

June 8

1995

VOL 1 NO 22

VANCOUVER
COMMUNITY
COLLEGE



VCC Connections

Vancouver Community College
1450 Boardman Street, 11th Floor
P.O. Box 2100, Vancouver
Vancouver, B.C. V6T 1C6

A message from Donald Oakes

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Years

Today is my last day working for VCC, for at least the foreseeable future. I'll be back if they find a cure for AIDS! This is almost a complete circle for me. I started with the college 16 years ago working with students with disabilities and now I am leaving on a letter from my doctor that says I am disabled. It's kind of weird!

Those of you who have seen me recently are probably thinking, "but he looks healthy." I do look healthy and for the most part feel healthy, but my doctors have been telling me for the past two years that I should be reducing the stress in my life. I have had a few medical issues in the past four months, including a cancer scare, that have made me come to this decision. It wasn't easy! Thank goodness for disability plans!

I've participated in a lot of activity at VCC. I was involved in many special education projects and programs in my early years and more recently I have been involved in the CE Art and Design programs. I've participated on many college-wide committees and have met the most incredible group of people committed to the work they do and to the students they serve. My hat is off to you all! The struggles we have faced in the past seem not to be over, but the Pollyanna in me knows that VCC will sur-

vive and prosper! How can it not be, with people like you!

I'm not leaving Vancouver, and I certainly plan not to be a recluse, but I wasn't able to say goodbye to so many of my friends and colleagues personally and to thank you for all that you brought to my life. I hope that for some of you, I have brought something to yours. My friends in CE know how to contact me. Let's keep in touch.

Donald Oakes
May 31, 1995

Lost it? Damaged it? Report it.

All incidents of loss or damage of College property must be reported by Departments to ensure that possible insurance claims are made. Please report all incidents caused by criminal activity to Security. Report all other incidents such as damage resulting from a broken water pipe or an accident to the Building Services Manager.



Learning Centre *news*

June, 1995

Volume 1, Issue 2

City Centre Learning Centre Open

Students had their first opportunity to visit their new and spacious Learning Centre on June 1, 1995. The Learning Centre staff welcomed students to VCC's newest educational support area. Both Learning Centre locations are now open to all students registered in VCC programs and courses. Now students at both campuses have access to computer-assisted learning materials, course reference materials, Learning Centre workshops and ESL/Humanities and Math/Science tutoring.

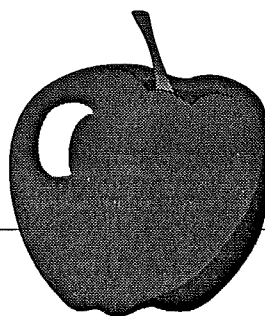
Quick quote

Let's not concentrate on disabilities, let's focus on abilities.

—Rick Hansen

Come to our Open House

The Learning Centre opens officially at City Centre Monday, June 12 at 1:00 p.m. Students, staff and instructors are invited to come and meet the Learning Centre staff and to have a tour of VCC's newest student educational support service. Many people in the college community have worked long and hard to see this facility open for City Centre students and the Open House will allow us the opportunity to thank them and to introduce the service to students, staff and instructors. The Centre will be open from 10:00 a.m. to 7:00 p.m. the day of Open House.



Operating hours

City Centre
(June 1 - July 31)
Monday to Thursday
10:00 a.m. - 7:00 p.m.
Friday
10:00 a.m. - 4:00 p.m.

King Edward Campus
(June 1 - August 25)
Monday to Thursday
9:00 a.m. - 7:00 p.m.
Friday
10:00 a.m. - 5:00 p.m.

Learning Centre telephone numbers:

KEC 871-7219
CC 443-8607

We are pleased to introduce...

Several new tutors are working for the Learning Centre this summer. The Learning Centre staff would like to welcome Celeste Roberts, Norma Boutillier (ESL/Humanities) and Remick Lee (Math/Science) to City Centre. They join our veteran tutors, Michael Daniel, Karen Jane Hills (ESL/Humanities), Tom McDiarmid and Gordon Wong (Math/Science) at King Edward Campus.

The tutoring service offered to students is meant to complement class work and to help students find learning strategies that work for them. Tutors are available on a first come basis and in time of heavy demand do limit individual tutoring appointments in order to serve as many students as possible.

🍏 *For more information on what the Learning Centre can offer your students, or if the Centre can help support students in your program or department, please call Lyn Lennig, Learning Centre Coordinator, at 443-8606.*

Bringing home a fascinating part of Canada's history

Vancouver Community College
King Edward Campus Library
P.O. Box 2200 Station F
Vancouver, B.C. V6N 519

Pushing hard to meet the deadline of November 11, 1995, the 50th Remembrance Day since the ending of World War II, Allen Andrews hopes he is in the final rewrite of his biographical survey of the history of the Canadian military.

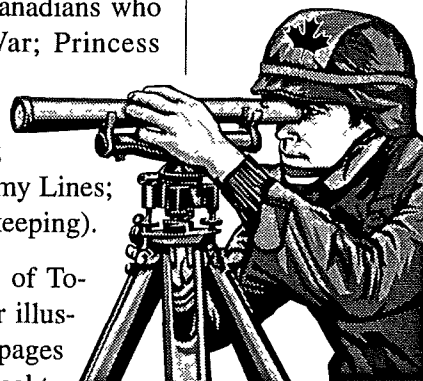
Warriors and Fighting Men will break new ground when released this autumn. It has been difficult work because so little attention has been paid to Canada's fascinating military history; however, it is a subject which has always intrigued Allen. For ten years he has been collecting Canadian military memorabilia for his book. Sifting through literally a thousand biographies, books and articles Allen has traced Canadian military action from the days of the Black Foot warrior to today's soldier. Allen believes this publication will "bring home" to Canadians the very central role the military has played in our country's history.

Some sample action-filled chapters are: Warfare Before the Europeans; Canadians who Fought in the U.S. Civil War; Princess Patricia's Canadian Light Infantry; Vimy Ridge; Nursing Sisters; Native Peoples at War; D-Day; Orientals Behind Enemy Lines; Korea and Mackenzie (Peacekeeping).

To be published by NC Press of Toronto, the book will be colour illustrated, and approximately 300 pages in length. It is designed to appeal to the general reader when it goes on sale in local book stores. Cost will be either \$30 or \$35.

Author Allen Andrews, currently on one year's leave of absence from VCC, teaches in King Edward Campus' Humanities Department. His previous publications include *The Scottish Canadians*, and several major Canadian Studies textbooks.

Barbara Hammond



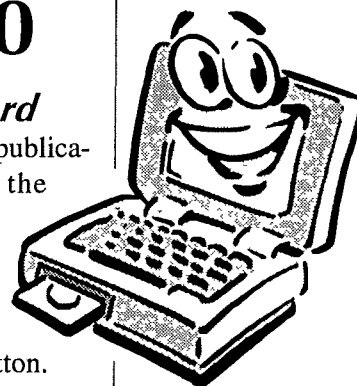
Tips 'n Tricks—PageMaker 5.0

Controlling redraw

In layout, you don't have to wait for the screen to finish redrawing before you continue working; you can interrupt the screen redraw by performing another task. PageMaker continues redrawing the screen when your task is complete. You may find it useful to interrupt the screen redraw when your text contains small caps and text that is modified with the "Set width" command, both of which slow down the screen redraw.

Copy without the Clipboard

You can copy an object from one publication to another without using the Clipboard. Open both publication windows and make sure they are visible. Select the object, drag it into position in the second publication window, and release the mouse button. The object will be copied to the second publication.



Operations Council Report

The last meeting of the Operations Council was held on May 9. Several matters were dealt with:

- A letter was received from the Madrigal Singers (VCC Music Program) thanking the Council for its support of the group's tour of the B.C. interior.
- Discussion on draft terms of reference for the Operations Council was tabled for further discussion regarding a mandate.
- Monies received from vendors using the VCC campuses will be deposited with the Endowment Fund for student bursaries/scholarships.
- The schedule of ancillary, program and laundry fees was accepted with a few changes. The revised schedule will be distributed in the near future.
- The draft capital renovations budget was

accepted as presented and has been forwarded to the VCC Board and the Ministry.

- The draft equipment budget was approved by the Council and has been forwarded to the VCC Board for approval.

The next meeting of the Operations Council will take place on Tuesday, June 13, 1995 at 1:00 p.m. in City Centre Room 237. Any interested members of the College community are welcome to attend.

The Agenda for the June meeting, at the time of printing, includes:

- Operations Council draft terms of reference;
- ancillary, program and laundry fees update;
- tuition fees;
- 1995/96 operating budget;
- meeting schedule for the summer.

If you have any questions, please contact Della at local 7016.



Five "takes" on stress management

Take a break

Physically remove yourself from the situation. Go for a walk or find a quiet spot and do some deep breathing. Switch to an unrelated task. Although the stress trigger will still be there when you get back, you'll feel differently after a break.

Take stock

You may be exacerbating your stress triggers by being a perfectionist, being hurried, worrying too much, trying to control everything, or exaggerating things. You need to take stock of your stress-creating habits before you can eliminate them.

Take action

Once you know where your stressors lie, you

can create an action plan for meeting them head-on. Learn new job skills, practice time management, or work on skills for getting along with difficult people.

Take it (as it is)

If you truly cannot take action against stress, then take it as it is. Focus on what you can change in the long-range, rather than day-to-day annoyances.

Take care (of yourself)

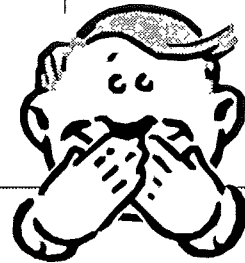
Because stress takes a devastating toll on your body, you need to take care of yourself. Exercise regularly, eat properly, get enough sleep, and explore your spiritual self.



"Preparing for Now" is a conference on Community Tools and Strategies for Economic Renewal, taking place at SFU at Harbour Centre, 515 West Hastings Street, Vancouver, on June 15 to 17, 1995. This event, presented by SFU's Community Economic Development Centre, will include keynote addresses on such topics as Confronting the Global Economy, The Power of Community and Changing the Shape of the Future. For more information telephone 291-5850, fax 291-5788 or e-mail cedc@sfu.ca.

Believe it or not!

Incredible as it may seem, Sonja Alton is retiring at the end of June. The Humanities Department and the VCCFA are hosting a party for her on Tuesday, June 20 from 3:00-5:00 p.m. in the Staff Cafeteria. For more information, call Joan Burnett, 7278 or Joan Rike, 7280.



Oops!

In last week's issue of VCC Connections, the spelling of Settimio Sicoli's name was incorrect in the telephone directory update. Please take note of this error and correct your copy. Correct spelling is :

Sicoli, Settimio

announcements

July long weekend closure at VCC: please mark your calendars! The College is closed on both Saturday July 1 and Monday July 3 for the Canada Day long weekend.

ABESAP for September-December term: applications will be available starting July 4, 1995. Pick up your application from KEC Financial Aid Office, Room 4029 or KEC Counselling Department, Room 3002. For more information call Financial Aid at 871-7046.

VCCFA Wellness

For wellness concerns at KEC, please call Grace Shaw at home: 261-4498. If your message is not responded to within several days, call Wayne Avery at local 8449. Thanks.

New books at KEC Library

- The Authoritative Canadian Guide to Understanding Mutual Funds
- The Age of Great Dreams: America in the 1960s
- Blood and Belonging: Journeys into the New Nationalism
- Fuzzy Thinking: the New Science of Fuzzy Logic
- The Ethnic Dimension in International Relations
- Lessons from Abroad: How other Countries Educate their Children
- Living on the Edge: the Realities of Welfare in America
- The Man who Planted Trees: a Story by Jean Giono
- Creating Workplaces where People Can Think
- Price of Honor: Muslim Women Lift the Veil of Silence on the Islamic World

more announcements

Connections

Editor, Design and Layout:

Dale Rasmussen,
PR Dept

Campus Contacts

Vicki Montigny
(CC),
Manijeh Golkhizi
(KEC)

Communications Coordinator

Sarah Lucas,
local 7158

Connections publishes every Thursday, and the deadline for submissions is 3:00 pm on the previous Friday.

Please supply your article to Manijeh or Vicki in a simple, word-processed format (text only is best) on an IBM-compatible disk, and include a hardcopy.

Please recycle this newsletter.



- Working Solo: the Real Guide to Freedom and Financial Success with your Own Business
- Sandcastles: the Arabs in Search of the Modern World
- Shock Waves: the Global Impact of Sexual Harassment
- Where the Jobs Are: Career Survival for Canadians in the New Global Economy
- The Whole Internet: User's Guide
- The Cage (Audrey Schulman)
- Creating and Maintaining a Diverse Faculty
- Creating the Ergonomically Sound Workplace
- Organizational Power Politics: Tactics in Organizational Leadership
- The Power of Place: How our Surroundings Shape our Thoughts, Emotions and Actions
- The Sick Building Syndrome: How Indoor Air Pollution is Poisoning your Life
- Essentials of Pharmacology for Health Occupations
- Healing the Wounds: Overcoming the Trauma of Layoffs ...
- Human Diseases: A Systemic Approach
- Indonesia: A Kick Start Guide for Business Travellers
- Infection Control
- Introduction to Human Disease
- Introduction to Nutrition, Exercise, and Health
- Learning Lotus 1-2-3: Releases 2.3 and 2.4
- Making Computers People-Literate
- Maxillofacial and Dental Emergencies
- Medical Assistant: Administrative and Clinical
- Microbiology for Health Careers
- Motivating Health Behaviour
- Parker's Wine Buyer's Guide
- Procedures in Phlebotomy
- Richards' Bicycle Repair Manual
- Saunders Manual of Medical Transcription
- Strategic Hospitality Management
- Telecommunication Circuit Design
- Ten Day MBA
- Unix for Dummies
- Urinalysis and Body Fluids
- What Makes a Good Teacher
- Wordperfect for Legal Assistants and Secretaries

New Books in CC Library

- 1995 What Color Is Your Parachute?
- Common Errors in English: ESL Edition
- Complete Textbook of Phlebotomy
- Dictionary of International Trade
- Emergency Guide for Dental Auxiliaries

classifieds

JOB POSTINGS

Food Services Cashier, City Centre (permanent, part-time). Closing: June 13.

Admissions Clerk (b), City Centre. Closing: June 15

Senior Bookstore Assistant, KEC. (Position will not be filled at this time.)

Secretary, Administration, KEC. Closing: June 13.

Admission Clerk (a), LINC Program (temporary, part-time, until Aug. 31/95). Closing: June 13.

FOR SALE

42" round dining table and four chairs. Chrome base with solid oak top. Chairs are wicker with oak trim. Perfect condition. \$150. Call Carol in Employee Relations at local 7142.