September 16 and New York Night in January. These two events are a great place to exchange stories from the holidays, as well as to quaff the "evil beverages."

M is for money, which is why we are here to begin with.

E is for exertion of the physical variety. Commerce offers a variety of sports, such as hockey, volleyball, soccer, and basketball.

R is for reproduction, but not of the sexual variety. The CUS offers cheap photocopies and free phones to its students in the Colin Gourlay lounge on the third floor.

C is for Career Doors and Business Luncheons, which provide an opportunity for students to liaison with the business community.

E is for events, which also include Grad dances and boat cruises, Admissions Forum, The Dating Game, golf and softball tournaments and more.

There you have it: the meaning of Commerce. For more information, contact the CUS President Greg Yen or any other member of the executive at 228-4536.

Dentistry

The Dentistry Undergraduate Society welcomes, or welcomes back, its members in September with an orientation, a dinner and a dance. That starts the ball rolling for a year-long series of beer 'n pizza nights, boat races, a Hallowe'en Party, a Tooth Trot in the spring and, *the piece de resistance*, the Spring Dental Ball, a flossy event.

Students and faculty get together during the Golf Tournament and several other special nights.

Dentists also turn out for Intramurals; the hockey team always participates and usually does extremely well. For the more intellectual, a succession of speakers is presented by DUS throughout the term.

For more information on these and other events call or leave a message at the DUS office at 228-2118.

Education

Bet you didn't know educational events include beer gardens and parties. They do if you're a member of the Education Students Association.

Decked out in royal blue and white, the ESA will again be selling faculty sweaters and T-shirts this year. Help is always needed to plan and carry out Education Week, the third week in January.

Keep informed about ESA and faculty events: drop by Scarfe Room 4 and/or read the newsletter. With all the cuts and changes, now is a great time to get involved. Call 228-5632.

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Their other famous activities include, songfEUSt, leg awkshun, chariot race, and Engineering week, featuring an infamous equestrian event.

To find out more and become a part of it all, come out to the Cheeze Cafe, every morning from 8 a.m. to 12:30 p.m., the Cheeze Pub, every Friday after classes, and read the nEUS letter every Wednesday.

Meetings are every tEUSday at lunch in the Cheeze (with lots of golden amber beverages).

For more information contact Doug Martin, EUS president, at 228-3818 at the EUS office.

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Although we're probably one of the smallest undergrad societies on campus (approximately 225 students), we're definitely *not* one of the least active!

Each year, we participate in many of the athletic events (which we do extremely well in), and host a variety of social functions, such as the Hallowe'en Dance, an X-mas Party, and a Valentine's Day Dance. We welcome all to these functions, so look out for our posters around campus for dates and locations.

Family & Nutritional Sciences Week (FNS Week) is the last week in October, and because we're raising funds for charity, we need your support. So keep your wallets open and stomachs empty for our popular annual Hallowe'en Bake Sales. And burn off the calories by participating in the other FNS Week activities (locations and dates TBA).

Two weeks later in early November, the Nurses challenge us to a football match for the T-Cup. This year, it's our turn to defend the cup, and with the help of our "gorgeous" cheerleaders (Foresters in disguise), we're going to beat their pants again!

We also plan to take part in the annual Spring Break ski trip with the Foresters (our brother faculty) to one of the ski resorts in B.C.

Besides athletic events and social functions, we're also active in other areas. We sponsor Nutrition Week in March and have information booths in the SUB and the FNS buiding; have your diet analyzed by a dietetics student. We are a member of the Association of Canadian Home Economics Students, and have close affiliations with various home ec. and home ec. -related professional associations. We also have a representative on the Health Sciences Student Committee.

When we graduate, we earn the right to wear the ring of the home economics profession.

We're a close knit, friendly bunch, so if you have any questions about who we are, what we do, or about our academic programs, come and see us in the Commons Room, School of Family & Nutritional Sciences, 2205 East Mall (near the bookstore complex) or contact our president, Laurie Cissell at 228-4651.

Forestry

Foresters not only like trees, they like to party. If you don't believe this, check out the many events the Foresty Undergraduate Society sponsors each year.

The year begins with Slashburn, the "back from the bush bash." Sponsored by the Logger Sports Club, it's a day of logger sports, fun, games and a hell of a party. Many events take place at the Logger Sports field, East Mall and 16th, which has axe targets, bucking dummies, climbing poles and a burling pond.

Forestry Week includes logger sports demonstrations, with an open invitation to other faculties to try their hand at axe throwing and burling. The greatest dance of the year, Undercut concludes the week. Other events include class parties and Annual Cut, a presentation of skits by each class, allowing the faculty and staff to know what each class is really made of.

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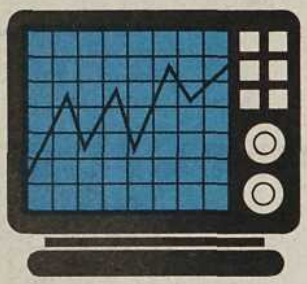
COMING ATTRACTIONS

STUDENT BARGAIN DAYS & IMAGINUS PRINT SALE

September 8 - 12, 1986

SUB Main Concourse



UBC COMPUTER SHOW

October 15 &16, 1986

SUB Ballroom

AMS BARGAIN BAZAAR

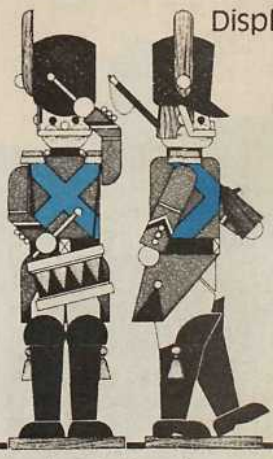
October 27 - October 31, 1986

SUB Main Concourse

AMS CHRISTMAS FAIR

November 24 - December 12, 1986

SUB Main Concourse
Display Area



UBC SCIENTIFIC & MEDICAL EQUIPMENT SHOW

April 8 & 9, 1987

SUB Ballroom

Check upcoming issues of **The Ubyssey** for announcements of the above events.
For further information call 228-2348. Schedule subject to change/cancellation.

COME AND JOIN THE ACTION

Other events this year include a Hallowe'en Dance, Labcoat Night, Skits Night, Pharmacolympics and of course Bzzr Gardens. The annual Manning Park Ski Trip is also planned for the midterm break.

The PhUS is very involved in intramural sports, including basketball, soccer, hockey and volleyball. Within the faculty, the Norm Zaccharias Competition, promotes non-academic competition between years.

Interfaculty participation is always encouraged, and if you would like to get involved, give president Doug Patterson a call at 228-3183 or drop by the PhUS office in Cunningham Building, room 171. Remember, love makes the world go 'round, but DRUGS can make it spin.

Physical Education

The Physical Education Undergraduate Society strives to strengthen student-faculty relationships, promote student cohesiveness and promote PE's professional philosophy throughout the university.

Social events this year include beer gardens, dances and festive eggnog and rum at Christmas. New students are encouraged to attend PEU's orientation in early September and the wine and cheese party at the end of the month.

Contact 228-6175 or Room 301 in the War Memorial Gym.

Planning

The Planning Students Association represents approximately 60 students engaged in this graduate level program. Since the background of planning students is quite diverse, the PSA is often called upon to play diverse roles.

The PSA represents students at committee and departmental levels within the school, the university at large and the professional planning community.

The PSA promotes student awareness of the different planning associations which exist. Delegates attend conferences to present papers and discuss topical planning issues. The PSA is in close contact with the Canadian Association of Planning Students. We also sponsor the occasional colloquium, lunch-time slide shows and the often uproarious and frightening bzzr garden.

Please get involved with your fellow planning students. We hold annual elections and the president, Roger Clewley, would love to hear from you. Call any time at 228-4409.

Recreation

The Recreation students are back for at least another year!

Smaller but stonger than ever, plans are well under way for our somewhat annual Recreation Rendezvous—probably a white-water rafting, barbeque and overnight camping event, in the first few weeks of September.

In addition to this main event, there will be other recreational activities taking place throughout the year, including a car rally, boat cruise, ski weekend and our always popular beer and bagels.

RUS executive meetings take place every second Wednesday at 12:30 in the Rec Lounge located in the basement of the Armories.

The Faculty Office, located in the Auditorium Annex, Room 156, is where the RUS president, Heidi Mannis, can be reached. Or phone 228-3903 or 325-1949.

Rehabilitation Medicine

The School of Rehabilitation Medicine was established in 1961 as a school within the faculty of Medicine. One of 11 schools in Canada and the only one in British Columbia, the school consists of approximately 40 new students each year (20 in the division of P.T. and 20 in the division of O.T.).

It's not all studying for the Rehabber. Throughout the year we are involved in many community and campus activities. Many of us are on UBC teams, active in Intramurals (look out for the Therapeutic Stick Handlers), participate in the Storm the Wall event and the Arts 20 Relay.

Rehab students are also responsible for organizing Sportsfest. This activity brings disabled and able bodied children together for a fun filled day of games and relays. This is held in February at the Thunderbird complex. So everyone can see what our school is all about we open our doors at Open House in March.

In the fall an orientation meeting is held for all prospective students. Watch for details.

Contacts: RMUS President 86/87, Lesley Bonner, 731-0697, or SRM office, Room T106, Acute Care Hospital, 228-7392.

Science

The Science Undergraduate Society is the overall organizational body for the many science clubs, activities and committees.

SUS's job is to promote all activities that science students want to see happen. This includes organized sports, speakers, science clubs, bzzr gardens and good times in general.

Science Week in January, is particularly noted for good times (what black plague?). The crystal ball, the paper airplane contest, scavenger hunt, treasure hunt (for real silver bullion), chemistry magic show, and much more, were all a great success last year.

SUS provides student representatives for various faculty committees and maintains close contact with the deans office.

The SUS executive council helps individual departmental clubs as much as possible.

Keep abreast of Science events: read SUS news and check out the wall posters. If you're interested in helping out or want to participate in sports, the newsletter, chariot races or anything else, drop by the new SUS office in CPAX Room 2, or in the awesome SUS Lounge across the hall, the *Underground*, known for its unique bzzr gardens (where is Opus?).

Any questions? Phone the office at 228-4626.

Social Work

The Social Work Students Association represents students at committee and departmental levels within the school, the university at large and the professional social work community.

The SWSA hosts an orientation for new students each September—a caring explanation of the realities of the learning process. And welcomes all faculty, staff and students with an annual potluck dinner —a caring demonstration of how to socialize in order to forget the realities of the learning process.

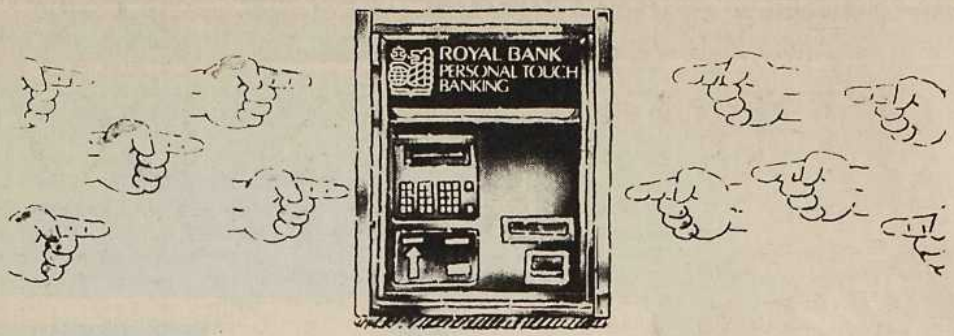
The SWSA takes an active role in community affairs and brings in visiting speakers to address current social issues.

Throughout the year the SWSA organizes such events as BZZR gardens, and publishes the school newsletter *The Graham Cracker*.

The nature of social work is to be involved in all levels, the place to start is with the SWSA.

Elections are held early in the term period. Enquiries or suggestions? Call president Georgina Marshall at 228-2255●

NOW! Money at your Fingertips is only Footsteps Away . . .



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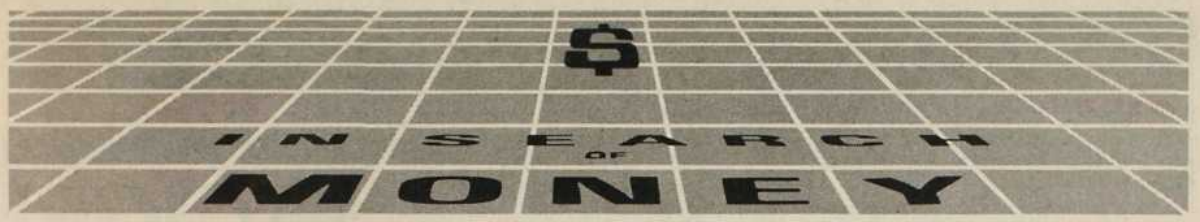


money, money, money—who needs it?

STUDENTS DO

By ROBIN ADDISON

So here you are. It's September and you've just finished registration. The summer tourist-biz is over and so is your summer job. But that's o.k. You've paid tuition and bought books, so there's no problem, right? What? You still have to pay rent? Well now, let's look in that old bank account and . . . oops! . . . If you're a little short of the green stuff, read on and take heart—this article may not be the answer to every person's dreams, but it may help solve a few minor nightmares . . . like where dinner is coming from.

Bursaries

We'll start with the least painless method of acquiring dollars. Bursaries are available to anyone and everyone, based on individual need. They are all described in the back of your calendar and also in a nifty little booklet that you can pick up along with applications at the Financial Awards Office. You should notice (because you're paying special attention to anything that has to do with money, right?) that the deadline for applying for all university freebies is October 1. However, specialized bursaries, those not sponsored by UBC, have varying application deadlines.

Scholarships

If you are one of the lucky, exceptionally intelligent students, you may be eligible for a scholarship. The government has recently introduced a new one whereby students in the top 30% of their respective programs automatically receive varying sums of money, depending on their marks. Most other scholarships, however, have to be applied for. These are also described in the same calendar and in the same booklet that the bursaries are mentioned in. Scholarship applications are available through the Financial Awards Office, and once again, have varying deadlines for applying that need to be observed.

Student Loans

Student Loans have both a good and a bad side. The good news is that they are available to any full-time student who can demonstrate a need for one (part-time students should check the Awards Office before they apply—the rules tend to change when you're not full-time). The bad news is that while the loan is interest free for the time you are a student and for six months after leaving school, it is, after all, a loan and must be paid back. Therefore it is possible to graduate with fifteen to twenty thousand dollars owed to the government, plus two or three thousand accrued in interest by the time the loan is paid off.

If, however, you haven't been scared away by all the horror stories, read on.

The B.C. Student Assistance Program has loans available from the provincial government (B.C. Student Loan) and the federal government (Canada Student Loan). Both are, as I've already said, available to anyone who can *a*) demonstrate sufficient need and *b*) meet the rest of the guidelines which are outlined in another neat little booklet which is available in the . . . you guessed it, the Financial Awards Office.

Work Study

This program is available to anyone who is on a student BCSAP who can demonstrate that they need more money than is available in the maximum student loan. Work Studies are handled through the Financial Awards Office and involve working in your specific area of study, for whatever the going rate may be. (Yes, folks, this is a paid job; something you may be lucky to find after graduation.)

Part Time Employment

Sad to say it, but we've come to the end of the free dough. This section is about actually working up a sweat in your pursuit of the almighty dollar. When you are looking for a job, the best place to start is the Canada Employment Centre in Brock Hall. This has job listings both on and off campus and in almost any field. UBC Food Services hires separately from the Employment Centre; you can apply for a job there at the office behind the SUBway Cafeteria.

If you are particularly skilled in a given subject then you can register as a tutor at Speakeasy in the SUB concourse. You can also register as a typist or word-processor—or do your own advertising through posters on the bulletin boards.

The AMS hires people for work in everything from the food and beverage outlets to SUB security to occasional poll

booth staffing. To find out about these jobs, read *The Ubyssey*, watch the bulletin boards for notices or visit the AMS Business Office.

Finally, the different faculties hire their own research assistants, subjects, etc. Ads are placed for these positions; watch the bulletin boards or talk to your prof.

Job Link

Job Link is an AMS operated job referral service for *all* UBC students, first and fourth years alike, and runs from April to August each year.

Project coordinator Tina Matysiak says Job Link provides registered UBC students with a source of job listings in addition to the federally operated Canada Employment Centres.

Last year Job Link found work for more than 600 students. All you have to do is register yourself at the Job Link office located in the SUB Concourse, Speakeasy area. Then peruse the job boards. Last summer wages ranged from minimum to $16/hr.

Taxes

Now that you are wealthy beyond all means of belief, we come to a slightly less pleasant aspect of financial wheeling and dealing—taxes. You are required, as long as you have an income of some sort, to file a tax return in April of every year. As a student there are three forms that you must have on your tax return.

The first one is a T4. This is a form which stated all money you earned, plus deductions for unemployment insurance, Canada Pension, and etc. This form is given to you by your employer. If you have received a bursary or scholarship, you must also file a T4-A which will be mailed to you by your sponsors.

Secondly, you need a T2202. This is a deduction form, allowing you to deduct $50.00 for every month you attended school full time. This form, mailed to you in the spring, is also transferable to parents, guardians, or spouses. (Please see your tax guide for more information.)

The third form is a tuition fee receipt which is available from the Finance Office on campus. This form is usually given out in March—notice is posted in *The Ubyssey*.

So now you have all your official forms and your tax return, so you're set, right? Wrong!! You also need to save every receipt that you get all year—admission fees, exemption fees, library and lab fees, examination fees, confirmation fees, etc. are all deductable. Note that your student society fees do *not* count in this category. Also, you can deduct such things as moving expenses and medical expenses (including items like glasses, contact lenses, hospital and dentist fees and drugs—legal ones, that is).

So, all in all you should, after all the figuring and manoeuvering of numbers, be getting a nice present in the form of a fat cheque from our government—how nice.

So kids, there we have it; a primer on how to survive your year at UBC financially. If this is your second or third go-round, welcome back. If it's your first year in our hallowed halls, welcome to the rat race and good luck—you'll need it!

Important Names and Other Stuff

Canada Employment Centre: Brock Hall; phone 228-4011

AMS Business Office: SUB Room 266; phone 228-2901

Speakeasy: SUB Main Concourse; phone 228-3777

Financial Awards Office: General Services Administration, Room 50; phone 228-5111 ●

FOOD TREK II

A journey into the land of lean ground beef

By CAMILE DIONNE and ANDREW LEE

Captain's Log
Stardate 6738.4
Starfleet Command 1313

Food. The final frontier. These are the voyages of the UBC enterprice. Its five day mission: to seek out new ways to shop for better food values; to visit strange new shopping worlds; to compare as no one has compared before.

—Interlude—Music—

Began search for supply values. Decided on 18 common items to compare through several stores on the charted course—two per cent milk, whole-wheat bread, peanut butter, lean ground beef, chicken, tuna, margarine, frozen orange juice, oranges, apples, lettuce, carrots, frozen peas, cornflakes, rice, spaghetti, tomato sauce, and pork sandwich meat.

Grocery log—Common Items

Mr. Beam-me-up found that for most common items, there was very little difference between stores. Cow milk was the same price everywhere. Beaming down, he found statistically significant savings on canned and packaged foods at Save-On-Foods and Buy-Low, which also offered ten to twenty percent discounts on products like frozen orange juice, rice, and cornflakes.

Medical officer McCoy-Dammit-Jim-I'm-A-Doctor-Not-A-Nutritionist-Bones reluctantly ventured to Save-On-Foods in North Vancouver (Milky Way) late on a Wednesday night and found it as busy then as many of the other stores were during peak midweek times. The good doctor was volunteered to go to Buy-Low Foods Saturday morning and found it the busiest and most crowded of all the stores visited.

Grocery log—Meat and Produce

By science officer Spock's calculations, the largest price differentials were found on meat and produce. Lean ground beef varied, Spock computes, from $6.370007 per kilogram at Stongs to $4.10000032 at Save-On-Foods. Chicken ranged from $2.58003 at Woodwards to $5.950005 at Save-On. For vegetables, the range was more noticeable. Commented Spock: "This is not logical." Bulk carrots were 64¢/Kg and $1.210002 at both IGA and Safeway. For vegetables, the smaller specialty stores were better, both for price and quality. Produce City Plus was less expensive than the major chains by up to seventy-five percent on fruit and some vegetables. The quality was also better, the lettuce was brighter green, the tomatoes firmer and redder, and the apples redder and greener, just like the docile variety of Andorian Knub-fruit. The produce at some of the other stores paled by comparison (Vulcan humour #2).

The landing party found Agora Food Co-op to have reasonable prices and high quality for produce and natural foods. Because Agora is run by its own population, it has a unique and humanly emotive atmosphere. They carry organically grown fruits and vegetables and many bulk foods. One caution—Agora requires a seventy-five dollar membership fee that is refundable when you leave.

Friendly and alert counterperson with Friday's noon hour special: "Can I wrap it up for you, sir, or would you like to eat it here?"

Grocery log—Delivery

If you do not have your own matter-anti-matter transference device or other method of getting your groceries home from wherever you got them, delivery may be a factor. Costs range from $1.50 per order to $3.00 per order. Super Valu will beam your groceries home at *no charge* (Spock commented that amino acids present in human grocery systems congregately have a distinctly *negative charge*, and not *no charge*—Vulcan humour #3) for orders over fifty dollars. Super Valu also offers a five percent student discount, the only store to do so.

Grocery log—Other Cost Cutting Strategies

Food Fact #5163—Whenever any store had an item on sale, it was usually at the lowest price to be found anywhere. An-

other cost cutting strategy is to watch for generic and house brands. Generally these are five to fifteen percent less expensive than the brand name products. But be careful, sale prices can and often do change this.

Grocery log—Starfleet Recommendations

Starfleet suggests that you do constant long range scans, compare costs, and plan what you are going to buy so as not to be distracted by the aisle-end displays, tribbles, and Alterian salesmanoid carpet cleaners.

As for the best place to shop, that will depend on the items on your list. Beaming down to one of the discount stores occasionally to stock up on supplies and getting the week to week groceries at wherever is most convenient seems to be an acceptable strategy.

Eat long and prosper.

—End—Music—Roll Credits—

	STONGS	WOODWARDS	SAVE-ON FOODS	AGORA FOOD COOP	SAFEWAY	SUPER VALU	PRODUCE CITY PLUS	IGA	BUY LOW
1 L 2% milk	1.05	1.05	1.05	1.06	1.05	1.05	1.06	1.05	1.05
Bread/100% whole wheat McGavins Homestead	1.89	1.89	1.83	1.43	1.89	1.89		1.59	1.89
Eggs/1doz/grade A/large	1.62	1.39	1.39	1.22	1.39	1.49	1.65	1.63	1.39
Cheese/medium cheddar Kraft Crackerbarrel/340g	3.65	3.65	3.08		3.65	3.65		3.65	3.19
Peanut butter Kraft smooth/500g	2.25	2.25	1.78	2.29	2.25	2.29		2.25	1.78
Ground beef/lean/Kg	6.37	5.59	4.10		4.83	5.71	6.04	5.58	4.83
Chicken/½fresh/Kg	2.60	2.58	5.95	3.25	4.17	3.29	3.01	3.68	2.62
Sandwich meat/ham Fletchers/175g	2.09	2.09	1.88	2.74	1.39	2.09		2.09	2.09
Tuna/ Cloverleaf solid white	2.18	2.18	1.98	2.15	2.18	2.65	2.65	2.65	2.28
Margarine Imperial soft/454g	1.33	1.29	1.08		1.33	1.35		1.33	1.08
Orange juice/frozen Minute Maid/355mL	1.68	1.38	.85	1.15	1.18	1.48	1.46	1.68	1.18
Oranges/Kg	1.52	1.65	1.28	1.06	1.74	1.30	.99	1.52	1.06
Apples/Kg	1.52	1.96	1.28	1.22	1.69	1.52	.99	1.96	1.65
Frozen peas/ Green Giant/1Kg	3.35	3.15	2.68	1.82	2.89	2.99		3.15	1.79
Carrots/bulk/Kg	.64	.99	.97	.70	1.21	.99	.79	1.21	.99
Lettuce head/each	.99	1.19	.98	.65	.89	.99	.89	.79	.99
Tomato sauce/ Hunts/398mL	.83	.83	.76	.76	.83	.95	1.09	.95	.62
Cornflakes/Kellogs/350g	1.55	1.53	1.28		1.55	1.55	1.55	1.55	1.28
Spaghetti/Catelli/1Kg	2.25	2.29	1.64	1.61	1.98	2.29	2.29	2.25	1.96
Rice/Delta/907g	1.79	1.79	1.76		1.79	2.19		2.09	1.41
TOTALS	41.15	40.72	37.60		39.88	41.71		42.65	35.13
Delivery	1.50	2.50	NA		2.35	3.00	NA	1.75	NA

From the desk of

THE NUTRITIONIST

Another long day of classes ends and you head home to see what is in the fridge for dinner. Once again the fridge is empty. Sound familiar?

What should you be eating to stay healthy and where are the best places to buy groceries on a limited budget?

According to the Canada food guide adults should be eating a variety of foods from the four food groups every day. The groups are; dairy products, meat and meat alternates, fruits and vegetables, and breads and cereals.

The food guide recommends four servings of dairy products daily for adolescents and one to two for adults. These can include milk, cheese, ice-cream, or yogurt.

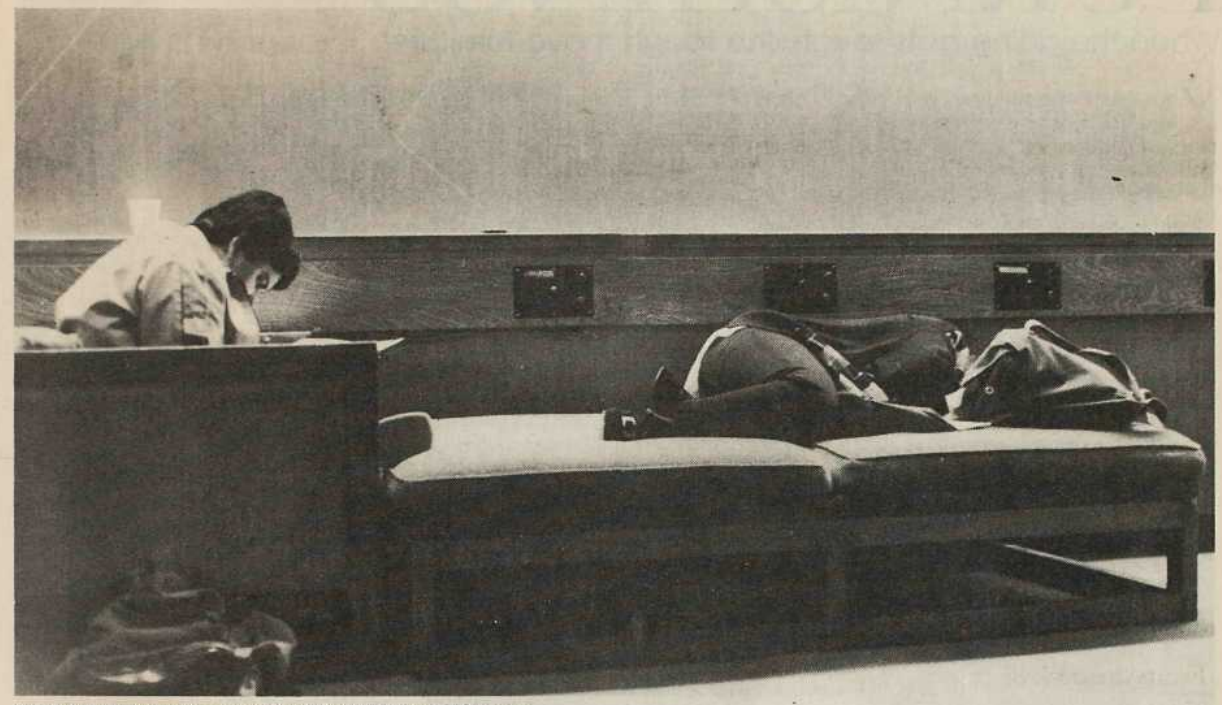
Meat, fish, poultry and seafood all are acceptable as servings of meat. The food guide recommends two servings of two to three ounces per day.

As any vegetarian will attest, animal protein is not the only option. Nuts, peanut butter, eggs, and legumes (dried beans and peas) also fall onto this food group. Most good vegetarian cookbooks will give advice on combining foods to compliment the amino acids in each and increase the useable protein.

Finally, the food guide recommends four servings of fruit and vegetables per day. These are to include at least one high in vitamin C and one high in vitamin A. Four servings of breads and cereals, which includes rice and pasta, are also recommended. ●

Your new home

RENTING SPACE



Comfy h/w suite for two, near UBC and Bus loop, only $250 per mo. . .

By CORINNE BJORGE

The swarming, teeming streets of Vancouver are fun to explore during the day, but at night you need a place to lay your head. If you're new in town, knowing where to look is the first step in getting off the cement and into your futon.

ON CAMPUS

The Housing Office is the administrative body for on-campus housing. There is no deadline for housing applications but residence housing fills up quickly and it's doled out on a first-come first-served basis. Housing applications can be picked up as early as the first week of March. Questions about on-campus housing can be answered by calling 228-2811 (Single Student Housing), 228-2176 (Family Housing) and the Housing Office also runs an off-campus housing service, 228-2176.

If you're a graduate student, the Grad Center has a housing board which can be contacted by calling 228-3203.

OFF CAMPUS

Deciding what you can afford will help narrow down your choices. The closer you get to the beaches and waterfront, the more expensive rent tends to become. The same goes for areas close to the University. If you are within a mile or two of the University rents can range (excluding hydro and telephone) from $275/month and up for a single room, and anywhere from $175 and up for shared accommodations.

Housing Registries are a good place to start looking but, if you're paying more than a couple of dollars for the service, you are getting ripped off. Some good registries in the area include:

1. **Kitsilano Special Housing Advocates** (736-3588) lists housing all over Vancouver. Charges range from free to $2.00, depending on their waiting lists.
2. **Red Door Rental Aid Society** (255-9109) lists all over Vancouver. This is a no-charge, non-profit, government-funded society.
3. **Lower Mainland Community Housing Registry** (526-5376) serves the Lower Mainland, and charges a $5.00 registration fee.
4. **Vancouver Resource Society for the Physically Disabled** (873-3373) lists all of Greater Vancouver. No charge for service.

If bulletin boards and housing registries haven't found you a home, try flipping through the classifieds. The terms can be baffling though, so here's a guide to some of the more popular shorthand:

f/p	fireplace	sec	security
frg	fridge	prkg	parking
ff	frost free	u/g	underground
h/w	hard wood	nr	near
w/d	washer/dryer	w/w	wall to wall carpets
n/s	non smoker		

. . . see page 27

LOOKING FOR FURNISHINGS

When the going gets tough, the tough move furniture

By STEVE CHAN

Your heart is pounding, your mind wheeling, your breathing has all but stopped. And except for the incessant barking from the man in the dark grey suit behind the white and yellow stand, the room is hauntingly quiet. You hazily see people raising little red wooden paddles to the beat of the bark. Wham! Suddenly they all stop, and a voice announces: "You, ma'am, have just bought yourself a sofa for $35."

Looking for cheap used furniture? Consider a furniture auction. Definitely not for the faint-of-heart or the indecisive, auctions are a fun way to shop if you like thrills and competition. Be warned: you don't always get what you have your heart set on, and if you're not careful, you can pay entirely too much for something. A few rules of thumb follow.

First, preview the merchandise the day before the auction, and write down their "lot number."

Then do a price check in several second hand stores, the Salvation Army thrift store, and perhaps the Buy and Sell. Also find out the cost when new in a few department stores—a Sears catalogue comes in real handy for this.

Based on the information gathered, set a limit on how high you should bid for the things you want. Set the limit lower than the lowest used price you've found, or half of its price when new, or the number of dollar bills you have, whichever is lower, and—here is the important part—STICK TO IT.

Most places charge you a handling fee, which is a percentage of the price you bid, so take that into account when setting your price limit. And yes, you still have to pay tax.

Now just show up at the right time, get registered, get your bidding paddle, and you're all set to do battle.

Warning! Your bidding paddle is for bidding purposes only, so use something else to swat flies or fan yourself with, or else you might find yourself the reluctant owner of umpteen pieces of weird nouveau furniture—and badly in debt for the next decade or two.

Here are some sample prices from Love's Auction at 1635 W. Broadway, which charges a ten per cent handling fee.

In their 1:00 p.m. auction, which has cheaper and lower quality stuff, sample prices include: single beds for $30-40; 5-piece dinettes for $50-70; desks for $20-70; sofas for $30-100; chests for $30; dressers for $50-75; 5-tier shelf for $20-30. The above were in fair condition, similar to the ones in the Salvation Army.

Their 7:00 p.m. auction usually involves better quality (near new)—and pricier—furniture.

Other options when in the used furniture market include: Salvation Army thrift stores, second-hand stores, Buy and Sell, the Vancouver Flea Market and garage sales.

The Salvation Army thrift store, probably the best place to start because of its large selection and very low prices, sells: tables at $15 for older ones, $25-40 for newer ones; chairs from $15; sofas from $20; desks from $20; mattress and box at $50-100. Cosmetically speaking, most aren't beautiful, but the furniture is solid and functional.

Note: Of the many Salvation Army thrift stores in Vancouver, only the one at 261 E. 12th (one block east of Main St.) carries furniture.

Brawny student will probably use money he saved at furniture auction to buy a heat pad and a tube of Rub A-535...

Your new home

Once you have checked out the Sally Ann, you might want to check out a few second-hand stores:

- Second Hand at 3957 Main St. Sample prices: chairs, from $10; table, $35; dressers, $40-60. Condition: fair, solid and functional.
- The Hounddog at 2306 W. Broadway.
- Old Meets New Ltd. at 140 W. Hastings.
- Recollection at 2507 W. Broadway.

Sample prices for the latter three: chairs, $20-25; desks,$60-150; dressers, $100-140. Condition: fair to very good.

If you like the bizarre, you might wish to try the Vancouver Flea Market, at 703 Terminal Ave., just a few blocks from *The Ubyssey's* printers. While it doesn't have a huge selection on furniture, it is nevertheless a fun place to visit.

Alas, cheap as they are, used stuff may not be for everyone. For those who like them new—be that you have recently inherited moolah, won a bet, or are allergic to hair and dead cells left on used furniture by their previous owner(s)—here are a few ideas.

For those who want new but still relatively cheap, IKEA (3200 Sweden Way, Richmond) offers some brightly coloured, modular and contemporary Swedish furniture at fairly affordable prices. Steel tube chairs with plastic seats come in 5 different colours and costs $12 each. Tables—the cheaper ones—cost between $85 and $150 and come in various combinations of legs and tops. Their catalogues are available for free at the store, and can provide hours of distraction while riding the bus to school.

For the do-it-yourselfer, Beaver Lumber (5335 Kingsway) sells kits that are cheap and easy to put together. Sample prices: table, $90; desk,$50; 5-shelf bookcase, $55.

In a similar vein, you can try unfinished furniture. These are fully built units that are usually unpainted, so you get to buy them cheaper. Once you have bought it, you can paint it, or stain it, or leave it as is. (See "Furniture-unfinished" in Yellow Pages.)

Two other fairly popular alternatives are futons and foams.

Originally from Japan, futons are portable cotton mattresses that can be used alone on the floor—or with a frame. A single 6" futon (roughly 40" x 80") costs around $90-100.

A few of the futon stores include:

- Far West Futon, 1642 W. Broadway
- Western Futon and Fabric, 4388 W. 10th Ave.
- Dream Futon, 831 Commercial
- Futon to Sleep On, 2173 W. 4th Ave.
- Dawn on Futon, 490 W. Broadway

Foam mattresses are light weight, non-allergenic, and very easy to store and move. Unfortunately, like futons, they sweat (condensation), and so must be allowed to breathe, or you'll soon find yukky lifeforms growing on them. Like futons, get a cover for them.

Sample prices from The Foam Shop, 3696 W. 4th Ave., for twin mattresses of the above three types are $170, $110, and $77, respectively. Doubles cost about 30 per cent more, and 4" versions cost 30 per cent less. A pine bed frame costs $139.●

RENTING

from page 25. . .

Before signing a rental agreement, be prepared to ask the following questions:

1. How much is the rent and when is it due each month?
2. When was the last increase and how much was it?
3. How much is the security deposit?
4. Is it necessary to pay the last month's rent in advance?
5. Are a stove and fridge included?
6. Are pets allowed?
7. Are there laundry facilities?
8. Is heating and/or electricity included in rent? If not, what is the approximate cost?

Once your lease is in hand, celebrate! but watch the expenses. The costs of moving don't end with handing over the rent cheque. If this is your first move, be prepared to pay some setting-up costs in addition to the regular moving costs.

Security/damage deposit The security deposit cannot legally exceed half of one month's rent, and when you move the landlord is required to return it to you, with interest. If costs for damages have been deducted from your deposit, the landlord is required to provide a written statement listing deductions and giving reasons for them. For more information pick up the pamphlet *Renting in B.C.* (865 Hornby Street, 7th Floor) or call the Residential Tenancy Branch (660-3456).

Utility hook-ups Telephone and hydro require a small hook-up charge. Remember to register your new phone number with B.C. Tel so your buddies can get in touch with you through directory assistance.

Medical Insurance Your status as a student and whether you are a dependent or from out-of-town are all factors which affect the rates you pay. Call MSP at 669-4211 to find out more.

Insurance Replacing all your household items if they get ripped off can be financially devastating, even if you think you don't own much. Some insurance companies will insure your items for as little as $9.00 per month, but the total value of all items insured must exceed $15,000.00. It can be difficult, and expensive, to get insurance if you live in a shared household.

Sharing accommodations can be a good way to cut costs and a lot of fun if you enter with open eyes. Choosing your roommates is a matter of personal judgement. Having a similar outlook on life makes compatible living easier, so, a good place to begin looking for roommates is on the bulletin boards at the University. Ads are usually placed there by students looking for student roomates.

Dividing expenses and deciding on basic house rules are best figured out beforehand.

If you're replacing a roommate who is moving out, chances are good that the household will already have set rules and "When in Rome. . . "

If you're just setting up a shared household keep some of the following ideas in mind. Sharing food costs is possible if you all have similar food tastes and appetites. If not, you might be better off having each person buy their own food with a "you borrow, you replace" attitude.

The rest of household expenses excluding hydro and telephone, can be dealt with as formally or informally as you wish. You might just want to alternate buying garbage and dish soap or you can open up an account for household expenses with one or two people having signing authority.

One more alternative is room and board. Generally, you rent a bedroom, share a bathroom and have meals provided. Before moving in, find out the house rules and responsibilities.●

As good as your best friends.

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Everything You Ever Wanted to Know about the AMS . . . but didn't bother to ask

By DEBBIE LO

As you've been walking through the unfamiliar halls of your new educational institution you've probably already seen the letters AMS blaring at you.

So you wanna know what those 3 letters stand for?

AMS stands for Alma Mater Society—your students union. Like most organizations, the duties and functions of the AMS, a non-profit organization, are diverse and complex.

Objectives The main obectives of the AMS as defined in its **constitution** are:

- to promote, direct, and control all student activities of the University of British Columbia.
- To promote and coordinate the efforts and activities of all student associations of each faculty and school which are affiliated from time to time with the University of British Columbia.
- To promote the principle and practice of student representation at all levels of decision making at the university and on all agencies or other bodies which deliberate on the affairs of its members.
- To advance the cause of higher learning in the province of B.C.
- To promote unity and goodwill amongst its members.
- To erect any buildings or improvements necessary for the Society's use and occupation.

AMS Government The AMS is governed by the students council which is made up of representatives elected from each of the faculties, student board of governors and Senate representatives, and five executives elected from the student body at large. Like MP's in the House of Commons, the number of seats each faculty gets on council is determined by the faculty's student population. Elections usually take place in January and February.

All major political and financial decisions to the AMS are made by the students council. Through council, contact is maintained between students, with the administration, with other universities, and the outside community. Council members are also appointed to both AMS and UBC presidential advisory committees to allow students to directly participate in the running of their own society and the entire university.

Services The $39.50 activity fee all full-time students must pay goes to the AMS, and the services and functions it provides are for you to use.

Where your AMS fee goes: $15 for CPAC, the Capital Projects Acquisitions Committee, which handles nine capital projects (approved by a referendum three years ago) including daycare, $4.50 for Intramural Sports which organizes a number of athletic events and recreational activities, $7 to fund intercollegiate athletic activities, 50¢ for the education of two refugee students, and $12.50 to the AMS for activity funding.

A detailed breakdown of the entire $4.5 million AMS operating budget is published annually in a September issue of *The Ubyssey*.

Much of the $12.50 AMS activity funding goes to service organizations geared for students. These include *The Ubyssey*, CITR, Job Link, Intramurals, Speakeasy, and six more, all owned, operated and run by students with the help of a full time paid staff.

AMS Businesses The AMS also runs several businesses, which can be compared to crown corporations in that they run themselves but are ultimately responsible to an elected body. They include Tortellinis, the Pit, the Copy Centre, the SUBcetera among others. These operations are run with four broad goals: to expand AMS services and facilities, to improve short-term and establish long-term financial stability, to emphasize small profit margins on AMS products and to increase student employment. Last year the AMS paid $700,000 in student wages. Wages range from $7.17 to $9.30/hr. Interested students should enquire at the AMS business office in SUB Room 266.

Administration The AMS administration is managed by an elected student director with the help of a council of student administrators and a full-time staff which does the duties students, without becoming non-students, can't do.

POLITICKING STUDENTS

At the helm of council sit five executives elected from the student body at large.

Who are these people and why do you need them?

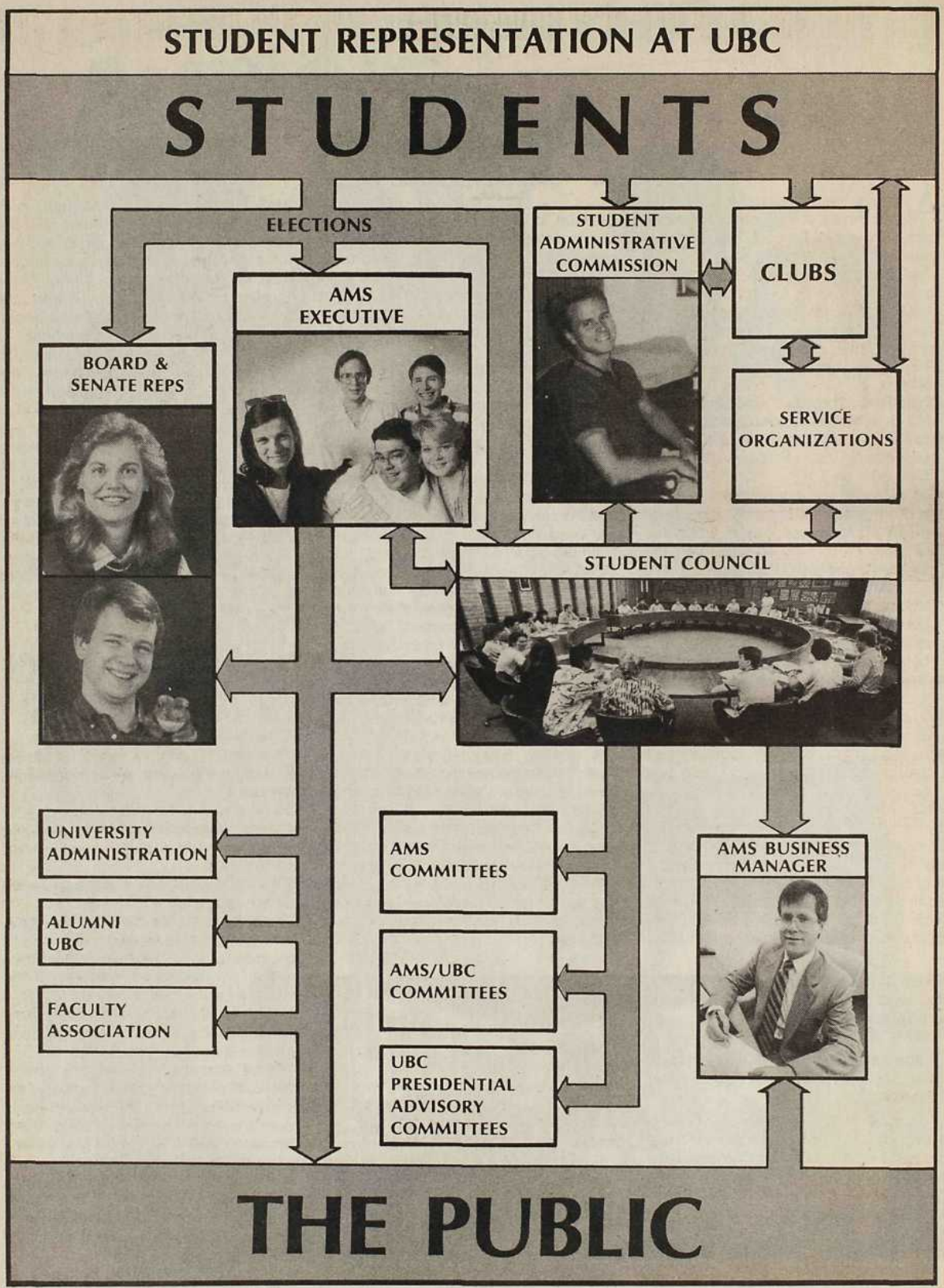
Simon Seshadri, AMS President and former AMS director of administration, sits upright in his chair and says officially, his duties are to chair council and oversee the society's affairs.

As president, he also acts as the official AMS public representative, coordinates functions, and can have a lot of influence on the purposes and priorities of the society, if he wants to.

"Running the day to day affairs of the society," Seshadri, a commerce student, explains, is one of his major duties.

As for assuming any leadership role in his presidential position, Seshadri says the president should hold the views students council holds. "I'm not elected to reflect personal views," he says. "The views I reflect are council's."

He also believes when student problems come up, his role is not to initiate petitions, protests, and the like, but to make council aware of the problems and then act on council's directive.


STUDENT REPRESENTATION AT UBC
STUDENTS
ELECTIONS
STUDENT ADMINISTRATIVE COMMISSION
CLUBS
AMS EXECUTIVE
BOARD & SENATE REPS
SERVICE ORGANIZATIONS
STUDENT COUNCIL
UNIVERSITY ADMINISTRATION
ALUMNI UBC
FACULTY ASSOCIATION
AMS COMMITTEES
AMS/UBC COMMITTEES
UBC PRESIDENTIAL ADVISORY COMMITTEES
AMS BUSINESS MANAGER
THE PUBLIC

Projects he hopes to complete this year include starting an AMS operated exam sales outlet.

On his right is **Rebecca Nevraumont, the AMS Vice-President.**

Her role, says, Nevraumont, a science student, is to act as a liaison between the AMS and the constituencies. In addition, she is responsible for reviewing the AMS constitution code and by-laws, and generally assisting the president.

"It is a catch-all position, the least defined," she says. "I do everything the president does not have time for."

A self described "mouth piece" and "non-politician," Nevraumont says her position allows her to "transmit student ideas" and do something about them.

Projects she hopes to complete this year include: fundraising for the AMS bursary fund awarded yearly to students and starting an AMS bursary for out of town students.

In the background, tightly guarding the money, sits **Jamie Collins, the AMS Director of Finance.**

"I'm the one you can point your fingers to when prices increase." Collins says his role is generally "adminsitrative." He sets policies which maintain "financial control" in the society, approves AMS clubs and services budgets, and is "nominally in charge of every dollar in the society."

He says his main goal for the year is to make sure the service organizations don't go over budget.

Collins adds he can help solve most problems in the AMS because "I have my fingers in every person's piece of pie."

Communication between UBC students and "external" groups is the responsibility of **Carol Pedlar, AMS External Affairs Coordinator**

"I'm in charge of bringing the concerns of UBC students to the attention of government, other universities, and the outside community," says Pedlar.

Her position provides the "framework" which makes people outside the university aware of what UBC students do. From informing the media to organizing petitions and protests, the external affairs coordinator ensures the public is aware of the activities and concerns of UBC students. Her position in effect protects UBC students from being isolated from the rest of the community.

A crucial aspect of her job is to lobby the government on university funding issues. She says students must pressure governments to ensure universities are adequately funded, and to maintain a highly respected, accessible institution.

Pedlar also chairs the External Affairs Committee (EXAC), which actively works on issues such as the above. Interested students should contact 228-2050 for more information.

Pedlar's main projects this fall include: organizing a benefit concert to publicize an AMS organized food bank, and a Centennial Great Trek tentatively planned for September.

And, finally, there's **Martin Cocking, AMS Director of Administration:** the one who you can compliment or blame for approving the colour scheme in SUB.

"The AMS is a dynamic organization," says Cocking, who believes the AMS should have a building which reflects that same spirit.

He also chairs the student administrative commission meetings which, as its title not so subtly implies, handles AMS administration.

"Student council is the brain and makes the decisions, while we, the hands, do the dirty work," says Don Boberty, Secretary of SAC, who along with nine other members of SAC, are appointed by students council to handle different administrative portfolios for the organization, including: art gallery programming, Clubs Days, SUB security, and the Graduate Class Council.

A frank kind of guy, Cocking is very enthusiastic when he describes his pet project for the year—establishing a cohesive building maintenance plan for SUB. "I want to see a top notch building reasonably maintained for everyone," he says.

The above people will have a lot of influence in the spending of your $39.50 this year. Make sure you either VOTE in the elections, or participate in the AMS activities to have a more direct say in the way things are run. ●

The Governing of UBC

Board of Governors and senate matters

Claudia Gilmartin. . . at work.

By EVELYN JACOB

You have just checked your bank account balance. The summer job paid off; you're rich. You tense your fingers and scrawl out a cheque for this year's tuition. Your account ceases to exist.

Increases in tuition fees are only part of the squeeze you will suffer this year at UBC.

Enrolment restrictions, dwindling student aid programs, larger classrooms and faculty firings give students a whole lot to complain about. Because we are all affected by these issues, it is important to be aware of the people who make important decisions for you everyday.

Two separate but interdependent bodies govern our university: the Board of Governors and the Senate.

The board holds ultimate authority over all university matters, is responsible for administration and the business affairs of UBC. It sets university policy, approves budgets for operating and capital expenditures, salaries, and tuition fees. It approves faculty appointments, support staff and administration personnel.

The senate looks after the academic affairs of the university, establishes and administers policy on program content and requirements. It deals with awards, appeals, and program admissions.

All senate decisions must be approved by the board.

15 members sit on the board including the president (David Strangway), the chancellor (Robert Wyman), two elected faculty representatives, two elected student representatives (Claudia Gilmartin and Don Holubitsky), one elected staff representative, and eight members appointed by the provincial government.

Last year, William Sauder was elected board chair by the board members. Mr. Sauders sees his position on the board as "nothing more than a leader of a group who is the contact point for its members."

"The chair is the focus of the board who academia and outside bodies can approach with their concerns," Sauder says.

Despite the effects of provincial restraint which has led to a 30 per cent reduction in UBC's operating budget over the last four years, Sauder says the co-operation between the board and the provincial government is good , but says that the board doesn't always get what it wants with the economy being the way it is. Both Sauder and Holubitsky do not believe the board has special power to influence government education policy. Holubitsky says the board's financial decisions have been "entirely reactive" to the past three years of government restraint.

As student board representatives, Holubitsky and Gilmartin say their responsibility lies not just with student interests, but in working towards what is best for the university. Unlike the other board members, Gilmartin says she has a lot of access to students and their problems.

"I try to keep in touch with what students are doing," says Gilmartin. She believes her most important role on the board is to be a "liason" between students and the board.

Budget cuts have also forced cancellations of valuable programs at UBC.

The senate, which consists of 87 members including the president, the chancellor, 17 elected students (12 from faculties and 5 at large), 12 alumni, deans and elected faculty, decides where the cuts will be,upon final approval by the board.

UBC has the highest average tuition fees in Canada. This year, fees jumped by another four per cent with no consolation from the student aid program which is the worst in the country. By 1987, the average student debt loan may be close to $20,000 per student.

Enrolment limitations in the bachelor of arts and science programs mean that fewer people will have access to education in our province. More attractive educational climates are quickly draining many talented people away from B.C.

Don Holubitsky. . . concentrating.

This year's operating budget (approximately $170 million) will be supplemented by the "fund for excellence in education." Although this represents a five per cent increase over last year's budget, the university still faces many problems in the coming year.

By now, you should be familiar with who makes university policy, and who controls what at UBC. If you are a victim of any injustices or have any beefs about university issues, contact your student board representative who will happy to listen to your concerns.

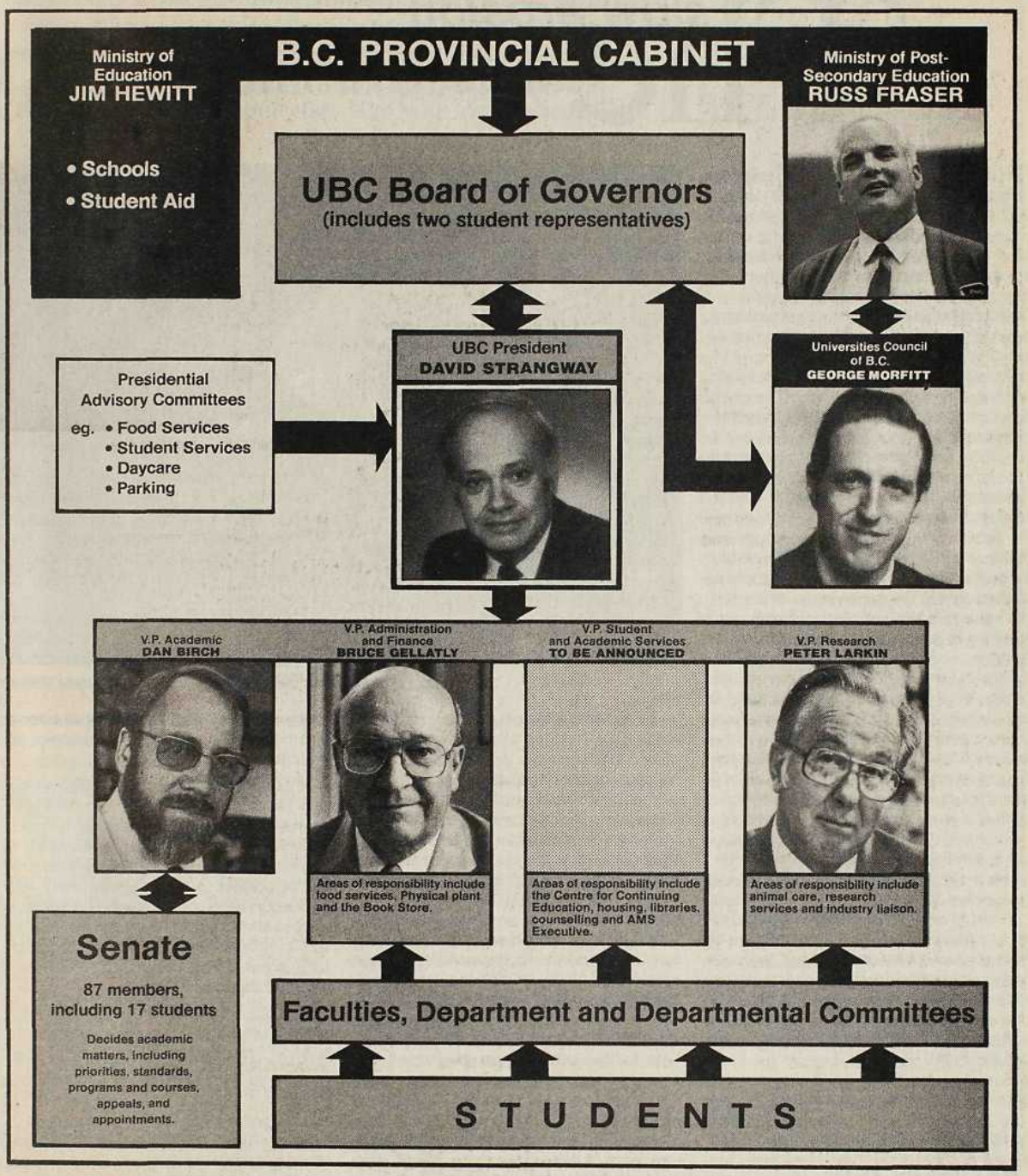
Board Members:

Dr. David W. Strangway	President
Mr. W. Robert Wyman	Chancellor
Mr. William L. Sauder	Chair
Dr. Patricia Baird	Faculty rep.
Dr. Olav Slaymaker	Faculty rep.
Dr. Don Holubitsky	Student Board rep.
Ms. Claudia Gilmartin	Student Board rep.
Mr. Peter Brown	Canarim Investment Corp.
Mr. G.D. Hobbs	Bentall Centre
Mr. Robert H. Lee	Prospero International Realty Inc.
Mrs. Joy McCusker	
Mr. David G.A. McLean	Bourne and Lyall
Mr. Richard Stewart	Cannery Group of Companies
Dr. Leslie R. Peterson	Boughton and Co.
Nina Robinson	Board secretary, staff rep.
Mr. Gorge McLaughlin	Staff rep.

Alumni Association

The UBC Alumni Association, founded in 1917, links the university with its more than 100,000 graduates. The association's activities include fundraising, organizing alumni events such as reunions, sponsoring programs for both students and alumni and publishing the *Alumni UBC Chronicle* magazine.

For more information call 228-3313.●


B.C. PROVINCIAL CABINET
Ministry of Education
JIM HEWITT
• Schools
• Student Aid
Ministry of Post-Secondary Education
RUSS FRASER
UBC Board of Governors
(includes two student representatives)
Presidential Advisory Committees
eg. • Food Services
• Student Services
• Daycare
• Parking
UBC President
DAVID STRANGWAY
Universities Council of B.C.
GEORGE MORFITT
V.P. Academic
DAN BIRCH
V.P. Administration and Finance
BRUCE GELLATLY
V.P. Student and Academic Services
TO BE ANNOUNCED
V.P. Research
PETER LARKIN
Areas of responsibility include food services, Physical plant and the Book Store.
Areas of responsibility include the Centre for Continuing Education, housing, libraries, counselling and AMS Executive.
Areas of responsibility include animal care, research services and industry liaison.
Senate
87 members, including 17 students
Decides academic matters, including priorities, standards, programs and courses, appeals, and appointments.
Faculties, Department and Departmental Committees
STUDENTS

The slow erosion of accessibility in B.C.

Terry Segarty, the minister reponsible for youth in B.C. declared almost a year ago that students do not represent all youth. He said, for example, young single parents, native indians, and rural dwellers are not represented by students because they cannot afford university. He was right —although it is doubtful he realised what he was saying about his government's education policies.

University students in B.C. are lucky. We are the elite who can still afford to go to school. In these days of high unemployment, not many people can afford $20,000 or risk accumulating a debt of that size for four years of university.

Accessibility to post secondary education has declined rapidly since 1983 when the Social Credit Party regained control of the province. Although our universities still seem incredibly full, more and more of us come from the same socio-economic background. We are seeing fewer and fewer poor and disadvantaged groups on campus.

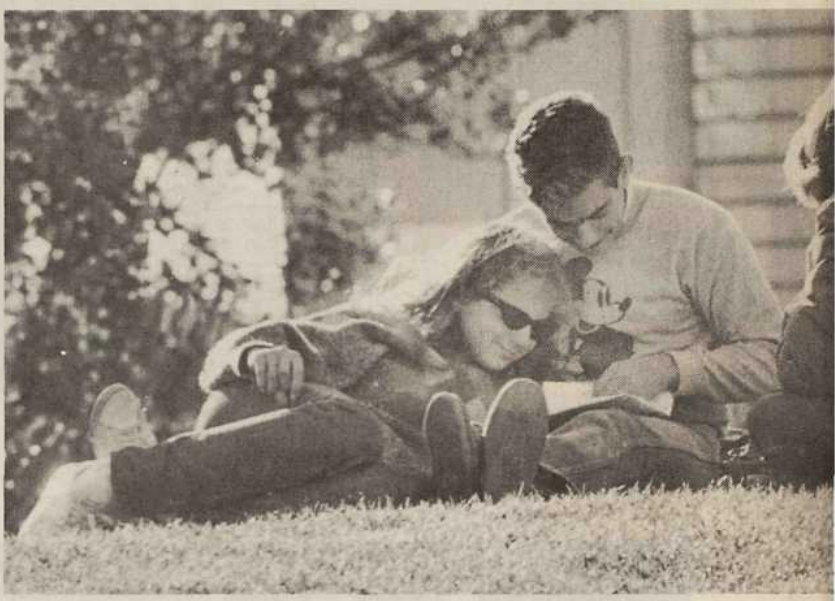
This uniformity of students weakens the quality of our education because there is less debate going on among ourselves. There are few people left to challenge the values of the upper middle class. University, which is supposed to broaden our perspectives, is just preparing us for the workforce and leaving our prejudices alone.

The most significant cause for this problem is the Social Credit government's decision to eliminate the grant portion of the student financial aid package in 1984.

Before that time, students who applied for student aid would receive a portion of their needs in grant form. It kept the debt load down and ensured wider participation from disadvantaged groups. Unfortunately, the Socreds felt this cost too much money so they replaced the grant with their own loan program.

Now students borrow partially from the federal government and partially from the province—that is if they are willing to run up a $20-25,000 tab. Understandably, that possibility scares off a lot of prospective students.

Having the worst student aid program in the country was not good for the Socred image. The government received quite a lot of bad press over the issue and finally came up with some changes in the summer of 1985.



What has three heads, six feet, four arms and Mickey Mouse?

The new scheme is called the loan remission and scholarships program. Through it, students who graduate, get 25 per cent of their provincial loan written off, and students who score in the top ten and the next 20 per cent of their departments receive $600 and $300 scholarships respectively.

The loan remission sounds better than it is. Since the federal government provides about two thirds of the the total loan, students are lucky if they receive $1500 back from the province when they graduate. $1500 is not much off a $20,000 debt.

As for the scholarships, they don't address the needs of disadvantaged groups. Instead they are ability based so students who received high quality education in high schools with lots of resources, are the likely recipients of the scholarships, despite the fact that others need the money more.

The Socreds have shifted student aid away from a system which provides money to those who need it to a system based on ability ignoring the fact that public education in B.C. fails miserably to provide equal education to all people.

Another major reason why fewer people can afford university has to do with government funding. Education is a major expenditure for provincial governments. It can account for one third of the total provincial budget, but our government has decided it has other priorities. The Socreds want to attract business investment to B.C. so they initiated several mega projects such as Expo and North East Coal. Then they reduced corporate taxes.

They spent so much money on the mega projects and lost so much revenue from taxation, they had to make it up in other areas. The public sector took the brunt of the cuts with education being a major target.

Since 1982, UBC has had its funding either frozen or cut back resulting in a net one third decrease in funding. These cutbacks forced the university to raise tuition 46 per cent in two years and cut various programs from the calendar. Tenured fa-

GOVERNMENT

The Social Credit government has not been kind to students. Advocating ability rather than equality in eduction, the programs presently in place have limited the number of students able to afford university. This year, a probable election year, will be your chance to vote for **accessibility.**

By KAREN GRAM

We don't know, but we took this outside of S.U.B. on the hill.

culty have been laid-off and facilities are over crowded.

Because of the over crowding, UBC has limited enrolment, further eroding access. The latest limits were placed on college transfer students. This summer the UBC board of governors announced they will allow fewer college transfers into UBC. That means students who saved money by attending community college in their home area, will lose that option.

The reasoning behind the move is simple. Because of smaller classes, the last two years of an undergrad degree cost the institution much more to offer. The universities balance their costs by filling first and second year courses with up to 200 students. If students attend another school for those two years, the university has a harder time collecting its costs.

The transfer restriction will not help much (although it will hurt the colleges considerably) but it is all the university has the power to do. They can't raise tuition any higher and they can't seem to convince the Socreds they need more funding. The university is backed into a corner and must submit to the government's beck and call in order to survive.

The most insulting example of this was the recent appointment of Norman Spector to the UBC Commerce department as senior fellow. Spector was Premier Bill Bennett's deputy minister and the man behind the restraint program that decimated post secondary education. The faculty association has branded the appointment patronage and pointed to the "co-incidental" government funding allocation UBC expected the day after the appointment.

Last February, the government figured out how to directly impose its political agenda on the university cirriculum. After reducing their budgets to below the functioning level, it created the "Excellence in Education" fund. The fund has about $110 million to allocate each year for three years. The money is for special initiatives and rather than regular educational costs, cabinet alone decides who gets it. The special initiatives include programs in entrepreneurial training, computer systems and biotechnology. If the universities offer these programs, they will hopefully get more money. If not, they won't. But, because the universities are so strapped for cash, the added money rarely provides for excellence even in the fields targetted.

The fund represents blatant interference in what has traditionally been a university decision based on the understanding that low demand programs are still necessary and important to those in them.

The fund is also a brilliant public relations scheme. Every few months Education minister, Russ Fraser gets to call a press conference and announce the allocation of another portion of the fund. But he neglects to say that the excellence fund is not new money. It represents slightly less than the amount the Socreds have taken away in the last three years.

All in all, the Social Credit government has not been kind to post secondary education. With a provincial election probable in the next few months, it is important to now consider the options to the present government from the student point of view.

Three other parties vie for your votes: the Conservatives, the Liberals, and the New Democrats. Both the Conservatives and the Liberals have just re-established themselves after joining the Socreds in 1976 to defeat the NDP. They both play a minor role in B.C. because, with one exception, they aren't represented in the Legislature.

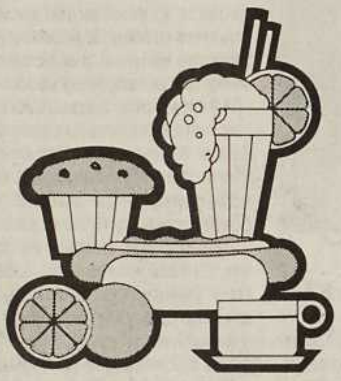
The Conservatives, led by Peter Pollen, have one MLA, Graham Lea, a former New Democrat MLA at the beginning of the session.

These Tories have not been overly vocal about education in B.C. But they have said equal access to educational opportunities must be assured, "regardless of race, sex, marital status, or socio-ethnic background." They also condemn the Socreds for not matching the federal government contribution to post-secondary education. If they held power, they say they would match or exceed the feds in education funding.

The Liberals, headed by Art Lee, go a little further than the Tories on the accessibility issue. "The B.C. Liberal Party espouses the principle that post secondary education should be made available to any qualified individual regardless of his/her financial

SNACK ATTACK

Gourmet
Hot Dogs
in
Three Sizes



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STUDENT UNION BUILDING

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AVAILABLE

TRY OUR
FABULOUS
NACHO'S

OPEN MONDAY-FRIDAY
11:00 a.m.-1:00 a.m.
SATURDAY'S
7:00 p.m.-1:00 a.m.

MAIN CONCOURSE

STUDENT UNION BUILDING

resources and/or age."

Neither party says how they would ensure equal access however.

The Liberals say they would match the federal government's education contributions and would give financial incentives to expand co-operative training and education programs. In these programs, students alternate work and study in their chosen fields each term. The university places them in jobs and charges tuition for the service.

Finally, the Liberals would increase work-study programs where students on financial assistance can work, usually on campus, to minimise their debt load.

The NDP is the official opposition to the Socreds. Led by Bob Skelly, they are the most likely party to replace the Socreds given the polarization in this province and the tender age of the other two parties.

Although much more extensive than the others, provincial NDP education policy is by no means comprehensive. Their formal policy is two pages long and lacks specifics on how they plan to implement their policies.

Nevertheless, what they say seems to benefit students more than any other party. The NDP is the only party to say it would restore education funding to the level it enjoyed before the Socreds began their program of cuts. They are also alone in promising to return grants to the student aid program.

The NDP promises to restore academic freedom and university independence. Although the policy is vague about how, we can assume it means the NDP would not interfere with university curriculum decisions through "excellence" type funds. It may also mean the party would replace government appointed university board members with students, faculty and community representatives.

The NDP would encourage more co-op and work-study programs and promises to freeze tuition with the goal of eventually eliminating such fees. At least that is what they agreed to in 1982.

The NDP does not say it will match the federal contribution, but simply says it will ensure the whole federal amount goes to education rather than general revenue as has been the Socred practice.

From their policies it is easier to judge who is most concerned about education. When the election comes, vote for a non-elitist education.●

Canadian Federation of Students

The Canadian Federation of Students (CFS) is composed of 66 student associations from across Canada, 15 of which are in B.C. These associations joined with the Federation through referenda or general meetings, at which students voted to pay the affiliation fee of $7.50 per student. In a 1984 referendum, UBC students voted not to join CFS.

The Federation is based on the idea that students can be more effective if their political and economic strengths are combined provincially and nationally. This strength results in a strong voice for the education system and in more effective co-operative services than can be offered on a local or individual scale.

CFS works to voice students' concerns in provincial and federal arenas.

Services CFS provides include Travel CUTS, a travel agency network and the Studentsaver discount program, and the *B.C. Student*, a provincial newspaper. For more information contact CFS at 877-1839 or 204a-175 E. Broadway.

HEAD FOR THE TOP

LOCATIONS

- 2389 W. 4th Ave., Kitsilano 734-4541
- 3701 W. Broadway, Vancouver 222-3331
- 1210 Marine Dr., North Vancouver 985-7311
- 2025 Lonsdale Ave., North Vancouver 984-8453
- Lynn Valley Ctr., North Vancouver 986-0772
- 2038 W. 41st Ave., Kerrisdale 261-7324
- 3285 E. 22nd Ave., Vancouver 437-4350
- 3320 Kingsway, Vancouver 435-1564
- 4819 Kingsway, burnaby 437-7795
- 7225 Canada Way, Burnaby 525-1545
- 10252 135th St., Surrey 588-4116
- 1077 56th St., Tsawassen 943-6021
- Kennedy Heights, Delta 594-5313
- Ladner Centre 946-9634
- Willowtree Place, Langley 530-4636
- 6020 Blundell Road, Richmond 271-6422
- Meadowridge Centre, Maple Ridge 463-7022
- 329 North Road, Coquitlam 937-7911
- Westwood Mall, Coquitlam 942-7633

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FIRST YEAR STUDENTS COMMITTEE (FYSC)

The First Year Students Committee, an AMS service organization, allows first year students (a.k.a. Frosh, Froshies) to meet new people, learn more about the university system, and most of all, make lots of friends.

The FYSC organizes a number of first year dances throughout the year (usually found after the mid-terms), including the traditional malicious nocturnal adventures, and the annual New Students' Retreat.

If you're in your first year and you'd like to join the fun in organizing social events with someone else's money, just watch out for the ad in *The Ubyssey* calling for members (usually early September).

Fifth Annual New Students Retreat on September 5-7, 1986, at Evans Lake, Squamish.

You've just finished registration and you think you're ready for the coming week (have the essential clipboard of paper and a pen), but you want to know more of what's in store. Well, if you're free on the weekend then come to the retreat! All the info can be obtained from the FYSC phone numbers below or look for our ad in the registration guide.

Contact: Gary Mark at 524-6376 or Karen Fong at 263-4509. Or bang on our door at SUB Room 241D or drop a line at SUB Box 113.

AMS CPAC

UBC Students have traditionally been involved in the shaping of the University environment, and have so far contributed more than $30 million towards several University structures. Student-funded campus structures began as far back as 1928 with the construction of the Womens' Gym, and has since continued, including such other buildings as Brock Hall (1939), War Memorial Gym (1948), Thunderbird Winter Sports Centre (1963 and 1969) and the Student Union Building (1968, 1972 and 1984). Students have also supplied partial funding for Sherwood Lett House at Place Vanier (1960) and the Aquatic Centre (1978).

CPAC is a committee composed entirely of students, who are responsible for the completion of the Committee's mandates. The Committee was created by students in 1982, when a student referendum, which passed by a 75% majority, raised student fees by $15 per student.

The referendum produced seven specific mandates for the committee: improve student housing, construct new student daycare facilities, renovate SUB, improve parking, construct a recreational centre, purchase the Whistler Cabin land and restore the B-lot Barn. To date, two projects—the Whistler Land purchase and the SUB expansion—have been completed.

Several ongoing projects include renovating the B-Lot Barn to serve as a heritage site (it was one of the first structures built on the UBC lands), and for student use. The Barn will eventually provide other student bookable rooms and much needed AMS club storage space. Another important project is the replacement of the old and antiquated daycare facilities currently being used. CPAC has committed $350,000 to this project, and is seeking $700,000 from several charities and foundations.

CPAC is a committee whose members are all student volunteers. Interested students are urged to attend the meetings, and perhaps join the committee.

Contact: Pat Darragh at SUB 262 or Val Warman at 228-3971.

GAYS & LESBIANS OF UBC

Gays and Lesbians of UBC is one of the oldest gay and lesbian organizations at any Canadian university. Since its founding in 1971, the group has consistently sought to provide social, recreational, and educational services to the gay, lesbian, and non-gay populations of UBC and Vancouver.

The major needs of most gay and lesbian students are simple: they want a chance to meet other lesbians and gay people in a relaxed environment, an opportunity to develop a greater and well-informed self-esteem, and an environment where one can begin to separate the realities of homosexuality from popular myths and stereotypes.

Often university provides the first opportunity for a person to come out and express the distinctive aspects of her or his sexual identity. Statistically, there are approximately 2500 gays and lesbians at UBC, and these individuals come from widely diverse backgrounds and from every portion of the socio-economic spectrum.

Gays and lesbians are represented in every faculty and department of the university.

And, although there is a growing realisation in the public consciousness that lesbians and gays deserve to be treated like equal and valuable members of society, on a daily basis they are still subjected to an unacceptable level of legal and social discrimination. This antipathy is more than just a matter of name-calling.

Being homosexual is sometimes the cause for desertion by family or friends. Sometimes jobs, education, housing, and community stature are threatened. Physical and emotional violence is also common. Therefore, the companionship and concern of other gay and lesbian people provide vital support.

As a service organization, Gays and Lesbians of UBC seeks to educate the general community and provide necessary support for members. GLUBC provides educational materials, referral information, support, guidance, and peer counselling to lesbians, gays, and other sexual minorities at UBC. The same services are open to anyone on campus.

The recently expanded library, open to everyone, has a great deal of information on personal development and self-counselling as well as literature and periodicals of gay/lesbian interest. GLUBC also plans some personal development workshops and discussion groups in the coming year.

GLUBC holds dances, potluck dinners, pub nights, skating parties and movie outings throughout the year. It provides an opportunity to meet gay and lesbian people in a relaxed and friendly social environment.

Office hours and telephone lines are maintained Monday to Friday during regular school hours, 9:30 a.m. to 5:30 p.m. Leave a message on, or receive information from the usually efficient answering machine. Anyone is welcome to drop in for a talk or visit.

Contact: GLUBC at SUB Box 9; drop by SUB Room 237B, or call 228-4638.

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OMBUDSPERSON

The ombudsperson is someone who attempts tc cut through the red tape on your behalf. The office can help you out with problems within the university including grade appeals, fee, sexual harassment and problems outside, including tenant-landlord disputes.

The Ombudsperson does not have any official authority, but with the cooperation of the parties involved, the office can provide objective and independent review and investigation of a problem you have.

Contact: Kevin Kendall, SUB Room 100A or 228-4846. (Hint—be persistent, leave a message if he's not there.)

SPEAKEASY

Speakeasy provides information and peer counselling services to UBC students. More than 60 volunteers staff and manage this Alma Mater Society service organization.

Speakeasy's information services cover all areas of student concern, from finances to health to theatres. Information requests are handled either over the phone (228-3777) or in person at SUB Room 100B, just across from the Ticket Centre or next to the Gallery Lounge.

Speakeasy also carries thousands of pamphlets from agencies all over Vancouver on a vast range of topics. It even has a selection of Lower Mainland bus schedules.

One of Speakeasy's most popular services is the tutor registry. Tutors in any subject can register; students needing tutors can search through the registry and find the person who best suits their needs.

A typist registry is also maintained which operates in a similar manner.

Speakeasy's counselling services are delivered over the phone or on a drop-in basis. Volunteers are trained in peer counselling techniques and are always willing to listen. Speakeasy's counselling is of an immediate nature and callers needing more or specialized help are referred to an appropriate agency. A crisis line is available at 228-3700.

Most services are free, with the exception of a $3 registration fee for tutors and typists.

If you would like to become a Speakeasy volunteer or want more information, drop by Speakeasy or call 228-3777 and leave a message for the coordinator, Bev Gordon.

The Speakeasy Management Committee consists of Bev Gordon (the overall coordinator and signing officer), the information coordinator (responsible for all of Speakeasy's information services and pamphlets) and six members-at-large who take on such duties as secretary, social coordinator, advertising, etc.

VOLUNTEER CONNECTIONS

Your trek along the path to success need not be just through endless readings and assignments, reports and exams. Times are tough and volunteering can provide you with valuable employment experience as well as transferable skills. It gives you something new and interesting to do with your spare time.

Volunteer Connections began operating four years ago to provide a service which has been in great demand. Our Volunteer Consultants are trained to help you find a volunteer job. They take into consideration your career goals as well as your interests, abilities, and time flexibility. Opportunities range from theatre to counselling, radio to health services, recreation to corrections, and education to administration. Volunteer Connections maintains contacts with hundreds of agencies all over the Lower Mainland which would appreciate your contribution.

We are conveniently located in the Student Counselling and Resources Centre in Brock Hall. At the back of Student Counselling, a Volunteer Data Bank is maintained. This consists of a periodically updated job board on which is posted a sampling of various volunteer jobs currently available. There are also agency files which you may look through to find out about some of the agencies you may want to volunteer with. Interested? Drop by and have a look. Or call 228-3811 to make an appointment to see a Volunteer Consultant.

For those interested in becoming a Volunteer Consultant, especially those interested in a career in personnel, counselling, or public relations, we will be recruiting in January.

WHISTLER CABIN

Whistler lodge, located between the Whistler mountain and Blackcomb lift stations, is a great boon to poor students who ski. Summer activities include climbing, windsurfing, golf and music festivals. Winter activities include skiing and indoor tennis.

The lodge is also equipped with two lounges with massive stone fireplaces, stereos, meeting or partying space, kitchen, and jacuzzi/sauna/shower complex and semi-detached sleeping area for 50.

Contact: AMS Information Ticket centre in SUB for more information.

WOMEN'S CENTRE

The Women's Centre is an Alma Mater Society service organization with the goal of improving the status of women at UBC.

The Centre is in SUB Room 130, just inside the north entrance to the building. The office contains a resource library and up-to-date information on events of interest to women and other feminists.

The Centre organizes regular open discussions on issues such as rape, sexual harassment and birth control and offers courses in Wendo (women's self-defence). All women are welcome to use the Centre and its resources.

Women's Centre regulars also address and act on issues in the community and campus. Each year they organize Women's Week, with a major speaker and several guests of interest participating in discussions and social events. All are welcome.

Contact: 228-2163 or drop by SUB Room 130. Check the door for meeting times.

THE UBYSSEY

Vol. LXVIII, No. 47 Vancouver, B.C. 228-2301

AMS Services

A TESTIMONIAL

by CHRIS WONG

Before I joined *The Ubyssey*, I was living a life of confusion and vapidity. The details are gruesome, but they must be revealed for all to know.

My routine on campus was not what you would call exciting, or even mildly stimulating. When I was not attending classes (none of which I ever missed), I was indulging in such keen activities as making notes on my readings and studying for months in advance of finals. My existance was dull, dull, dull. Oh sure, sometimes I would go wild and hang out with the hipsters in the chess club, or sit through noon lectures with such thought-provoking titles as "The Use of Baboons in Advancing Cognitive Psychological Techniques—The 1980s and Beyond," but for the most part, my existence was frighteningly boring.

One day I took a wrong turn on my way to the weekly chess tournament and wound up in SUB 241K, the home of *The Ubyssey*.

At first I wanted to run right back out of the office, through the yellow door, back to the confused, vapid life I was leading. I had heard a variety of rumours about student newspaper types, that they had all memorized Mao's little red book, that they wished all engineers would jump in a vat of hot, boiling tar, that they had severe halitosis. Despite my fears, I stepped forward with a sudden burst of brazen courage.

From that moment on I experienced a dramatic transformation. The friendly person who sat down with me (who, by the way, did not have halitosis), showed me the true way, the light, the ultimate, oh heck, I had a genuine spiritual AWAKENING!

The person told me that university life need not consist only of classes, studying and walking to and from B-Lot. Instead I could join *the Ubyssey*, and find out what living was really all about. She explained that the staff was made up of volunteers, most of whom had little or no experience working on a newspaper. So immediately I felt right at home.

"I used to be just a normal, average, dull student. Then I joined the Ubyssey. Now, I'm an abnormal, exciting, neurotic student . . ."

She began by telling me the role of a student newspaper. Beyond its basic role of disseminating information, newspapers like *The Ubyssey* serve as watchdogs on the student and university administrations, and on BC's big, nasty government. They do so by writing stories which expose the good and bad of their actions, and by commenting in editorials. As well, student papers have the freedom to report on other issues—such as disarmament, civil liberties, racisim, militarism and about every ism in the book—to a greater extent than the commercial media. Doesn't this just boggle the mind? Whooh yeah! After she told me this, she proceeded to rattle off a litany of exciting tasks I could undertake on *The Ubyssey*.

She told me the following. *The Ubyssey* comes out Tuesdays and Fridays, with press days falling on Monday and Thursday. Makes sense, right? Press days are when all the action occurs, starting with the assignment of news stories which are contained in a storylist on city desk, the hub of the news side of the paper. The stories range from such exciting topics as the latest AMS corruption scandal, to interviews with such luminaries as President Strangway's dog, Ralph. And fear not, if you don't have a clue how to research or write a news story (not unlike many a professional journalist), there is usually an experienced staffer on hand who can help.

If you find news a snooze, you can walk over to the horseshoe-shaped desk where the culturally aware types hang out. There you can be assigned to review movies, plays, concerts, bar mitzvahs, books, or art exhibits, all of which are published mainly in Friday editions of *The Ubyssey*. Part of the fun is getting into the performances for free, and more importantly, boasting about it later to your friends.

After you've had some experience writing news or reviews, you can try writing features, which are in-depth articles examining issues or people in detail.

If all of the above sounds as rousing as seeing Rolf Harris in concert, or if it sounds challenging but you want more, there's always production nights. The staff saunters down to a sweaty printshop on press nights where such fun things as layout, proofreading, headline writing, editing and staying up all night are done. After that, each and every staffer who has given up their evening is treated to haute cuisine at a fine dining establishment.

But wait, there's more! For you athletically-minded people, there is the opportunity to write sports. It runs in Tuesday editions.

Finally, there is a whole range of highly necessary copy which must be prepared for every issue. This

"Are you sure it won't bite?"

CITR
FM 102 Cable 100

50 YEARS LATER
CITR STILL TAKES REQUESTS

When was the last time you listened to your campus radio station CITR FM 102, Cable 100? This notice is addressed to those who can't remember.

Our non-listeners write: Q: Why should I listen? A: Because CITR FM has the most eclectic sound in the City of Vancouver. For instance: Can blue men sing the whites? Find out at 8 p.m. Monday nights when the blues show takes you up until 9, when Vancouver's best and longest-running prime-time Jazz show hits the airwaves with the very-suave Gavin Walker for three and a half hours of solid (no commercials) Jazz.

Or what about the Folk Show? Tuesday nights at 8, Steve Edge keeps you in touch with the most current forms of folk music.

CITR has a wide selection of music programs to suit your suit. CITR has shows that focus on Soul, Rock-a-Billy, 50s and 60s Rock, Classical, Reggae, Heavy Metal, the current Night-Club-Dance-Beat, Hard-core, as well as our regular programming. CITR is a microcosm of the many and varied tastes of the UBC student population.

CITR is also the only non-commercial station on the airwaves—and we still take requests: 228-2487 (CITR). Find out when your favorite music is on by picking up a copy of *Discorder* magazine—your guide to CITR-FM 102 and to the newest in music trends.

Our listeners write: Q: How come CITR is different, you know, plays different music? A: Because, according to the CRTC regulations, every station in a given market area like Vancouver has to provide the community with a different service. That way they ensure that listeners are being well serviced by having lots of stations to choose from.

We could have opted to be an all Classical music station, but unfortunately there is not enough interest amongst the student body to be able to fill all the shifts. Which brings us to the next topic. . .

Membership! CITR is run by UBC students on a volunteer basis. Currently CITR has 300 members and more join every week. You can get involved, too, by dropping into our studios in SUB Room 233. For a small fee—to help keep the station running—you have full access to all the facilities CITR has to offer.

CITR offers an environment similar to any major radio station. We have an excellent music department, and up and coming news, sports, and public affairs departments just waiting to get you involved whether you are looking for a place to spend an hour, or a place to live the better part of your life.

This year we've been working hard to set up an even better system of helping volunteers get involved. That means we want to make sure every new member is immediately introduced to the mechanics of our radio station which beats 21 hours a day, 7 days a week, 52 weeks a year.

Volunteers learn how to be newscasters, sports announcers, theatre reviewers, public affairs producers, disc jockeys, just to name a few of the popular positions at the station.

. . . see page 80

AM Services

includes the Tween Classes and Vista listings. Ignore all reference to this as SHITWORK.

Also, *The Ubyssey* needs photographers and cartoonists. To be either, it would be preferable if you have a steady hand, but a degree from Emily Carr is not needed.

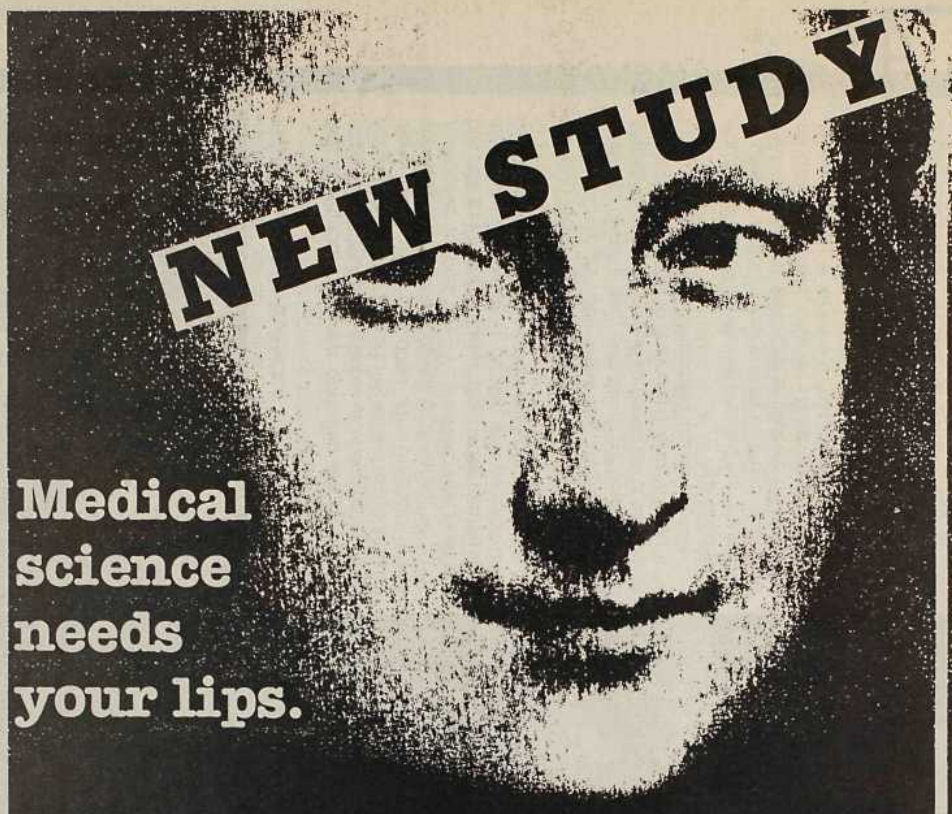
Organizing all this is The Ubyssey Collective, a group elected by the staff who give up health, academics and relationships to devote their all to the paper. But they aren't a bunch of autocrats who crave power (no, never that). The paper is run democratically, with such things as story placement and editorials being decided at staff meetings held on press days. You can also have a say on other matters of concern to the paper at weekly meetings usually held on Wednesday.

Doesn't it sound fascinating, doesn't it just make your head buzz with thoughts of skipping your eight-thirty class to eat breakfast at Bino's with *The Ubyssey* staff following an all-nighter? Well, it did to me and I took the plunge five years ago, still managing to come out of it with a degree and my sanity relatively intact.

If all this sounds like a grand opportunity for you to push yourself well beyond what you thought were your human capabilities, drop by SUB 241K and find out what you can do on UBC's student newspaper. You'll be following in the footsteps of an illustrious group including such people as John Turner, Allan Fotheringham, Pierre Burton and Les Bewley (please strike last name from record). And you'll never again wallow in the depairing depths of confusion and vapidity.

—Chris Wong, a *Ubyssey* hack

"and in conclusion, I find that today's hair trends are shocking. Imagine! Hair below the ears!"



Medical science needs your lips.

- If you are occasionally bothered by cold sores or fever blisters (chapped lips and cracked mouth corners don't count)...
- If these sores feel tingly or itchy and then pop up at the edge of your lip...
- If they look blistery...
- If you are healthy, over 16, and unquestionably not pregnant...
- If you wish to participate in a study of a new cream treatment called undecylenic acid...
- If you don't mind that the study is "Placebo-controlled" (½ of the entrants get a "fake" cream with no active drug)...
- If you would accept a $50 honorarium after completion of 6 to 8 study visits to the UBC Herpes Clinic...

please clip this

WHEN YOU GET A RECURRENCE NEXT TIME CONTACT US IMMEDIATELY!

IF . . .
- You awoke with a warning or a sore or
- You just developed one during the day
- It is between 8 a.m. and 5 p.m. (7 days) and
- You are interested in finding out about participation in a drug study and
- You are planning to be in the vicinity for the next 14 days

THEN follow these instructions as soon as possible. Do not wait for blisters or sores to form. CALL 687-7711 NOW and ask the operator to page beeper 2887 (give your name and a phone no. you will be available at for the next 10-15 min.). If it is after 5 p.m., it is too late to do the study this recurrence, so hold on to the paper and call next time if before 5 p.m.

NOTE: These instructions are for informtion only. A decision about entry into a study will occur only after the research assistant has talked to you further and you have decided you wish to participate.

SOLACE FOR THE SOUL

HOW TO ATTACK STRESS BEFORE IT ATTACKS YOU

By NANCY CAMPBELL

Scenario 1: It's February, you're in fourth year and suddenly everyone is changing. Relationships are breaking up, people are unhappy, normally withdrawn people suddenly become effusive, and the students you thought had their shit together suddenly start cracking up. It's not happening in just your class but in other faculties too from what you can tell.

Scenario 2: It's your first November at UBC and you're not doing well. Everything is so impersonal; the midterms you studied so hard for are a disaster and there's no one to help you. You don't have any really close friends yet to rely on, and at home everyone thinks you're a genius just for being at UBC. What are you going to do?

These scenes, Fourth Year Syndrome and First Year Trauma, are among the many you or your friends will encounter while at UBC. The most important thing to remember is that you are not alone—that these dramas are played out year after year and that solutions are available. If you're in first year, always remember that 47 per cent will fail at least one course.

Don't ever feel you're not normal if you get caught in one of these dramas. UBC is designed to stress students—to make them demand the most of themselves, and then some. It can be argued that a real part of your education is learning your limits and coping with the stress. No one will say it's fun, but to many it's necessary. In fact it seems most faculties design third year to be the "killer year"—when you have to memorize everything, do it at top speed, and churn out at least two essays/ labs a week.

Although most students will be subjected to these stresses, a critically affected group is older returning women students. In addition to the normal rough and tumble of UBC, these students often must also contend with raising a family, economic problems, time management, and lifestyle problems. Don't be ashamed to admit these additional burdens: plan for them accordingly.

There are many solutions to these crises, ranging from the simple to the highly medical. Most important: be a friend to people you see in distress. Take them for coffee; get them to talk. So many problems shrink when you don't feel alienated. Sometimes a new insight is all that's needed to make yourself feel better.

IF YOU'RE BY YOURSELF, GIVE YOURSELF A TREAT. A favorite is the steam room in the Aquatic Centre, a great post-Chem 230 Christmas exam boost. As well as being warm and wet, the steam room gives you a chance to cry your eyes out if need be without worrying about explaining why your face is flushed or eyes wet. Another alternative is to join a club which allows you to let off steam, whether by throwing clay or hurling people.

But maybe you want more than the temporary solace offered by these activities. If you want personal, yet anonymous, attention, drop by Speakeasy or call them at 228-3700 crisis line, 228-3777 info line. Sometimes just crying on a shoulder is all that's needed to take the blues away.

If you want more intensive or face-to-face counselling, the Women's Student's Office is a resource par excellence, especially for "women's problems" i.e. rape, incest, motherhood. Head honcho June Lythgoe and her co-workers really are the warm caring people you need in time of trouble. Another is the Counselling and Resources Centre. These people can advise you on anything except specific courses (see your faculty advisor). Emotional, personal, course-related or career dilemmas can all be addressed by the friendly people in Brock Hall.

For those who feel very desperate or more medicinally inclined, drop by the Student Health Services. Dr. Dorothy Goresky, for example, specializes in stress. Especially if classroom stress is destroying you, don't hesitate to see the physicians in SHS about getting a medical deferral for exams or assignments. Nobody wants you to kill yourself over your courses, but sometimes you need an official piece of paper to convince yourself that you really do have a legitimate problem. No appointment is necessary—just drop by the SHS, fill in the request slip and within minutes be seeing someone about your crisis.

Should you feel you want psychiatric care, a number of routes are available. You may want to be referred by SHS, Women Student's Office or Counselling. Or you may just want to walk right into the psychiatric office (just off the SHS lounge) and say: "Hi, I'm depressed/upset/stressed out and I need help." The friendly receptionist will make you an appointment or you might even luck out and see a shrink right away. The nice thing about SHS is that by being on campus, you can easily squeeze in appointments between classes and no one need know, unless you want them to.

Sometimes help will involve a decision on your part to drop a course or even drop out all together depending on your situation. The important thing to realize is that, despite the way your classes program you, credit hours are not the end all and be all of your existence at UBC. There is so very much more to be gained from the educational enterprise than mere marks; so many never realize this until it's too late (the fourth year syndrome). It is essential that you recognize your problems when they occur and act on them, not be paralyzed with inaction until it's too late!

Although it's hard to believe, you will gain from the unpleasant experiences you have at UBC. Perhaps it's the maturing process, or just life itself, but graduating students who feel they've learned about themselves as well as their subjects are the more satisfied people. Above all, never lose hope when you're down; there is help here at UBC, often it's just a question of finding it. ●

Perusing dust, must and literature

from page 10...
(632 West Broadway). Yes, the one with the awful tuba commercials and the free java. All the hard cover best sellers are here. Big, bright, boring and 25% off.

Before we head back to the Point let's delve into the dark land of the politically correct. Yes Toto, we're off to East Vancouver, specifically **Octopus Books** (1146 Commercial Drive). We're talking literature. Antagonistic, revolutionary, counter-revolutionary, anarchist, black, red, pink, scarlet, vermillion. It's all here in posters pamphlets and books. Octopus on Commercial and, to a lesser extent, Octopus at 2250 West 4th, is a meeting place with a strong sense of community. After five minutes of reading the walls you will have forgotten what you came for and learned more than some poli-sci courses ever teach.

Books for and about women are the topics covered by **Ariel Books** (2766 West 4th) and the **Vancouver Women's Bookstore and Centre** downtown (315 Cambie). Whether your interests be politics, feminist studies or women's economics, there are magazines and books to raise your awareness.

Just a block down from Cambie on Hastings is the **Spartacus Educational Society** (311 Hastings, 2nd floor), a non-profit, socialist, volunteer bookstore. A fiercely political place where the people speak of "the revolution" with the understated knowledge that it will happen some time before Expo is over. A $10 membership fee will get you 10% off all items. Don't be afraid of coming out wearing granny glasses and a black turtleneck.

There are all types of bookstores downtown but none can match the nocturnal noise of the **Mall Book Bazaar** (850 Granville). There is nothing like reading poetry at midnight while skateboard punks roam the aisles and a megawatt reggae band blares through from the Commodore.

There are a dozen or more top stores, not including the religion, magazine, comic and antiquarian places, but I will limit this love interest to two favorites. Breathe deep, look up and step into **MacLeod's Books** (455 West Pender), home of an enormous array of books piled gracefully to the high ceiling.

The purest fix in the realm of used book stores is at **The Bookstall** (1425 Clyde Avenue) behind the West Vancouver Marine Drive MacDonald's. The Bookstall is a dark cubby hole and everything a used store should be. For the traditionalist, dust is a must, and must is in no short supply here either.

In shady corners old women bundle armloads of 25¢ titillating titles and old generals paw ancient tales of war. The man behind the counter is always willing to finger obscure books, and everything is cheap, cheap, cheap.

The books are out there and the more you hunt the better it gets. ●

Old Dutch FOODS LTD.

Everybody's flavour favorite

Wishes All The New and Returning Students A Great Year!!

FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN FUN

VANCOUVER Come spend a Little Time in THEATRES

Let me entertain you.

By MICHAEL GROBERMAN

Opening
Curtain up
Michael, in top hat and tails, in a smoky cabaret setting.
Music: Cabaret

Films and t.v. are reshot 'til it's right.
You ain't seen nothing yet.
Come see the actors sweat, my dear,
Come see the actors sweat.

See actors dance,
See actors cry,
See actors miss a line or entrance
Every night is fresh and different
What good is watching all films and t.v.,
The play, as they say's, the thing.
Check out Vancouver's theatre scene,
Check out the theatre scene.

Tamahnous Theatre, 1885 Venables, Vancouver. 254-1911. Tickets less than $10. Tamahnous is one of the best theatre values in Vancouver. Experimental, risky, entertaining, progressive plays by a young, talented company. Responsible for "The Haunted House Hamlet" this summer, watch for Neverland, a peterpan musical, in December, and "Brides in Space" in the spring. Their theatre, Vancouver East Cultural Centre, 1895 Venables, is the nicest in the city.

Touchstone Theatre, 280 E. Cordova, Vancouver. 687-8737 at the Firehall. Tickets under $10, two-for-one on Tuesdays. Touchstone describes itself as "experimental, new Canadian Theatre." It produces its own original productions, working with playwrights, directors and actors, and also mounts new plays performed recently in another part of the country. Touchstone is responsible for the wildly successful, "Sex Tips for Modern Girls." They do not announce a season, but their productions are certainly worth looking for as the year unfolds.

Carousel Theatre Company, 669-3410, at the Waterfront Theatre on Granville Island, 685-6217. Tickets $12. Carousel's children's theatre is too good and too intelligent to be performed exclusively for young audiences. The Christmas production, title unannounced, often wonderful, begins mid-December. Tickets are $12. Look forward with irrepressible enthusiasm to Carousel's school-tour Shakespeare production which plays at the Waterfront in February. Young actors in modern dress give this Shakespeare a special vitality. This year's installment: The Taming of the Shrew.

The Vancouver Playhouse, 601 Cambie, 665-3050. Tickets $12.50 and $10.50, six play series subscription regular $73, students $43, Monday to Thursday.

The Playhouse is choosing its season
A complicated thing to do.
We know what our audience wants to see
Mediocrity
Mediocrity
The main criterion happens to be
Mediocrity
Mediocrity
M E D I O Cri Tee

Perhaps I can make this all a bit easier . . .
I know:
Bore, a play, a Playhouse play!
Old, their favourite type to do.
Risk, a thing they never take,
Bucks, the thing they want from you.
Bland, of Mice and Men sold out,
Dull, A Chorus Line made more,
Glee, they're doing Private Lives,
That will bring us back to Bore.

The Vancouver Fringe Festival

Michael: *To Fringe, or not to Fringe, that is the question. Whether 'tis better to suffer the insults for wearing unadorned garments, or by fringing, end them.*

September 12-21, noon to midnight, 10 venues, 100 groups, over 400 performances from Canada, England and Mexico. Tickets $5 or less. Main Street, Mount Pleasant area. Call 681-0818. This is the Fringe Festival's second go. The shows are cheap, and some will be very good. Get into the spirit, hang out around the venues one afternoon, listen to comments, check out the guide in the Sept. 5 *Georgia Strait*, and catch a couple really odd performances.

Theatrespace, 681-0818 (same as the Fringe), various venues, tickets are under ten dollars. This odd, experimental theatre will produce three environmental stage productions. Performances will take place in a gas station, a newspaper office, and a subway station. Could be interesting.

Metro Theatre, 1370 S.W. Marine Drive, 266-7191. Tickets under ten dollars. Nine play subscriptions $46 for students. This

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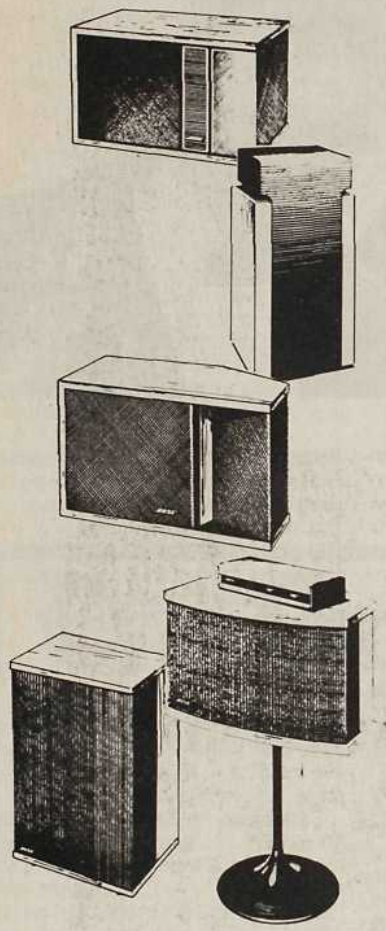

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West Vancouver:
Park Royal, North Mall, **925-2622***

North Vancouver:
1324 Lonsdale Ave., **980-3839***

Richmond:
5851 No. 3 Road, **270-8691***

Coquitlam:
Coquitlam Centre, **464-6711*****

Surrey:
Guildford Town Centre, **589-3311****

*Open Sundays, Noon-5:00 PM
**Open Sundays, 11:30 AM-4:30 PM
***Open Sundays, 11:00 AM-5:00 PM
****In-store factory service

is local, hobbyist, amateur theatre—a genre unto itself. Lots of British comedies and thrillers. Next season includes On Golden Pond and The Caine Mutiny Court Martial. Could be bad, but never boring.

Frederic Wood Theatre, UBC, 228-2678, and Dorothy Somerset Studio, same building, other side, same phone number. Bargain basement theatre prices for these student-actor, professional design productions on the main stage. Student tickets just $5, subscription to four-play season only $13 (Blood Relations, The Crucible, Moliere, and the Winter's Tale). Theatre profs intend to direct five shows in the studio, titles still unannounced, around $5 a ticket. A revue/musical extravaganza in October will be $20 a ticket (money raiser). The one-act plays by MFA directing students, in the Studio, are free, and should be rather good this year.

Studio 58, 324-5227, at Langara Campus of VCC, 100 West 49th Ave. Theatre students in this two year program perform a season of six plays which are, generally, very good. Little glitz, no big titles. Plays which would probably not be performed elsewhere. Tickets are $4 weeknights, $5 on weekends, Sunday two-for-one.

Mussoc, UBC's own musical society is now in its 71st year. It's a campus club, so not only can you see it, you can even be In it. This year's title should be announced shortly. This is the high-school musical writ slightly larger, but still in all of its awkward glory. Tickets around $7. It's as fun as it is bad.

High school musicals Keep an eye out in the local papers and on make-shift neighbourhood signs for high school shows. They're fun and they're cheap.

Arts Club Theatre. Three venues: 1181 Seymour and two on Granville Island, 687-1644. Tickets: over ten dollars, two-for-one on Wednesdays at 5:30. Suscription means eight vouchers for any plays at Granville Island theatres over the year: $49 Monday to Thursday.
Music: Guys and Dolls

Yes sir, when you choose a show,
To make sure it makes dough,
Best be sure it's a title that people know.
Or just choose a show that's always done well before:
Talking Dirty, that bore.
Or let's see Ruth Nichol do Jacques Brel once more.

When compelled to do
A show that is new,
Give the call, let Ann Mortifee milk her name,
From a child's crooked quest,
To philosophies of the west,
All her shows, like the Arts Club's,
Are the same, the same, the same.
All her shows, like to Arts Club's,
are the same.

The Richmond Gateway Theatre, that's right, it's in Richmond, at 6500 Gilbert Road, the west side of Minoru Park, 270-1812. The season of three plays is $27 weeknights, $29.60 weekends. Single tickets are $9-$11. This is a community theatre that also acts as a venue for Richmond high school shows. The banality of the 'burbs is reflected in the season of a British farce from Victoria's Bastion Theatre, a one-man self-indulgence performance called Letter from Wingfield Farm and the Christmas musical, The Wizard of Oz.

Theatresports/Scared Scriptless. Vancouver's top high level improvisational theatre has two venues: Theatresports, at City Stage, 842 Thurlow, 688-7013 and Scared Scriptless at the Arts Club Revue Theatre on Granville Island, 687-1644.

Theatresports is competition between two teams who challenge each other to perform various improvisations: create a song, or deliver lines in Shakespearean style verse. Situations are suggested by the enthusiastic audience. It's on Friday and Saturday nights at 11 p.m., but be in line by 10 at the latest. Tickets are $5.

Scared Scriptless is not competitive, but performs with suggestions from the audience. It's on Friday nights at 11:30. Tickets are $4.

Presentation House Film and Theatre School, 333 Chesterfield, North Vancouver, a short walk from the North Shore Seabus Terminus, 986-1351. A season of six plays, September through April, will have individual tickets around $6. This brand new theatre company will showcase the talent of recent graduates from theatre programs. A company of 14 performers, under the direction of Catherine Caines and Antony Holland, will present a season of six plays. An enthusiastic Catherine Caines looks forward to presenting unusual, thought-provoking, hard-hitting theatre. We'll see ●

FUN FUN FUN FUN FUN FUN FUN FUN

LIFE NIGHT

By PETER BURNS

In the town that spawned Expo, the hedonists want to dance, drink and engage in casual sex. Vancouver's clubs provide the setting for fun and games in the dark for people in pink, people in black.

Like every Canadian city, the rules are the same from club to club, so are the people; only the music and costumes change. The following is a brief, biased and tranquillized (and most-often) ill-informed look at this city's holes. Most have a cover charge.

Amnesia 99 Powell St., 682-2211 Forget this one unless you're interested in a hanging garden of poop-heads.

Bennington's Downstairs Bistro 57 Chadwick Court, N. Van (at Lonsdale Quay) This place serves a potpourri, as they term it, of folky, guitar Bob Dylan, Gordon Lightfoot time-trippers. Of course this does not make it special, but its $1.89 for a pint is the best price around—and the place still smells o.k. Cocktails are only $1.99 and oysters are 75¢ a shot. Great place for a warm-up.

Channel 1 Klub 860 Denman St. (side door) 669-3448 Friday and Sat., $2. Notice the K instead of the C. Wear black boots, black pants, black t-shirt, black jacket—then look very white and pale—gaunt is sexy. Dance to hip, black-boot tunes. Discuss escalating drug prices. . . go home with someone in black.

Classical Joint 231 Carrall St. 689-0667 Great jazz and nice people. . . the last of Vancouver's coffee houses.

Club Mardi Gras Century Plaza Hotel, 1015 Burrard St., 687-0575 Funk for secretaries and their bosses to dance to. Many divorcees. Typical monologue. Man to bartender, "Can I have two Canadians?" Woman with friend sitting at bar, "We're two Canadians."

Club Soda 1055 Homer St., 681-8202 For those new to Vancouver—Loverboy's-manager-owns-this-club. It shows—pap like Jim Foster, Paradox, Cats Can Fly. For no-minds and Social Credit youth members.

Commodore Ballroom 870 Granville St., 681-7838,Vancouver's oldest venue (a stately 57 years) This place has seen a lot—high school grads, U2's first Vancouver appearance, The Cure, poetry seminars, Guy Lombardo and his Royal Canadians. Still the best place to see a new band—plus it's being remodelled into a palace according to the owners.

Earl's Restaurants Vancouver If you're looking for a pre-club warmup, be warned. This is polo-shirt crowd. Yuppies are history, but this is where the few remaining recruits hang out. . . if anyone's interested in walking museum pieces. . .

The Edge 1225 Homer St., 683-0318 One of the city's only after-hours clubs and the best.

The Embassy 1022 Davie St. British Columbia's red-neck bands.

Heaven 1251 Howe St., 689-5256 Kids after hours club.

Hippopotamus Club 304 Lonsdale Ave., N. Van 980-1444 Hard to pronounce without laughing, true, but within this club are dark stories. . . herpes II is rampant. Insiders and those afflicted jokingly refer to it as the Herpopotamus Club, but kidding aside this is rough. Blink once and you could be in Prince George, but don't blink twice or you could be in trouble. Polo shirts mandatory.

Luv-A-Fair 1275 Seymour St., 685-3288 Poseurs and voyeurs. . . some black required. Good musical fare.

Punchlines 21 Water St., 684-3015 Comedy.

Railway Club 579 Dunsmuir St., 681-1625 British Columbian original bands and international stuff. Usually excellent. Typical fare: Brilliant Orange, The Zealots, Herald Nix.

Richards On Richards 1036 Richards St., 687-6794 Bolshevik club. People with very little money trying to overthrow the system. Regulars here smoke drugs and discuss feminist literature. To be avoided.

The Savoy No. 6 Powell St., Maple Tree Square, Gastown 687-0418 Run by Gassy Jack's hip grandson, Philip. Good alive music.

Smiling Buddha Cabaret 109 E. Hastings Where DOA first began frothing. Pilgrimages are welcome. . . knives left at door.

Systems 350 Richards St., 687-5007 Synth music with a suburban fashion crowd.

Tommy Africa's 1010 Beach Ave., 683-1993. See Systems.

Town Pump 66 Water St., 683-6695 Live music, some of it good. Come late—the band always does.

Xenon 1108 Hamilton St., 684-3322 Call ahead to reserve dance spot on speaker. An after-hours Systems.●

When you tire of the food routine at home,

EAT OUT

A student guide to Vancouver restaurants

By RONALD STEWART

You may eventually tire of a consistent diet of Kraft dinners, and when you do, it's time to go see the professionals. But on a budget that limits funds, time, and travel, where do you go?

This restaurant guide should answer that dilemma. It's student-designed and user-friendly. All the restaurants are:

- close to UBC (north of 41st Avenue, west of Main);
- reasonably priced (2 people, with a couple of drinks, for under $30) unless indicated otherwise, and
- pretty damn good.

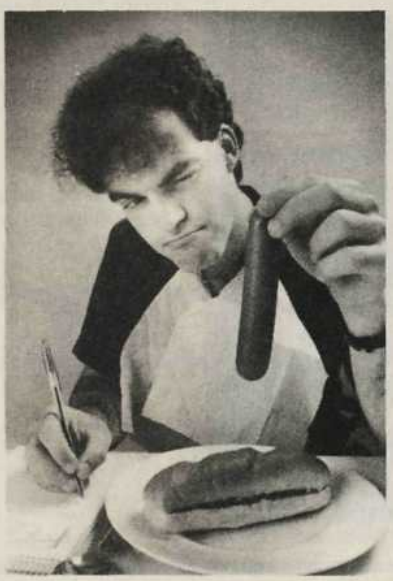
Since most folks have some preconceived idea of the food they want/restaurant type, the list is categorized. Now before we begin, a couple of warnings are in order. First, management, ownership, and price changes can drastically alter any of these places before the year is out. Second, the list is by no means complete, and some categories (such as the many excellent Japanese and East Indian eateries) were left out. Like most students, I never do thorough research.

Prepare yourself for a whirlwind gastronomic tour of near-campus restaurants—slightly less thrilling than the scream machine, but nowhere near as nauseating.

PARTY PLACES

Better known as Burger and Beer joints—accent on the beer. There are a lot of these, and for good reason; the food is good and cheap, plus they're a lot of fun. However, their popularity can be a problem. If you hit any of them on a weekend about the time most movies get out, expect a line-up. (If you're not into dead cow on a bun, don't worry; the menus usually have a variety of other foods).

Some of the better establishments include: **Fogg 'n Sudds** (3293 West 4th, 732-3377) with the most incredible beer menu in existence and a huge food menu besides, **PJ Burger and Sons** (2966 West 4th, 734-8616) known for their "Gourmet" burgers (?!)—the place is decorated like a Miami Vice set, so wear pastels; and **Earl's Place** (4397 West 10th, 222-1342), plastic parrots and all. Also popular with students are the wonderfully named **King's Head Creative Food and Beverage Co.** (1618 Yew Street, 733-3933), which also has live entertainment, and **Las Margaritas** (1999 West 4th, 734-7117), which features Mexican cuisine. Also try **Chevy's** (950 W. Broadway, 736-CHEV).



ROMANTIC RENDEVOUS

These are very hard to find, because the more quiet and intimate a restaurant is, the higher their prices are. **The Frog and Peach** (4473 West 10th, 228-8815) is pretty good for a romantic evening, but a bit pricier than most student places. The same goes for **Valentino's** (4432 Dunbar Street, 738-3186), but this Italian restaurant has excellent food, good service, and even an accordian player—and he sounds great!

While the previous two restaurants are not overpriced, you may be strapped for cash but still want a romantic night out. All right, cheapskate, certain tables at **Candia Taverna** (4510 West 10th, 228-9512) and **Mr. Munchies** (2041 West 4th, 732-8884) will fit the miniscule bill you want to pay. Don't worry, the food's pretty good at both places. Just don't expect to impress anyone with your wealth.

CHINESE

One of the best things about Chinese food is that if you want to feed a group of people a good, varied meal for a low price, you can do it.

All of the following restaurants are Cantonese; to find the spicier Szechuan places, you have to travel a bit.

The Varsity Grill (4381 West 10th, 224-1822) is the perennial campus take-out place—it's cheap, fast, and all that, but tends towards the greasy side. Closer to campus is the **Red Leaf** (2142 Western Parkway, i.e. the Village, 228-9114) which has an excellent, varied menu but is a bit small, so arrive early on busy nights.

Larger places include the **Peninsula** (604 West Broadway, 872-1271) and the **Excelsior** (4544 West 10th, 228-1181). Dinners at any of these establishments, for as few as one or many as fifty, are eminently reasonable.

GREEK

Greek restaurants have excellent food, especially the appetizers. However, they tend to cost more than other restaurants. My recommendation: save for a special occasion, go with a group of people, and quaff copious amounts of Sambouka so you won't care about the bill.

Simpatico's (2222 West 4th) has a good menu, good food, average prices, and an easy-to-remember address. The aforementioned **Candia** has some Greek food on the menu, but is primarily a pizza place. The best Greek restaurant in the area is probably **Alexi's Taverna** (2291 West Broadway, 734-4424) with great pizzas, good food, and better prices. Also try **Romio's Greek Taverna** (2272 West 4th).

MEXICAN

There aren't too many of these, thank God. Those of you who think refried beans are a delicacy can try the previously mentioned **Las Margaritas** or **Topangas** on 4th, which have California style Mexican food (whatever that means) and reasonable prices.

If you think I don't like Mexican food, you're right. So sue me.

. . . see page 56

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ROMIOS **2272 W. 4th Ave.**

Romios is a licensed premise offering fine greco-roman cuisine and excellent whole wheat pizza. Perfect for groups or a romantic dinner for two. You'll feel like being in Greece with its authentic Greek architecture and music.

736-2118 or 736-9442

THE EATERY **3431 W. Broadway**

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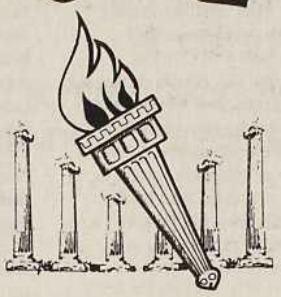
Olympia



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ON CAMPUS RESTAURANTS

The Pit Pub: Located in the southwest basement corner of SUB, UBC's campus pub, a licensed bar, features the largest selection of draught beer in B.C.! The campus-famous Burger Bar boasts quality pub grub at unbeatable prices, and their food and beverage specials provide great savings, daily. Big screen delights include satellite TV, MTV, feature films, favorite soaps and sports. Discos provide the dancing music on Wednesday, Friday and Saturday evenings, 9 p.m. to 1 a.m. Open every day Monday to Saturday from 11 a.m. to 1 a.m. and Sunday from 11 a.m. to 11 p.m.

Gallery Lounge: Offers a unique and relaxed atmosphere on the SUB Concourse. Special features of this fully licensed facility include: a sandwich bar with the best made-to-order prices on campus, daily drink and sandwich specials, nachos, art exhibitions which are changed frequently and spotlight local and campus talent, and live afternoon and evening entertainment—still no cover. Drop by for lunch or for a snack'n sip.
Open Monday through Friday 11 a.m. to 1 a.m. and Saturday from 7 p.m. to 1 a.m.

Snack Attack: New to SUB this year this AMS operated snack bar (located outside the Games Room in the new SUB plaza) features a specialty menu of gourmet hot dogs (six varieties available in three sizes), the delicious "orange delight" beverage, made with freshly squeezed orange juice, quarter pounder muffins, coffee and tea. Reasonably priced, tasty items. Drop by for a coffee and muffin before class—just look for the black and white checkerboards!
Open Monday to Friday, 7 a.m. to 8 p.m., Saturday & Sunday, 9 a.m. to 8 p.m.

Tortellini's: This is the new AMS restaurant located in the SUB plaza, kitty corner to the Pit. This licensed restaurant features a menu of seven different kinds of pasta, complemented by a choice of seven homemade sauces, a fresh daily 30 item salad bar, delicious homemade soups and quarter pounder muffins. Colourful umbrellas append this facility year round—the indoor patio secion inside and during warmer climes, on the outdoor patio. The food is fresh, delicious and affordable.
Open Monday to Friday 7 a.m. to 10 p.m., Saturday & Sunday, 11 a.m. to 10 p.m.

Gate 4: International House Lounge and Coffeehouse. 1783 West Mall, 228-5021 or 228-5022.

Arts 200: Fast, efficient service for quick pick up of beverages, baked goods, sandwiches, etc. Located in Buchanan Lounge.
Open Monday to Thursday, 8 a.m. to 3:45 p.m., Friday, 8 a.m. to 3:30 p.m.

The Barn: For tasty burgers, sandwiches, baked goods, custom sandwich bar and beverages in a cosy atmosphere or outside on the patio, weather permitting. South on the Main Mall.
Open Monday to Friday, 7:45 a.m. to 3:45 p.m.

The Bus Stop: Friendly, efficient waitress service. Short order menu and daily specials. Beer and wine available. Located in the centre of the campus next to the Old Bookstore.
Open Monday to Friday, 7:45 a.m. to 4 p.m.

"The Express": New take-out service and limited seating area for snacks, beverages, custom sandwich bar and deli items. Located in the Old Bookstore on the Main Mall next to the Bus Stop.

Edibles: Quick service for sandwiches, beverages, burgers and snacks. Located on the lower level of the Scarfe building on Main Mall at University Boulevard.

IRC Snack Bar: Pick up a quick coffee and snack while you're in the Instructional Resources Centre (Woodward Library Building). Located at the west end of the lounge.
Open Monday to Friday, 8 a.m. to 3:45 p.m.

The Ponderosa: For snacks, burgers, beverages, custom sandwich bar, salad and daily specials. Beer, cider and wine available. Located by the Big Ponderosa Pine on West Mall at University Boulevard.
Open Monday to Friday, 8 a.m. to 2 p.m.

SUB Way: UBC's largest cafeteria, conveniently located on the main level of SUB. Extensive menu selection: salad bar, custom sandwich bar, omelette bar, grill items, beverages, snacks, baked goods and daily specials. Beer, cider, and wine available.
Open Monday to Thursday, 7:30 a.m. to 7 p.m., Fridays 7:30 a.m. to 4 p.m., Saturdays 10 a.m. to 5 p.m. Closed Sundays.

Yum Yum's: Newly decorated for your enjoyment of authentic and delicious Chinese food, served 11 a.m. to 2 p.m., as well as a full snack bar service from 8 a.m. to 4 p.m. Beer and cider available in the Old Auditorium.
Open Monday to Friday.

The Delly: On the lower concourse, a surprising variety of hot and cold food is available, including samosas, cornish pasties, Nanaimo bars, ice cream and custom sandwiches. Great nibblies for dieters, too!

Dukes Cookies: Hot, fresh chocolately, chewy, aromatic cookies. And if that's not enough, cappucino, deluxe coffees and muffins. You can tell by the smell when it's open on SUB main concourse.

University Village Eateries: Just one block off Wesbrook Mall can be found a selection of five, count'em, restaurants in the Village. If you want Chinese food check out the **Red Leaf Restaurant** (see their ad in the yellow pages); **Hong Kong Kitchen**—good, fast, cheap food; or University Grill. For the trendy or hungry there's Felini's and for the pizza fiends UBC Campus Pizza will deliver to your residence doors or anywhere else on campus.

—compiled by Margaret Copping and Nancy Campbell

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from page 51...

HEALTH

For those of you cleansing your systems of running-dog capitalist poisons, there are many health-conscious establishments near campus. **Woodlands Natural Food** (2582 West Broadway, 733-5411) is buffet-style. The prices are reasonable, and they have a vegetarian lasagne that is the cat's PJ's. However, the buffet changes every day, so there's always a chance of facing a selection of soggy, tasteless dishes.

The Naam (2724 West 4th, 738-7151) is probably the best natural food place in the city, as well as the oldest. For beginner veggies, their vegetarian burgers are a great introduction.

For the group of people who want "real" food—i.e. dead flesh—but have to please a vegetarian in the gang, **The Excellent Eatery** (3431 West Broadway, 738-5298) is the place to go. It has a menu to please all tastes, though the food has gone downhill a bit recently.

PIZZA

Simpatico's, Candia Taverna, and **Alexi's Taverna** have all been mentioned; **Brick Oven Pizza** (4265 Dunbar, 228-1822), **White Tower** (3611 West Broadway, 738-9520) and **Mama Alda's** (2603 West 16th, 734-0211) all make excellent, well-priced pizza. Delivery rates (if they deliver at all) vary, as do the hours.

HONOURABLE MENTIONS

Cafe Madeleine (3761 West 10th, 224-5558) is a great coffee and dessert place. They also make great hot chocolate. **The Fresgo Inn** (1138 Davie Street, 689-1332) may be downtown, but it's open at the most ungodly hours and has huge portions of good munchies for unbelievable prices.

OTHERS

The Alma Street Cafe, 2505 Alma at Broadway,

Redhots, 3189 West Broadway,

Olympia Pizza, 2599 West Broadway at Trafalgar,

Sasamat Pizza, 2630 Sasamat,

Pindo's Pizza, 3714 West 10th Avenue, and

Flavour of India, 2953 West 4th Avenue.

Well, that's it for our little tour. I hope we've all learned something about restaurants, and about ourselves. Sure we're tired, but it's a good kinda tired. Don't drink and drive. ●

LIVEN UP YOUR LEISURE TIME

Join a club.
From accounting to wind surfing,
AMS clubs contain something for everyone.

You probably know people who seem to get involved in almost every club imaginable. You name it and they'll show you their club card.

Why do they do it? Better yet, how do they fit clubs into a heavy academic schedule?

Not even common excuses, including "I don't have time," "I want to concentrate on my marks," or "How will having fun help me get ahead?" deter these people.

Don Bobert, Alma Mater Secretary of the Students Administrative Commission conservatively estimates 4,800 students joined clubs last year. Already 156 clubs, as of June 86, have formed, and still new clubs form each year. Half of the total number of clubs are listed below.

Clubs at UBC encompass political, public affairs, religious, hobby, faculty related, and sports, among many other uncategorizable ones.

And because the clubs listed below are all officially AMS constituted, they are open for everyone to join.

Club activities are usually advertised in the free "tween classes" section of *The Ubyssey*, or on posters stuck on those legal posting areas—bulletin boards.

To check out the clubs personified, either refer to their room and phone numbers listed below or peruse their booths *en masse* during the carnival-like Clubs Days on September 18 and 19.

Clubs can round out your university education. Learn leadership and management skills, and even the 80s networking skill. And remember: well rounded, interesting resumes, as well as good marks, impress employers.

Besides all that, they are a lot of fun.

To start an official AMS club, a group of 10 people must go to SUB 260 (228-2901) and fill out forms to gain AMS club benefits including SUB room booking privileges, financial aid from students council and mailbox space.

Mass amnesia attacks musical cast and group is left with one copy of the script to share.

Clubs Days

By LAURA BUSHEIKIN

The world "school" originates from the Greek word "schola" which meant, not education, but leisure. You may well wonder what school has to do with leisure, especially when you have three exams and four term papers due by next week. School to you probably means hard work and preparation for a job. We've come a long way from ancient Greece.

Perhaps too long a way. Sociologists are confidently predicting that we'll have unprecedentedly vast amounts of leisure time in the near future, and yet most of us go through university—ostensibly our preparation for life—putting great energy into scholastic work and occupying our leisure time with wild parties or glazed hours of television watching. We leave university with a degree but only a degree.

And yet University does offer much more than a degree. It offers exciting, innovative, and fun ways of occupying your leisure time. You can meet lots of interesting people, follow your interests, develop your abilities, gain valuable experience to brighten up a resumé, and go to even more wild parties. You can put yourself on stage or put your name in print. You can dance, sing, pray, debate, play underwater hockey, and much, much more. All you've got to do is join a club.

And don't say you're not the sort of person who joins clubs. If you go through University being disdainful and apathetic, you'll make it a habit and go through life disdainful and apathetic, and then you'll miss out on a LOT. Furthermore, there must be a club that is just right for you. You can join a club based on your ethnic group, nationality, religion, political beliefs, or area of study. You can play your favorite game or sport in a club. You can get fit, get angry, get down and boogie, or just

. . . **see page 72**

ACCOUNTING CLUB

One of the main objectives of the Accounting club is to provide a link between students and professionals within the accounting field. We provide opportunities where everyone is welcome to meet and share drinks with CGAs, CAs and RIAs, visit CA firms, and listen to career planning presentations.

And that's not all. We also organize softball games, soccer games, beer gardens, a club dinner, ski trips and miscellaneous Big Bashes. We have even planned a trip to Seattle or San Francisco.

For people considering life after UBC, the club holds resume and interview clinics. Be sure to come to the first general meeting in September.

Contact: Mark Robinson 327-5662 or through the Commerce Undergraduate Society office, third floor Angus

AISEC

Welcome to the 1986/87 school year! AISEC, the International Association of Students in Economics and Commerce welcomes students in every faculty to join.

Currently over 450 universities including Australia, Brazil, and India participate in AISEC, the world's largest non-profit, apolitical student organization.

A total of 62 countries currently participate in AISEC. The organization sets goals to:

- expand university studies by providing practical working experience;
- develop management skills and leadership potential;
- promote international understanding and co-operation.

Each year AISEC students find jobs ranging from 6 weeks to 18 months for foreign students. Based on your participation, AISEC could send you to one of 62 countries for international job experience/training before you start your career!

At UBC some of the programs sponsored included seminars, company tours and various theme projects.

So if you are looking for practical experience in Canada, as well as overseas, and want to have fun, then come to the Orientation Seminar held in the third week of September, or read the notices that will be posted.

Contact: Bernie Fernandez 228-6256 or SUB Room 216A

AMATEUR RADIO SOCIETY

HAMSOC, located in Brock Annex Room 358, provides a forum for students interested in the latest in radio communications technology. Amateur Radio, a hobby which allows people anywhere in the world to converse with each other directly via radio, may be done purely for pleasure, or to deliver important messages in emergencies.

The club station, VE7UBC, representing the University among the over 1,000,000 Amateurs worldwide, features modern HF radio equipment for two-way global communications, and VHF equipment to cover local communications, including our own VHF repeater (145.270 Mhz).

Club activities include handling public service communications for community and University events, handling messages, experimenting in electronics, participating in radiosporting contests, and shortwave listening. Classes in electronic theory, radio regulations, and Morse Code are also offered.

Contact: John 731-5669, Doug 228-0191 or HAMSOC 228-2325 SUB Box 7 or *Brock Annex Room 358 or* VE7UBC via the club repeater

AMNESTY INTERNATIONAL

Amnesty International UBC is concerned with international human rights abuses such as torture and execution.

Through letters, meetings and movies, members are informed of the current world situation.

Active members are urged to join letter writing groups which send letters on behalf of prisoners whose basic human rights have been violated.

Amnesty International is particularly concerned with those individuals who are imprisoned not because they took part in or advocated violence but because they belong to a certain race or religion or hold different beliefs.

Student pusher uses under water technique to peddle scuba.

Amnesty International is a politically impartial organization.
Contact: SUB Room 230D or SUB Box 24

ANARCHIST CLUB

An/ar/chist: one who rebels against any authority, established order or ruling power.

Since 1982 the UBC Anarchist Club has attempted to overthrow normality and raise the level of discussion on alternative solutions to contemporary problems. The club favours a world of voluntary co-operation and freedom.

The only limits the club faces towards realizing these goals are the imagination and resourcefulness of its membership.

Last year we held round-table discussions of local issues, like the downtown CRAB beach, co-sponsored a South African speaker, and a Latin American film festival, showed anti-authoritarian Canadian films, discussed anarcha-feminisim in Japan, the struggle of the Greenham Common women, and the Big Mountain matriarchy, and crocheted to Emma Goldman tunes.

Join us and overthrow!
Contact: horacio de la cueva 738-3040 or SUB Box 63

AQUA SOCIETY

Aqua Society, UBC's SCUBA club since 1956, is one of the largest clubs with more than 400 members and an array of services unmatched by any other student club.

Inexperienced but interested? Take one of the many courses offered this year to gain International certification as an Open water diver. The club offers courses acknowledged as the best: Aqua Society is the first National Association of Underwater Instructors Training Centre in Canada. The club also operates a complete dive shop with terrific selection and even better prices. Renters can choose from a huge supply of regulators, suits, tanks, etc., and the equipment is always in superb condition. You can even get free air-compressed air—another club service. The shop is next to the Hot Dog Bar in the basement of SUB (Hours: 11 a.m. to 7 p.m., Mon.-Fri. and Sat. 9:30 a.m. to 5:30 p.m.)

If you want to learn to dive, need a buddy or just want to socialize with other divers, join Aqua Society. Club dives and parties are held often and new members are always welcome.
Contact: 228-3329 or SUB Box 8

ASTRONOMY & AEROSPACE CLUB

Several telescope and aeroplane fanatics make up this club. Activities include slide and film shows, occasional guest speakers, observations with the club's 12 inch telescope and trips to the Dominion Astrophysical Observatory in Victoria. Members also hold observing parties at various locations: Mt. Baker, Cypress Bowl, Manning Park, The Pit, Jennifer's. . .

Members who hold a pilot's licence often take the rest of the landlubbers flying. Others are building their own telescopes and, in one case, a hovercraft.

This year the club hopes to institute a regular observing program with its recently reconditioned observatory. Meetings are usually held every second Friday at 5:30 p.m. in Geophysics 140. The first meeting will be the Friday following Clubs Days.
Contact: Greg Osborne 222-1355

BAHA'I CLUB

Friendship among races, faiths, and cultures is essential for lasting peace, and this formula for grassroots peace is one which Baha'i's encourage. The UBC Association for Baha'i Studies seeks to enrich university life through forums and social events with a focus on "widening the circle" of goodwill.

Academically, Baha'i students often study approaches to economic and social development. The Baha'i Faith is the most recent of the great world faiths, and its values are comprehensive: the oneness of humankind, balance of science and religion, the strengthening of international law and institutions necessary for the establishment of peace.

The ABS of UBC has an open membership, and sponsors forums and social events, such as the April 9th symposium, "Can Faiths Be Friends?" On October 4-5, ABS will sponsor a conference, "Beyond the Quest for Peace." The club also holds dances, games and sports nights. Everyone is welcome.
Contact: Fred Azizi 222-1484 or SUB Box 11

BALLET UBC JAZZ

Piroutte! Jeté! Glissé!

Looking for a super way to relax? Want to know the significance of those strange words? Then check out Ballet UBC Jazz!

"What's that black bug on the corner," says dancer on right. "I don't know," says dancer on left. But stay close and protect me."

Ballet and jazz classes (for beginners through to advanced), dancercize and stretch and strength classes are offered with professional teachers. Club members may take as many classes as they like as many times as they'd like.

Membership also entitles free admission to most noon-hour performances by West Coast and, sometimes, national companies, as well as weekend workshops.

All this at an extremely reasonable price. Be sure to see us in the second week of September on the main concourse of SUB for pre-registration.
Contact: Rhiannon and Hillary 228-6668 or SUB Room 208 or SUB Box 40

BAPTIST STUDENT UNION

We want you to be a success. The main ingredients of a successful life are deep and meaningful relationships and we have discovered that a healthy relationship with God, the one who made us and loves us, is the key to having the fullest possible relationship with others.

Our club members are committed to helping each other to know, love and please the Lord. Jesus said, "I have come

that you might have life and have it abundantly." Our desire then, is to be the kind of friends to other students who will love, encourage, serve and help them to enjoy this abundant life.

Do you want to leave here with more than a degree and develop friendships you will treasure the rest of your life? Come and discover God's purpose for your life!

We are supported by several local churches who will love and care for you. And we hold a variety of activities including care groups, discovery groups, bible studies, retreats, parties, mission trips, etc.

Contact: Dave Barteaux 591-7015 or SUB Box 58 or SUB Room 216E

BOWMEN

The romance of Medieval times lives. Enjoy the sport of lords with the UBC Bowmen. The basics of archery are easy to learn, especially at the hands of our experienced archers. Shoot in a relaxed, friendly environment with no pressures, no demands, and no strings (except on the bow).

Use your own equipment, or ours. Compete, practice, or diversify; the decision is yours. Shooting season is year-round, once or twice a week in the Armouries.

Nowadays, opportunities to experience archery are few and far between, so join now. Like Halley's comet; who knows when the opportunity will be back?

Contact: Guy Amighetti 224-9123 or SUB Box 191

BUDGET COMPUTER CLUB

The UBC Personal Computer Club, a relatively new club at UBC, with about 70 members, is for computer users to meet and exchange ideas and information on computers.

The club consists of many chapters: IBM, Apple and Commodore. And if there is enough support for a TRS 80, an Atari or a Mac Chapter, we will add one to our repertoire.

A librarian in each chapter takes in donations of software from users and lends it to other users. There may not be a formal library loan program this year because their wasn't much demand for software last year.

This year the club will use the membership fees of two dollars per person to buy disks, and the librarians will distribute some software and keep the disks over the summer, or even forever if he runs away with them.

As well, there is an editor who is responsible for running off a free newsletter to all users. Members are encouraged to submit their articles for publication.

We will hold a Christmas and a year-end celebration this year where members bring their computer systems (or a few components) to SUB.

Meetings are held every Thursday at 12:30, and our annual membership drive will take place during Clubs Days.

Contact: Karen 274-6579, Stephen 263-8276 or Donald 324-4736

CAMPUS CRUSADE FOR CHRIST

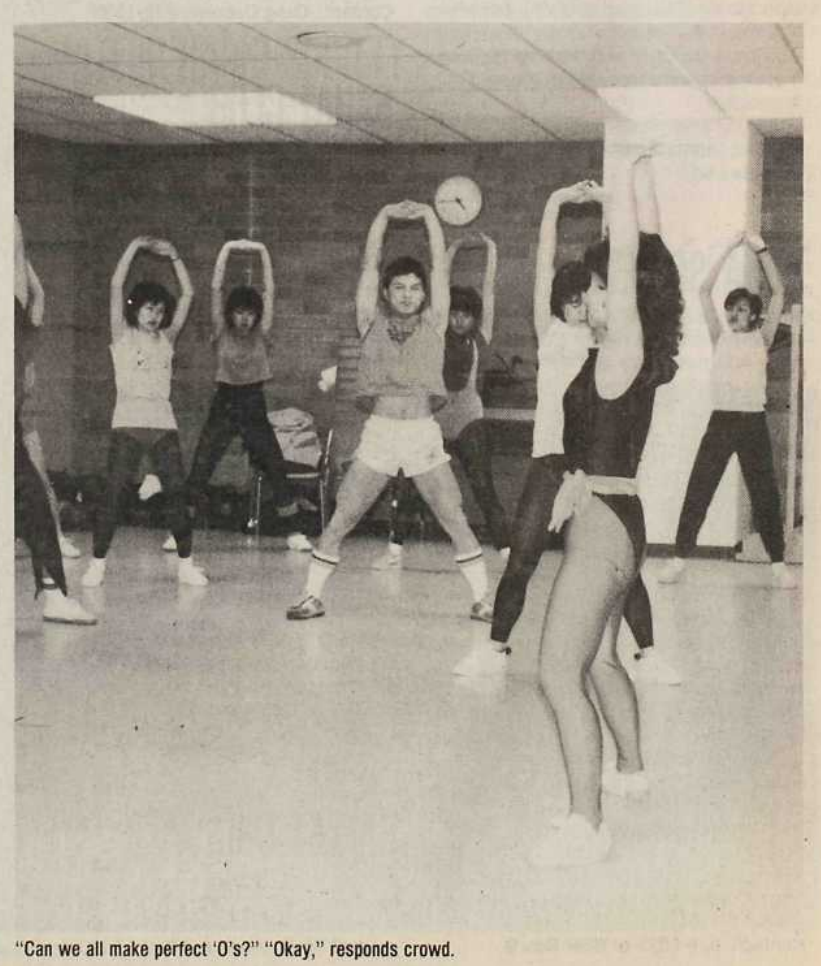
"Come Help Change the World" has been the motto of Campus Crusade for Christ for 35 years. Our activities are designed to develop Christian student leaders who can make a difference for Jesus Christ in our world.

Join us at our "Prime Time" weekly teaching and training meetings Thursdays at 12:30 in Brock Hall 302. Weekly small group Bible Studies and personal leadership development are the heart of our ministry on campus.

Join us in presenting the Christian perspective on relevant topics through debates, lectures with distinguished guest speakers, films, drama and music.

This Christmas we are travelling to Central America from Dec. 26 to Jan. 3 to help Christian students in Mexico and Guatemala make a difference in their countries. There we will show the film "Jesus" during a great training conference featuring renowned Christian leaders such as Josh McDowell.

Contact: Cal 277-3395



"Can we all make perfect 'O's?" "Okay," responds crowd.

CAMPUS PRO-LIFE

Our primary goal at Campus Pro-Life is to raise public awareness to the fact that a 3 month old feotus is just as much a human being as a 9 month old feotus and has the same right to life. We mainly do this through films, guest speakers, and information tables.

Another important function of our club is to offer counselling and to help find the best solution for crisis pregnancies.

Contact: Selena Headley 224-6542

CHESS CLUB

Know how to play chess? Almost half of all Canadians do. This is in a country that has essentially zero state sponsoring of the sport, unlike numerous countries where chess is even taught in school as a series of courses.

Anyone who was to drop in regularly for a couple of rounds of speed chess at SUB 216F during spare blocks, would be sure of improving his/her ability in performing dazzling tactics and mind-wrenching combinations.

If you don't know how the game is played, just remember university is a place of learning and drop by anyway.

However, if you think you're good, you're welcome to challenge some of the best players in B.C.

Contact: Rob 435-4574 or SUB Box 41

CHINESE STUDENTS' ASSOCIATION

The Chinese Students' Association is one of the largest and fastest growing clubs on campus. We're a dynamic group with an equally challenging goal: to provide members with the most exciting and diverse activities anywhere. We organize a wide variety of social functions, cultural events, and sports activities. Last year's activities included the New Year's Eve Bash, the Hemlock Valley ski trip, the televised Spring Variety Show, and the Valentine Dance, "Heartbeat."

The club's social functions not only include our sold-out dances, but casual get-togethers, car rallies, and ski trips. Being a year-round club, the fun doesn't stop during the summer. The warm weather months are filled with beach BBQs, fishing and camping trips, horseback riding, hiking, softball and soccer games, and summer dances.

CSA offers free Cantonese and Mandarin lessons, as well as Chinese painting classes at reasonable rates. For sports enthusiasts, there are gym, squash, racquetball, and tennis nights. For the more serious athlete, there are our championship soccer and volleyball teams, badminton and table tennis tournaments.

Who can join CSA? Quite simply, anyone willing to have a little fun, take a few risks, and meet a lot of people. We get together every Thursday at 12:30 in SUB 241F. Feel free to drop by our office or visit our booth during Clubs Days.

Contact: Howard Yan 325-3432 or 228-4339 or SUB Room 241F or SUB Box 25

CHINESE VARSITY CLUB

For 50 years the CVC has earned the reputation of being one of the most fun-loving clubs on campus. The CVC, with over 400 members, is the largest Chinese social club at UBC. Don't be fooled by the name, though. The club is open to all students, the only criteria being a willingness to socialize and have a good time.

Leading the way in CVC's claim to fame are the club's infamous, sold-out dances. These include the annual "Welcome Back" dance, Hallowe'en costume ball, Valentine affair and Year-end dinner and dance. And don't forget the big Xmas bash after exams in December. CVC also offers a wide variety of other activities such as car rallies, bowling nights, social gatherings, pub nites and summer beach barbeques.

When not partying, CVC'ers are busy on the sporting scene. Members actively participate in the various Intramural teams, free aerobics classes, summer softball games and an annual ski trip.

For more information, don't hesitate to visit us in SUB 62, weekdays from 12:30 to 1:30. CVC wants to welcome you to the fun life of UBC!

Contact: Steve Ling 731-6066, 228-3681 or SUB Room 62 or SUB Box 19

The Slobovian national bicycling team got a little lost on their way to the Tour de France. . .

CHRISTIAN PERSPECTIVE UBC

Christian Perspective UBC (formerly ACTS) is a club dedicated to helping students explore and discover the Christain faith as it relates to their personal, spiritual and academic life. By means of lectures, study groups, films, personal interaction and social activities, the club hopes to accomplish the above goals.

Contact: Andre Van Ameyde 277-3709 or George Tabert 731-1841

CHRISTIAN PUBLICATIONS CLUB

We are a group of concerned students who are interested in producing as many campus publications as possible in order to give the Christian population a voice on campus, advertise Christian and other related events, and to cover pertinent campus news.

We hope to publish one issue per month.

Contact: Gordon Fong 228-1312

CHRISTIAN SCIENCE ORGANIZATION

The Christian Science Organization club, active since 1947, shares with the UBC community the spiritual truths of Christian Science as found in the Bible and the faith's textbook, *Science and Health with Key to the Scriptures* by Mary Baker Eddy.

Weekly meetings, which focus on subjects of interest to the university community, are held Thursdays at noon in SUB room 212. Other club activities include sponsoring a lecture, tapes and discussions. Free copies of the *Christian Science Monitor*, an international daily newspaper are also available.

The Club's office in SUB Room 216G loans copies of the Bible, *Science and Health* and other Christian Science literature.

Contact: Maryl Stewart 266-7335 or SUB Box 22 or SUB Room 216G

CIRCLE K CLUB

Circle K is a Kiwanis-sponsored collegiate service club with over 13,000 members serving their campuses and communities while having fun!

The UBC Club is part of the Pacific Northwest District of Circle K, which includes clubs from the rest of British Columbia, Washington, Oregon, and Idaho. Our club's past activities have included visits to Sunny Hill Children's Hospital, helping autistic children, participating in the Extended Care Unit's Chair-a-thon, and helping out the Kiwanis TV auction.

Circle K gives members a chance to gain valuable volunteer experience, but that's not all! Leadership skills can also be improved by becoming an officer at club, district, and international levels.

Meet fantastic caring and outgoing Circle K'ers at interclub projects, parties, and conventions.

Meetings are held each Friday at noon in SUB 215.

Contact: Noel Geneir 266-0301 or SUB Room 215 or SUB Box 47

COMMITTEE FOR THE DEFENSE OF HUMAN RIGHTS IN PERU

Interested in Latin American reality? Want to find out how close it is to our own reality and how much it reflects it? Join the CDHRP. We look at the economic and political situation of Peru and Latin America in general with the intent of raising campus awareness of the numerous human rights violations in these countries.

Activities include sponsoring human rights tours and holding educational debates and public forums. This summer we showed the Peruvian film *Gregorio* and we helped publish the *Peru Link* supplement. *Peru Link* is the annual magazine of the Vancouver Committee for the Defense of Human Rights. All club members can join this committee and help sell the magazine.

Contact: Alicia Barsallo 879-3246

CURLING CLUB

Does the prospect of meeting new people, engaging in competition, exercising and having a whole lot of fun interest you? Well then, the UBC Curling Club is for you!

Anyone interested in curling, experienced or beginner, is encouraged to join. The season extends from October through March, with curling times on Wednesdays 5-7 p.m. and Thursdays 9:30-11:30 p.m. at the Thunderbird Winter Sports Centre. With enough interest, an additional competitive league night may develop.

Bonspiels? You bet! One in the spring and one in the fall to guarantee fun-filled weekends of fine curling, dinner and dance.

Membership fees are only about $40. Don't worry about not being good enough or not knowing anyone to curl with. Teams will be found for you if you sign up alone. See you at Clubs Days!

Contact: Mark Allen 325-6092 or SUB Box 27

CYCLING CLUB

The UBC Cycling club wants you! If you commute by bike, see yourself as an aspiring racer, are interested in long trips, or just want to know more about cycling, then this club is for you.

Activities include maintenance clinics (we have a selection of tools), Sunday rides, weekend trips and the occasional party. The Cycling club also invites guest speakers from time to time to talk about different subjects; last year we had a very successful novice racing clinic. The club also sponsors teams for intramural events, including the Logan Cycle 200 and the Arts 20 Relay.

Club events are decided by the members, so that the club is not just for racers, but for anyone with an interest in cycling. For more information look for us on Clubs Days, or just phone us.

All our meetings will also be announced in *The Ubyssey*.

Contact: Chris Homes 228-4869 or Matt Nuttal 985-8819 or SUB Box 97

DANCE CLUB

"Care to dance, Ginger?" "I'd love to, Fred!" If you've ever dreamed of dancing like Fred and Ginger, or if you're just into meeting people, getting involved in university life and partying, then the dance club, with more than 700 members, is for you.

The club offers dance lessons (with top professionals) at very low prices.

And don't worry about not having a partner; with so many members, you'll have no problem finding one. Beginners are especially welcome. Learn the swinging jive, zesty Cha-Cha, sexy Rhumba, graceful Waltz and spicy Tango so you can look fabulous while dancing at a nightclub or wedding!

Membership includes admission to the club's Rock 'n Roll party, Western Roundup and Hawaiian Luau. You also receive discounts on other functions. Catch the beat and join the club now!

Contact: Dianna Weiss 263-2192 or Margaret Johnson 261-5710, 925-1677 or SUB Room 241J or SUB Box 29

DEBATING SOCIETY

So why join a club with an antiquated, stuffy name like "The Debating Society?" Lots of reasons!

Debating enhances those "communications skills so many employers are looking for. It also develops your critical thinking and assertiveness for handling life's little problems—especially in class. You'll also get the chance to meet bright, attractive, intelligent people—really! Finally, as we hope you've noticed, you'll be able to construct logical, convincing arguments.

This year, the Debating Society plans to hold beginners' workshops in September, followed by debates at weekly meetings, monthly in-house tournaments, and a Western region tournament in October. We also hold many social functions including the infamous pub rounds which you may have seen described in *Pravda*'s editorials. The Debating Society also attends tournaments in exotic locales such as Edmonton and Ottawa.

Contact: Ron or Byron, or the friendly answering machine at 228-3835, or drop by SUB Room 249B

"You're so graceful, beautiful and stylish" says man on left. "But what's that thing on your elbow?"

ECONOMICS STUDENTS' ASSOCIATION

The Economics Students' Association is the key link between economic students, faculty, and staff. Along with this important role the ESA holds several events throughout the year including bzzr and margarita gardens in Buchanan lounge. Also, last year's wine and cheese mixer with the profs and students was a huge success and is planned again for Christmas 1986.

The ESA plans to invite several prominent speakers from the business community to UBC and talk about what the real world of business and economics is like. Any interested students and particularly economics students are encouraged to attend these events. Perhaps the most exciting event of the year for the ESA is the year-end banquet, held in March.

The association is always looking for interested people, so go on out and get involved this year. To find out who we are, come on up to the 9th floor of Buchanan Tower and inquire at the desk.

Contact: Gary Coblenz 987-6640

ELECTRICAL ENGINEERING CLUB

The Electrical Engineering (E.E.) Club is one of the 10 clubs that make up the ever popular E.U.S.

Our club has 2 main purposes. First, it was formed as a way for electrical engineering students to meet some of their future co-workers. Second, the club provides numerous aids to help its members in their studies. Among these are a photo copier, copies of previous years' exams (they are not available in Brock Hall), study space, and a free telephone.

We helped organize several field trips last year to such places as: the RIDG (E) Theatre, U.Vic., and an academic (?) field trip to Silicon Valley. The E.E. club is here for your benefit so make sure that you make use of the services that it provides.

ENGLISH STUDENTS' PUBLICATIONS

ARC magazine is an undergraduate publication, run by students, which provides a forum for all undergraduate creative work: essays, short stories, poetry, plays and artwork. Additionally, a cash prize is awarded to the best cover design submission.

ARC can be purchased at the University Book Store, the Department of English office (BuTo 397), the Creative Writing office or though any *ARC* staff member.

Submissions can be forwarded to either the *ARC* box in BuTo 397 or mailed to: *ARC* Box 12, 6138 SUB Boulevard V6T 2A5.

We encourage new membership, so if you are interested please attend one of our meetings. We meet every Monday at 12:30 in Buchanan Tower, Room 597.

And we welcome undergrads in all faculties, or come talk to us on Clubs Days.

Contact: Steven Chess 274-0989 or BuTo 397, ARC Box 0

ENTREPRENEURS' CLUB

Are you interested in being your own boss? Do you have the courage, motivation, and self-confidence to start your own business empire? Do you lack the knowledge to start your own venture? If your answer is yes to any of the above, join the entrepreneurs club.

This year, the club will hold workshops, lectures by prominent entrepreneurs, and seminars detailing how to start your own business. Also, the club will again organize its world record-breaking "Great Valentine's Day Kiss-Off." Social events will give you the opportunity to increase your network of contacts and maybe even find the perfect business partner.

Come on out and join our trendsetting team of entrepreneurs. Entrepreneuring and Intrepreneuring are the hottest trends of the 80's. The world awaits you.

Contact: Bill Barr 244-9098 or Mark Elliot 435-2668

ENVIRONMENTAL INTEREST GROUP

Do you care about the future of our natural resources? If you do, come out and join our club. Our group holds weekly meetings to show films on various environmental issues, host guest lecturers, show slide shows and has group discussions on environmental problems both within B.C. and internationally. Our office also contains a collection of literature on several environmental topics. This literature is available to members for researching projects.

Our group supports many other environmental groups in B.C. and provides an opportunity for students to become aware of the activities of off campus groups.

Come out and see us at Clubs Days. We welcome your help in the promotion of improved management of our resources. The membership fee is $6.00 and meetings are held in the Geography building, Room 212, on Thursdays at 12:30 p.m.

Contact: Emily Erickson 222-2665

FIELD HOCKEY SOCIAL CLUB

Fed up with the Canucks?
Try the original form of hockey and see California, Tsawassen, West Vancouver, Victoria and Seattle. Curious? Then join the Field Hockey Social Club!

This year the UBC Men's Field Hockey Club has four teams participating in the Vancouver League. And there is room for you.

Naturalists find ancient petrified cruise missile.

Beginners! Ex-nationals! Goalies! Exiled leaders! Anyone can play. Participate in the world's second most popular sport and contact us now.

Can't wait to start? While the weather is good, we play on Tuesdays at 4:30 and Thurdsay at 12:30 on Warren-MacGregor Fields (adjacent to the Sports Med. Clinic). All season, we play on Wednesdays at 8:30 p.m. in the Armouries.

Bring a stick if you have one, and follow the crowds out to the Fields on Saturday afternoons, or join the UBCFHSC Boosters.

Contact: Tony Boyd 263-6223 or SUB Box 194

FILM SOCIETY

Students who have an active interest in film, including presentation, production and appreciation, will find a comfy home in FilmSoc. The club also provides an important entertainment service on campus with its many film programs: Subfilms, Cinema 16 and CinemaWest.

CinemaWest is also the FilmSoc production company. The club has complete 16mm production facilities and makes a few films each year. Interested members learn all aspects of production through hands-on participation. Membership is $12, with the requirement that help on FilmSoc presentations is expected. Whether you're an auteur or a horror junkie, you're sure to find something that appeals at FilmSoc.

Contact: Thaddeus Lee 271-1669 or SUB Room 247 or SUB Box 35

ICE HOCKEY CLUB

The UBC Ice Hockey Club provides students with fast-paced, action-filled, end-to-end, invigorating casual hockey.

The Club plays once a week, at primetime, on the Main Rink at Thunderbird Winter Sports Centre. And to top it off, the Club provides this with minimal, all-too-reasonable membership dues.

Contact: Michael 263-7424

INTER-FRATERNITY COUNCIL

The Inter-Fraternity Council is actually the governing and coordinating body of the 10 fraternities which constitutes the male component of the Greek system at UBC.

It helps coordinate and sponsor such annual activities as Serenade, Songfest, and Mardi Gras.

In addition to providing a forum for social interaction, the Greek system provides excellent opportunities for leadership development, helps foster a sense of community responsibility and scholarship, and initiates life-long friendships.

Rush begins in late September and we invite all those interested in Greek life to get involved.

Contact: Adam Ho 228-4183 or SUB Room 218 or SUB Box 46

JEWISH STUDENTS' ASSOC/HILLEL HOUSE

Hillel House, located behind Brock Hall, serves three lunches and one dinner each week. Lunch time speakers, a counselling service, social programs, and discussions are some of the attractions.

This is a club by which Jews are kept in touch, concerned, and involved. Your involvement and participation are invited.

Contact: 224-4748 or Hillel House

KARATE CLUB

Shito-ryu, a traditional karate style combines both sport and self-defense. At UBC, the instructors are nationally certified black belts.

Each year, about half the members are beginners; many of them women. And in our practices we emphasize the development of self-discipline, fitness, flexibility, relaxation and speed to achieve power by using the whole body.

The UBC Shito-ryu karate club charges a nominal fee of about 25 per cent of the fees normally charged by other karate clubs in Vancouver. Practices ar held twice weekly in SUB partyroom:
Mondays, 5:30 p.m.-7:30 p.m. and
Thursdays, 12:30 p.m.-2:30 p.m.

Not only is karate a good way to get into shape but it allows you to develop a skill at the same time. For more information, drop by a practice wearing gym attire and give it a try.

Contact: Don Jacobsen 738-9412 or Shenton Tan 421-2107 or SUB Box 72

LATIN AMERICAN SOLIDARITY COMMITTEE

The Latin American Solidarity Committee is made up of students concerned with

the growing poverty and political repression of the peoples of Latin America.

The struggle of Latin Americans against poverty and injustice has grown in recent years as a result of a deepening political and economic crisis in Latin America and the state of emergency caused by U.S. intervention in Central America and the Carribean.

The work of the committee includes monitoring the political, economic and Miliatry situations in each country, keeping students informed of current events, publicizing specific instances of human rights abuses and political repression, and educating students about the fundmental causes of poverty and repression in Latin America. We also maintain close ties with other solidarity groups in Vancouver and respond to requests for both financial and moral support from groups within Latin America who are struggling for a more just and democratic society.

In most Latin American countries today there is a desperate need for social and political change, economic justice and self-determination. Here in Canada, a lot can be done to support the Latin American people in their struggle. Please consider joining us. Our efforts can make a difference.

Contact: Paul Allen 943-4236 or Suzanne Rose 734-0247

LE CLUB FRANÇAIS

The main goal of "Le club français" is to encourage the use of French among its members. This is mainly achieved during our noon hour meetings on Thursdays and Fridays at the International House.

We also try to set up weekly events and our phone committee makes sure that members not present at our noon meetings are informed. Last year's events included dances, movies, videos, dinners, costumed parties, bowling, and for sport buffs, hiking, skating, soccer, volleyball, and tennis. This summer we held beach parties, Expo visits, cycling trips, touch football, and slide shows.

Contact: Mark or François 228-0950 or SUB Room 241D or SUB Box 5

LIBERAL CLUB

Do you believe in liberal democracy? Do you want to reform the Liberal party and Canadian society? Are you interested in learning about the political process?

If so, the UBC Student Liberal club is for you!

As part of our strategy in rebuilding B.C. Liberalism, the club will be hosting speakers and holding private seminars with major political figures.

Social events are, of course, a major part of our club, too. Dances, conventions, Universities' Model Parliament, electoral campaign colleges, and the infamous Boat Races (we are the perennial champs. . .) are just some of our activities. Come join us and help build a *real* alternative in B.C.!

Contact: John Whyte 922-6579 or SUB room 249E or SUB Box 89

MARANATHA CHRISTIAN CLUB

This is the local expression of Maranatha Christian Churches, a non-denominational Christian organization spreading the gospel of Jesus Christ to university students, the leaders of tomorrow.

Maranatha is active year round and holds a variety of events, including movies, speakers, fellowship and dinners.

Weekly meetings include Thursday night bible studies, Wednesday noon meetings in Brock 304 for fellowship and teaching; and Sunday worship service at 10:00 a.m. Training is also offered in evangelism, witness, mime, drama and creative dance.

Be a man or woman for Chirst! Join us, and become world changers for Christ.

Contact: Al Schmalz 228-1312, 228-8554 or SUB Room 216B or SUB Box 62

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MECHANICAL ENGINEERING CLUB

Join "Club Mech" and see the world! This group provides its members with many social activities and services, including great parties, study rooms, lockers and free bzzr. The upcoming field-trip for February 1987 is to sunny "Mechsico" and should prove to be one of the best ever.

The club liases between the faculty, department, EUS and students. It also maintains close ties with professional societies such as SAE, ASME and the Canadian Society of Mechanical Engineers.

Drop by CEME2206 to meet some of the most out-going, fun-loving people at UBC and have a bzzr from our machine. We all want to graduate (eventually), but we want to have a blast getting there.

Contact: Geoff Catherwood 228-8986 or Peter Gawlick 988-1259 or leave a message with the Mechanical Engineering Department in CEME

MOTORCYCLE CLUB

Motorcycles are becoming a very popular form of transportation around UBC. They are easy and cheap to park, economical on gas and insurance, and a blast to ride.

Another great reason for being a motorcyclist is you get the chance to join the great and magnificent Motorcycle club.

What are the advantages? You get to meet other people interested in two-wheelers as well as ask questions and get opinions about the workings of your trusty mount. We have Sunday rides when the weather's good and bzzr gardens when it turns sour.

The club has some specialty tools for the do-it-yourselfer, and club members get discounts on parts and accessories from various dealers. The discounts alone pay off the membership. Come and join the official motorcycle club of Expo!

Contact: Al Herle 526-6140 or Ian Pilkington 277-4913 or SUB Box 147

MUSIC STUDENTS ASSOCIATION

Throughout the years, MUSSOC has successfully presented most of the major Broadway shows and both casts and crews have had fun doing so. All MUSSOC-ers have enjoyed themselves, both on and off stage while producing our musicals, and contrary to popular belief, most of our club members are not in Music or Theatre at University, but come from all parts of the campus.

So, if you like to be in the spot-light and enjoy spending time with other out-going people then MUSSOC is for you. Or, if your interests lie elsewhere—such as in crew, orchestra, set-building, front of house, costumes, props, publicity, box office or administration—then we need you too! No experience is necessary, we can explain everything (or at least try!).

Our annual production takes place in the Old Auditorium, where you can also find our club room (in the northwest basement corner). For those people who are short of time, social members are always welcome to our parties and group trips to other musicals, even if they aren't involved in the main production.

Contact: Tricia Landry, MUSSOC president 228-5656

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NAVIGATORS

The primary purpose of the Navigators is to help fulfill Christ's great commission to "go and make disciples of all nations."

With those students who exhibit a heart for God, Navigator Leaders attempt to reproduce themselves spiritually, teaching their disciples the basics of the Christian faith—personal Bible study, prayer, evangelism, discipleship, and Scripture memorization. Our goal is to bring these men and women to the point that they, too, become effective laborers for Jesus Christ, able to reproduce themselves in others, wherever God might lead them.

Contact: Tom Howse 222-2984 or SUB Box 57

NDP CLUB

The UBC NDP club is open to active party members, and those interested in the real alternative proposals of the NDP.

The Club links the campus and the world beyond by sponsoring speakers. We also have bzzr gardens, participate in model parliament, produce a monthly newsletter and have a lot of fun with lunch hour get-togethers, tri-partisan events, and friendly discussion sessions.

The NDP is an open party willing to respond to new ideas. With the present crisis in education and social services the club feels it should bring forward new youth policy ideas and fight the demise of B.C.'s universities.

We encourage people to sign up and become active members, but also welcome those who simply wish to be notified of special events.

Contact: Freyja Bergthorson 926-9419 or SUB Room 230

NEWMAN CLUB

The Newman Club is a group of Catholic and other Christian students who meet weekly at St. Mark's College on the N.W. corner of campus for fun and socializing, as well as for discussion about current events and issues in their Christian faith.

The Club holds barbeques, dances, video nights, and retreats, as well as its famous Talent Night. Guest speakers come from as far away as India and the Philippines and as close as UBC.

The base college of St. Mark's also provides daily masses, Bible studies, prayer groups, evening courses, and personal counselling. Newman Club meetings are held Thursday's at 12:30 p.m. downstairs at St. Mark's, so don't hesitate to drop by and check them out.

Contact: Maureen Kinahan 263-9678 or St. Mark's 224-3311 or SUB Box 58

PHOTO SOCIETY

Photosoc exists to help expand peoples' understanding of photography, functioning as a medium to promote creativity.

The club offers courses at all levels of expertise, both in colour and in black and white. Competition, guest speakers and social events are only some of the opportunities Photosoc offers. With last year's move into new facilities (downstairs in SUB), colour, B&W CibaKrome and print mounting equipment as well as the new Norman Studio system are accessible 15 hours a day, 7 days a week.

Membership entitles use of all equipment, free black and white chemicals, courses and discounts on supplies.

Contact: 228-4405 or SUB Box 64

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PACIFIC RIM CLUB

Pacific trade is vital to the Canadian economy although many students are unaware of the career opportunities created by our growing trade relations with these nations.

At the Pacific Rim Club's weekly meetings, prominent business, government or faculty representatives speak on a diverse range of business and cultural topics pertinent to these countries.

And don't overlook the resources within the club: there are members with experience of either travelling or working in the Pacific Rim who provide entertaining and enlightening presentations.

Contact: Tony Roberts 461-7177 or SUB Box 61

PHRATERES

Phrateres, Latin for sisterhood, is a women's social service organization.

Established in 1935, Phrateres, a non-profit club, last year donated a total of about $2,000 to various charities.

Phrateres also offers extensive involvement in athletic and social events on campus. Through AMS Intramurals the club offers competitive team sports such as soccer, waterpolo, volleyball, runs, racket sports and much more!

Phrateres also offers a great opportunity to become socially involved on campus through events it holds with other clubs throughout the years.

Joining Phrateres is a great way to make lasting friendships and take part in campus life. For more information, drop by the club office on the lower SUB concourse or drop by the club booth on Clubs Days.

POTTERY CLUB

If you need an outlet for all that creativity you're carrying around, join the Pottery club. Most club members are beginners, so don't feel shy about joining. Learn about different kinds of ceramics, pot throwing, hand building, sculpture and raku.

A permanent studio, accessible whenever SUB is open, is in SUB Room 251. Membership fees are only $30 and cover all firings, glazes and beginner lessons. Clay is available at a discount through the club and some free clay is always available.

So this year, don't turn to pot . . . make one!

Contact: Audrey Luk 327-7485 or SUB Room 251 or SUB Box 36

UBC PROGRESSIVE CONSERVATIVES

"The success of democracy depends on what is in the heads of the citizens."
—George Will

The UBC PC club is a body of people who care about Canada, and are committed to working for a better future. The club forms a link between UBC students and their federal government.

The largest and most active political group on campus, UBC Tories work to involve students in the political process, bringing prominent politicians to UBC for public speeches and open seminars. The PC's debate policy with rival parties, annually at Universities Model Parliament (where they have formed government four years in a row), and daily in the club office (UBC's most tasteful room). Bzzr gardens and parties take place throughout the year.

Get involved—make friends, play politics, taste power, hobnob with the rich and famous, and do your part for Canada.

Contact: Stephen Tisdalle 224-0292 or SUB Room 249D or SUB Box 91

ROCKERS CO-OP

AMS Rockers is a club for UBC musicians to meet, jam and form bands. Monthly bzzr gardens provide opportunities for bands to showcase new material. And the club also books rehearsal space for persons who wish to practice in an unlimited loudness environment.

Look for us on Clubs Days and come to the bzzr garden on Sept. 19, Friday in the SUB party room.

Contact: SUB Room 241E

SAILING CLUB

The UBC Sailing club's goals include introducing sailing to students as well as the campus community. Free use of club sailboats is available to qualified skippers, as are lessons for beginners. Social events, like bzzr gardens, BBQs, and informal sailing regattas are held at Jericho beach.

The first meeting of the club, at which new executive are elected, is scheduled for Wed., September 24, at 12:30 p.m. in SUB Room 205. Regular meetings are held every two weeks thereafter. Avoid the rush—join the Sailing Club NOW! Memberships are $70.00 for students ($105 for non-students), and lessons are only $45 for 24 hours of CYA approved instruction.

The club has traditionally held a Spring cruise in May, to celebrate the end of exams—last year this involved nine yachts and over 50 people. Other fun events include summer daysails and workparties galore.

Come and meet us at Clubs Days—a large blue spinnaker sail will mark the spot! Welcome aboard!

Contact: John Kinahan 228-4231 or SUB Room 58 or SUB Box 73

SCIENCE FICTION SOCIETY

More than just a collection of sick and twisted people, the UBC Science Fiction

Society provides a meeting place for students interested in Science Fiction, Fantasy, Horror, or just plain wierdness. Nearly 1000 books are available to members in the society's library. As well, the society publishes it's very own magazine, *Horizons SF*, the only English speaking Canadian Science Fiction magazine. Our standards are high, but we do welcome all submissions of science fiction stories, articles, or artwork.

The club acts as a place to meet people, as well. We have several functions which include video nights, parties, and movies throughout the year and providing a place in our office to eat lunch, talk, find romance, or whatever.

So, if you're into high minded concepts, Orwell, and quantum physics, or if you're into monsters, Star Trek or Dr. Who, you're likely to find someone else who shares your interests.

Contact: 271-1904 or SUB Room 249A or SUB Box 25

SIKH STUDENTS' ASSOCIATION

The Sikh Students' Association is a relatively new club at UBC. The main objectives of the club are: to promote the Sikh culture and religion; to hold lectures and seminars on Sikhism; to hold social events in order to promote a better understanding of the Sikh culture and religion.

The association awards the Sikh Students' Association Scholarship annually through the Awards Office of the University of British Columbia. In previous years, the association has hosted a number of activities ranging from "a symposium on world religions," International Punjabi Writers' conference to a samosa night as well as a bowling night.

The membership is open to all UBC students as well as the general public. Drop by for further information or for a friendly chat.

Contact: Amritpal Singh Shergill SUB Room 216F or SUB Box 202

SKI CLUB

The UBC Ski club, one of the largest clubs on campus, is dedicated to providing students with affordable skiing, and an opportunity to meet fellow skiers in a social atmosphere.

Members receive discounts on lift-tickets and at local ski shops, and are invited to all Ski Club bzzr gardens, parties, fiestas, broomball games, and other assorted events. Club members also enjoy inexpensive accomodation,retreat, and tremendous social gatherings at the AMS Whistler Cabin, just minutes from the Whistler Village!

Think snow! Look for us on Clubs Days.

Contact: David Collis 228-6185 or 874-3581 or SUB Room 210 or SUB Box 76

SKYDIVING CLUB

Tired of just hanging around? Give Skydiving a try! If you've always wanted to do it, now is the time. The club owns state of the art gear: large nine cell square canopies that practically guarantee soft landings.

Membership costs $130 and includes 6 to 8 hours of comprehensive ground training, your first jump, club membership and gear rental for one year, and membership in the Canadian Sport Parachuting Association.

Further jumps are only $20 each and this price drops as you progress.

Feel free to drop in and ask us questions; someone is usually in the office between 12:30 and 1:10 p.m. Also, don't miss our display during Clubs Days, where you'll get a chance to see our gear and some great skydiving videos.

Blue skies!

Contact: 228-4453 or SUB Room 216C or SUB Box 78

SOCIAL CREDIT CLUB

At its simplest the UBC Social Credit Club consists of individuals who believe in the free enterprise philosophy. On the whole we strive to be much more.

Our club recognizes the importance of becoming involved. By posing questions and seeking answers students can greatly expand on their knowledge of issues which confront them. We provide all students, not only club members, with an opportunity to have direct access to government officials who can answer some of these queries.

We also serve as a social outlet. Our office provides interested students with an access to other students who hold similar beliefs as well as to individuals in other AMS Clubs.

Our objective is to expose students to one particular perspective. Being given such an opportunity is the only way that the individual can develop her/his own particular beliefs and convictions—an ideology that s/he can then work for.

We encourage you to take advantage of this unique opportunity and expand on your learning horizon. Isn't this what our University experience is all about?

Contact: John Landis SUB Room 249C or SUB Box 88

SORORITIES OF UBC

Sororities have been at UBC since the 1920s, and are internationally affiliated. We provide the women of UBC with an opportunity for academic, social, athletic and leadership development.

Besides meeting a lot of new people, emphasis is also put on maintaining grades in academics. Sororities actively participate in Intramural sports, and have a great time contributing their time and energy to campus and community services.

Panhellenic, the governing body of the seven sororities, meets Wednesdays.

Songfest and Mardi Gras are two activities in which the Greek system works together to raise funds for charities.

Come find out what we are all about! Sign up for Formal Rush at course registration or for Informal Rush at Clubs Days.

Contact: Karen Fong 263-4059 or Michelle Rogers 926-3238 or SUB Box 53

SQUASH CLUB

Interested in trying a sport that can be played in either rain or shine, and allows you to burn off hundreds of calories in half an hour or less? Then the UBC Squash club is for you.

Weekly court nights are available so that you can easily find compatible and

"Now where did I see that article on what to do if you forget to pack your parachute?"

competitive partners at the same level you are, whether that is beginner, intermediate, or advanced. No problem, if you've never played before, the Squash club also offers numerous clinics to teach you the game. For advanced and intermediate players, we also provide similar functions to help you improve your game.

Numerous social functions, including bzzr gardens, are planned for the coming year. Even if your prior experience of squash is with the vegetable, please don't hesitate to come out and join!

Contact: Gordon White 738-6273 or Brenda Redman 732-3637 or SUB Box 86

STAMP CLUB

Have you ever considered collecting stamps, impressed with the tiny work of art you stick on your letters? Perhaps you already have been collecting new Canadian stamps from the Post Office. Maybe, you have an old collection that you gave up with your comic book and hockey card collection. No matter what level of stamp collector you are, beginner or advanced philatelist, we would like to have you visit our club and hopefully join.

At the club we trade, discuss and arrange visits to stamp shows. And we discuss the "how to" questions. This year we will most likely visit a stamp auction or hold a potluck dinner. If you join we will be there to drool over your latest acquisition. It really is great to be able to share a story with people who understand the difficulties involved.

Our members collect stamps from India, Mexico, Fiji and Singapore. Our interests span the globe. We meet every Thursday at International House from 12:30 to 1:30 p.m. Where we can, we provide valuations on your collection, if you are worried that a dealer will rip you off. And we appreciate stamp donations.

Contact: Steve Farago 734-4048 or SUB Box 185

STUDENTS FOR A DEMOCRATIC UNIVERSITY

What would you like to see changed at UBC? Services? The marking system? The way decisions are made at the university? SDU wants to know what you think.

The club is trying to find a way to have a say in what is done at UBC—a similar say to that gained by students during the 1960s. Providing control to students and faculty on issues that affect them directly is not only fair, it is the only way to ensure that UBC works to serve its constituents and not only its few administrators.

So far we have circulated a petition to have the policy regarding withdrawals from courses changed. As it stands now, the student who withdraws from a course after the deadline (20 days for 1½ unit courses), gets an 'F' on their transcript. We are asking for the elimination of this policy and for the extension of the deadline to withdraw.

A total of 4,000 students have signed this petition. The signatures have been handed to Senate. We believe the campaign should continue on until the policy is changed.

The club has also endorsed a study on stress conducted by three of its members, titled *Learning Under Stress—Are There Alternatives?* One thousand copies of this study were published by the AMS last February. They can be bought for 25 cents each at the Bookstore, Speakeasy or the AMS Business Office (2nd floor of SUB). We strongly recommend that it be read and circulated. And we would like to know what you think about it.

This year we hope to attract enough people willing to give some of their time to continue with the petition campaign and the distribution and sale of the document on stress. We would also like to continue presenting our radio program on CITR.

Contact: Alan 683-4576 or Alicia 879-3246 or SUB Box 85

STUDENTS FOR PEACE & MUTUAL DISARMAMENT

UBC Students for Peace and Mutual Disarmament (SPMD) is an AMS club composed of individuals who are concerned about the escalating arms race and the growing danger of nuclear war. They are interested in learning about the issues involved and taking positive action to stop and reverse the arms race.

The club has been in existence since 1981 and is one of the most active clubs on campus and one of the largest and most effective peace groups in Vancouver. SPMD takes a strictly non-partisan, non-ideological approach to the issue and is not actively involved with other related issues such as nuclear power or regional conflicts.

We have no formal executive or officers other than a treasurer, and all members are entitled to participate equally in decision making. Regular club activities include a film or speaker each week, production of a biweekly newsletter, media monitoring (discussing recent newspaper articles and writing letters in response), literature tables, letter-writing workshops, and regular social events, as well as participating in conferences and demonstrations involving the peace movement as a whole.

Special events have included major speakers including Dr. Helen Caldicott, presentation of briefs to parliamentary committees, and satirical "pro-nuke" demonstrations. So come out and get involved! Members are under no obligation to do more than they have time for.

Contact: Jim 524-8759 or SUB Room 60 or SUB Box 71

TENNIS CLUB

Greetings to all tennis hackers!

After having spent this summer developing that thunderous forehand and that blazing backhand, what a shame it would be to let your game rust away over the winter!

Come be a part of the UBC Tennis Club. We have drop-in nights, a challenge ladder, Intramural tournaments, and new this year—noon hour activities and help for beginners!

Get ahead of those "summer tennis players," and join the Club to work on your game or to meet other players.

Who says, "Tennis, anyone?" At the Club, it's "Tennis, everyone!"

Contact: Tom Chin 228-4396

UKRAINIAN STUDENTS' CLUB

The Ukrainian Students' Club is for all those who are interested in learning about Ukrainian culture and related matters. We also like to party!

Last year's events included a combined pyrogy-making session and bzzr-up, a traditional Ukrainian Christmas dinner, a video night, and a Ukrainian easter egg workshop. For the sports-minded, we also held a volleyball tournament with other Vancouver Ukrainian young adult groups and a ski weekend at Whistler.

On a more serious side, we also held lectures on such topics as the role of Ukrainian culture in Canadian society. This year's events will follow a similar pattern, with something for everybody. We guarantee it!

You do not have to speak the language to join the Club. All that is required

is a sense of enthusiasm! So, check *The Ubyssey* or watch for our posters to find out when we meet.
Contact: Colin Holyk 266-8630 or Neil K. Lalach 879-4092

UNDERWATER HOCKEY CLUB

Underwater Hockey is, of course, a breath-taking version of hockey. It is played by holding your breath, going to the bottom of the pool, passing, and pushing a puck along the bottom in order to score.

The UBC team meets once a week and plays on a drop-in recreational basis. We occasionally participate in city-wide, regional, national and worldwide tournaments (yes, other peoples of the world play this unique sport).

The game is great for your aerobic and anaerobic fitness, your swimming ability and other wonderful things for the human body, like never panicking under stress.
Contact: horacio de la cueva 738-3040 or SUB Box 63

UNIVERSITY CHRISTIAN MINISTRIES

University Christian Ministries is an inter-denominational group which seeks to build Christian community on the principles of worship, disciple-ship, fellowship and witness. UCM has been a part of the University mosaic for several years now and is evangelical in its convictions, and committed to being open to the dynamic work of the Holy Spirit.

It is our desire to train and equip students with the necessary skills, tools and character to prepare for leadership in the larger church context, as well as being effective followers of Christ here at UBC.
Contact: Patti Greenwood 736-7102

URBAN LAND ECONOMICS CLUB

The Urban Land Club, geared to those students interested in the real estate industry, and welcomes members from other commerce options as well as from other faculties.

The real estate industry is very diverse, ranging from residential and commercial sales to property management and development. Our objective is to give members exposure to each of these areas by holding functions such as Career Doors, Alumni night and IC and I Night (Industrial, Commercial and Investment) as well as more casual social functions, to make contacts with professionals from different aspects of the industry.

The UREC club also publishes its own Resume Booklet which is distributed as a recruiting tool to over 200 real estate firms across Canada. Many graduates have landed jobs through the booklet.

Interested students from outside the faculty should leave their name and number in the UREC box in Room 302 in the Henry Angus building.
Contact: Henry Angus building Room 302 UREC box

VARSITY CHRISTIAN FELLOWSHIP

Inter-Varsity Christian Fellowship would like to welcome you to UBC for what we are hoping to be a really exciting year. IVCF's foundation is based on a dynamic personal and corporate relationship with Jesus Christ.

Over the course of this year our goal is to create an atmosphere in which people can feel free to reach out of the dissatisfaction and loneliness of this world into a family of Christians committed to knowing God deeply and speading His love to all.

We have our large group meeting every Thursday at 12:30 in Chem 250 and our daily prayer meetings are in SUB 119 at 7:30 a.m. (that's right, a.m.). We do a whole lot of other stuff too.

Also, part of IVCF's worldwide concern is shown in our unique "International Club," welcoming foreign students to share in our warmth and hospitality.
Contact: Jim Rosenau 872-1856, Internationals contact Ian Elliot 733-9063, SUB Box 96

VARSITY OUTDOORS CLUB

Whether your interests lie in backcountry skiing, rock climbing, mountaineering or

Anti-apartheid crowd converges on steps of the administration building to urge UBC to divest.

hiking, explore the mountains this year with the Varsity Outdoor Club. Our club provides a starting point for any level of outdoor experience and VOC membership is open to all students, staff and faculty.

A variety of trips and social events are scheduled throughout the year. Annual events include a Fall weekend hike at Whistler, Christmas ski trips and the Sphinx Camp. Among other interests, kayaking, cycle touring, photography, and wilderness issues are also pursued.

Membership includes schools and clinics on safety, equipment and technique, as well as equipment rentals, club library privileges (borrowing books, topographical maps) and the opportunity to meet people who also enjoy the outdoors.

Join us each Wednesday at noon in Chem 150 when the VOC meets for slide shows, discussion and trip planning.

Contact: Rob Driscoll 224-3637 or SUB Room 86 (by Aqua Soc) SUB Box 98

WADO-RYO KARATE CLUB

The UBC Wado-Ryu Karate Club offers non-contact training in karate and welcomes new members from all levels of expertise.

We emphasize stretching, conditioning, and coordination.

Practices are held Mondays and Thursdays from 7 to 9 p.m. and Saturdays from 3 to 5 p.m. And everyone is welcome to attend.

Contact: Kirk Chen 325-8001 or Bruce Allen 228-5697 or SUB Box 69

WARGAMING SOCIETY

The purpose behind the UBC Wargaming Society is to provide a place for people to play and talk about games ranging greatly in subject, size, and scope. Games include many popular wargames, historical simulations, miniatures, fantasy role playing, Grand Prix auto racing, NFL Stratomatic football, and much more! Our activities for the 1986-87 year include a spectacular two-day convention in early November, as well as several on-going campaigns and social nights. Membership includes the use of the club's games library and discounts at various hobby stores.

Contact: SUB Room 216B or SUB Box 114

WINDSURFING CLUB

The UBC community, visitors, and other adventurous persons are invited to participate in the best deal on windsurfing in Vancouver.

The UBC Windsurfing club offers year-round windsurfing to its members who have unlimited access to 10 Windsurfer boards and 14 new Alpha's, 2 of which are funboards, as well as to the Jericho Sailing Centre with its lounge, showers, and snack bar.

The UBC Windsurfing club was formed several years ago to provide students and other members of the community the opportunity to windsurf without incurring a great expense. More recently, the club is accepting candidates for a Windsurfing team that is presently being formulated. The club will host an open class regatta at Jericho in September and hopes to enter club members in the Nanaimo to Vancouver sailboard crossing.

Now an Olympic sport, windsurfing is becoming recognized more and more as an exciting, challenging sport that anyone may enjoy with a little practice irrespective of age or previous sailing experience.

UBC Windsurfing offers lessons, social activities, and if interest prevails high wind windsurfing workshops for advanced windsurfers. Join now and discover the excitement of windsurfing!

Contact: 228-3930 or SUB Room 57 ●

Discover the truth at Clubs Days

from page 57...

get silly with a club.

Still not convinced? Wait till you encounter Clubs Days. You can't miss them: on September 18 and 19, SUB Concourse is overtaken by a colourful, noisy and at times funny conglomeration of booths advertising UBC clubs. Sort of a bizarre bazaar. At least come along and look. Perhaps you can find out exactly what the Love-Boat club is. Do members of this club dress up like characters from *The Love Boat*, and have fights and make up in the space of an hour (with appropriate background music and frequent commercial breaks)? Discover the truth at Clubs Days.

Or perhaps you'll want to search out the Law School Glue Club booth. Do Law Students use a lot of glue? Are they connoisseurs of the stuff?

I mentioned getting silly and if that's what you like to do, and you don't take yourself too seriously, check out the Pseudo-Intellectuals Club. These people's pseudo-intelligence hasn't yet developed to the stage where they are able to list the name and phone number of their president with the AMS, so we don't know much about them. However if you can mispronounce a few five syllable words, I'm sure you'll be accepted by them.

If you've been to Clubs Days before and think you've seen it all, remember there are ways for even the most jaded of you to have fun. You create some interesting and potentially explosive dynamics by stirring up ideology wars. Here's how you do it: first you join, say, the NDP club. Then you walk over to the Social Credit booth and start talking to them. Make sure that the people at the NDP club are watching you. Tell the Social Credit people that you are uncertain about your political beliefs. After a while say, "I just want to clarify a point with the NDP club," and wander back to that booth. Continue going back and forth for a while, telling the NDP people, "but the Social Credit people said such and such," and vice versa. If you're good at this, soon you'll have a heated argument, with shouting, throwing things, maybe real violence taking place between rival factions. At this point you can just sit back and watch.

You can stir up ideology wars between different political clubs, different religious clubs, maybe even different sports clubs, say, the Karate verses Judo. This is no joke. The organizers of Clubs Days have found, through bitter experience, that they must allocate the locations of booths very carefully. To avoid chaos, they don't put left-wingers next to right wingers, or pro-choicers next to pro-lifers.

If you go to Clubs Days and don't find a club you want to join, you can always start one. But it's much more likely you'll walk out of Clubs Days with memberships to far more clubs than you'll actually have time to participate in. If that's the case, then you can be sure you're starting a school year that will offer you not only academic substance but also exciting leisure time.●

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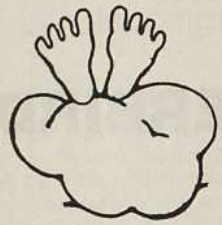

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BIRTH CONTROL

How not to have births

Conception summary, birth: sperm and ovum get together, hibernate, miracles happen, population count goes up.

By ANDREW LEE

How does one prevent unwanted serious weight gain? The simplest way is to abstain from intercourse altogether, or have permanent surgery. Simpler said than done, because many of us do not have the willpower, yet uninhibited activity can become very stressful after several offspring. From interviews with Dr. Percival Smith of the Student Health Services and information sheets available at SHS, the following is a listing of basic types of non-permanent birth control (prevention) methods.

Prevention tip #1: how not to allow the sperm and egg to get together. The simplest method is to create a barrier between the two.

Condoms are the only non-surgical methods available to men. The condom is fitted over the penis prior to ejaculation, which then prevents the semen from reaching the egg. Note that condoms without a storage tip should be used such that room is left to allow for storage of the semen. Discard after first use. It provides excellent protection against sexually transmitted diseases (STD),but in some men causes, psychologically, a decrease in sensation. Lastly, condoms without self-contained lubrication should be used with foam or jelly as lubricant, and not saliva.

Cervical caps are thimble shaped rubber pieces with a firm rim and a flexible dome top which fits over the cervix and held in place by suction. The failure rate is 13-19%. Before use, the cap is filled with a jelly, then inserted into the vagina; thus providing for a barrier as well as a spermicide. The fitting of the cap requires personal instruction by a health professional (not necessarily a doctor), but once in place, the cap can be left in place for up to 7 days. Further advantages are that it can come in contact with water (swimming, bathing, etcetera), gives protection against chlamydia and gonorrhea (diseases which infect the cervix), is less likely to put pressure on the urethra (a cause of bladder infections), and is a good choice for women who cannot use the pill or an IUD.

However, the cap is more difficult to use for women with long vaginas or short fingers. It requires a trial period of use, and maintenance 2-4 weeks after first trial. Initially, the cap is more difficult to fit on the cerix than a diaphragm, and long periods of exposure to secretions stored in the cap may cause infection. Also, the cap may cause laceration to the vagina or cervix because of the fitting, and can be dislodged during intercourse, thus it is not recommended for women with cervical erosion.

Diaphragms are large rubber domes which, when inserted into the vagina, covers the cervix; so that the spermicide is held against the cervical opening, with effectiveness up to 92-95%. The diaphragm is inserted up to six hours prior to intercourse and should be left in place for at least six hours after the last ejaculation, but no more than 24 hours. Make sure the water soluble spermicide does not come into contact with water. A diaphragm lasts for one to two years, and should be checked often for erosion or leakage. Consult with your physician one week after first fitting; the woman requires a health worker to fit her vagina for the correct size of diaphragm whenever there is change in vagina size because it may change due to weight gain of 15 pounds or more, pelvic surgery, 6 weeks after miscarriage, abortion, child birth, 2-3 months after increased sexual activity, or discomfort with its use.

Prevention tip #2: how to kill the sperm before it reaches the inside of the egg.

Foam and jelly are similar methods, both being a medium which the sperm contacts, and hopefully, dies as a result. Both are inserted as far into the vagina as possible, and are easily appliable; however, a new preparation must be used after every ejaculation, and should not be applied longer than fifteen minutes prior to intercourse, and not removed earlier than 6 hours after. Note that allergic reactions are possible.

. . . see page 80

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A Service guide for UBC **STUDENTS**

Women: Office for Women Students. A university-run service providing professional counselling, liaison with other university services, administration of a resource library, and a lounge. It also offers a number of skill workshops, including essay blues, assertiveness training, math anxiety, career planning, and job search strategies. The Office also handles sexual harassment problems.

Women's Centre: An AMS Service Organiation providing peer support. Offers workshops in women's issues and self-defense.

Be aware that UBC is hardly the gentle academic garden that women could reasonably expect. Stay away from isolated or poorly lit areas if you're alone (Endowment Land trails, Wreck Beach, library carrels) even during the day.

Traffic and security provides a free shuttle bus from Main & Sedgewick to B-lot and the residences from 7 p.m. to 11 p.m. when the libraries are open at night.

WAVAW Rape Crisis Centre 876-6011.

Vancouver Incest and Sexual Assault Centre 738-3512.

International House: Many services are provided through International House (1783 West Mall, 228-5021 or 228-5022). Facilities include the Gate 4 lounge and coffeehouse. A major function of International House is to promote the international atmosphere at UBC.

Graduate Students: Check out the Graduate Students Society which is elaborated on in the *Constituencies* section.

If you are a teaching assistant or marker, you should know that the TA union handles problems with employer/employee relations at the University, including unpaid overtime, excessive overtime, excessive work demands and arbitrating hiring and firing. The TAU has exclusive bargaining power for all TA's and markers, and they all pay union dues, whether they are union members or not. Call 224-2188 or Room 203 the Armouries.

Handicapped Students: Contact Student Counselling and Resources: Brock Hall Room 203, 228-3811. Services can be arranged to assist with a wide range of disabilities.

Audio-visual Service

Library Processing Centre, 2206 East Mall, 228-4471 offers complete audio and visual services at reasonable rates. Facilities include a rental and repair service, duplication of tapes and videos, 24 track recording studio, graphic arts services and photography services.

Campus Chaplains

The chaplains, from all major religious groups, provide counselling and support as an alternative or addition to other student services.

Barry Valentine, Anglican and United Church, 224-3722 or 738-9646.

Don Harrison, Baptist, 224-4308.

Ray Schultz, Lutheran, 224-1614 or 224-3328.

Bruno Tesolin, Roman Catholic, 224-3311.

Daniel Siegel, Jewish, 224-4748 or 873-1425.

Presbyterian, 224-7720 or 224-5742.

Caterer

Located in SUB, 228-2018. UBC Catering Service is available for special catering: coffee breads, luncheons, special occasion cakes, etc.

Child Care

Hut 88, 2727 Acadia Road. Eleven child care centres on campus care for children from 18 months to 11 years of age. The facilities are run cooperatively by the parents. Information on government subsidies for low income parents is available from the Ministry of Human Resources.

For more information call the day care coordinator's office at 228-5343.

Copy Centre

SUB lower concourse, 228-4388. During building hours the AMS supplies coin operated photocopiers for 5¢ a copy. But the serivce also includes large runs of posters, flyers, and other printing services. The Centre will also collate and staple. Student rates and "copy cards" for volume copying are available.

Hours 9 a.m. to 7 p.m., Monday to Friday, 1 to 4 p.m. Saturday.

Dental Clinic

John B. MacDonald building, 228-2212. Closely supervised dentistry students do most types of dental work. The cost covers the price of materials. The clinic is also open to the public. Exceptions are sometimes made for emergencies but generally there's a long waiting list.

Hours: 9 a.m. to 5 p.m., Monday to Friday.

Dry Cleaner

University Martinizing, 2147 Western Parkway (in the University village), 228-9414.

Gift Shop

The Thunderbird Shop, Lower Level, SUB. Phone 224-1911.

Legal Services

With lawyers well out of your price range (if you're a normal student), the only option is to seek free legal advice. The UBC legal clinic (228-5911) and the Law Students Legal Advice Program (228-5791) are both willing and able to give out such advice.

Jubilant UBC student, at right, smiles as malevolent landlord (he forgot to return student's damage deposit) is brought to justice. "Just think," states Lothar Scmendge, "If I hadn't consulted the UBC Legal Clinic (228-5911), he would have got off scott free. . ."

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Liquor Stores

The stores closest to UBC are at: 2060 West 41st; 104-4255 Arbutus; 3610 West 18th; and 3740 West 4th. But, if it's late at night, the store at Broadway and Maple is open for trade until 11 p.m., Mon.-Sat. Say hi to the banjo player on your way in.

Lost & Found

Brock Hall room 164, 228-5751. The service is run by volunteers who tag and file lost and found articles. Unclaimed items are sold at the end of each year.

Hours: Vary—but Tuesday and Thursday mornings are best bets.

Registrar's Office

General Services administration building, second floor, 228-2844. Keeps all records and transcripts and handles admission, registration and course changes, except for graduate students, who should contact the faculty of graduate studies in room 235, 228-2848.

Registrar's hours: 8:30 a.m. to 4 p.m., Monday to Friday.

Ticket Centre

The AMS Ticket Centre Office in the SUB concourse, 228-2711, sells tickets to both on and off campus events. The centre is an agent for Concert Box Offices and the Vancouver Ticket Centre. Each month, the centre sells bus passes as well.

Hours: 10 a.m. to 5 p.m., Monday to Saturday.

Travel Services

Canadian University Travel Services (CUTS) in the SUB concourse, 224-2344, is a student owned and oriented travel service. An excellent way to get back east for Christmas is the CUTS charter. CUTS is an agent for most airlines and also for Eurail. The agency processes applications for International Student Cards (ISIC).

Hours: 10 a.m. to 4:30 p.m., Monday to Friday.

Typing

Check Speakeasy (SUB main concourse 228-3777). They can refer several to you. Also, check *The Ubyssey* classified ads.

Word Processing Centre

The AMS Word Processing Centre offers a complete, professional, competitively priced word processing service. Students can leave work to be typed with the Customized Word Processing Service, or type it themselves at the Customer Operated Word Processing Centre; both are located across from Tortellini's on the lower floor of the SUB.

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from page 43. . . CITR

However, many students are also interested in developing their writing skills they get involved with *Discorder*. Volunteers learn how to put a magazine together from the first ideas to the last advertisement.

Make your experience at UBC all that much richer by getting involved in your campus radio station—CITR. You never know what it might lead to.

Our listeners write: Q: I can't get CITR, aren't you going to go High Power? A: The only obstacle barring us from a power increase is a bunch of technical problems we're wading through with the CRTC.

For more information on how to set up your stereo for the utmost in reception, phone 228-3017 and ask for your free manual, *The Little Signal That Still Wants To*.

- 1987 is our 50th anniversary so please keep an eye on the notice boards around the University; we've got one BIG BIRTHDAY to celebrate *and you're invited*.
- A note to clubs: give us your events calendar—we'll tell UBC about it—for free, of course

And remember CITR's **Mobile Sound Unit** for your next bash. We've got an enormous assortment of music: Top 40, surfin' 60s, Motown, good old Rock 'n Rock. You tell us what you want—we'll deliver it.

Include us on your timetable this year. CITR UBC Radio: Introduction to Radio 102. SUB Room 233.

Contact: 228-3017 for more information on CITR's Mobile Sound Unit.

—Nancy Smith, CITR station manager

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from page 77. . . Birth Control

Prevention tip #3: what to do after the sperm reaches the egg.

The morning after-the night before-pill (MAP) is actually four pills, none of which is diethylstillbestrol (DES—a carcinogen), and can be taken within 72 hours of unprotected intercourse with an effective birth prevention rate of 98%. Words of caution, however, nausea occurs in 22% of women who take this pill, heavy vaginal bleeding, abdominal pain, dizziness, breast change occurs in 2%, nausea and vomiting in 25%, and pregnancy (if menstrual period does not start within 21 days of taking the medication, a pregnancy test should be done) is still possible, and if this occurs, the reaction of the pill is unknown in relation to the baby.

Prevention tip #4: longer duration methods. There are commonly two methods, the pill and the intrauterine device (IUD).

The pill requires diligent practice, but because it can cause a wide spectrum of effects, it is not beneficial for all women. There is risk of blood clotting, rise in blood pressure, heart attack, stroke in women over 35 years old, and is especially not recommended for women who smoke. However, the pill gives some beneficial side effects such as less chance of getting ovarian cysts, cancer of the uterus, and pelvic inflammatory disease. It is common for the body to gain fluid weight of three to five pounds in the first three months, also, mood changes are possible,which, in some women, can be reversed with vitamin B_6.

The IUD is a small plastic piece inserted into the uterus by a trained health worker (left in place for 2-5 years) where it sets up an inflammatory response and causes prostglandin production to prevent implantation of a fertilized egg (failure rate is 1-2% in the first year). A physician should be consulted to determine an appropriate time in the menstrual cycle for implantation of the device. It is also possible for the IUD to act as a post-intercourse birth control device, but this can be unsafe due to pelvic inflammatory disease—there are better ways. Perforation of the uterus occurs 1 case in 3000 for women who have never given birth, 1 in 600 women who have given birth, and 1 in 300 women just after birthing; of the women who do get pregnant with the IUD, 1 in 30 will have a pregnancy occuring in the fallopian tubes. Finally, the device can cause a longer and heavier menstrual flow, and more severe cramps can result.

Birth control tip #5: for those of mutually strong will, there is the ovulation timing and abstention method which times the cycle and avoids intercourse during the risky period of the cycle.

Student health services at room M334, 2211 Westbrook Mall, acute care unit, health science centre (228-7011) provides all services for free through your medical plan/insurance coverage. All 7 doctors are fully qualified and are not connected with the students at residency. Winter hours are 7:45 a.m. to 5:00 p.m., summer 8:00 a.m. to 4:00 p.m. The people are friendly, don't be shy, feel free to browse, ask questions, especially before having a baby by accident.●

U.B.C. Thunderbird Winter Sports Center

GENERAL INFORMATION

Facilities of the Sports Centre include:

3 Hockey Rinks
6 Sheets of Curling Ice
4 Squash Courts
2 Racquetball Courts
Sport Shop—complete rental equipment
—sales of sports equipment
Licensed Lounge—open seven days a week this year

Special Event Bookings
Persons wishing to book facilities of the Winter Sports Centre for special events for their group may do so by contacting the Manager of the Winter Sports Centre at 228-6121.

Questions
For detailed information about any program or service call the office at 228-6121 or 228-6125 (Racquetball Squash Courts).

HOCKEY

Recreation Hockey
Casual, pick up hockey. Basic Hockey Gear including shin pads, gloves, helmet required. Rental equipment available at reasonable prices! Open to everyone.

Starts Tuesday, September 2, 1986
8:30 a.m. to 4:00 p.m. Monday to Friday

Fee No charge for UBC students from 8:30 a.m. to 12:30 p.m. Must be able to produce current UBC Student, Faculty, or Staff Library card to use facilities.
$1.50 per hour for everyone after 12:30 p.m. Non-Contact Rules.

Skating Only on Main Rink for UBC Students, Faculty, Staff with valid cards.
Monday to Friday 8:30 a.m. to 12:30 p.m.

COURT INFORMATION

Use of eye protection on courts is **mandatory.**
Available for rental $.50 each.
Court use information call 228-6125.

There are **4 squash** and **2 racquetball courts** located at the Winter Sports Centre.
Court bookings taken on a first-come first serve basis.
Courts may be booked in person between 7 a.m. and 11 p.m.

"I can fly! I can fly! I can fllyyyyy!"

UBC teams strive for excellence

By SVETOZAR KONTIC

When most people think of university athletics, they think of the United States. They think of the powerful basketball and football teams of such prestigious universities as UCLA, Arkansas and Duke. And along with that they think of all the hoopla, fanfare, power and money involved. But Canadian university athletics is a different story. Far too commonly here we see unheralded athletes and teams, with little money and few fans.

At UBC we have many fine athletes and teams—some who have been recognized. Last year our men's varsity soccer team won the Canadian Interuniversity Athletic Union Soccer championship while our women's swimming and diving team won their respective CIAU championship also.

Our track team features steeplechaser Graeme Fell, currently ranked fifth in the world. World class high jumper and teammate Jeannie Cockroft had another great season while Simon Hoogewerf continues to sprint his way to international fame.

Graduate student Ken Klassen had a spectacular season with the men's basketball team and was rewarded with an All-Canadian all-star position. Volleyball players Chris Frehlick and Tara Senft also received all-star positions for their outstanding performances last season. Frelick has since been named to the Canadian national team.

Swimmer Barb McBain who led her team to a national championship with two gold medals, was also named an all-star.

Although our football team did not win a championship last season, it has won several in the past under the leadership of one of Canada's best known football coaches, Frank Smith.

Other teams are trying to improve their images in the sport world rapidly. Last year the men's basketball team hired former national team coach, Bruce Enns, as its new full time coach. This year the hockey team hired Terry O'Malley, head coach of the famed Notre Dame College team of Wilcox Saskatchewan which has sent many players to the National Hockey League.

The women's volleyball team has appointed Donna Baydock, former University of Manitoba coach as its new head coach. At age 28, Baydock has already had much coaching success and is a former member of the Canadian national team.

UBC varsity sports provides high quality, exciting action to students for free upon presentation of their student cards at home games. Take time out to view and support one of the numerous teams and athletes on campus this fall.

SPORTS

THUNDERBIRD TEAMS

For the more serious sports participant, UBC offers students Thunderbird athletics. Thunderbird teams compete each season in the Canada West university conference, club events, city leagues, and some leagues also enter national university championships.

Basketball (M&W), Gymnastics (M&W), and Swimming and Diving (M&W) are a few of the teams available for full-time students to try out for.

Scholarships of about $1,000 each are also awarded on the coaches' recommendations to some varsity team members depending on the sport and the amount of money available.

Try-outs for most teams take place in September and for more information students can contact the athletic office, room 208 in War Memorial gym, or phone 228-2295 (W) 228-2503 (M).

INTRAMURALS

Ever heard of a velociped?

Well, run down to SUB room 66 and they'll give you the complete explanation. They might even sign you up for the annual centipede run while they're at it—one of the many runs the Intramurals sponsors throughout the year.

With over 50 different sports, tournaments and events on campus, Intramurals—open to UBC students, staff and faculty— last year drew about 16,000 entrants. And half of the entrants were constant participants.

As Canada's largest intramural sports program, the physically active offerings vary widely. Triathlons, tennis, soccer, broomball, skiing, noon runs (many of which are free), cycling, hockey, the list goes on and on. Competitive levels are also varied from the highly advanced to the recreational.

Richard Thomas, an intramurals organizer, says participating can round out a university education.

"Any sport activity can put perspective on university. Too often first years are so serious with their noses in their books."

Describing intramurals as a "healthy way to have a good time," Thomas says intramurals provide students with career related experience also.

More than 85 students and full time staff currently run Intramurals and just about everyone is paid in an honorarium form.

And they need new help every year. Referees, sports administrators, photographers, advertising personnel are just a few of the positions available. For more info call 228-6688 or SUB room 66 lower concourse.

Their big events this year include the Arts 20 relay race in September which is expected to draw 2,000 entrants.

Free activities open to students and staff include drop-in volleyball on Thursday and Sunday evenings in War Memorial Gym, badminton Tuesday and Sunday evenings in Osborne Gym, and a new addition, ping-pong for which times have not yet been confirmed.

For those who like to study and play together, team sports are also available. Individuals and groups of students can sign up with the sports representative from their faculty, residence or club. And if you'd like to form your own team, sign up at the front desk at the Intramurals office.

AMS SPORTS CLUBS	ROOM ROOM	BOX BOX	PHONE
Aqua Society	88-89	8	228-3329
Bowmen	249C	191	
Curling		27	
Cycling		97	
Fencing	3	34	
Ice Hockey	241A		
Kayak		202	
Sailing	58	73	228-4231
Ski	210	76	228-6185
Sky Diving	216C	78	228-4453
Squash	241A	86	
Tennis	241A	186	
Underwater Hockey		105	
Waterpolo		100	
Windsurfing	57	99	228-4232
CULTURAL			
Ballet UBC Jazz	208	40	228-6668
MARTIAL ARTS			
Aikido Karate		51	
My Jong Kung Fu		83	
Shito Ryu Karate		72	
Wado Ryu Karate	241E	69	
Wing Chun Internal Kung Kung Fu Wu Shu		108	

SPORTS FACILITIES

Aquatic Centre Beside SUB, 228-4521. Free swimming for AMS members three times each weekday. Students get reduced rates at various other times when public and adult swims take place. Facilities include saunas, fitness area, whirlpool, steam rooms and indoor and outdoor pools. Bring your student card. **Free student, staff and faculty swim times with a valid AMS/library card are:** Monday to Friday at 7:30 am - 9:30 am, 11:30 am - 2:25 pm, and 4:30 pm - 5:30 pm.

The Armouries North Campus, indoor tennis courts, a dance studio and judo training room are located here. Facilities can be booked in advance through the Intramurals office, 228-3996.

Osborne Centre Gyms South Campus, 228-4452. The four gyms, outdoor courts and floor hockey rinks can be booked through the Intramurals office, 228-3996. The centre loans equipment for general recreational purposes.

Recreation UBC 228-2982, War Memorial Gym 203. Non-credit courses in leisure pursuits, including courses in fitness, martial arts, outdoor recreation like kayaking and mountain biking, various kinds of dancing at advanced levels (and some at beginner levels), and new strength training facilities at the Gym. Also an outdoor equipment rental shop (228-4244 in the Gym). Registration at the beginning of both terms in the office.

Tennis Bubble North of Osborne, four indoor tennis couts. Book through the intramural office up to one week in advance. or more information call 228-2982.

War Memorial Gym weight training area and gymnasium are the main facilities. The equipment room, 228-3515, also has outdoor sports equipment for loan.

Winter Sports Centre The Thunderbird Centre, south of campus, 228-6121, has three skating rinks, curling facilities, racquetball, handball and squash courts, a food concession and lounge.●

RECREATION UBC

1986-1987

OUTDOOR EQUIPMENT RENTALS

LOWEST RATES IN TOWN

Top quality outdoor equipment—everything you might need for mountain biking, biking, kayaking, backpacking, tenting

Phone No.: 228-3515
Location: The Rental Shop is located in War Memorial Gym, Room 203, or War Memorial Dispensary

Operational Hours:
Monday-Saturday 7:30 am-3:30pm

Reserving Equipment:
- Equipment may be reserved in advance.
- Reservations are best made in person and require the presentation of a valid Library/AMS card, REC.UBC Membership card, or major credit card.
- Full payment of rental fee must be made at the time of reservation.

Equipment Pick-Ups and Returns:
- Equipment may be picked up and returned during operational hours.
- Late returns are subject to a $5.00/day fine, plus the rental fee.

For more information, please call 228-3515

RENTAL RATES

	Weekend	Day	Week
TENTS:			
2 person	$ 8.50	$ 5.00	$21.00
3 person	10.00	6.00	25.00
4 person	12.00	7.00	30.00
SLEEPING GEAR:			
Sleeping Bags	7.00	4.00	16.00
Sleeping Pads	2.00	1.00	3.00
PACKS:			
Internal Frame	5.00	3.00	11.00
Rear Bicycle Panniers	5.00	3.00	11.00
HIKING BOOTS:			
Men's and Women's	11.00	6.00	25.00
STOVES:			
Coleman Peak 1	4.00	2.50	9.00
BICYCLING TOURING:			
Mountain Bikes	19.00	10.00	46.00
Bicycles (3 speed, 10 speed)	12.00	8.00	36.00
Rear Panniers	5.00	3.00	11.00
KAYAKS:			
Sea Touring and White Water	30.00	20.00	60.00
Paddles	2.00	1.00	3.00
Spray Shirts	2.00	1.00	3.00
Life Jackets	4.00	2.50	9.00
PROTECTIVE CLOTHING:			
Anoraks	3.00	2.00	6.00
Rainsuits (top & bottom)	3.00	2.00	6.00
Gaiters (keep snow & rocks out of boots)	2.00	1.00	4.00
Overmitts (waterproof)	2.00	1.00	4.00
MISCELLANEOUS:			
Roofracks	4.00	2.00	10.00

RECREATION UBC 1986-87
Pursue the Total Experience

A comprehensive non-credit instructional program in leisure pursuits

CALL 228-3996 FOR FURTHER INFORMATION

Courses are available to all students, faculty, staff, alumni and non-students.
REC UBC Membership is required for all faculty, staff, alumni and non-students.
All courses are open to ALL off-campus participants.

Registration for all courses will take place during regular office hours:
MONDAY-FRIDAY — 9:00 am-11:30 am; 12:30 pm-3:00 pm

1st Term Registration: Tuesday, September 2-Friday, September 12, 1986
2nd Term Registration: Friday, January 2-Friday, January 9, 1987

Where do you Register? Room 203, War Memorial Gymnasium
Phone 228-3996 for further information.

PLEASE NOTE:
- Late registration does NOT ensure a place in the course.
- All classes are subject to last minute changes, cancellations, or additions.
- Classes will be CANCELLED on the following holidays:
  THANKSGIVING DAY—Monday, October 13, 1986
  REMEMBRANCE DAY—Tuesday, November 11, 1986
  MID-TERM BREAK—Thursday & Friday, February 19 & 20, 1987

REFUND POLICY
- We cancel, you get a full refund.
- You cancel, before 3:00 pm, FRIDAY, SEPTEMBER 19th (1st Term) and FRIDAY, January 23rd (2nd Term), there will be a $5.00 processing charge.
- THERE WILL BE NO REFUND ISSUED AFTER FRIDAY, SEPTEMBER 19th (1st Term) and FRIDAY, JANUARY 23rd (2nd Term), without medical documentation.

FITNESS & STRENGTH $40.00

CODE#	COURSE & LEVEL	DAY(S)	TIME	PLACE**	DATES (1st Term)	DATES (2nd Term)
101	Aerobic Circuit Training	Monday	6:00-7:00 pm	L	Sept. 15-Nov. 24	Jan. 12-Mar. 30
102	Strength Training	Wednesday	6:00-7:00 pm	L	Sept. 17-Nov. 26	Jan. 14-Mar. 25
103	Strength Training for Women	Tue/Thur	6:00-7:00 pm	L	Sep. 16-Oct. 16	Jan. 13-Feb. 12
104	Strength Training for Women	Tue/Thur	6:00-7:00 pm	L	Oct. 21-Nov. 20	Feb. 17-Mar. 19
105	Faculty/Staff Fitness	Mon/Tue/Thur	12:30-1:05 pm	C	Sept. 15-Nov. 27	Jan. 12-Mar. 26
106	Rock-a-Roebics COED	Mon/Wed/Fri	1:30-2:30 pm	I		
		Tuesday	3:30-4:30 pm	I		
107	Fitness/Safety/Nutrition for back packing	Mon/Wed	6:30-8:30 pm	J U	Sept. 22,24, 27,28	Jan. 19,21 24,25
108	Rhythm Fit	Mon/Wed	12:30-1:30 pm	I	Sept. 15-Nov. 289	Jan. 12-Mar. 27
		Tue/Fri	1:30-2:30 pm	T		
		Mon/Tues/Thur	4:30-5:30 pm	D		
		Mon/Wed	3:30-4:30 pm	D		
		Tue/Thur	12:30-1:30 pm	D		
109	Weightroom Membership	Tue/Thurs/Fri	12:30-1:30 pm	D	Weightroom Membership	
	Fitness Testing & Exercise Prescription	By Appointment	228-3996	L		
701	Fitness Instructor (certificate)	Mon/Wed	12:30-1:30 pm	D	Sept. 15-Nov. 27 & Weekend: T.B.A.	Jan. 12-Mar. 25

**** PLACE CODE**

A Gym E Osborne Centre **B** Gym A Osborne Centre **C** Gym B West Osborne **D** Gym B East Osborne **E** Gym F **F** Gym G **G** Osborne Room 203 A **H** Osborne Room 203 B **I** War Memorial Gym **J** War Memorial Gym Room 211 **K** War Memorial Gym Room 213 **L** War Memorial Gym New Weight Room **M** Armoury **N** Armoury Room 208 **O** Armoury Room 208 **P** Tennis Bubble **Q** Thunderbird Winter Sports Centre **R** Pool **S** Psychiatric Unit Theatre **T** 2845 Acadia Street **U** Weekend Excursion.

RECREATION UBC 1986-87

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CALL 228-3996 FOR FURTHER INFORMATION

MARTIAL ARTS — $40.00

CODE#	COURSE & LEVEL	DAY(S)	TIME	PLACE**	DATES (1st Term)	DATES (2nd Term)
201	Judo 1	Tue/Thur	8:00-9:30 pm	A	Sept. 16-Nov. 27	Jan. 13-Mar. 26
202	Judo II & III	Tue/Thur	8:00-10:00 pm	A	Sept. 16-Nov. 27	Jan. 13-Mar. 26
203A	Tai Chi I	Tuesday	7:30-9:00 pm	N	Sept. 16-Nov. 25	Jan. 13-Mar. 31
203B	Tai Chi III	Thursday	7:30-9:00 pm	N	Sept. 18-Nov. 27	Jan. 15-Mar. 26
204	Shotokan Karate I	Mon/Wed	8:00-9:00 pm	A	Sept. 15-Nov. 26	Jan. 12-Mar. 25
205	Shotokan Karate II	Mon/Wed	9:00-10:00 pm	A	Sept. 15-Nov. 26	Jan. 12-Mar. 25
206	Shotokan Karate III	Saturday	10:00-11:30 am	A	Sept. 15-Nov. 29	Jan. 17-Mar. 28
207	Vovi	Tue/Thur	5:00-6:30 pm	S		
208	Aikido	Tue/Thur	6:30-8:00 pm	A	Sept. 16-Nov. 27	Jan. 13-Mar 26
209	Kendo	Tue/Thur	6:30-8:00 pm	O		
210	Tae Kwon Do I	Mon/Wed/Thur	5:30-6:30 pm	C	Sept. 16-Nov. 27	Jan. 13-Mar. 26
211	Tae Kwon Do II	Wednesday	5:30-7:30 pm	C	Sept. 17-Nov. 26	Jan. 14-Mar. 28
		Saturday	10:00-11:30 am	C		
212	Tae Kwon Do III	Wednesday	5:30-7:30 pm	C	Sept. 17-Nov. 26	Jan. 14-Mar. 28
		Saturday	10:00-11:30 am	C		
213	Wu Shu—Adults	Mon/Wed	6:30-8:00 pm	A	Sept. 15-Nov. 26	Jan. 12-Mar. 28
		Saturday	1:00-3:00 pm	A		
214	Wu Sho—Children	Saturday	11:30-1:00 pm	A	Sept. 20-Nov. 29	Jan. 17-Mar. 28
215						
216	Tayson-Shadow Boxing	Tue/Thur	5:00-6:30 pm	O	Sept. 16-Nov. 27	Jan. 13-Mar. 26
217	Internal Martial Arts	Mon/Wed	5:00-6:30 pm	N	Sept. 15-Nov. 26	Jan. 12-Mar. 25

RACQUET SPORTS — $55.00

CODE#	COURSE & LEVEL	DAY(S)	TIME	PLACE**	DATES (1st Term)	DATES (2nd Term)
301	Squash I	Mon/Wed	4:15-5:45 pm	Q	Sept. 15-Oct. 15	Jan.12-Feb 11
302	Squash I	Mon/Wed	4:15-5:45 pm	Q	Oct. 20-Nov. 19	Feb. 16-Mar. 18
303	Squash II	Mon/Wed	4:15-5:45 pm	Q		Feb. 16-Mar. 18
304	Racquetball I	Tue/Thur	4:15-5:45 pm	Q	Sept. 16-Oct. 16	Jan. 13-Feb. 12
305	Racquetball I	Tue/Thur	4:15-5:45 pm	Q	Oct. 21-Nov. 20	Feb. 17-Mar. 19
306	Racquetball II	Tue/Thur	4:15-5:45 pm	Q		Feb. 24-Mar. 26

ACTIVITIES

CODE#	COURSE & LEVEL	DAY(S)	TIME	PLACE**	DATES (1st Term)	DATES (2nd Term)
601	Learn to Skate I ($40)	Tuesday	4:15-5:15 pm	Q	Sept. 16-Nov. 25	Jan. 13-Mar. 24
602	Super Skate II ($40)	Monday	4:15-5:15 pm	Q	Sept. 15-Nov. 24	Jan. 12-Mar. 30
603	Yoga ($40)	Mon/Wed	4:30-5:30 pm	O	Sept. 15-Nov. 26	Jan. 12-Mar. 25
604	Golf I ($40)	Tue/Thur	1:30-2:30 pm	A	Sept. 16-Oct. 30	Jan. 13-Feb. 26
605	Golf II ($40)	Tue/Thur	1:30-2:30 pm	A		Term 2
606A	Archery I ($50)	Monday	7:30-10:30 pm	M	Sept. 15-Oct. 13	Jan. 12-Feb. 9
606B	Archery I ($50)	Monday	7:30-10:30 pm	M	Nov. 3-Dec. 1	Feb. 23-Mar. 23
607	Archery II & III	Saturday	7:30-11:30 pm			
608	Choir I & II ($30)	Tuesday	7:00-8:30 pm	B		
609	Faculty/Staff/Badminton	Tuesday	8:30-11:30 pm	B	Rec Card-enforced	
	REC UBC card required	Friday	7:30-10:30 pm		Rec Card-enforced	

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RECREATION UBC 1986-87

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A comprehensive non-credit instructional program in leisure pursuits

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DANCE $40.00

CODE#	COURSE & LEVEL	DAY(S)	TIME	PLACE**	DATES (1st Term)	DATES (2nd Term)
401	Sea Touring Kayaking I	Tue/Thur	5:00-8:00 pm	K	Sept. 16, 18	Jan. 13, 15
				R	21	18
402	Sea Touring Kayaking I	Tue/Thur	5:00-8:00 pm	K	Sept. 23, 25	Jan. 20, 22
				R	28	25
403	Sea Touring Kayaking I	Tue/Thur	5:00-8:00 pm	K	Sept. 30	Jan. 27, 30
				R	Oct. 2,5	Feb. 1
404	White Water Kayaking II	Tue/Thur	5:00-8:00 pm	K	Oct. 7, 9	Feb. 3, 5; 8
				R	Oct. 12	
107	Fitness/Safety/Nutrition	Mon/Wed	6:30-8:00 pm	J	Sept. 22, 24	Jan. 19, 21
				U	Sept. 27, 28	Jan. 24, 25
405	Off Trail Route Finding	Mon/Wed	6:30-8:00 pm	J	Sept. 29, Oct. 1	Jan. 26, 28
				U	Oct. 4, 5	Jan. 31, Feb. 1
406	Emergency Response in the Outdoors	Mon/Wed	6:30-8:00 pm	J	Ot. 6, 8	Mar. 9, 11
				U	Oct. 18, 19	T.B.A.
407	*Snow Caving*	*Mon/Wed*	*6:30-8:00 pm*	J		Feb. 23, 25
				U		
408	Route Finding in Winter Conditions	Mon/Wed	6:30-8:00 pm	J		Mar. 2, 4
				U		T.B.A.

OUTDOOR PURSUITS $40.00

CODE#	COURSE & LEVEL	DAY(S)	TIME	PLACE**	DATES (1st Term)	DATES (2nd Term)
501	Ballet I	Tue/Thur	6:00-7:30 pm	N	Sept. 16-Nov. 27	Jan. 13-Mar. 26
502	Jazz I	Mon/Wed	12:30-2:00 pm	N	Sept. 15-Nov. 26	Jan. 12-Mar. 25
503	Jazz II	Tue/Thur	12:30-2:00 pm	N	Sept. 16-Nov. 27	Jan. 13-Mar. 26
504	Tap Dance I	Mon/Wed	3:30-5:00 pm	N	Sept. 15-Nov. 26	Jan. 12-Mar. 25
505	Cabaret Dance	Tue/Thur	4:30-6:00 pm	N	Sept. 16-Nov. 27	Jan. 13-Mar. 26
506	Campus Dance Theatre	Saturday	11:00-2:00 pm	N	Sept. 20-Nov. 29	Jan. 17-Mar. 28
	(Auditions)	Saturday	11:00 am	N	Sept. 20	
507	Ballroom I	Mon/Wed	6:30-8:00 pm	N	Sept. 15-Nov. 26	Jan. 12-Mar. 25
106	Rock 'n Roll	Tuesday	1:30-2:30 pm	I	Sept. 15-Nov. 28	Jan. 12-Mar. 27
		Tuesday	3:30-4:30 pm	I		

CERTIFICATION COURSES $40.00

CODE#	COURSE & LEVEL	DAY(S)	TIME	PLACE**	DATES (1st Term)	DATES (2nd Term)
701	Fitness Instructor (certification) ($80)	Mon/Wed	12:30-1:30 pm	D	Sept. 15-Nov. 27 & weekend T.B.A.	Jan. 12-Mar. 25
702	St. John's Standard	Thursday	7:30-10:30 pm	G	Sept. 8-Nov. 27	Jan. 15-Mar. 26
703	CPR	Wednesday	7:30-10:30 pm	G	Sept. 24-Nov. 19	
704	St. John Emergency	Tuesday	7:30-10:30 pm	G	Oct. 17-21	Feb. 10-17
705	Level I Coaching	Sat/Sun	10:00-5:00 pm	G	Sept. 27, 28 &	
		Sat/Sun	10:00-5:00 pm	G	Oct. 25, 26	
706	Level II Coaching	Sat/Sun	10:00-5:0 pm	G		Feb. 21, 22

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RECREATION UBC
1986-1987
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NEW

WAR MEMORIAL GYM WEIGHT ROOM

Best Rates in Town!

Your Membership Buys:

- Scientific fitness test in Buchanan Lab
- Consultation and Exercise Prescription
- On going Personal Exercise monitoring
- Daily free use of weightroom in "membership only" and "drop-in" times September thru April.

NEW

WAR MEMORIAL GYM WEIGHT ROOM

NEW AND EXCITING
WEIGHT ROOM EQUIPMENT
$2.00 daily drop in times

call **228-3996** *for info*

FREE

PEPSI

TORTELLINI'S
FOOD FOR THOUGHT

FREE

PEPSI

BREAKFAST, LUNCH, DINNER
Daily Specials, including Lasagne, Stroganoff, Chili,
Fresh Pasta, Homemade Soups, Desserts & Full Salad Bar

EVENINGS WE FEATURE OUR HOMEMADE PIZZA

Bring This Coupon & Receive One Free Pepsi
When you order your Pizza

Mon-Fri 7:00 am-Midnight
Sat-Sun 11:00 am-8:00 pm

AMS

STUDENT UNION BUILDING
University of British Columbia
6138 S.U.B. Boulevard
LOWER CONCOURSE

UBC

Expires Dec. 31/86
Limit One Per Order

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Theatre Tickets
Frederick Wood/Dorothy Somerset .. 228-2678

Geological Sciences Museum 228-5586
Museum of Anthropology 228-3825
Nitobe Gardens 228-3928

...issions 228-3014

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...cultural Mechanics 228-2565
...al Science 228-4593
...Resource Engineering 228-2565
... Barn 228-3280
... Science 228-3404
...icultural Enquiries 228-5858
...t Science 228-4384
... Science 228-2783

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... Box Office 228-2711
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...UB Room 266 228-2901
... Copy Centre
...JB Room 100E 228-4388
... Customer Operated Wordprocessing
...ntre SUB Room 55 228-5496
... Customized Wordprocessing Service
...JB Room 60 228-5640

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Director of Finance: Jamie Collins
SUB Room 258 228-3973
Vice President: Rebecca Nevraumont
SUB Room 248 228-3092
Co-ordinator of External Affairs: Carol Pedlar
SUB Room 250 228-2050
Director of Administration: Martin Cocking
SUB Room 254 228-3961

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Food and Beverage Manager: Linda McGillivary
SUB Room 244 228-3965
Publications Sales Representative: Francoise Berault
SUB Room 266 228-3977
Facilities Development Manager: Nuala Ehlert
SUB Room 240 228-6540
Programs Coordinator: Bruce Paisley
SUB Room 230A 228-5336
Comptroller: Gerry Wan
SUB Room 264 228-3974
Administrative Assistant: Valerie Warman
SUB Room 238 228-3971
Bookings Representative:
SUB Room
Archivist: Iolanda Weisz
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Alumni Association 228-3313
Anatomy 228-7046
Animal Care Centre 228-6283
Animal Resource Ecology 228-2731
Anthropology & Sociology 228-2878
Applied Mathematics 228-4584

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Dean of Applied Science 228-6412
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Aquatic Centre 228-4521
Archeology 228-2567
Architecture 228-2779

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Arts One Programme 228-3430
Asian Centre 228-4686
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Asian Studies 228-3881

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Men 228-2503
Intramural Sports 228-6688
Student Administrators 228-5388
Recreation UBC
Thunderbirds Game Information 228-BIRD
Audiology & Speech Sciences 228-5591
Audio-Visual Services 228-4771
Awards & Financial Aid 228-5111

B

Berwick Pre-School 228-6616
Biochemistry 228-3178
Biomedical Communications
UBC HSCH 228-3178

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Don Holubitsky SUB Box 125
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Gardening Information 228-5858
Botany 228-2133
Buses
Metro Transit 324-3211
Bus Pass (AMS Ticket Centre) 228-2711

C

Canada Employment Centre 228-4011
Canadian Literature 228-2780
Canadian University Travel Service 224-0111
Cecil Green Park 228-3585
Bookings 228-6289
Centre for Continuing Education
General Information 228-2181
Language Institute 222-2181
Women's Resource Centre 1144 Robson .. 685-3934
Chancellor 228-2400

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Anglican/United Lutheran Campus Centre .. 224-2614
Baptists Carey Hall 224-4308
Lutheran Lutheran Campus Centre 224-3722
Jewish Hillel House 224-4748
Pentecostal Assemblies of Canada 291-3180
Presbyterian St. Andrew's Hall 224-7720
Roman Catholic St. Mark's 224-3311
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Classics 228-2889

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Community Relations 228-3131
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Fire Dept. Information 224-5415
Police RCMP 224-1322
Traffic & Security 228-4721

Events on Campus
Box Office & Information 228-2711
Events, Attractions & Hour Information
24 Hour Recorded Message 228-6410
Film Society Information 228-3697
Music Concerts & Recitals 228-3113
Sports Information 228-3917
Theatre Tickets
Frederick Wood/Dorothy Somerset .. 228-2678

Family Practice Units
Campus Clinic 228-5413
Fairmont Clinic 875-4730

Fund Raising & Contributions 228-3313

Hospital Information 228-7121

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Botanical Gardens 228-3928
Fine Arts Gallery 228-2759
Geological Sciences Museum 228-5586
Museum of Anthropology 228-3825
Nitobe Gardens 228-3928

A

Admissions 228-3014

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Agricultural Mechanics 228-2565
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Curling Rink 228-6121

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Educational Psychology & Special Education 228-5351
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English 228-5122
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Agriculture MacMillan 248 228-3453
Arts Buchanan A207 228-4028
Commerce Angus 754 228-3223
Education Scarfe 103 228-5222
Engineering CEME 2006 228-6413
Forestry MacMillan 270 228-2727
Family & Nutritional Sciences FNS 228-4651
Nursing Acute Care T235 228-7494
Pharmacy IRC 318 228-3285
PE/Recreation WMG 208 228-2445
Rehab Medicine IRC 331 228-5686
Science Bio.Sci. 1507 228-3820
Social Work Graham House 205 228-2255
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University Research Forest 463-8148
Frederic Wood Theatre 228-2678
French 228-2879
FRATERNITIES
Alpha Delta Phi 2270 Wesbrook Mall ... 224-9866
Beta Theta Phi 2140 Wesbrook Mall 224-4956
Delta Kappa Epsilon 5765 Agronomy Rd. . 224-9930
Kappa Sigma 2280 Wesbrook Mall 224-9679
Phi Delta Theta 5740 Toronto Rd. 224-9119
Phi Gamma Delta (Figi) 5785 Agronomy Rd. 224-9684
Psi Upsilon 2260 Wesbrook Mall 224-9431
Sigma Chi 5725 Agronomy Rd. 224-4620
Zeta Beta Tau 3961 S.W. Marine Dr. 261-4502
Zeta Psi 3812 W. 16th Ave. 224-2212

G

Gallery Lounge 228-4508
Games Room
SUB Room 9C 228-3692
Gage Walter H. Residence
5959 Student Union Mall 228-5377
Gays and Lesbians of UBC 228-4638
Genetic Counselling Clinic 875-2157
Geography 228-2663
Geological Museum 228-5586
Geological Sciences 228-2449
Geophysics & Astronomy 228-2267
Germanic Studies 228-6403
Graduate Students Centre 228-3202
Graduate Studies Faculty 228-2848
Admissions 228-3558
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H

HEALTH SCIENCES CENTRE UBC
Main Switchboard 228-7121
J.F. McCreary—Co-ordinator of Health Sciences 228-5571
Herpes Clinic UBC 228-7565
Hispanic & Italian Studies 228-2268
History 228-2561
HOSPITAL
Main Switchboard 228-7121
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I

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Library Cards 228-3869
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Biomedical Branch 875-4505
Crane 228-6111
Curriculum Laboratory 228-5378
Film Library 228-4400
Fine Arts 228-2720
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Hamber Library 875-2153
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Museum of Anthropology 228-5087
Information & Hours 228-3825
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N

Native Indian Counselling 228-4685
Neurology 875-4108
Nursing School
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Program Enquiries 228-7497

O

Oceanography 228-3278
Ophthalmology
VGH 10th & Heather 875-4555
Ombudsperson SUB Room 100A 228-4846
Osborne Centre 228-3996
Orthodonitcs 228-3567

P

Pacfic Affairs 228-6508
Pathology
UBC Acute Care Unit 228-7111

Names'n Numbers IN Order

Personnel Services
Employment Enquiries 228-5811
PHARMACEUTICAL SCIENCES FACULTY
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Dean 228-2343
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R

Recreation Facilities
Gym Rentals 228-5935
Hockey, Ice Skating & Curling 228-6121
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Swimming & Fitness 228-4521
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SUB Box 159 228-3183
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At Large: Christina Davidson SUB Box 153
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Thunderbird Park Bookings 228-3996
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Theatre Tickets
Freddy Wood/D. Somerset 228-2678
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- R.I.A., Society of Management Accountants (1980 National Gold Medal Winner)

Job Responsibilities:
- Financial management of the company, including: financial planning and forecasting, financial reporting and analysis, decision support for operations, computer systems development, and supervision and development of a staff of 26.

Some Major Accomplishments:
- Revised accounting procedures in Western Canada, resulting in a productivity improvement of 63% in 12 months.
- Improved cash flow by reducing Western Canada accounts receivable from 16 days' sales to three days.
- Implemented a computerized on-line system for billing, accounts receivable, accounts payable and general ledger.

Management Accountants hold positions as controllers, financial managers, internal auditors, vice-presidents of finance, chief executive officers and more. Their incomes are higher than average. To learn how you can become a Management Accountant, call or write us today.

CMA

The Society of Management Accountants
P.O. Box 11548, 1575 – 650 West Georgia St., Vancouver, B.C. V6B 4W7
Telephone: (604) 687-5891 Toll Free: 1-800-663-9646.

*Registered members of The Society of Management Accountants of British Columbia presently utilize the designation RIA. Legislation to change it to CMA (Certified Management Accountant) has received first reading in the British Columbia legislature. Currently the CMA designation is used by our colleagues in the rest of Canada.