

Huskies Sports Update



Dialog Student Survey

DIALOG

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DIALOG

February 1996

DIALOG

DOUBLE

GBC Student Newspaper

Dialog's Intentions Are Clear

by Craig Goodwill

At this point in time the Dialog is attempting to make changes to its structure and how it is run. A constitution outlining Statements of Principles and also its by-laws will be submitted to the Board of Directors for approval this month. The constitution also outlines how the decision-making process for the newspaper shall be run and also who may have a say towards the newspaper.

The following are some of the major points of the Constitution:

Statement of Purpose and Principles of Dialog Newspaper

- i) To provide and disseminate information to the students of George Brown College which is deemed essential to their progressive understanding within the college community and beyond.
- ii) To provide a forum for the educational and pluralistic exchange of ideas on the issues and events which concern students.
- iii) In an effort to achieve these objectives, the Dialogue will be guided by the Canadian Charter of Rights and Freedoms, and the Ontario Human Rights Act.
- iv) The Dialog will publish no fewer than 11 issues annually.

Veto

(1) The collective can refuse to print any article, graphic or photograph that it considers libelous. Any article which is not printed on these grounds may be refused to



an attorney for a judgment as to whether it contravenes the libel laws of Canada.

(2) Editors have the right to refuse to print any material:

- (a) They deem the material to be libelous or defamatory as per the libel laws of Canada.
- (b) They deem the material to be in contravention of Canada's hate propaganda laws.
- (c) They deem the material to be in contravention of Canada's obscenity laws.
- (3) The decision whether to print material will be a decision made by the Dialog collective. The Dialog accepts full and complete responsibility for its editorial decisions.

Dialog Membership

(1) Eligibility
Membership in the Dialog collective will be open to all students of George Brown College and to alumni of George Brown College and to non-students from the general community.

Except:
(2) Alumni and non-students who have complied in every other way with the requirements for collective membership must receive permission by two-thirds majority vote by the Dialog collective to apply for

collective membership.

Except:

- (3) Executive members of George Brown College Student Association, members of the GBCSA Board of Directors, and/or person elected or appointed to positions within the GBCSA or George Brown College Administration which may have influence, directly or indirectly, over any aspect of the Dialog will not be eligible for collective membership.

If you would like a complete copy of the constitution stop by the Student Association and speak to someone from the Dialog and they will give you one.

Casa Loma Campus Depleted

by Craig Goodwill

Casa Loma student representatives seem to be dropping like flies. Up to two weeks ago the campus supported over seven members of the Student Association (SA), your representative council. But with the recent resignations of the V.P. of Casa Loma Christos Christidis and other members of the representative body, the campus is left with one lone student leader. The Campus itself is one of the main bodies of George Brown College, and houses a large student body. Each one of these full time students pays an activity fee of \$100, which a portion goes

towards the SA. But with all this money their paying out, are they getting the attention they deserve? At a recent board meeting Cynthia Hilliard (activities coordinator) informed the board that even though there is a lack of student representation, the events planned will go on. Also, Casa Loma campus is one of the main priorities on the boards mind. With elections looming in the near future, the SA hopes to have a rebirth of representatives from the Casa Loma campus, and the continuing restructuring of the SA.

Coming Events for February

- | | |
|---|-----------------|
| Feb. 1 Jr. Escoffier-Knife Engraving - Atrium (noon) | Hospitality |
| Feb. 1 African Unity - Dominos Tournament | St. James |
| Feb. 5-9 Diversity Week | All Campus |
| Feb. 5 Jr. Escoffier - G.E.M.S. of Hope benefit | Sheraton Centre |
| Feb. 7 Jr. Escoffier - February General Meeting | Hospitality |
| Feb. 9-11 Hispanic Club Ski Trip | All Campus |
| Feb. 12 Jr. Escoffier - Valentine's Day Draw | Hospitality |
| Feb. 14 Dan Valkos, Psychic Valentine's Day Pub - Student Emergency Fund Draw | St. James |
| Jr. Escoffier - Women's Culinary Speaker's | Hospitality |
| Feb. 15 Dan Valkos, Psychic | Nightingale |
| African Unity Talent Show | St. James |
| Feb. 17 or 18 Jr. Escoffier Field Trip | Hospitality |
| Feb. 20 Sex with Sue | Nightingale |
| Feb. 21 Sex with Sue | Hospitality |
| Feb. 22 Club Day for all clubs | Casa Loma |
| Jr. Escoffier - Pub night at Betty's (5 pm) | Betty's |
| Feb. 27 Pool Tournament | Casa Loma |
| Jerry Watson | Casa Loma |
| Jr. Escoffier - Diversity Luncheon | Siegfried's |
| Feb. 28 Jr. Escoffier - March A.G.M. | Hospitality |
| Feb. 29 Jr. Escoffier - Society Speaker Series | Hospitality |

DIVERSITY WEEK

February 5 - 9
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All Campuses

DIALOG

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 Shannon Whaites
 Layout Design
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 Sports
 Denise Coward
 Hospitality
 David Dimitrie
 Jon Gardiner
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What's Inside

Student Forum
 Need to Know
 Hospitality News
 Sports
 And much, much
 More.....

STUDENT VOICE

MENTAL ILLNESS AND YOUNG ADULTS



by David Dimitrie

Last week I did a survey to see what students thought about their student newspaper, the DIALOG. A suggestion that I heard many times was that the articles should be more relevant to students. Mental illness is definitely a relevant issue that students should be aware of.

The onset of many serious mental illness' is often in early adulthood. The symptoms of two of the most severe and debilitating mental illness', schizophrenia and manic depression usually begin to appear in early adulthood. In addition, eating disorders such as anorexia nervosa and bulimia have devastating effects on many students in their early teens or early adulthood.

Students who suffer from these illness' often have to be hospitalized in psychiatric wards for lengthy periods of time. As a result their studies are interrupted and many students fall or drop out.

There is another category of mental illness' called anxiety and panic disorders which often make life unbearable for those who suffer from them. The most common of these disorders are: obsessive-compulsive disorder, phobias, panic and anxiety attacks, social phobia and agoraphobia. There is not enough space in this article to adequately explain these disorders. However common symptoms include: extreme anxiety, obsessive thoughts of inadequacy and worthlessness and an inability to cope with or bear the everyday difficulties in life. There are various doubt students at George Brown who suffer from these disorders. Numerous sources that I have read say that up to 10% of the general population suffers from one or more of these disorders. Therapy involves medication, counselling, psychotherapy, behavioral therapy and self-help groups. Self-help groups are particularly effective at giving the sufferer the friendship, comfort and information that is needed to cope with the illness. In addition, self-help groups are free and open to anyone.

There is one persistent myth about people who suffer from mental illness that I would like to address. Many people believe that people who suffer from mental illness are weak, lazy, unmotivated people who have brought their illness' on themselves. Many people say that the mentally ill are unwilling to take responsibility for their life. This attitude is currently shown in the opinions of people toward the mentally ill who cannot work. This attitude is prejudiced, bigoted and hateful. As scientific research advances we are discovering that most if not all mental illness' have their root in genetic and other biological factors. These factors often interact with external factors such as the environment that a person grew up in. The end result is mental illness. Diagnosis and treatment are often slow and ineffective. In the intervening time, everyone from family to the neighbour next door is more than willing to tell you what is wrong with you and how you can recover.

I would love to take the space to fully explain the causes, results and treatments of the mental illness' that I have listed in this article. I do not have enough space to even begin this task. I would encourage you to research these topics in our library. They are not abstract concepts that you can remain in the dark about. It is a documented fact that these illness' often have their onset in early adulthood. The person affected could be you, your friend(s) or a family member. As a person who suffers from both manic-depressive illness and obsessive-compulsive disorder I know that these illness' can do to your life. Mental illness' destroy careers, educations, friendships, family relationships, hopes and aspirations. Mental illness' are almost never cured. They are controlled by effective therapy. Quick recognition, diagnosis, treatment and education can be the difference between an unhappy unfulfilled life and a happy productive one.

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What the Students Don't Know

In the last edition of the "Dialog", the editor saw fit to inform you that, for all intents and purposes, the SA doesn't care about its students. The article also stated that our prevailing mentality is "What they (the students) don't know won't hurt them". That's what the "Dialog" said last month. This month, I say different.

Yes, I will admit it. We fell down on the job when it came to

hiring student leaders who were not full-time students. We are all of us human and we make errors. Fortunately, the situation has been corrected and we will learn from our mistakes. Not so fortunately, we lost several other student leaders as a direct result.

As for our "supposed" motto, well all I can say is that I don't spend over 30 hours per month trying to put one over on

you. I signed up for my "tour of duty" with the best of intentions, as did my colleagues. We became student leaders because we cared about students. What you don't know is that your problems are our problems. We are students too!

Lori Foran
VP, St. James Campus

STUDENTS EXPRESS THEIR FEELINGS ABOUT DIALOG

by David Dimitrie

Before I begin my article I would like to thank the students who took the time to fill out the survey I conducted on our student newspaper, the DIALOG. To the rest of the students who couldn't be bothered to fill out a short survey, where were you? I sat in front of the cafeteria at the busiest time of the day on January 11th and attempted to get the opinions of our student body on the DIALOG. The only conclusions that I can draw from such a pathetic response is that most students do not read the DIALOG. That ought to be a comforting thought to the staff of the DIALOG who are mostly volunteers. However without further delay here are the results of the survey.

1. 69% of the students who responded, actually read the paper.
2. 58% of the students felt that the articles were interesting.
3. 62% were willing to write for the DIALOG
4. 62% felt that the DIALOG should come out twice a month.
5. 62% felt that the articles in the DIALOG do not report equally and fairly about all student groups on campus.
6. 100% felt that the paper should have total editorial freedom from the college administration and the Student Association.
7. 57% felt that the appearance of the paper was acceptable.
8. 59% felt that the DIALOG does not accurately and fully list college events and students activities.

Many students also shared comments and suggestions on how the paper could be improved. Many students felt that there should be more articles on college news and student issues and less opinion pieces. Other students felt that the organizational structure of the paper should be more professional and efficient. In talking with other students I learned that many thought the newspaper should be more of an advocate for student issues on campus. Problems, complaints, and concerns that deal specifically with George Brown College should be highlighted in the paper. A faculty member made an outstanding suggestion. The newspaper should contain listings of job opportunities for part-time, full-time or temporary jobs. In conjunction with a placement service that the S.A. could run, the paper could really help out students looking for work to make ends meet.

A concern that is particularly obvious to me is that the paper does not cover all of our campuses adequately. Is this due to a lack of students from these campuses willing to report for the paper? Do students care? I seriously doubt whether most students at one campus have any idea what is being taught or what goes on at our other campuses. The one exception to this is the Hospitality Campus. Their contribution to the newspaper is excellent, though it does seem far too long for such a small paper.

I have worked for the student newspaper since I arrived on campus in September. I write a column called DIVERSITY which focuses on issues related to students with special needs. In addition I have written articles on subjects from the price of a T.T.C. pass to problems within the Student Administration. I am a full-time student who is very busy. I do not receive nor do I want to be paid for my work. I write because I like to. In addition the DIALOG gave me a chance to write a column about students with special needs. I don't feel the need to cut up the DIALOG or call it a "rag" as other students do. I have found that the paper accepts the work of anyone who is willing to make a contribution. Maybe some of you who complain about the paper should write for it once or twice. Your articles would be greatly appreciated. To the other thousand students who passed by my table and couldn't spare a minute to fill out a survey. You have nothing to complain about until you get involved.

IMPRESSIONS FROM THE OUTSIDE

by Tanya Natasha Engberg

Upon entering any new institution of higher learning, some strange reaction occurs within all of us. Certainly not all strange sensations are entirely the same, some may be nervousness, others may be anxiety, excitement, optimism or misery. Whatever the reasons for our stomach churning, nail-biting upsets there are a few definite reactions that are guaranteed to occur in all students. For a new student attending any college, first impressions are rapidly being conjured up by the use of many of our six senses. Students may seem confused, anxious and sometimes even unbalanced during this evolution of opinions.

The question is, what first impressions does George Brown College leave with students? One of the first things students may notice is the interior if you haven't, take note. Psychologists claim that colours can reflect a persons mood, so fortunately for us, those in charge at George Brown did their psychology research and chose not to stick to the traditional grey and brown overtones when painting the school.

Be thankful for that or else we would all be travelling through the hallways with expressionless, vacant stares as though we were strung-out on cocaine.

Another sixth sense in use would be sound. The hallways at George Brown are filled with laughter and chatter and of course the traditional whining about early mornings and overpriced texts. Generally, G.B.C. has a positive aura, greatly due to the friendly students and staff. Now, the two most important senses are usually activated when one discovers the cafeteria, taste and smell. It's fair to say, that if you get your food foody enough it should be enjoyable but I am not going to guarantee it! So far, My own indulgences have been satisfying.

To conclude this, I am just going to say hey, we've got Taco Bell, C.I.B.C., a variety store, a pub and some funky guy selling cool stuff like sand-filled frogs. Man, we didn't have that stuff in high school, so take advantage of it, after all how much did you pay to attend?

February, 1996

NEED TO KNOW

New music scene in Toronto

by: Jon Gardiner

Over the period of just under a week, I went to three separate shows in order to get an overview of the New Music scene in Toronto. So what's New Music? As with any musical genre, it is difficult to define. I would equate it with twentieth century classical although it can incorporate styles from the electronic and experimental genres. It is music which is about introducing new ideas to musical (usually classical) composition. The late John Cage would have to be considered to be a father of this movement. He developed concepts which are still introduced as new today-or are not even dared of today.

CCMC, Music Gallery, Tues. Jan. 9.

This three piece ensemble has been playing regularly at the Music Gallery since the Gallery's beginning 20 years ago. This is music which is best described as experimental. Michael Snow who has been around forever on the Toronto/Canada arts scene, heads up this ensemble. In this artistic manifestation, Michael plays the piano ala John Cage, the great American experimentalist. At one point Michael covers the strings on his piano with metal plates in order to get other sounds from his piano. In a sense this is not experimental as it has all been done before, however, until it becomes household knowledge, we will still be able to call it such. The other players in this ensemble are John Oswald on sax blowing all kinds of weird notes and half-notes. Finally we have Paul Dutton making noises with his voice which I found to be the least imaginative of the three. CCMC plays every Tuesday night at the Music Gallery.

rating: worth the price of admission.
cost: free.

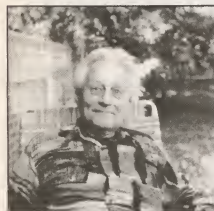
Homage to Morton Feldman. Ford Centre. Fri. Jan. 12.

New Music Concerts presented an Homage to Morton Feldman on the anniversary of what would have been his seventieth birthday. Morton was a contemporary composer in the same vein as John Cage and in fact was a contemporary of and worked with John Cage. Only one piece of Morton's was played although it was a piece which was an-hour-and-a-half long (Morton has written pieces four and five hours long). This was a wonderful piece, being both simple and complex at the same time; it was a piece I would liken to breathing; contemplation. It is a piece written for three players: Robert Aitken, New Music Concerts' artistic director, played flute and bass flute; Robin Engelman played vibes and chimes; and Barbara Pritchard played piano and celeste.

rating: worth the price of admission.
admission: \$9.

80 Flowers. Music Gallery. Jan. 7-21.

A performance/installation piece. A room lined with eighty potted plants. On the wall are mounted: reproductions of eighty photographs of flowers; eighty poems about flowers; and eighty musical scores about these poems. A baby grand piano rests in the corner. The poems were written by Louis Zukofsky and the music was written by Udo Kasemets (pictured). Mr. Kasemets created a whole new musical language for this project into which he transposed these poems. Twice a



day, for two hours, at noon and again at 5, for the duration of the exhibition Mr. Kasemets played a number of these pieces on the piano. These are beautiful minimalist pieces apparently random but as someone once said "eventually, everything becomes melody". There are few artists today who dare to be as creative as Mr. Kasemets.
rating: worth the price of admission.
admission: pay-what-you-can.

Try it?

CCMC is the only one of these shows you will still be able to catch, however there are plenty of opportunities to experience this music (although, if you think you'd find this music annoying, you're probably right). Two New Hours on the CBC radio runs between 10 pm and midnight nightly. There are also programs on UfoO and Ryerson radio stations. The number for New Music Concerts is 964-9594 and the number for the Music Gallery is 204-1080. Both have on-going programs.



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IN RESPONSE TO.....

Tracey Elkind - Board of Director Student Association

In response to the hunter published in the previous issue of the Dialog, I as a student and an immigrant took offense at this article, specifically to the line that reads "if you haven't noticed, they usually seem to be people from other countries."

George Brown College, on page 5 of the full time calendar printed its Mission Statement and I quote: DIVERSITY- Promote the positive value of diversity in the college community and in society at large. The College has policies set in place around issues of discrimination and for those of you who didn't know we have a Human Rights department to ensure the college follows the guidelines. In the Source Book which is issued to all full time students the rules are spelled out clearly. An incident of expressed bias and dis-

crimination could involve anyone in the college community. The incident could be intentional or unintentional, subtle, passive or overt, and it could take verbal, non-verbal or physical form. Typical expressions of bias or discrimination are avoidance or exclusion, rude behavior, stereotyping, name calling, jokes and slurs, insults, threats or intimidation.

Firstly, I would like to remind the writer that most of us are from other countries if not us our parents or grandparents. His article

was not only discriminatory but out and out racist.

Secondly, I challenge the Editor for publishing the article! The article was taken to the editorial committee who asked that it be removed, (believe it or not, it took some explaining as to why!) you can imagine our horror at seeing it printed. The student Association does not hold the views of this one individual and I would personally like to issue an apology for any discomfort the article may have evoked for anyone.

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SA STUDENT ASSOCIATION OF GEORGE BROWN COLLEGE

NEED TO KNOW

My Bike, the TTC, and Some Jerk From Ryerson



by Duncan MacDonell

I live near College and Bathurst, and it's an hour-long walk to St. James Campus. Or a 30 minute commute by TTC. By bike, I'm in the classroom in 15 minutes at the latest. Few of us realize what a great city Toronto is to cycle in. Between Eglinton, the DVP, Dufferin, and Lake Ontario, the fastest and most convenient way to travel in Toronto is on two wheels. We have a system of river valleys with designated bike trails stretching from Warden Street in the east to Humber College in the north-west. It's hard to describe the feeling you get when you gear down and make a perfect right-hand turn, intuiting the laws of physics and losing the least amount of speed necessary to maintain control. There's nothing quite as satisfying as zooming past a high-strung commuter caught at a red light during rush hour and never seeing him again.

Sure it's not as comfortable during winter, but once your blood starts pumping, all you need is a windproof jacket, a good helmet, and warm gloves and you hardly notice the cold.

Once you get a feel for the traffic lights you can fly around the city faster than any cab. You feel healthier. Biking to school is a better wake-me-up than a cup of coffee. It's absolute freedom. It's all good.

But sometimes, especially when it's too cold to put the key in the U-lock without permanently freezing my fingers to the metal, I have to take the TTC. Trying to maintain any semblance of dignity before a cup of coffee at seven in the morning is hard enough, but add to that the confusion of being mauled and elbowed by a thousand other mostly decaffeinated and late commuters and you've got a recipe for meltdown.

If enjoying the morning breath of a thousand of your closest friends on the subway is a bad dream, then the stairs at King station are a nightmare. As long as everybody's walking up the stairs at the same pace, I can handle it. But there's always some jerk balancing a duffel bag and a scalding styrofoam mug of coffee trying to sprint to the left, sometimes right through the crowd. In last month's Dialog there was a column by a frustrated wheelchair user pleading for common sense when able-bodied students use the elevator. The same can apply to commuters. One commuter in particular.

You probably don't know who you are. You were wearing a Ryerson jacket and glasses. On the stairs in front of me was an elderly woman making her way upstairs, walking slowly with a cane. There were dozens of people making their way downstairs as well, so all the commuters leaving the

station were walking in single file. It was going to take an extra ten seconds to get to the street. Big deal. I was just thinking about how remarkably patient and polite the people behind her were when you made your appearance.

I guess you couldn't take it. Maybe you'd been commuting from Brampton for the last two hours and snapped. Maybe someone slipped something in your coffee. Maybe you had to be in class on time or else the world would end. Whatever the reason, you abruptly wedged your way between the two streams of people and began wrestling your way to the street. When you squeezed past me, your gym bag crashed into my shoulder. When you tried to force your way past the woman in front of me, she lost her balance and fell against the handrail. She wasn't hurt, but you have no way of knowing that because you didn't even stop to apologize.

The people we dislike the most are often those who embody the worst traits of our own personalities. In the first paragraph of this column, I talked about how much I enjoy riding in the bike lane when there's a lineup of cars at an intersection during rush hour. In the last paragraph, I talked about how pissed off I was at somebody who found an opening in a crowd of people and elbowed his way past them all. Aside from common courtesy, how different is my action from that of the Ryerson student's?

That's the problem with people today. Seems we're all in a hurry to beat each other to the next red light.

ATTENTION ALL WRITERS AND PHOTOGRAPHERS!

THE DIALOG NEEDS YOUR HELP. ANYONE INTERESTED PLEASE CONTACT CRAIG GOODWILL IN THE SA OFFICE OR LEAVE A NOTE IN MY MAILBOX ANYTIME.

Student Success



Francky Chernin, Coordinator

February, the worst trick of the fates - not really the shortest month of the year - they just pretend, and this year we have the added 'pleasure' of a leap year. So, if you're feeling as cold and miserable as I am, here are a few things happening this month that might take your mind off the weather, the economy, your course load, and whatever else you care to add to the list.

The QUICK TIP Sessions have begun in the counseling of-

rice at your campus. Check the QUICK TIP Bulletin Boards - there are sessions on Study Skills, Learning Styles, Time Management, Stress Management, Preparing for Tests. It only costs a looney to register and you will get some practical tips that you can begin using right away.

The Student Emergency Fund Campaign is underway. The Fund has helped many of our students facing unforeseen financial difficulties and also funded the Bookstore Gift Certificates that were given out during Orientation in September. This fundraising campaign is a way for staff and students to work together to help students - the more money we raise, the more creative ways we can devise to help those most in need. Buy your tickets and offer to sell some tickets for us - it's an easy sell. The first prize is Tuition and \$300 for Books OR \$1,000 CASH. Other prizes are a Resume/Career Advisement Package, a Continuing Education Course, Lunches at Sigfrieds. The Draw will be on February 14, at the Valentines Pub at St. James. There will be special prizes for those attending the Pub.

For more info, contact your SA Office or me in Rm. 285 C at St. James. Phone: 415-2674. The Celebrating Diversity Committee is planning the "Foods of the World" Buffet Lunch for February 27, at Sigfrieds. There will be great food and entertainment, all for just \$5. Watch for details!

I'm Sorry.....

by Alan Caldwell

I want everyone to know that my article last month was not meant to offend anyone. It was curiously brought to my attention that it contained ideas that were obviously bias, and certainly bordering on racist. My intention was to write a humorous account of my trials and tribulations about finding an apartment; just to update everyone I found one. YES, YES! I want to go on record as saying, I am sorry I offended anyone.

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HOSPITALITY NEWS

December with the Junior Escoffier Society

by James Csoko and Laura Hastings

Although we are never short of volunteers, we were delighted to see many new faces at our volunteer events in December. Your support at such events as The Native Friendship Centre Christmas Party, the Central Neighborhood House Christmas Lunch, the Dundas Community Breakfast and Lunch Club Christmas Luncheon, and the Christmas Day luncheon helped make them very successful.

Maybe you have noticed (or are one of) the many new faces around the college. With all the programs that began in January, along with students who have decided to join the fun, we have had a deluge of new

members in Room 254. We are thrilled to see so many people showing an interest in all the possibilities available to them through The Society. Welcome to all of you, hope to see you at upcoming events!

The Junior Escoffier Society provides a forum for making contacts and developing professionalism in the industry but there are times we have to lighten up. We are now arranging pub nights at local establishments, the first of which was January 18 at Betty's. If we can get 20 people interested, we will attend the final game of the Raptor's season. Very discounted ticket prices will be \$12.50. Come to Room 254 for more information or to purchase a ticket. We are also arranging some field trips, details to be announced, but fun will be

the main element.

The Society has been lucky in the 1995/1996 year to be graced with a hard-working and dedicated executive. Some of the executive will be graduating soon and others will be moving on to new responsibilities. An election will be held to choose a new President, Vice-president, Treasurer, Programming Director, Public Relations Officer, Newsletter Editor, and Membership Secretary. If you are interested, please drop by Room 254 for more information. A quality executive will give all members better opportunities to further themselves, their knowledge, and their careers. If you feel you have something positive to contribute, please get involved.

Restaurant Review

Queen's Pasta Cafe ****
2263 Bloor Street West at
Runnymede (416)766-0993

The Cafe has about 20 seats and the atmosphere is cozy. It reminded us of dining in someone's home. The chalkboard listed the pasta and soups of the day and the small but interesting menu offered a variety of choices. Entrees range from \$9.00 to \$12.00 but wine by the glass was a little expensive at \$6.95. If you are going there looking for a macro-brewed domestic beer, you better head down the street to Shaky's. The Cafe only carries premium beers such as Upper Canada and Sleemans.

The service was friendly, although our waitress was beginning to show the wear and tear of a long day. Service was attentive but the pasta takes some time to cook

as it is made fresh to order. The entrees are worth waiting for, they are served piping hot with a wonderful blend of flavours and excellent sauce. There was so much food, I didn't have room for dessert, but I did try some of my dining partners'.

After sampling some menu items, I would recommend Three Cheese baked pasta, Chicken Linguini and the Bruschetta. All the pasta we saw pass the table looked appetizing and the specials change daily so you will never get bored with the menu. If you don't want to take our word for it, check out the write up in Sara Waxman's Cheap Eats!

If you want to enjoy this fresh pasta in the comfort of your own home, you can order from the Queens Pasta Take-out located at 256 Beresford Ave. (416)766-7315.

A Christmas Shared

by Laura Sangalli

On very short notice our Dean, Brian Cooper, was asked if the Hospitality Centre could host this year's Metro Association of Family Resource Program's Christmas Day Dinner. Before agreeing to the proposal, the Dean asked for volunteers to help him during the event. To his surprise, a few days later he had a full page of students, faculty and staff ready to share their Christmas, helping the less fortunate.

On December 20 and 21, Chef Wolfman and his entourage boned and rolled eighty turkeys while preparing other mise-en-place items. Meanwhile volunteers from around the city were busy packing gift bags for the kids and getting ready for the big day.

When Christmas day came, the Hospitality Centre underwent a transformation. The Atrium was filled with colorful balloons and bags of goodies for anxious children. The aroma of turkey drifted from the kitchen being run by Chef's Langley and Bryan and everywhere you went salutations of "Merry Christmas" were being heard. Soon the guests arrived and the real magic began. Guests were welcomed by a slice of warm, friendly faces before they were seated in Seigfried's dining room to await their delectable meal. The children began comparing Christmas treasures but soon conversation gave way to rhythmic chewing and a chorus of "mummm".

Thank you to everyone who helped, and to Dean Cooper for letting us share in the magic of Christmas.

Hospitality Club News

by Cathie Sullivan, Vice-president

Summer Work Experience a Must!

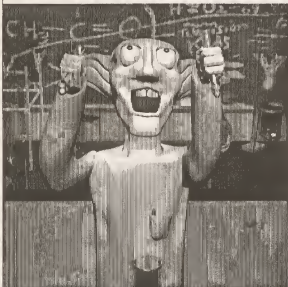

by Gurth Pretty

All Hospitality students enrolled in a two year management program are expected to work in a hospitality industry-related summer job. Culinary Management students must work a minimum of eight weeks in the industry, while six weeks is the requirement for Hotel and Food and Beverage students. If you do not complete this requirement, your transcript will bear an incomplete for your work experience course, which is considered our second externship. A student cannot graduate with an incomplete in his or her transcript.

This aspect of the program is not well communicated to students so it is important to get the information you need to complete all your required credits. Each student must present evidence, either as a letter of reference from their employer stating the number of hours they worked or pay stubs, to Ms. Janet Jack, the Work Experience Officer in Room 337. Please keep this in mind when planning your summer. If you do not want to be caught by surprise, like many students have, inform yourself and be prepared.

*CFSEA scholarships forms are now available for the Gold Plate and general awards.
*The Club has organized a tour of Upper Canada Breweries. Members and non-members are welcome.
*Top Management Night was on January 22, 1995. For details on the awards and guest speaker, please look for the article in the next issue of the Dialog.
*The Hospitality Club will be having a draw for a free ticket to the next Senior Branch meeting in February. For details, check out the sign boards and bulletin boards around campus.
*Elections are coming! If you are interested in becoming an executive of the club, please drop by the office and fill out a form. The position offers many valuable experiences and challenges, if you feel you have something to offer, please do not hesitate to get involved.
For information on these and other events please come by Room 254 or call (416)415-2244.

COMPUTER ANIMATION FESTIVAL

ONTARIO SCIENCE CENTRE
FEBRUARY 10 - 11, 1996

- Go behind the scenes in the production of special effects for feature films and television with speakers from Pixar, Digital Domain, C.O.R.E. Digital Pictures, Alias/Wavefront and Sany Pictures Imageworks.
- Don't miss screenings of Walt Disney Picture's Toy Story, the first full-length animated feature to be created entirely by artists using computer tools and technology.
- See outstanding examples of computer animation and special effects in advertising, entertainment and education.

The Ontario Science Centre / Centre des Sciences de l'Ontario is an Agency of the Ministry of Citizenship, Culture, and Recreation, 270 Den Mills Road, North York, Ontario, M3C 1T3, Tel. 416.696.3127

HOSPITALITY NEWS

RECIPE CORNER

Here are two tasty, easy recipes to help you keep your New Year's Resolutions.

Herb Bread

1 cup ww flour
1/2 cup a.p. flour
1/2 cup cornmeal
2 tsp baking powder
2 tsp baking soda
1/2 tsp salt
1/2 tsp crumpled leaves of dried oregano, basil and T
Thyme
1/2 tsp fennel seeds
1 1/4 cups buttermilk
1 egg, beaten
2 tbsp. liquid honey
2 tbsp. vegetable oil
1 tbsp sesame seeds

Combine first eight ingredients. Combine butter-milk, egg, honey and oil; stir into flour mixture just until blended. Spoon into foil or waxed paper-lined 8"x4" loaf pan; sprinkle with sesame seeds. Bake in 350f oven for 45 to 50 minutes or until tester comes out clean when inserted. Turn out and cool on rack.

*Each slice of bread has 101 calories and 3g of fat.

Spicy Beef Chow Mein

2 pkgs. instant oriental
noodles and broth
1/4 cup water
1 tbsp soy sauce
1 tbsp ketchup
1 tbsp worcestershire sauce
1 tsp sugar
2 tsp sesame oil
2 tsp minced garlic
1/2 lb. lean beef, chicken or pork, cut into strips
3 green onions, cut diagonally
1 cup grated carrot
4 cups thinly sliced cabbage

In a large pot of boiling water, cook noodles until tender; drain and rinse.

Combine water, soy sauce, ketchup, worcestershire sauce, sugar, and sesame oil; set aside. In a large skillet or wok, cook garlic over medium heat for 10 seconds. Add meat; stir fry for 1 minute. Add green onion, carrots, and cabbage; stir-fry for 3 minutes. Add noodles and sauce; heat through, stirring gently to coat.

Next Month in Hospitality

Since March is Nutrition month, we will be including some articles dealing with food and health. If you have any questions on nutrition or how you can improve your eating habits, put them in the Blue Box outside Room 254 before February 12, 1995, and I will print the responses in the March issue of the Dialog. Any other articles, photos, recipes or questions are also welcome. Just put your information in the Blue Box or call (416)415-2244 and ask for Denise.



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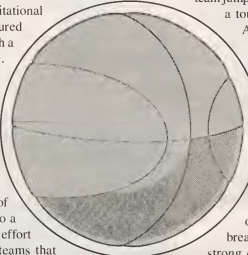
ACTIVATION AT TIME OF PURCHASE REQUIRED

*Certain conditions apply

SPORTS UPDATE

MENS BASKETBALL

The New Year has started out on a positive note for the George Brown men's basketball team. The first game of the year featured the Huskies in tough against a strong team from Nazereth, Pennsylvania. All the hard work that the team put in over the Christmas break was evident as they kept the game close, until falling by a single point at the final buzzer. This game was the only tune up for the team before they hosted the George Brown Invitational Tournament. The tournament featured some of the top teams in Ontario, with a single, strong entry from Quebec. George Brown was thrown right into the fire, with a first round matchup vs. St. Clair College, a team owning a 7-1 record in league play. As is customary of our Huskies, they came out on fire, led by the inspired play of Stafford Kerr, Emil Mulic, Andrew Wilson and Pavle Lavlovic. They picked up the play of the rest of the team, and the Huskies went on to a convincing 78-58 win. This strong effort sent a clear message to the other teams that George Brown was here to do more than just host the tourney. The final game of the tournament for the Huskies was vs. the Quebec representative, Dawson College out of Montreal. A rash of injuries hit the Huskies, who nevertheless hung in there, before seeing themselves again on the wrong end of a one-point game. But in light of the fact that Dawson won the tournament, the game was taken as a positive sign of things to come. Now it's back to league play for the team. The next couple weeks for the team will see them at home on January 17 at 8 pm vs. Niagara, and then they will travel to Windsor for an anticipated rematch with St. Clair on the 19th. Great (re)start guys! See you on the 17th!



WOMENS BASKETBALL

The women's basketball team has started up again following the holidays. Despite the break, the team jumped right into action with a tournament in Michigan. Also on the slate since Christmas was a league game vs. Fanshawe. Though the Huskies went down to defeat, the game had it's moments, including a 17 pt. burst in the final 2:30 of the game. It was imperative that the Husky women carry over from before the break, when they put in a strong effort against Humber College. Coachs McLennan and Granum were concerned however with the discipline of the team in the Michigan Tournament. The first week back did not look promising, but things have smoothed out, and the women can get back to basketball. Key contributions were made by Henri Velton in the offensive zone with

28 points and Charmaine Warwick in the defensive zone with some strong hustle. The main problem area right now is the injury bug. As with the men, it has hit the women hard, to the tune of three starters. But the new year also saw the addition of three new players, so adjustments have been made. As usual with team, the potential for success is there, but every time they get some type of flow happening, someone goes down with an injury or there is a discipline problem. Perhaps the women could use some support in the form of some vocal Husky students at their next home game.

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for more information call (613) 232-7394

Student Association

Elections

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Make A Difference



Elections Coming Soon

Stay Posted to Dialog for Details

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DRAW TO BE HELD ON
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Student Affairs GEORGE BROWN

Lottery Licence #A356648

The Student Emergency Fund is sponsored by
THE STUDENT ASSOCIATION and STUDENT AFFAIRS OF GEORGE BROWN COLLEGE

*This prize option, which includes George Brown post-secondary tuition and activity fees, \$300 for books and supplies, is available only to accepted students for the 1996/97 academic year and excludes material fees and international student premiums.

SPORTS UPDATE

BADMINTON

Both the men's and women's varsity badminton teams are now in full swing. The teams are fresh off competing in Mohawk College's Tournament on the week-end of Jan 12. The highlight of the tournament has to be Harrison Choy's close singles 3 game loss to the tournament's eventual winner.

Heading the mens and womens teams are Choy and Sandy Hustler. Each are in good shape in qualifying for the Provincial Championships. Coach Ng hopes to see more players qualifying for the OCAA, which is to be held two weeks after the regional Mens and Womens. Ng stresses to his players to train hard and good luck in attempting to qualify for the tournament.

Upcoming for the team is a series of games against a group of Alumni players. These games will provide an ample tune-up for the upcoming Regional Tournament to be hosted by our own George Brown College. The dates for the tournament are February 2 and 3.

WOMENS INDOOR SOCCER

The women's indoor soccer team has been going strong since the end of the outdoor season. There is nothing on the slate for the month of January either, but once February rolls around, things will shift into high gear. The Huskies will first hit the road for Montreal for a tournament on February 9 and 10. After returning home (trophy in hand), the team will play host to the George

Brown's first tournament, at Clairlea Arena (Victoria Park, just north of St.Clair). These two tournaments will provide a tune up for the Regionals March 8 and 9. Coach Warren can't help but be optimistic about the upcoming games, after the strong finish to the outdoor season. He stresses that his team will be competitive, so let's get out and give them some support. See you at Clairlea!!

MENS INDOOR SOCCER

The men's indoor soccer team officially began practices on Thursday, January 4, 1996. The team will continue throughout the winter months every Tuesday and Thursday at the Casa Loma gym between 7 and 9 p.m. The team has scheduled a number of exhibition games and tournaments, to tune up for the OCAA Championships, to be held in March. On Saturday, January 13, the team participated in the start of a 16 team tournament hosted by the C.I.S.L. at the Etobicoke Olympian. The Huskies went undefeated in the preliminaries, winning by scores of 3-1, 3-2 and 1-0 over the Etobicoke Canadians, Oakville and Oshawa, respectively. The stage is now set for the playoffs, which will see the Huskies playing in the quarter-finals on January 20.

The team will continue on to a tournament hosted by York University at Richmond Green, towards the end of January. Coaches Morandini and Magistrale ask that anyone interested in joining the team should just come out to practice and ask for them. Keep up the good work guys!!

INDOOR SOCCER

With the inevitable arrival of winter, the George Brown Soccer teams have this year taken their acts indoors. Though the indoor league can be viewed as more of supplement to the outdoor season, it is itself a competitive and exciting sport on both the men's and women's side. With the dimensions significantly reduced, along with the number of players, the game takes on an entirely different feel. The most obvious difference is that the game becomes far more exciting. Five on five, in an arena, doesn't leave much room to back pass. Strategies and rules are twisted to accommodate the confined setting, creating a game related closer to hockey than outdoor soccer. The game has less breaks, as there is no out-of-bounds. With play being faster, and with scoring opportunities in abundance, the game takes on a higher level of intensity. Classic soccer relationships like the one-on-one take on a new meaning with the introduction of boards. Creative passers begin to incorporate the boards into their repertoire. All in all, the game of soccer as we know it, is thrown out the window. Indoor soccer is being classified as it's own sport now and the reasoning is clear. For those who find the outdoor game boring, it is strongly recommended that you give the indoor version a try, because boring it is not.

UPCOMING GAMES

Women's Volleyball

Wed., Jan.31/96 6 pm vs. Sheridan @ St. James Gym

Men's Basketball

Wed., Jan.31/96 8 pm vs. Fanshawe @ St. James Gym

Fri., Feb.9/96 8 pm vs. Lambton @ St. James Gym

Sat., Feb.17/96 2 pm vs. St. Clair @ St. James Gym

Women's Basketball

Thurs., Feb.8/96 6 pm vs. Redeemer @ St. James Gym

Wed., Feb.21/96 6 pm vs. Durham @ St. James Gym

Men's Volleyball

Sat., Jan.20/96 2 pm vs. Algonquin @ St. James Gym

Wed., Jan.24/96 6 pm vs. Seneca @ St. James Gym

Wed., Feb.14/96 8 pm vs. S.S.F. @ St. James Gym

TALENT TREK

Tues. March 5, '96

Time: 5:00 P.M.

St. James Student Centre

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RULES: ALL APPLICANTS MUST BE G.B.C. STUDENTS

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