

More women enter building trades

The Canadian Press Women who enter traditionally male-dominated trades such as construction, plumbing and mechanics do so for about the same reasons as men, a Cross-Canada Survey by The Canadian Press indicates.

Better pay heads the list for most of the few women who have been successful in landing jobs in the trades in this country. Also attractive are job security through membership in trade unions and in some cases the chance to work outdoors.

However, the survey suggests that women are not signing up as apprentices or registering in droves at technical colleges where trade courses are offered.

But the tight job market in Canada hasn't deterred Canada Manpower in Quebec from holding a special program to integrate women into training courses once dominated by men.

Anne Adams, program director in Montreal, said the program, started in 1976, has the objective of integrating at least five women into each of a group of once male-dominated technical courses.

They included machinery, electrical work, printing and meat-cutting. She said the program met with moderate success.

This year, said Ms. Adams, the program is being expanded to cover more than 40 courses including school-bus driving, woodwork, textile production and control, furniture assembly, finishing and painting.

In Nova Scotia and Prince Edward Island, no women have been applying for trades training, according to an official of the provincial labor department's apprenticeship and tradesmen's qualifications division. However, the provincial labor department in New Brunswick reports that the number of women enrolled in apprentice training is growing, although the numbers "are miniscule."

Several Ontario community colleges offer apprenticeship training programs for women in the blue-collar trades and from recent reports, the move into such courses has been enthusiastically received by a small number of young women.

At Confederation College in Thunder Bay, Ont., six of 16 women who graduated



Delrene Meadows of Thunder Bay, Ont., wields a hammer as she works on a construction site.

from a course styled Introduction to Non-Traditional Jobs were hired as a result of their training. Melanie Miya and Connie Bellamy were the only women taking the heavy equipment operator course at Sheridan College in Oakville, Ont.

The 12-week course trains students in the maintenance and operation of graders, scrapers, loaders, bulldozers and backhoes.

Ms. Miya said that her only worry is the woman might have a harder time getting a job.

"Employers assume a man can handle the equipment," she said, "but a woman must prove that she can."

Jack Redhead, director of apprenticeships for the Manitoba department of labor, said since apprentices must be hired by companies before they can enter a program, the generally depressed economy may affect the number of women entering programs.

Shirley Walker, a member of the recently-formed group called Women in Trades in Winnipeg, said more women are trying to get into trades but are having trouble

being hired by firms because of the economic slowdown.

Women in Saskatchewan are slow to enter trades, said Barbara Zimmer, assistant director of the women's division of the department of labor.

She said the only trend she sees is that when women go into trades, they go into their own business or a business owned by their husbands.

Ms. Zimmer said that women tend to be the "last hired and the first fired."

"Often, when there's a pinch," she said, "employers fire the more highly-paid workers first, and that's not usually women."

"But then they'd rather lay off women than men who are supporting families, although 60 per cent of working women in this province are working out of financial necessity."

Len Semrau, registrar of the Northern Alberta Institute of Technology, said that about 10 per cent of 1,100 apprentices who registered for courses in the January term were women.

He said the trades in which women are taking training include baking,

cabinet making, cooking, instrument mechanics and partsman.

Semrau said that some firms readily accept women, but others which have not had experience with women in the trades do not hire women so readily.

In British Columbia, few women are in the trades, says Patrick Stanton of the provincial ministry of labor.

Don Evans of the Pacific Vocational Institute, the province's largest vocational school with more than 18,000 students, says "very few" women are enrolled in blue-collar trade programs.

Women can expect to encounter little discrimination so far as wages are concerned if and when they are accepted as tradesmen in industry, say representatives of several unions including the Machine Workers of America and locals in the construction industry.

Joseph Reed, Montreal, president of Local 510 of the United Auto Workers, said women earn equal pay and layoffs are according to seniority rather than sex.

SURVEY INDICATES

Breakfast eaters are most common

MONCTON, N.B. (CP) — Prime Minister Trudeau likes to start his morning with a bowl of cereal, two soft-boiled eggs, toast and coffee. The Queen prefers her morning eggs poached and accompanied by one slice of unbuttered toast and one or two cups of tea (with milk, no sugar), served to her in bed.

These are two of the more famous breakfasts uncovered by the Moncton Transcript in a survey to see how most people started their day. Overall, the big breakfast emerged the winner over the grab-a-cuppa' coffee-and-run set.

Provincial health experts said they were pleased with that news, since breakfast is considered by many nutritionists to be the most important meal of the day. The body has gone without nourishment for many hours—actually the longest time period during the 24-hour day—and needs to be replenished for maximum efficiency.

Various studies have enforced the necessity of a nutritious breakfast. The Kellogg Nutrition Council reported that a research project involving school-age children concluded that those who had a good breakfast were capable of more work during the morning hours, had quicker reaction time and tired less easily.

Another research study, the council said, indicated a significant relationship between bloodsugar levels and physical

and mental performance during the morning hours. A breakfast balanced with all the nutrients, including adequate protein, helped keep the blood-sugar levels up to the point necessary to sustain maximum energy levels.

Without a balanced breakfast, energy levels fell considerably, causing the participants to become listless and to react slowly.

According to the Canada Food Guide, a nutritious breakfast should supply one-third to one-quarter of the daily nutritional requirements.

Among prominent New Brunswickers approached the following breakfast patterns emerged: Agriculture Minister MacLeod, raisin bran and tea; Chief County Court Judge Richard Miller, a cup of coffee; Weight Watchers lecturer Rose Marie Poirier, one ounce of cheese, one slice of toast, eight ounces of juice and coffee; disc jockey Brother Jake Edwards, bacon and eggs, orange juice, an English muffin, perked coffee; Greater Moncton Chamber of Commerce Manager Yvonne LeBlanc skips breakfasts.

Cuts calories

To cut calories, try serving fruit cobblers with plain yogurt instead of cream or ice cream.

by
Nancy
Stahl

JELLY
SIDE
DOWN



I am truly in favor of equal opportunities for all people, and for basic human rights which transcend the traditional male-female roles.

This does not, however, necessarily extend to all areas of male-female relations.

Imagine, if you will, a man and a woman approaching a restaurant.

The woman realizes that she could, of course, open the restaurant door herself. She has been opening doors more or less successfully for 27 years. Although she realizes that she is in the company of a man who values and respects her basic capabilities as a human being and an equal, he may very well have a particular penchant for chivalry. Because she respects his right to such feelings and values HIM as a human being, she decides to let HIM open the door.

The man, on the other hand, is overcome with concern that opening the door for her would imply that he regards her as basically inferior and incapable of performing a simple task. Deciding that he values her too highly as a human being to risk performing what she may view as a patronizing act, he decides to let HER open the restaurant door.

Arriving at the door, it is painfully obvious that neither one intends to open it. Together they make self-consciously belated grabs at the handle, only to find the door locked. The restaurant is closed for repairs.

"Well," the man says, "let's have a cigarette and decide where else to try." The woman realizes that she could, of course, light her cigarette herself. She has been lighting cigarettes.

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COMING EVENTS

The location of the Girl Guide's Winter Challenge, 10 a.m. to 3 p.m. Saturday, has been changed from the fairgrounds to the Nukko Lake Guide Camp. For more information phone 563-5150 or 964-9202.

Stamp collectors are welcome to attend the spring exhibition of the Prince George Philatelic Society, Saturday from 10 a.m.-4 p.m. at Studio 2880, 2880-15th Ave. There will be a stamp auction at 2 p.m. and material for the advanced as well as beginner collector. Admission is free. People with stamp collections are welcome to bring them for an informal evaluation of their worth.

The Senior Citizens' Branch 26 will hold a whist party, Friday at 7:30 p.m. at 2360 Laurier Cres. Everyone is welcome.

The Upper Fraser Community Club will hold a St. Patrick's Day dance, March 18 from 9 p.m.-1 a.m. at the Upper Fraser Community Hall. Music by Party Sound. The cost is \$3 per person and \$5 per couple. Tickets are available at the Upper Fraser post office, general store and George Martin, Upper Fraser.

Brewster McCloud, directed by Robert Altman (M.A.S.H. and Nashville), and starring Sally Kellerman and Stacy Keach, will be shown Friday at 8 p.m. in the Vanderhoof Lecture Hall room 1-306 of the College of New Caledonia. Admission is free.

Course helps aging

MONTREAL (CP) — It is one thing to talk about "growing old gracefully."

It is quite another to help people do something about it. But that is the aim of Put On a New Face, a course for women over 50 to be held in March at Dawson College for Continuing Education in Montreal.

Sylvia Summerfield, instructor for the course, said it is designed to help aging women beat the mid-winter blues by showing them how to use skin care and makeup to the best advantage.

"No one wants to grow old and ugly when it may be possible with a little effort to grow old gracefully," said Ms. Summerfield. "To wear her years well, a woman should learn to relax, but this does not mean getting into a rut."

She said she hopes her class will become a little experimental but that lost youth cannot be compensated for by layers of makeup.

"There is character and interest in the mature face and each woman will be encouraged to analyse her own needs."

Hair coloring, facial and body exercises, diet and fashion design will be discussed. Ms. Summerfield will provide recipes for creams and lotions to be made at home, an advantage for pensioners.

"Features cannot be changed but it is often possible to create an illusion," she said. "I hope to convince the women that proper skin care starts with super cleanliness and requires the lavish use of a moisturizer because of the hot, dry atmosphere in most centrally heated homes."

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