

Student Services

February is Valentine's month and it is also Heart Month for the Canadian Heart Foundation. Thus it would seem appropriate to discuss life style patterns that lessen the risk of heart disease. (About 2.5 million Canadians suffer from heart disease which causes almost half the deaths in Canada).

Some very noteworthy recommendations to help you protect your heart appeared in February, '81, *Canadian Living*, and I would like to share them with you:

- Eat a nutritionally adequate diet from the four food groups in Canada's Food Guide
- Avoid overweight by watching your intake of calories and increasing your exercise.
- Cut back on sugar, fat, alcohol and salt
- Eat more vegetables, fruits and whole-grain cereal products
- Include sources of polyunsaturated fats, especially corn, sunflower, safflower and soy oils.
- To give you an idea of how healthy your diet is, here's a handy checklist of what's "in" and what's "out" when it comes to taking care of your heart:

WHAT'S IN:	WHAT'S OUT
• .Skipping desserts	• .Second helpings
• .Skim and 2% milk	• .Gravy
• .Soft margarine	• .Cakes and cookies for desserts and snacks
• .Tender-crisp vegetables seasoned with herbs, not butter	• .Coffee with cream and sugar
• .Fish and poultry	• .Smoking
• .Pasta and rice	• .Fad diets
• .Cutting back on fat and sugar	• .Butter
• .Freshly ground pepper instead of salt	• .Anything fried
• .Corn, sunflower, safflower and soy oil	• .Sugar-coated cereal
• .Smaller portions of food	• .Ice cream
• .Daily salads	• .Excuses for overweight
• .Whole-grain bread and cereal	• .Doughnuts at coffee break
	• .Salt shakers

Campus Ministry

A lot of things happen while you're at university. You're trying out new ways of looking at yourself and the world. You're making plans, and that can be really exciting. Sometimes, though, these plans (along with everything else) seem to go flat, and go nowhere. It might even be hard to make any sense at all about where you are, and how you're going to get where you want to go.

Student Services can offer a listening ear, as well as help, with the social, emotional, and intellectual areas of your life. Campus Ministry is on hand to assist you in your spiritual growth. Members of Campus Ministry circulate around the university offering friendship, spiritual counsel, and can facilitate contact with various church groups within the Fredericton area.

Monte Peters, a Roman Catholic priest, lives in Bridges House. He can be contacted there or by calling 454-3525.

Marilyn Rose, a Baptist lay-woman, lives off-campus. She can be contacted by calling 454-1093.

Barry Hollowell, an Anglican priest, also lives off-campus. He can be contacted by phoning 454-3275, or by leaving a message at the Counselling Centre (453-4820).

Worship opportunities on campus include:
Anglican Eucharist (Holy Communion) 12:30 p.m. Friday, Edwin Jacob Chapel, Old Arts Building.

Roman Catholic Eucharist, St. Thomas University Chapel, Mon.-Fri., 11:30 a.m. and 4:30 p.m., Sat. 7 p.m., Sun. 11 a.m. and 4 p.m.

Apart from regular religious services on campus and in the community, two groups that are active at the university are:

AGAPE - a Christ-centered Bible oriented, Spirit-led, evangelistic group. The local contact person is Henry Poitras, 472-9141.

IVCF (InterVarsity Christian Fellowship)-an interdenominational group of Christians meeting weekly for fellowship and prayer. The contact person is Bruce Dickson, 454-1686.

Support shown for Solidarity

by JANE CUNNINGHAM
Brunswickan Staff

On October 8, 1982, the government of Poland dissolved all existing unions within the country and instigated the formation of new and more controlled unions. These measures were intended primarily to dismantle Solidarity, an independent trade union which formed during mid-1980 unrest. Martial law had caused its suspension in December, 1981.

Solidarity now exists underground in Poland and is still supported throughout the world by organizations such as the one we have at UNB although the number of students actively involved in Solidarity is still small, spirit and determination are evident. The members, who meet every Thursday at 2:30 in Sub Room 103 are enthusiastic about the growth and strength of their organization.

A major objective of any Solidarity support group is to educate and to inform people about the situation in Poland. Consequently, the Solidarity group here will be setting up a booth in the Sub every Monday. The booth will feature pamphlets, and buttons. John

Bosnitch, the temporary chairman of the committee, expects the Canadian National Leader of Solidarity to visit this campus in March or April. Other aims of the group are a publication of a regular bulletin and a demonstration (for example, a midnight candle march).

Bosnitch feels that an effective show of support for

solidarity by the students could put pressure on the government of Canada, ensuring it would continue sanctions against Poland and perhaps instigating boycotts of Polish made goods.

New members are more than welcome. Solidarity at UNB is a non-funded organization and UNB boasts the distinction of being the only Atlantic Canadian university to have a Solidarity organization.

From Solidarity Information

"Our moral duty is to reply to Solidarity's appeal for the introduction of sanctions. Namely, we must actively and unitedly make it impossible for the junta to find any sources of income until the Polish nation regains its rights and the ability to decide about its own future."

Accordingly, the Toronto Solidarity Support Committee has proposed the following measures for individuals to help Solidarity by stopping financial support to the Polish junta. Don't travel on the Polish ocean liner Stefan Batory or by the Polish airline LOT. Boycott performances by travelling Polish cultural groups such as Mazowsze and

Slask, which entertain while Poles are being held in concentration camps. Don't send parcels through PKO, because this only lessens the amount of food available to people in Poland. Don't buy everyday articles made in Poland, since this makes them scarcer in Poland. Don't buy Polish vodka, because this is an easy source of much-needed dollars for Jaruzelski. End all contacts with Polish or Russian manufacturers, such as Lada or industrial machinery producers. Encourage the Polish-Canadian press to avoid printing advertisements from the regime's firms or Polish-Canadian companies that cooperate with the junta.

Forest Engineering Notebook

By SAMEER PRASAD

Komatsu: A new competitor in the forest industry?

Mr. Norrad is the President of LaHave Equipment Limited of Fredericton as well as the New Brunswick representative for Komatsu Ltd., a well-known Japanese company which manufactures machines of all kinds for construction, forestry, mining and other industrial operations.

S.P. Mr. Norrad, when did Komatsu first come to Canada?

D.N. Komatsu first began exporting their equipment to Canada in 1966, with various equipment dealers in Ontario selling for the Japanese firm. They began their commercial involvement in New Brunswick in conjunction with LaHave Equipment Limited in 1972.

S.P. What range of machinery is manufactured by Komatsu?

D.N. The company produces a large variety of machinery in Japan, but the firm finds that the best market available in Canada and the United States at the moment is for the larger Komatsu crawler tractors.

S.P. Does Komatsu produce any machinery or parts in Canada or the United States?

D.N. At the moment all machines and parts are manufactured in Japan and exported to Canada. The Komatsu

headquarters in this country is located in Toronto, and the company maintains a major depot in Vancouver. LaHave is the distributor in New Brunswick, and if we don't have the parts necessary, we go to the firm's national and then international depots for further supplies. There is usually one supplier per province, and this supplier is responsible for sales in that province.

S.P. As a salesman representing Komatsu are you not faced with the problem of buyers being more liable to purchase name-brand equipment?

D.N. Let me put it this way. The situation is somewhat like driving in a snowstorm with only the tail lights of the car in front of you visible. If you follow him and he goes off the road, you will go off with him. To counter the disadvantage of not being an established firm on this continent Komatsu is constantly bringing new products and ideas into the field, thereby improving their brand-name acceptability. The main aim is to have a well-oiled dealer organization. In other words, reliable dealers will ensure the dependability of machinery and supply of parts

for those who buy Komatsu equipment. There is a general feeling that Komatsu has copied others. In actual fact Komatsu has been in existence since 1921 and has remained technologically competitive with American manufacturers ever since that time.

S.P. What is Komatsu's share of the North American market?

D.N. Komatsu's share is a small one, currently averaging about 12%. However, in terms of worldwide bulldozer sales Komatsu is a close second only to Caterpillar.

S.P. Do you foresee in the future Komatsu having as large a share of the industrial equipment market as the Japanese car manufacturers have of the automobile market?

D.N. I would like to think so, but I believe that it is highly improbable. Only the major demise of the other suppliers would allow such a thing to occur. And at the same time Komatsu is rather conservative in its outlook, extremely concerned about their image and proud of their achievements. They might hesitate to plunge into the North American market in such a force.

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