

Cooking club promotes healthy eating habits

By Janice McConnell
Brunswickan News

Tired of the taste of Kraft Dinner and it's only the second week of the term?

The Cooking Connection is inviting students to join their community cooking club which helps people plan and prepare meals. It assists seniors and families with limited or restricted incomes to prepare five different healthy evening meals in one cooking session.

"The goal is to help people save money and eat more nutritious meals," said Tamara Willis, programme co-ordinator.

People get a chance to share and learn new skills, as well as save a lot of personal time and effort, by preparing their food as a group effort. Three to ten people meet twice a month to plan the recipes, purchase food and cook meals. A planning session to decide on the recipes takes place before the cooking session. Everyone participates in choosing the meals with the aim being to cook economical but nourishing food.

"The meals are more nutritious but people still have the convenience of taking them out of the fridge and heating them up," said

Willis.

The likes and dislikes of the families are accommodated. Past recipes prepared food such as broccoli rice, chicken rice casserole and meatless chili.

The planning sessions involve instruction in healthy eating and food sanitation and emphasize nutrition. Shopping tips and ways of stretching the family food dollar as well as global food issues are also addressed.

The community cooking clubs meet in locations like churches, community centres and private homes. Any place with adequate space and equipment capable of cooking large amounts of food can be used as a cooking centre. Participants share in the cost of the meals and the food is divided according to how many people are in each family.

There are three kitchens presently operating in Fredericton, with 21 participants and their families involved.

The programme started last fall and is affiliated with the Fredericton Food Bank. It is funded by the Department of Income Assistance.

Anyone who would like to get involved can contact Tamara Willis at 459-7461.

Lessons in self-defence



Husband and wife Taekwon-Do team Barbara and Douglas MacLean demonstrate self-defence techniques at a seminar for students.
Photo by Kent Rainville

By Charlene Deyarmond
Brunswickan News

cohort at these events.

"The point is to bring everybody together and have some fun," said Krickler.

Neill house had a house dinner, and a human sundae contest. A pool tournament was organised at the last minute when plans for a snow football tournament had to be changed on Tuesday due to the weather.

Tracy Johnston, house president of Tibbets, said that the weather this week has rained on their parade as well, and Holly Beaman of Lady Beaverbrook said they also had to cancel some of the events for their house week.

A sleighride and a sliding event at Tibbets were postponed because of the rain, as well as a ski trip with Jones house.

While the rain has forced Tibbets to postpone several events, a brunch to be held Sunday should go ahead no matter what happens to fall from the sky this weekend.

anyone were interested in volunteering to please contact her.

Throughout the seminar, husband and wife team Douglas and Barbara MacLean of the I.T.F. Taekwon-Do, demonstrated many self-defence techniques that can be used by the average person.

All the techniques that were demonstrated are to be used to distract your assailant, or render them unable to follow as you make your escape.

Barbara MacLean stressed: "If the aggressor is armed, it is always best to do what you are told."

Ann Wheeler, a local lawyer, also warned that before using force to defend oneself, the legal system expects the individual to seek a means of egress.

This was labelled a defense seminar, so it was perhaps most pertinent to hear what Madeleine Steeves, of the Advisory Council on the Status of Women remarked: "Zero tolerance means we as a community will not tolerate violence."

Residence weeks wet but fun

By Mary Rogal-Black
Brunswickan News

Discovering the friend you have next door.

That's what Jason Krickler, president of Neill House, says house week does for the residents.

Neill House Week will wrap up Sunday with an upperclassman versus frosh hockey game, and Krickler says it's been a fun week.

But he says that House weeks isn't just about partying. Proceeds from a social held earlier this week will be donated to Cornerstone Project, a drop-in program for kids in Fredericton.

So far this year, Neill house has raised approximately \$1500 for the project.

\$350 of that money was raised at a sixth annual Grease Social at Neill house, held earlier in the week.

Krickler downplays the role of al-

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Registrar's Office Notice

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This issue is dedicated to
*The Kids in the Hall. Gimme a
camomile tea, ya bastard!*

The Brunswickan, in its 128th year of publication, is Canada's oldest official student publication. The Brunswickan is generally published every Friday during the school year by Brunswickan Publishing Inc. with a circulation of 10,000. Membership is open to all University of New Brunswick Fredericton students, but all members of the university community are encouraged to contribute.

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The Brunswickan is printed with flair by Acadie Press in Caraquet. The paper is impeccably delivered by Secureall, they carry guns.

Subscription rates are \$25 per year. Second class mail is in effect -#8120. National advertising rates are available from Campus Plus at (416) 362-6468.

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