

May 25

VOL 1 NO 20

1995

VANCOUVER
COMMUNITY
COLLEGE



Connections

Medical Transcription Week, May 14-20, 1995

Inside

2

Auto Tech student
gets gold in contest

3

Experts sharing
their knowledge

4

Give your
voicemail a
summer holiday

5

Safety at the office

6

New phone listing

Celebrating

30
Years

A real reason to celebrate

When the opportunity to enroll in the Medical Transcriptionist Program at Vancouver Community College - City Centre came open to me, I knew this was it. This is what I wanted to do. Since September 1994, I have been working very hard at maintaining good grades.

December 10, 1993 is a day that I will never forget. It is the day that my life as I knew it would be forever changed. I had no job skills to speak of, none that would get me more than minimum wage. You see, I have cerebral palsy, almost the mildest case in North America. I am inconvenienced with CP on the right side only. My right hand does not have the individual finger dexterity it takes to be able to use a typewriter or computer keyboard, other than to use the "pick and poke" method.

I have been involved with G.F. Strong Rehabilitation Centre since childhood. The counsellor there showed me the computers and introduce me to a brand new software product to teach one-handed keyboarding to the disabled. I would be the very first in G.F. Strong to try my hand at this brand new software. I was using only half of the keyboard. Hence, the name - "Half-Qwerty." Each key has two functions. One side of the keyboard mirrors the other. The literature says "Type 60 wpm with one hand." I realized that this

was the best thing that could ever have come my way. This thing was going to change my life forever.

For the next year and a half, I took various computer courses, all the time searching out career options. Now, since I could use a computer and actually keyboard, the job market would open up for me.

Somewhere out there is a medical facility that is looking for that unique person, who is going to give their facility the edge that no one else has—a highly-skilled, one-handed Medical Transcriptionist.

Wendy Truman
Medical Transcriptionist Student

(Editor's note: Wendy was also a recipient at the recent Scholarships and Awards Ceremony, May 17)

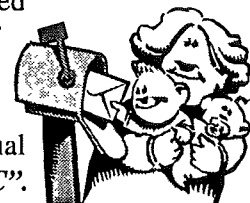


Motorcycle winner takes home Gold!

John Gantner is the winner in the VCC Educational Foundation's Gold Wing Lottery '95. The winning ticket was drawn May 19 at City Centre by Barry Irvine, Chair of the Foundation Board and a Gold Wing rider himself. The Gold Wing Motorcycle Lottery was developed in partnership with Honda Canada to raise funds to benefit VCC students.

KEC mailing address: the sequel

All you patient readers will recall that last week's issue stated that we should not be using the postal code V5N 5T9 anymore for KEC correspondence. Instead, we should use V5T 1Y8. Well, little did we know what a confusing can of worms we had opened up. After much gnashing of teeth, pulling of hair and sorting out of postal codes, we were able to ascertain that KEC actually has *two* postal codes, one for regular correspondence (V5N 5T9) and one for the physical location (V5T 1Y8). As far as box numbers go, our official box number is 24620, Station "F". *Do not use Box 24700, Station "C"*. This box has been closed out.



Quick quote

Power without
love is tyranny;
power with love
is charity in
action.

—Jean Vanier

So, for all KEC correspondence, the official mailing address is:
**1155 East Broadway
Box 24620, Station "F"
Vancouver, BC V5N 5T9**

Don't use V5T 1Y8, the physical address postal code. Many apologies for all the confusion.



Auto Tech student takes gold award in skills contest

At the recent Skills Canada: B.C. contest, held May 5 at the Vancouver Trade and Convention Centre, VCC's Automotive Technician Program and its students had a chance to shine, and shine they did. Larry Lapointe, an Auto Tech student, took home a gold award and a top prize of a large tool box, supplied by Snap on Canada, one of the event's sponsors. Dan Miller, Minister of Skills, Training and Labour, presented the awards.

Skills Canada approached Fred Grimann, instructor in the Automotive Technician Department, to set up the skills tests and make the arrangements for this all day event, the first skills contest ever held in B.C. Various skills were tested, such as welding, carpentry, and computing, with VCC involved only

in the automotive area. VCC competed against University College of the Fraser Valley (winner of the silver and bronze), Kwantlen, University College of the Cariboo and the Apprenticeship Board of BC.

Kudos to both Fred and Glen Johnston, Automotive Department Head—their hard work and organization ensured that the contest was a huge success. Thanks also to Carter Pontiac Buick, who loaned three brand new vehicles for the occasion, and Snap on Canada, who provided the awards.

Skills Canada: BC has become an annual event, which the Automotive Department will organize for next year. The organizers hope that with a longer notice period next time, even more participants will become involved.

VCC's best kept secrets

Training the trainers: helping experts pass on their knowledge

What David Tickner likes most about his job is the travel and diversity of people he meets through his work. Since the beginning of this year, he figures he has already spent eight to twelve weeks teaching at different colleges throughout B.C. David is a curriculum consultant and instructor in the Program Development and Staff Training Department. A typical classroom for him is made up of experts from as many different fields as you can imagine. For example, a nurse, sea captain, chef, librarian, business executive, or architect, could all be members of the same class. All are experts in their respective fields who want or need to pass on their knowledge. As David explained, "You can't just take people who are good at what they do and expect them to teach others. In order to communicate so people can learn you need a sense of the teaching process. A teacher needs to know how to organize material and how to evaluate what has been learned. Also, instructing adults is a very different process than teaching children." In a sense, a very good way to describe what David does is—he trains the trainers.

Last November David was involved in training project leaders in the Gambie Rural Adult Instructor Training Program. The participants were Gambian community development workers involved in training rural adults in areas such as village development, literacy, health, vocational instruction and project management. On completion of the training, the development workers returned to their villages and ran workshops. On April 19 David flew to Gambia to support the project leaders to deliver the workshops. While there, he will not be doing any of

the actual "hands on" work. Instead, he will act as a consultant and advisor, evaluating how well the Gambians can put into effect what they learned while at Vancouver Community College.

David is a veteran of community development having been involved in a similar project in India for three years. He is optimistic about the success of the Gambian project, and hopes to see many more like it.

written by Barbara Hammond

“

...instructing adults is a very different process than teaching children.

”

Put some sizzle in your summer—great barbecue deals at CC Retail Meats

New York steak	7.99 lb
Rib Eye steak bnl	7.99 lb
T-Bone steak	5.99 lb
Top sirloin steak	4.49 lb
BBQ Beef Rst.	3.49 lb
(prepared for the BBQ)	
Hinds of Beef*	2.29 lb
Long Loin of Beef*	3.99 lb
(10-12 T-bones, 8 top sirloin, tenderloin and lean ground beef; average price \$150)	
Grade A chicken	1.49 lb
(Min. 5, cut any way you want)	

*price per pound will increase due to waste

Phone 443-8465 or 443-8351
(Visa, MasterCard or Cash)



"You have 37 unplayed messages in your mailbox..."

Do you dread accessing your voicemail box after your vacation? To avoid numerous hang-ups and messages from callers not listening to your greeting in full while you are out of the office or on vacation, you may wish to consider one of these options:



1. **Greeting only** (prevents caller from leaving message)
2. **Ignore Attempt to Bypass Greeting** (prevents caller from bypassing your greeting to leave a message)

Another option available is to allow callers to be redirected to another extension by pressing "0" from within your mailbox. You must

tell callers of this ability in your personal greeting. To set up any of these features, complete the form below and forward to Christie Wagner at ICS City Centre. Please provide one week advance notice. **Be sure to consider others that may be using your mailbox in a shared office environment.**

I would also like to point out that the message retention period will be set to **four (4) days for played messages and twenty-eight (28) days for unplayed messages effective Thursday, May 18, 1995.** The retention period is calculated from the time the message was left on the system. Whenever possible discard messages promptly as our voicemail system is very popular and is limited in storage capacity.

Christie Wagner



Voicemail Box Greeting Only (disable message taking) **Ignore Attempt to Bypass Greeting** (must listen to greeting in full)

TO: Christie Wagner, ICS - City Centre

FROM: _____ Name
_____ Voicemail Box to Modify

Check required modification: ☐ Disable Message Taking
☐ Ignore Attempt to Bypass Greeting

Date to Modify Voicemail Box as indicated above: _____ AM / PM

Date to resume standard Voicemail: _____ AM / PM

Redirect Caller by pressing "0" to: _____
(must be a valid local with a voicemail box)

The office: as safe as you think?

(Part 1 of 2)

Most people who work in manufacturing plants or on construction sites are used to having their supervisor give a five minute safety talk every now and then. In many jobs it's literally a matter of life and death to keep safety rules and procedures fresh in the mind of every employee.

Working in an office, you may not think that you have to be very concerned about health and safety issues, but you should be. It's true that the hazardous situations you might encounter in an office aren't likely to be as life-threatening as those in an underground mine. But by becoming aware of some basic precautions you can reduce your risk of developing health problems. You may also benefit from a better general sense of well-being an increased level of job satisfaction—and no one would mind if it turns out that your productivity goes up too.

So, how can we work all of these miracles? Well, to start with they're not really miracles. It's just a matter of using a little knowledge and a lot of common sense.

Office Hazards

When injury prevention and safety education programs are mentioned, most people will think of things like the television commercials that show construction accidents that could have been avoided, or special safety training programs for workers in high risk industrial jobs. After all, an office isn't a dangerous place. Or is it?

More deaths by injury occur in people's homes than anywhere else, and most of us think our homes are pretty safe. In fact, a lot of injuries happen because we assume things are safe when they're not.

We've tried to arrange the office so that it's well organized and efficient, but there's always room for improvement. If you can think of a piece of equipment or filing cabinet that would be safer to use in a different location, you should suggest it. Or if there's a particular spot in the office where you've experience a few near-collisions you should report it. Then we can find out what conditions might cause an accident and take steps to prevent one from happening.

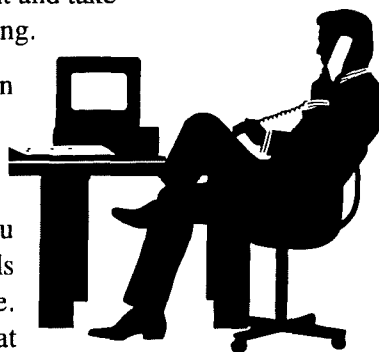
It's also important that everyone in the office makes safety a personal responsibility. No one wants to go around picking up after someone else, but using that excuse when you see file drawers left open and pencils on the floor isn't a good attitude. Whenever you see something that could be hazardous, do something about it right away, either by looking after it yourself, or calling maintenance if necessary. If you see someone absent-mindedly creating hazards, a gentle reminder should be all that's needed.

There's also plenty of good reason to be careful with the furniture and equipment in the office. Paper cutters and some of the machinery we use can, and occasionally do, amputate fingers. And you can break your leg by falling over an open drawer, or get a concussion by tipping your chair over backwards. No one should ever use a chair as if it were a hammock or a stepladder.

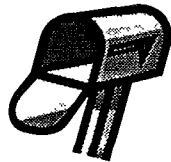
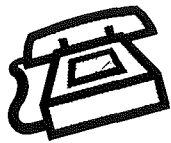
to be continued next week (reprinted with permission from the Spring 1995 edition of Safety Canada)



Next week: adjusting your work station and dealing with eye strain and other potential hazards.



New staff, locals and e-mail addresses



ABBINANTE, Angela 8441	Counsel	salton@vcc.bc.ca
ALTON, Sonja 7289	CF-Human	ialvarado@vcc.bc.ca
ALVARADO, Ivette 8402	Admissions	
BALLIN, Peter 7285	CF-Science	pballin@vcc.bc.ca
BARANIESKI, Melinda 7326/8346	Lib/Media	mbaranie@vcc.bc.ca
BARTANUS, John 7081	Assessment	jbartanus@vcc.bc.ca
BRANTER, David 7299	Music	dbranter@vcc.bc.ca
BURTON, Cheryl 7241	ESL - ELS	cburton@vcc.bc.ca
CANT, Malcolm 7220	IEPA	mcant@vcc.bc.ca
CASEY, Eleanor 7089 (v)	Interpret	
CASEY, Eleanor 7464(tty)	Interpret	
CASEY, Eleanor 8583 (v)	Interpret	
CASEY, Eleanor 8594(tty)	Interpret	
CHAN, Gordon 7029	Admin	
COOK, Orchid 7066	CE	ocook@vcc.bc.ca
COSCO, Frank 7230	ESL - ELS	fcosco@vcc.bc.ca
CRIS, Madalina L.O.A.	Women's Ctr	
CROSSETT, Karen 8592	Admin	
CUMMINGS, Sally 8526	Bus-Ofc Ad	scummings@vcc.bc.ca
CUTHBERTSON, Morag . 7305	Music	mcuthbertson@vcc.bc.ca
DANIEL, Michael 7219	Learn Ctr	mdaniel@vcc.bc.ca
DE VAZ, Chris 7046	Fin Aid	cdevaz@vcc.bc.ca
DEVERRIER, Gabriella 8380	CE	gdeverrier@vcc.bc.ca
DOBRIKOVA, Viera 8342	Lib/Media	vdobrikovia@vcc.bc.ca
DUKE, David 7306	Music	dduke@vcc.bc.ca
ECHOLS, Judy 7201	Counsel	jechols@vcc.bc.ca
ECHOLS, Judy 7433	Counsel	jechols@vcc.bc.ca
EHLERT, Jackie 8486	Food Serv	jehlert@vcc.bc.ca
ESPINOZA, Nancy 7321	Lib/Media	nespinoz@vcc.bc.ca
FABIAN, Marta 7277	ESL-Outrch	mfabian@vcc.bc.ca
FERNANDEZ, Janice 8317	Admin	
FISTER, Dana 8422	Fin Aid	dfister@vcc.bc.ca
FRASER, Helen 7140	Employ Rel	
FULMER, Alison 7220	IEPA	kafulmer@vcc.bc.ca
		kafulmer@ubc.ca
GOUIN, Suzan 8488	Cul Arts	
GRANGER, Joanne L.O.A.	Admissions	jgranger@vcc.bc.ca
GUJRAL, Sunny 7049	Fin Aid	sgujral@vcc.bc.ca
HADIAN, Shirley 8543	Bus-Ac/Cmp	shadian@vcc.bc.ca
HAMMOND, Barbara . 7073	CE	
HARTLEY, Syd L.O.A.	Bus-Ac/Cmp	shartley@vcc.bc.ca
HAW, Awk 8541	Bus-Ac/Cmp	hawk@vcc.bc.ca
HILLS, Karen Jane 7219	Learn Ctr	kjhills@vcc.bc.ca
HOPKINSON, Peter 7285	CF-Science	phopkinson@vcc.bc.ca
		peter_hopkinson@sfu.ca
		phunt@vcc.bc.ca
HUNT, Paul 8308	Admin	
KAPLAN, Sherie 7441	ESL - CPE	skaplan@vcc.bc.ca
KAPOOR, Anita 8420	Fin Aid	akapoor@vcc.bc.ca
KAPOOR, Raj 8403	Admissions	rkapoor@vcc.bc.ca





KENNEDY, Pat 7251	ESL - ELS	pkennedy@vcc.bc.ca
KIRMIS, Brigitte 8512	Bus-Ofc Ad	bkirmis@vcc.bc.ca
KOLOT, David ... L.O A	Executive	dkolot@vcc.bc.ca
KOSTOFF, John ... 7432	ESL - Voc	jkostoff@vcc.bc.ca
KREMER, Dalton 688-6210	VCCFA	dkremer@vcc.bc.ca
LANGHORST, Susan 8477	F S Career	
LAU, Paul ... 8478	Food&Bev M	
LAZAR, Tom. 8341	Lib/Media	tlazar@vcc.bc.ca
LENNIG, Lyn ... 7219	Learn Ctr	llennig@vcc.bc.ca
LENNIG, Lyn 8606	Learn Ctr	llennig@vcc.bc.ca
LING, Sue .. 7256	ESL-ESL	sling@vcc.bc.ca
LOUEY, Jane ... 7253	ESL - ELS	jlouey@vcc.bc.ca
MARTIN, Linda ... 7473	Admin	lmartin@vcc.bc.ca
MCBRIDE, Bill ... 8524	Electronic	bmcbride@vcc.bc.ca
MCDIARMID, Tom 7219	Learn Ctr	tmcd@vcc.bc.ca
MCKILLOP, Lorraine ... 7046	Fin Aid	lmckillop@vcc.bc.ca
MCNAMEE, Cameron ... 7254	ESL - ELS	
MCNIVEN, Wayne ... 8438	C & C Educ	wmcniven@vcc.bc.ca
METCALFE, Molly-Beth .. 7194	CityFest	
MILLER, Christine 8564	Electronic	cmiller@vcc.bc.ca
MORELLI, Nic 7233	ESL - CPE	nmorelli@vcc.bc.ca
MORRIS, Marilyn ... 7246	ESL - ELS	
NGUYEN, Trang .. 7015	Executive	
NURSE, Maureen 7274	ESL-Outrch	mnurse@vcc.bc.ca
PARKER, Barbara 8560	Nursing	bparker@vcc.bc.ca
PERRY, Cathie ... 7487	Lib/Media	cperry@vcc.bc.ca
PIDPERYHORA, Sherry ... 7297	Music	spidperyhora@vcc.bc.ca
PULHAM, Tami 7117	Accting	tpulham@vcc.bc.ca
PURI, Vanita ... 7332	Bookstore	
RAHNAMA, Maryam 7247	Women's Ctr	
ROBERTS, Celeste 7328	ESL- Voc	croberts@vcc.bc.ca
ROSE, Lina .. 8467	Studnt Asc	
ROSS, Lotte ... 8436	C & C Educ	lross@vcc.bc.ca
RUDICK, Tony . . . 7103	Accting	
SAYSON, Eugene .. 7264	ESL - Voc	esayson@vcc.bc.ca
SCHARFF, Rob 8377	Hosp Admin	
SHARP, Bus ... 8562	Electronic	bsharp@vcc.bc.ca
SICOLI, Settimo . . . 8396	Admin	ssicoli@vcc.bc.ca
SINGH, Sheila ... 8347	Lib/Media	ssingh@vcc.bc.ca
SPINKS, Gwen ... 7148	Educ Fdn	
SPROSTON, Leah ... 8405	Admissions	lsproston@vcc.bc.ca
STECHISHIN, Chris 8621	Electronic	cstechishin@vcc.bc.ca
SZCZYGIEL, Monika 8336	Hlth Serv	
TEGENFELDT, Helen T.B.A.	ESL - ELS	htegenfeldt@vcc.bc.ca
THENY, Janet ... 7432	ESL - Voc	jtheny@vcc.bc.ca
THORBURN, Fraser 7432	ESL - Voc	f_thorburn@vcc.bc.ca
TOPOROWSKI, Brenda 8415	Fin Aid	btoporowski@vcc.bc.ca
VAN LIINGEN, Joanna 7295	CF-Science	jvanliingen@vcc.bc.ca
WILLIAMS, Linda ... 7341(tty)	Deaf/Hard H	lwilliams@vcc.bc.ca
WU, Ronnie 8401	Admissions	
ZIMA, Tomasz ... 7181/8369	ICS	tzima@vcc.bc.ca

announcements

Connections

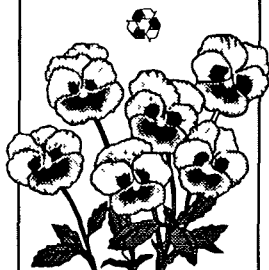
Editor, Design and Layout:
Dale Rasmussen,
PR Dept

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.



It's a boy! Jane Westhauser of the Educational Foundation and Chris Plagnol are the proud parents of *Luc Etienne*, born at 4:52 a.m., Friday, May 19. Luc weighed 6 lbs, 6 oz.

Someone kidnapped Vicki Montigny's biggest fan! Would whoever borrowed it, please return it. It's sadly missed—and summer is creeping ever closer.

calendar

Creativity and Trauma: Using Art as a Tool for Healing (#EP179)

is a workshop directed toward experienced counsellors and therapists working with clients who are survivors of past traumas such as childhood sexual abuse, physical or sexual assault, long term illness or the death of a loved one. The workshop will examine the use of creativity as a healing tool and will provide participants with an opportunity to explore specific approaches that they can use in their own practice. Dates: June 12 - 14, 1995, 9:00 a.m. to 4:30 p.m., at the Justice Institute of B.C. in New Westminster.

Instruction is by Margaret Jones-Callahan, M.A., a therapist in private practice, trainer and consultant, with an extensive background in the use of art therapy as a healing tool. She has had considerable experience working with children and adult survivors of trauma. Fee is \$225. To register, call 528-5590. For content information call 528-5622.

The KEC Book Club will meet over lunch at Not Just Desserts on Friday, May 26, 12 noon, to discuss L.R. Wright's *Mother Love*. Reservations will be made, so please call Carol Tulpar at 7347 to confirm your attendance.

classifieds

JOB POSTINGS

Instructor, Sign Language Studies. Closing: June 12.

Clerk Cashier, Registrar's Office, KEC. Closing: June 9.

Communications Officer, Continuing Education. Closing: May 30.

Human Rights Coordinator. Closing: May 26.

Field Coordinator, Madras, India (Canada-India Institutional Cooperation Project—ACCC). Two-yr position, commencing after July 1 and before Sept. 1, 1995. Contact Sara Lucas (7158).

HOUSING

For sale: two bedroom and den apartment in west Richmond. Assumable mortgage 6.50% to May 1997; \$148,000. 1 1/2 baths, underground parking, over 1200 sq. ft., many amenities, fabulous recreation centre, indoor and outdoor pools, one block to bus, shopping centre, banks. Sale by owner. Call eves or weekends, 538-8761.

For rent: clean, renovated four-bedroom home located on 14th Ave., Burnaby. Four appliances, no pets Available now. \$1,100/mo Phone 433-7683 evenings.