

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 sanitization 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.

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 the sixth annual Grease Social at Neill house, held earlier in the week.

Krickler downplays the role of al-

cohol 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.

REGISTRAR'S OFFICE NOTICE STUDENTS WISHING TO TRANSFER TO PROGRAMS OTHER THAN EDUCATION

A student wanting to transfer to another degree program must apply in writing to the Registrar for permission to do so, preferably before March 31. Applications received after that date will be considered, provided space is available. It is recommended that transfer applications for degree programs requiring special forms, i.e. Bachelor of Nursing and Bachelor of Physical Education, be submitted **EARLY**. Applications to transfer are available at the Registrar's Office on both campuses. January 31st is the deadline for BEd applications.

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

You may say: "It can't happen to me!" but Sheila O'Shea of the Campus Police says, "It can happen to anyone day or night, young or old, whether downtown or on campus."

This was the theme of the self-defense seminar Monday night in the SUB Ballroom.

Constable Lee Ann Fitch warned, "A stranger attack is very rare; locally about 90% of the time the assailant and victim know one another."

Constable Fitch went on to say that the most important thing the courts need to know if you were sexually assaulted is that no consent was given and that you resisted.

Sherry Savoy of the UNB Sexual Assault Information Service expressed the need for all students to know they are also there to answer any questions or to listen to any fears people may have. She also asked if

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-defense 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."



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

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The opinions contained in this newspaper are those of the individual writers, and do not necessarily reflect the views of the Brunswickan.

The Brunswickan, while being an open forum for the viewpoints and opinions of all UNB students, may refuse any submission that is judged to be racist, sexist, libellous, or containing attacks of a strictly personal nature. The Brunswickan reserves the right to edit for brevity. Letters generally shouldn't exceed 300 words in length and must contain your signature, student number and phone number, or it will not be printed.

All copy submitted must be double spaced, on ONE side of the page only and must be legible. If we can't read it, we won't print it. The Brunswickan now accepts copy on 3 1/2 inch disk, either Macintosh or MS-Dos format.

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Registrar's Office Notice

Bachelor of Education DEADLINE CHANGE

The deadline date for applications to the BEd consecutive and BEd concurrent programs is January 31st. Students in their final year of the BA, BSc, BPE or BBA programs are invited to apply to the BEd consecutive program. Students in their first or second year of the BA, BSc, BPE, BBA, or BScCS programs are eligible to apply to the BEd concurrent program. Please consult the undergraduate calendar or contact Diane Shannon, Faculty of Education (453-3527), for further details. Applications, transfer request forms, and BEd supplementary forms are available at the Registrar's Office.