

Inside Track by Allan Patrick

FREE TRAVEL VIA THE FEDS

What would you say if I told you there was someone willing to PAY YOU to take a trip to another part of Canada? Well, it's true and the fall guy is the Federal Government. You see, they have recently started a program called *Open House Canada* which is made to encourage youth (us) to see more of Canada. The only catch is that you (or a group of you) must correspond with a person (or group) somewhere else in Canada and the Fed's will arrange to fly you there to see them for a minimum of 5 days. Typical of the Liberals that think up such things, you can choose the city and official language of your "visitee". I don't have the space to explain it all, but believe me, if you're between the ages of 14 and 22 years old, you are eligible.

The address is: Open House Canada
Department of the Secretary of State
66 Slater Street, Room 2326
Ottawa, Ontario, K1A 0M5

I learned about this plan indirectly, and I have yet to see any ads for it anywhere. Something tells me that they don't really plan to spread the word around too much, so take my word for it - send them a letter and think about where you want them to send you! Oh, I almost forgot - there is an administrative fee to cover the cost of all the arrangements for your trip it's . . . \$10.

STEVE BERUBE — GIVE HIM A HAND!

At the meeting of the UNB Senate last week, the near-impossible was accomplished. Steve Berube, a student senator, managed to get the senate to reverse their decision of early this year regarding deadlines for dropping full-year courses. They had made the FINAL DATE October 7, like that for first term courses, and now the date has been moved ahead to a sensible January. I was unable to attend the meeting, but on behalf of the students of UNB, Steve I thank you. You worked hard and won, and avoided alot of grief for a lot of students if that rule had held.

WHAT ME — A CONSUMER?

If you live off-campus and have to cook for yourself, you know what a chore it can be. And how expensive it can be. Well, here are a few things that are either cheap, good, or both:

1. *Melitta One-Cup Coffee Maker* - this is a plastic funnel-type drip coffee maker that can make incredible coffee cheaply, easily, and best of all, one cup at a time. You get to use fine ground coffee (which gives the best mileage) and the whole thing goes for about 89 cents. The filters are 40 for about the same price. Once you've tried the coffee, you'll never go near your Taster's Choice again. For a morning shot of caffeine, there's nothing like it.

2. *Savarin TV Dinners* - Believe it or not, these little frozen morsels pack quite a punch for the price. The fried chicken dinner, for example, has 3 pieces of chicken, mixed vegetables, and mashed potato. They are of quite good quality, and the price is only 89 cents. They can often be had for 59 cents on sale too. So swallow your pride - they're good.

3. *Voortman Cookies* - If you haven't been getting your cookies lately, I'm not surprised. Most (Dare, Christie, etc.) are tasteless and have the consistency of cardboard. Lately (6 months) Voortman Cookies have been hitting the shelves for 59 cents a box (often 2 for \$1.) and they are too good to be store bought, but they are.

They come in many varieties, but the best are the filled ones. If you can't get to a bakery, get Voortman's. They have to be the best things to it.

4. *Talking Turkey*: When you go out to buy hamburger, chances are you'll opt for the ground chuck. It costs more, but at least there's no knuckles in it, right? That's smart. So when you go to buy a turkey, you buy Grade A. Smart? — Wrong! Turkey grades are not necessarily on quality, but appearance. The difference between a Grade A and a Utility Grade bird will be most likely a tear in the skin, or a damaged wing. Although there's a chance the breast of the Utility turkey may be a little smaller, the Utility turkey goes for about 69 cents a pound, and his glamorous cousin, the Grade A? — over a dollar a pound! If you have ever gone out of your way to save 5 cents a gallon for gas, you have no excuse not to try the Utility grade.

5. *Weight Watchers Dinners* - The rule here is simple - DON'T EVER BUY THEM! They have got to be one of the biggest rip-offs going. All they do is make food without costly things like sugar, and charge you TWICE THE PRICE. Believe me; it may seem like the right thing to do, but all their meals can be made easily, (and cheaply) at home with a Diet Cookbook.

UPDATER ON NOAH

Last week I wrote of a classified that appeared in the Gleaner about Noah looking for experienced ark builders. The ad was not written by a member of the Gleaner staff, as I found out when "Noah" phoned the Brunswickan and informed us of his part in the scam. It was a great joke, and he said that he got no less than 175 phone calls and responses to the ad!

NEXT WEEK: Indirect Film - An "expose" on Photo Labs.

McHappy Day- people care

A lot of children who really do deserve a break will get a big one on October 12, 1977. That's the day the Canadian Rehabilitation Council for the Disabled (New Brunswick Branch) and McDonald's Restaurants in Moncton, Saint John and Fredericton, have proclaimed McHappy Day. It is an event without precedent in corporate activity and one which is designed to give a very substantial financial boost to this most worthy of causes.

On McHappy Day, all of McDonald's Restaurants more than 240 in all provinces of Canada have agreed to contribute to Crippled Children, all the money from every "Big Mac" sold that day. In addition, each store will display a McHappy counter box in which customers can make further donations. All these funds in the McDonald's communities of Moncton, Saint John and Fredericton will be donated to the Canadian Rehabilitation Council for the Disabled (New Brunswick Branch).

And don't be surprised if you see your mayor and other local celebrities from different walks of life, as well as members of the Society and many of our friends and associates, serving you on that day, because they have been asked to donate their time by working in a restaurant with the regular restaurant staff.

This unusual event will be promoted by McDonald's through national advertising on T.V.,



radio and newspapers. All funds raised in New Brunswick will be used to aid disabled children in our province by expanding Canadian Rehabilitation Council For The Disabled's present operation in the following areas:

a) transportation aid provided for local, provincial and out of province medical assessment and treatment of individuals in need.

b) equipment provided such as wheelchairs, special shoes and other orthopedic appliances where they would otherwise be lacking.

c) special camping and recreation programs provided to give such opportunities to the disabled children as a step in integration with regular com-

munity activities.

d) an on going public education program to identify the needs of disabled persons and locate the resources necessary to satisfy those needs.

These and other programs will guarantee that the money raised on McHappy Day will be put to good use.

The Canadian Rehabilitation Council for the Disabled (New Brunswick Branch) are pleased to join McDonald's Restaurants in the communities of Moncton, Fredericton and Saint John in helping make October 12th a most successful McHappy Day.

We ask you to help us make this a real community effort. McDonald's have done their part. The rest is up to you.

United Way-'keep on truckin'

By JEFF IRWAN

As of Wednesday, October 13 the United Way campaign has reached a figure that represents one third of the total goal. This figure as issued by Prof. Eric Garland was \$7625. Professor Garland expressed his thanks to the donors so far. The donations

range any where from \$2 to \$600 from individuals contributing to this worthy cause. Professor Garland said that 26 percent of the total possible donors had contributed.

On Saturday there are some

events lined up to help increase the total. A student cleanup campaign for the city has been organised where people call in and request the services of a couple of students to help clean up their property by raking leaves or whatever the case may be. All interested students are asked to be in front of the SUB on Saturday morning at 9:00 a.m.. Also on Saturday from 3:30 until 5:00 p.m. there will be a Skate The United Way program at the Aitken Center as one of UNB's campaign activities. There will be a

minimum donation charge at the door of one dollar. Music will be provided by the RCR Band from Camp Gagetown. The St. John Ambulance, one of the beneficiaries of the campaign, has volunteered to staff the door and collect the donations as well as provide emergency first aid to anyone that may require such treatment.

A competition is being held during the week of Monday October 17 to Friday, October 21 to promote the United Way. On your honour, pledge a nominal amount per lap, and test your fitness by jogging continuously around the Aitken Concourse. Your donation to the United Way would be the number of laps multiplied by your lap pledge. There will be an award for the runner who completes the most laps. For further information contact the Aitken Center.

Again the staff of the Bruns urges everybody to get out and participate in one or more of these events so that the University campaign will meet its goal.

"SKATE THE UNITED WAY"
SATURDAY, OCT. 15
3:30 p.m. to 5:00 p.m.
AITKEN CENTRE

This is one of UNB's '77 United Way Campaign activities Entrance charge to centre: minimum donation of \$1.00.

Music for skating provided by the Royal Canadian Regiment Band under the direction of Captain John Collins.

If you don't skate -- come anyway to watch & listen to this outstanding musical group.

HELP SUPPORT UNB'S
UNITED WAY CAMPAIGN

Counselling welcomes all

By JEAN-LOUIS TREMBLAY

So, what's so great about them? Well, any student is welcome and their services are free. That is a rare thing these days. Their services include career counselling and library, tension control programs, stress management, study skills, individual counselling, and native and mature student counselling. Personal growth groups are also offered during the year.

The most impressive characteristic of counselling is its informality. Anybody is welcome for a talk or/and coffee anytime the offices are open. Confidentiality is assured. Appointments can also be made to see an individual counsellor. Four counsellors are on staff, even with their other academic commitments they always have enough time for you. People are welcome to go and discuss any problems they have but people need not have any

problems to use counselling. In fact most of the people who use counselling services are in control of themselves. Anybody who wants a change in his/her life, who wants to explore his/her own potential can use the counselling facilities. They offer career interest surveys and other related tests. Community college calendars are also available in their library.

Experience has shown that around 600 people a year use the counselling services, that means about half the student population use them before graduation. So, do not hesitate if you think of dropping in.

Their offices are located in Annex B, the little white hut across the road from the Bank and Bookstore. For info call 453-4820 or 453-4821 between 8:30 a.m. - 5:00 p.m. weekdays.

Remember exam time will be here soon.