

March 19

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THE VCC COMMUNITY INTERNAL N



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COMMUNITY
COLLEGE



Vancouver Community College
King Edward Campus - Library
Box 24620, Station F
Vancouver, BC V5N 5T9

Connections

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What sounds like a friendly warning about computer viruses could be a hoax: check out the ICS InfoCorner.

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Local heroes and folks in the news.

An off-Broadway hit: looking back at another successful grad.

Next Connections: April 2

The deadline for the
next issue is
Friday, March 27

Thanks for your
submissions and
suggestions.

Update on the Welcome Centre Renovations

Phase One of the Welcome Centre renovations is on schedule. The Financial Aid Department moved into their new facilities on March 9, as has Steph Jewell, the International Ed Program Assistant. The Assessments Department has moved to the space previously occupied by Financial Aid, and will remain there until Phase Two is complete. The Admissions Department staff and cashiers will move in early April.

The work remaining on the first phase will be completed by March 31.

Relocation and scheduling plans for Phase II will begin when we receive approval for

the funding, hopefully with the 1998/99 budget.

A big pat on the back and congratulations to all the staff on the fourth floor who have had to cope with the dust, noise and general disruption. Your patience is very much appreciated. We look forward to having a pleasant working environment for everyone, and a centre that makes students feel welcome and comfortable.

P.S....Love your "bear" signs, Bill!

*Linda Martin, Vice President
Education Support Services*

Summary of Minutes of VCC Operations Council

Tuesday, March 10, 1998

Chair: Linda Martin

Policy Approval

The Tuition Fee Waiver Policy was approved.

Assessment/Application Fees

To equalize assessment and application charges on a College-wide basis, Operations Council, as recommended by the Fees Committee, has approved the following fees, effective April 1, 1998:

- a) Typing test for CC programs: \$15.00
(to be administered by the Assessment Department at City Centre Campus)
- b) Math test for Electronics: \$15.00
(to be administered by the Assessment Department at City Centre Campus)
- c) Assessment fee for Dental Technician, Denturist, Jewellery, Music, Computer Graphics and Dental Hygiene Programs for documentation and/or portfolio assessment, manual dexterity tests, or auditions as applicable: \$30.00

...continued on page 2

Nutrition tips

FROM INSTITUTIONAL AIDE

What's the latest on weight loss and weight management?

It's a fact: traditional weight loss programs have been relatively ineffective, especially over the long term. Weight management needs to be approached in a new, positive way. We all need to remember that healthy bodies come in a variety of shapes and sizes; so be sure to establish a realistic goal weight.

Permanent lifestyle changes are necessary in order for weight loss to be successfully maintained. Changes to your lifestyle must be made gradually. Enlisting support from family and friends will help you to maintain these changes.

Get "hooked" on healthy eating and regular exercise. The extra bonus from eating well and exercising regularly is improved physical and mental health! Call the Heart and Stroke Foundation for information about walking clubs in your area. You may wish to consult a Registered Dietitian/Nutritionists for an eating plan that is personalized to your needs. Check the Yellow Pages listing for "Dietitians & Nutritionists" or ask your doctor to refer you to a hospital dietitian. The DC website can also help you to "Find a Dietitian" in your area.

ICS INFO CORNER

Virus warnings are hoaxes

There are currently many virus warnings being circulated on the Internet, and these warnings are a source of concern and even fear among users. Here's the truth about these warnings: they're hoaxes.

Notice for support staff and nurses:

Retirement Seminar for Municipal Pension Plan Members

The College has recently been advised by the Superannuation Commission that they will be conducting additional seminars in the lower mainland in 1998 for participants in the plan who are within two years of minimum retirement age (55 years). The seminar is approximately three hours long and will cover pension benefit formula, CPP bridging benefits (offset),

temporary annuities, payment of pensions, re-employment of a pensioner, eligibility for a pension benefit, related benefits (MSP, Dental, EHB), option to buy additional service and how to fill out pension and benefit forms.

Spouses are also invited to attend.

The exact address location and time of the seminar will be confirmed at a later date. For more information, please contact Eugenie Wong at local 7136, who will coordinate the appropriate paperwork for you.

Ops Council (continued)

- d) CAAT test for City Centre applicants, where applicable: \$20.00

Consistent with all other programs, the following programs will be subject to an application fee of \$15.00: Dental Technician, Denturist, Jewellery, Music, Computer Graphics, Dental Hygiene and Esthetics.

Cold Carbonated Beverage Proposal

A contract which gives City Centre 85% pouring rights to cold beverages is consistent with our past practice. An on-going contract to this effect with the Coca Cola Company for both campuses, which has been recommended by the Sponsorship Committee, was approved by Operations Council.

Just opening and reading an e-mail message will not and cannot activate a virus. However, if there is an attachment to the e-mail, opening that attachment can activate a virus.

In short, if you receive an e-mail message with attachments, be sure of what it is before opening it. Just reading your e-mail will not cause any problems.

These hoaxes pop up every couple of weeks and they always tell you to send it

Correction to Fees

Corrections to tuition fees for English 101 and 102 were approved by Operations Council. These fees had originally been calculated incorrectly. The following are the corrected tuition fees:

Domestic Students	\$358/semester
International Students	\$2,105/semester

First Nations Education Coordinator

Our new First Nations Education Coordinator, Robert Kiyoshk started work at the College on Monday, March 9, 1998.

Human Rights Coordinator

Our new Human Rights Coordinator, Rob Henderson, will join the College on Monday, March 30, 1998.

to as many other people as possible. Please ignore these messages in the future.

If you have any concerns about viruses and e-mail, please feel free to address your concerns to the VCC Helpdesk.

If you would like to find out more about these hoaxes, check any anti-virus vendor sites, such as McAfee (www.mcafee.com - search on hoaxes) or www.symantec.com/avcenter/hoax.html. These sites track and list virus hoaxes.

Local heroes

In the news:

VCC Culinary Arts grad Nadine Butler was featured in an article in the Tri-City News, which highlighted her upcoming trip to France, where she will work as an apprentice chef under the AFS Interculture Canada apprenticeship program. Nadine will be accompanied by two other would-be chefs, both female, and the trio will test their mettle in male-dominated kitchens.

The Province newspaper featured VCC board member Ian Campbell in its recent Up & Comers section, an annual feature in the Province. At 24, Campbell is the youngest of 16 hereditary chiefs of the Squamish Nation. He works as the First Nations school support worker at Point Grey Secondary, helping kids, mainly from the Musqueam band, feel comfortable at the school. Ian is clearly dedicated to the progress of First Nations students in today's school system, saying "We need to use education, computers and modern technology as tools to preserve our culture."

Kudos to the organizers of VCC's *Bavarian Night*, which took place at City Centre last November. The event was featured in a two page article in the "British Columbia Chefs' Association News" (available in the library) and David Robertson (member of Vancouver Community College Culinary Arts Team) was also mentioned.

Physics instructor Peter Hopkinson attended two national conferences of the American Association of Physics Teachers during the past year: last August he was in Denver, and in January he visited New Orleans. Peter is the BC representative for the AAPT and is involved in a considerable amount of committee work at the national conferences. In New Orleans, he also made a presentation on his visits to scientific sites of interest and science museums in Europe during his year of travelling with his family. His slide show featured Galileo's finger, preserved in a museum in Florence, and Volta's skull, which is displayed in a glass case in the town of Como.

Correction

In the March 5 "Local Heroes" column, we incorrectly stated that Settimio Sicoli, Associate Dean for Tourism, Hospitality and Business programs won the Award of Excellence in Industry and Associations from the Canadian Food Services Executives Association on February 10. The award that Settimio won was actually the "Community and Association Award." On the same note, we should also mention that Hospitality Management Department Head Dave Donaldson was awarded the "Excellence in Education Award" from the Canadian Food Services Executive Association. Both awards were given out at the Association's 18th BC Leadership Night.

March grad ceremonies update

"These grad ceremonies keep getting better all the time." That was the comment made by a number of people who took part in the latest Graduation Ceremonies, held on the evenings of March 4 and 5 at KEC.

With the help of many different groups and departments, including the Baking and Pastry Arts Department, City Centre Food Services, KEC's ICL Catering Services, City Centre Laundry Department, Media Services staff, Registrar's Office staff, Music Department students and staff, CE Floral Design, our resident movers, duplicating department staff, and of course, a host of extremely valuable volunteers, we pulled off another successful grad.

The lead up to graduation always means a few week's flurry of activity, until the final calm of the ceremonies themselves. Everyone who works behind the scenes arranging the actual ceremonies can count on feeling a certain sense of pride and happiness for the students, when the grads' names are called, and they close one chapter in their lives, and begin another.

If you haven't yet helped out at a grad ceremony, we wholeheartedly recommend you take part. Volunteers are always needed in a variety of areas, and the next Graduation Ceremonies will take place June 16, 17 and 18. Hope to see you there.

Vancouver Society of Immigrant and Visible Minority Women invites you to their 5th Annual Fundraising Dinner

The Society will honour "Women Making a Difference" and celebrate International Women's Day, by recognizing two outstanding women of our community in Vancouver.

Special guest speaker: the Honourable Ujjal Dosanjh, Attorney General and Min-

ister Responsible for Multiculturalism and Immigration.

- Sunday, April 5, 1998
- 6:00-11:00 pm

- South Hall, 8273 Ross Street, Vancouver (off SE Marine Drive)

- \$35.00 per person
- Door prizes will be drawn.
- Call 731-9108 for more information.



View body parts in the library!

City Centre and King Edward Campus Libraries have each received a new series of thirteen videos called "The Body Atlas." Each video presents information on specific systems or parts of the human body: Hearing, Glands and Hormones, Muscle and Bone, The Food Machine, Sex, Skin, and Taste & Smell are among the titles in the series.

We encourage all instructors in Health Sciences and Biology to check these out and recommend them to your students. They can be booked to show to classes or borrowed for three days.

Note: If you're still using the videos from the "Introducing Biology" series (dated 1978) you might want to consider switching over to this newer (1994) series.

What's cookin' in the Library? Attention Culinary Arts instructors (and other food lovers!)

From ice carving to rustic bread-making...from sushi to sugar mice...The City Centre Library has recently purchased 50 fabulous new cook books and they're now on display in the Library.

Come and read up on how to *Play With Your Food*, savour *A Fresh Taste From Italy*, gobble up *The Wedding Cake Book*, ponder secrets from the *CIA's The New Professional Chef* and nibble on slices of the *Cheese Primer*.

Most books can be borrowed for two weeks...and that's enough time to have some serious culinary fun!

Free magazines at the Library

CC and KEC Libraries have single issues of various magazines to give away to college employees. These issues were received as duplicates from publishers.

The magazines will be available for you to take away until March 26, at which time they will be offered to students and the general public. Please visit the Circulation desk and help yourselves.

New books in CC Library

- Dental Materials and Their Selection
- Thai Culinary Art
- The Standby Book: Activities for the Language Classroom
- Lithographic Technology in Transition
- Jade
- Gem and Lapidary Materials for Cutters, Collectors, and Jewellers
- Let Them Eat Cake: 140 Sinfully Rich Desserts—With a Fraction of the Fat
- Troubleshooting and Repairing PC Drives and Memory Systems
- Menu Solutions: Quantity Recipes for Regular and Special Diets
- Grammar in the Composition Classroom
- Telephoning in English
- Hospitality Sales and Advertising
- 1998 Canadian Internet Handbook
- Guide to the Mental Health Act
- Goose Chase: Capturing the Energy of Change in Logistics
- Nurse's Pocket Guide: Diagnosis, Interventions, and Rationales

New books in KEC Library

- Balancing Act: Environmental Issues in Forestry
- Assessing Adult Learning in Diverse Settings
- The Campus-Level Impact of Assessment
- New Perspectives on Designing and Implementing Effective Workshops
- Building a Working Policy for Distance Education
- Viral Sex: The Nature of Aids
- Shape Up Your Reading: College

Readings Skills for Canadians

- The Broadview Book of Canadian Anecdotes
- Court Interpreters' Handbook
- Our Own Words: A Collection of Writings by Adult Basic Education Students of British Columbia
- The ESL Songbook
- The Educated Mind: How Cognitive Tools Shape Our Understanding
- A Guide to Public Post Secondary Education in British Columbia
- First Nations Effective Practices: Getting Things Done in Aboriginal Communities, Businesses and Organizations
- Alone in a Crowd? Social Isolation of Seniors in Care Facilities
- Protocols in Primary Care Geriatrics
- Winning Web Sites: Plan and Design Your Own

New videos in CC Library

- Easy Accent
- Cutting Techniques for Nape and Sides
- Perming to Form
- Color to Cut
- Finger Styling and Iron Curling Techniques
- The Best of Hair Addition
- Charcuterie, Sausages & Pate
- Chow: A Nutrition Curriculum
- How To Be the Perfect Waiter or Waitress
- An Overview of Fundraising
- Salon Success

New videos in KEC Library

- Common Miracles
- Fingerspelling: Expressive and Receptive Fluency
- Dyslexia
- Deaf Culture Lecture: Cultural Differences
- Careers: Marketing Yourself
- Babe
- David with F.A.S.
- Live TV

New video series at both campus libraries

At Home With English series includes:

- Neighbours
- Using the Bus
- Returns and Exchanges
- Parent and Teacher Interview
- etc..

JIST's Self-Directed Job Search series includes:

- Self-Assessment
- Evaluating a Job
- Employment Applications and Tests
- The Resume
- Traditional and Non-Traditional Job Search Methods
- The Interview
- Organizing Your Job Search

Body Atlas series includes:

- In the Womb
- Glands and Hormones
- Muscle and Bone
- The Food Machine
- Visual Reality
- Defend and Repair
- etc.

announcements

Change of meeting notice: Board Finance and Admin. Committee

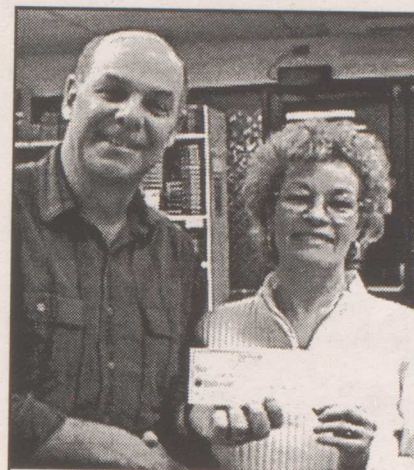
The April meeting of the Board Finance and Administration Committee has been changed from Friday, April 17 at 10:00 am to Wednesday, April 22 from 10:00 am to 12:00 noon, Room 5043, at King Edward Campus.

Please call me at 871-7163 if you have any questions.

Doreen Sharan, Confidential Secretary
Finance and Administration Division

Congratulations to Nadia Kawas and family

Best wishes to Nadia Kawas and family (husband Mohammad, and daughters Najla and Yasmine) which is now one member larger. On Thursday March 5, 1998. Nadia had an 8lb 9oz bouncing baby



Beth Inglis wins March 50/50

KEC Bookstore staff member Beth Inglis has won this month's 50/50 draw, to the tune of a cool \$755. Shown here with Lindsey Bourne of the Educational Foundation, Beth is no doubt "over the moon" about her windfall.

The 50/50 jackpot gets bigger all the time, and in case you haven't signed up, now's the time to join the fun. Contact Lindsey at local 7173.

boy. They are both healthy and happy. Congratulations Nadia from everyone, especially your staff members in ICS.

Notice regarding Human Rights Office e-mail address

The new Human Rights Coordinator, Rob Henderson, will be joining the College on March 30, 1998. Rob's e-mail will be set up by Wednesday, April 1. Until that time, contact with the Human Rights Office is best made via telephone (7040 or 8310) or by inter-campus mail.

Survey Reminder

Everyone will receive a Transportation survey in their March 27 pay slips. Please make sure you return the survey by no later than April 3, 1998. Thanks. VCC Environmental Issues Committee

Spring CACE Workshops for Adult Educators

The Certificate in Adult and Continuing Education (CACE) is offering the following Spring workshops in Victoria and Vancouver. Those who successfully complete related optional assignments receive elective credit in the Certificate in Adult and Continuing Education (CACE). Workshops are open to non-CACE students. Registration deadlines: one week prior.

University of Victoria

Effective and Dynamic Instruction in the Computer Classroom. Sat., March 21, 1998, 9:00 to 5:00 pm Fee: \$145

The Art of Project Management: How to Be an Effective Manager of Computer-Based and Web-Based Training Projects. Mon.-Wed., April 6-8; 9:00 am to 5:00 pm Fee: \$425

Design and Development of Effective Computer-Based and Web-Based Training Programs. Wed.-Fri., April 29-May 1; 9 am to 5 pm Fee: \$425

Enhancing Communication Skills in the Workplace. Mon./Tues.; June 1/2; 9:00 am to 5:00 pm Fee: \$275

Vancouver

The Art of Project Management: How to Be an Effective Manager of Computer-Based and Web-Based Training Projects. Wed.-Fri., March 25-27; 8:30 am to 4:30 pm. Location: SFU Harbour Centre Fee: \$450

Design and Development of Effective Computer-Based and Web-Based Training Programs. Mon.-Wed., March 30, 31, April 1; 9:00 am to 5:00 pm Location: BC Tel Ed. Centre, Burnaby Fee: \$495

All workshops are offered subject to enrollment. For information contact Ione Wagner, Program Secretary, (250) 721-8944 E-mail: danderson@uvcs.uvic.ca Website: www.uvcs.uvic.ca/csie/cace/

PUBLICATION SCHEDULE

- Published Thursdays
- Bi-weekly January-May and September-November
- Monthly June, July, August and December

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Vancouver Community College

VANCOUVER
COMMUNITY
COLLEGE



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250 West Pender Street
Vancouver, B.C. V6B 1S9

Win a Nutrition Month Food Basket

Be a winner!

Eat healthy!



Support the Institutional Aide Scholarship program

Institutional Aide students will
be selling tickets in the KEC
Cafeteria March 19-26 at
noon.

Tickets are only \$1.00 each
or 3 for \$2.00.

The winner will be
announced March 26.

classifieds

FREE STUFF



Free IBM 286/386 clone and monitor
with DOS, WP5.1, and other stuff. Con-
tact Peter Herd, 7358.

PETS & ANIMALS



Good home needed for female cat:
Alison is a playful, gray and white, seven
month old, spayed female cat who needs
a loving home. Please call Della at 871-
7016.

FOR SALE



Do you know anyone who may be inter-
ested in owning an attractive Richmond
two-bedroom plus den suite? Updating
includes new carpets. Bright, spacious,
over 1100 square feet. The fabulous rec-
reation centre includes indoor and outdoor
swimming pools. One block from Seafair
Mall. Low 5.5% mortgage, or treat as clear
title. Price range: \$130,000 to 138,600.
Call 538-8761, or local 7204.

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Please recycle this newsletter

1998 PUBLICATION SCHEDULE

March 5/19	April 2/16/30
May 14/28	June 11

Please provide your article through email,
the I:\common\connect directory or on a
PC disk with hardcopy (text-only if non-
email). Your submissions are welcome,
but please be aware that space limitations
may prevent publication. Material may
be edited for clarity and length. Dead-
line for submissions is Thursday of the
week prior to publication.