

1998 C.2

VANCOUVER COMMUNITY



Connections

King Edward Campus - Library
Box 24620, Station F
Vancouver, BC VSN 570

# Go GREEN for St. Patrick's Day

•

Inside

Attention student writers: BC Parks essay contest offers a chance for your involvement.

3

March is Nutrition Month, and the Health Sciences division have fun facts, quizzes and a crossword for you.

5

Marketing activites at VCC: an update.

7

Fascinating rhythm: ESL staff member performs on Gabereau Live.

9

Board news: an update and report on February meeting.

n addition to the yearly rifle through dresser drawers to find some article of green clothing to wear, why not also GO GREEN this year for Saint Patrick's Day? The luck of the Irish is nothing to spurn so, by all means, wear green too. However, GOING GREEN also has distinct advantages!

GOING GREEN means treading lightly on our urban environment when we have the power to do so. We can exercise this power in our daily journey to and from campus.

Collectively, the trips we make have a major impact on our cities. When we drive alone to make these trips, their impact is that much more severe—fouling our air, snarling our roads in traffic, clogging our neighbourhoods with parked cars and making our cities feel unsafe for the pedestrian and the cyclist. Taking an alternative form of transportation means giving our urban environment a chance for renewal.

GOING GREEN does not mean sacrifice. What it actually means is considerable savings in your pocket that you can then spend guilt-free on yourself, your family and your friends.

Consider the facts. It costs on average \$7,800 per year to own and operate a car. For most of us, that means we work almost two full days a week just to pay for our vehicles. On the other hand, a single zone bus pass costs only \$54 per month or \$648 per year.

Carpooling and vanpooling can reduce your driving costs considerably, with monthly expenses shared between up to eight people.

Cycling can be done as inexpensively or as extravagantly as you choose, while walking only requires a small investment in a good pair of shoes and an umbrella to keep you dry.

GOING GREEN means looking good and feeling great. Cycling, walking or running to campus is a treat for your body and spirit. You're guaranteed to arrive invigorated, less stressed, and ready to get started on your work day. Furthermore, for trips under 10km, cycling is usually the fastest way to travel within the city! Cruising to campus in a carpool or vanpool gets you there more relaxed. You can use the travel time to snooze, read the paper, or chat with fellow riders while someone else does the driving.

GOING GREEN is something VCC wants to help you to do. To learn more about your options come and enjoy yourself at a lively GO GREEN Transportation Fair. Fairs are scheduled for Tuesday, March 17 (St. Patrick's Day) from 10:00 am-2:00 pm in

... continued on page 2



# Get involved in the future of BC's Parks: student essay contest

BC's Park Legacy Project needs input from Young British Columbians. Recommendations in your essay will help shape the future of our parks and could even win you a backcountry adventure into the Kitlope Wilderness, one of BC's newest protected areas.

# Respond to one of the following:

- Describe the role of BC's provincial park system within the ecosystem of BC and specifically explain what measures are necessary to preserve the ecological values of parks.
- Discuss the role of BC's provincial park system within the recreation opportunity spectrum and describe how provincial parks could meet future recreation needs of all users.
- With limited budgets available from the provincial purse what ideas do you have to generate new revenue while preserving the integrity of BC's protected areas system?
- What commitment would you and your peers like to make to ensure that BC's pro-

tected area system remains as a sustainable legacy for your children, supported by all communities of interest?

- Analyze the problem of determining the appropriate balance between public use and conservation in parks. Also, consider what public uses are appropriate and how this should be determined.
- Describe what you think the key principles guiding the management of BC's protected areas should be. Consider conservation and recreation needs as well as financial sustainability.
- Compare and contrast some potential business opportunities within parks in terms of their ethical appropriateness.
- What do you think should be the role of First Nations in park planning and management. Compare and contrast different models.

# The prize

Win a trip into the Kitlope Wilderness, a place that the Haisla People call "The Legendary Place." This summer the experienced guides of Kitlope Ecotours, along with a Legacy Project Panel member will lead you by boat on a unique adventure into one of the most remote places on BC's Coast.

### Who can enter?

This contest is open to British Columbians up to twenty-five years of age in Post Secondary School.

#### Winner notification

We will contact the winner in May 1998. All essays will become part of BC's Park Legacy Project consultation database.

#### Deadline

Send your two-six page, double spaced essay to BC's Park Legacy Project *no later than April 15, 1998*. Mail, fax or e-mail it to the address in the right hand corner, c/o Jennifer Goodman, Clearly indicate your name, address, school and telephone number.

# For more information on the Legacy Project or this contest:

Please contact (604) 924-2225 or fax (604) 924-2244 or check out our website at www.parklegacy.bc.ca.

# Go green (continued)

the KEC cafeteria and on Wednesday, March 18 from 10:00 am-2:00 pm in the foyer at City Centre.

About a dozen non-profit organizations, government agencies, and service providers will be on hand to answer your questions. There are also great prizes to be won, so don't miss out on this opportunity to learn how you can GO GREEN all year round!

For further information about these events contact Dave Greenall at local 7205.

(Presented by the VCC Environmental Committee)

# Free! Handbooks and Student Saver Card for KEC students

If your students have not done so already, please ask them to pick-up their free student handbooks/calendars from the KESA office. Valid Student ID is required to pick-up the handbooks, which come with the Student Saver Card, a discount program for students organized every year through the Association. This card makes available a variety of discounts for students when presented before a sale.

# See VCC in the news? Let us know!

Help us stay abreast of media exposure on VCC, whether it's through an article or events listing you saw, or radio program you heard.

If the exposure is in the newspaper, send a clipping or a copy along to Dale Rasmussen in College Advancement. If you heard about VCC on the radio or saw us mentioned on TV, tell us about that, too.

We'll mention it in Connections, as well as use the information in tracking recent media releases and public service announcements. Thanks.

# Connections

# March is "Nutrition Month"

# Nutrition tips and facts courtesy of members of the Health Sciences division

# Two nutrition facts from Long Term Care and Allied Health:

- To meet Canada's nutrition recommendation that we get no more than 30% of total calories from fat, an average woman could have about 60 grams of fat per day.
- When reading your food labels, "Calorie-free" means that the food contains no more than one calorie per 100 grams. "Calorie-reduced" means the food contains 50% fewer calories than the regular (not calorie-reduced) version.

Pat Bawtinheimer, Department Head

# True or false quiz

1. Although popcorn, pretzels, and potato chips are snack foods that do not promote cavities, they are considered foods that promote dental health. (True or False)

False. Popcorn, ptetzels and potato chips do not have sticky sugars in them so they are considered to be anticariogenic but they often lie as mush at the gumline for long periods of time irritating the gums.

2. Is there a dental concern regarding the choice of a fruit drink vs fruit juice?

Yes. Fruit drink does not have enough vitamins and fibre to qualify as a juice and has a much higher concentration of sugar.

VOL 4 NO 5

# A few facts about hair, skin and nutrition

*Did you know:* drinking eight glasses of water per day will help to keep your skin from aging?

*Did you know:* mayo is better on your hair than on your sandwich?

*Did you know:* hair grows faster in the summer because of the vitamin D found in sunshine?

*Did you know:* proper nutrition will give your hair and skin a healthy shine?

# Diet and dental health

The following "blurb" was created using the following as the main source: "The Effect of Diet on Dental Health," from the National Institute of Nutrition, Canada. The article was written by Donna Hennyey, BA, MA, RD and Hardy Limeback, PhD, DDS, Faculty of Dentisty, Toronto (Winter 1997).

Diet, nutrition and oral health are intimately linked. Normal growth and development of the oral cavity and teeth requires adequate nutrients. The effects of vitamins A, C, and D, and minerals such as calcium and fluoride, on the hard and soft tissues of the mouth may be important both during critical developmental stages and throughout life.

Low birth weight (<2000 g), often an indication of poor maternal nutrition, has been linked with a higher incidence of enamel defects, increasing the risk of the developing teeth for dental caries (decay).

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

One episode of mild to moderate malnutrition in the first year of life may lead to an increased incidence of caries later on.

Dental caries is one of the most common infectious diseases. Its etiology involves not only nutritional status, but also bacteria, salivary flow, genetics, dietary and hygiene behaviours, and overall health.

Dental caries results when acid-producing bacteria, especially mutans streptococci and lactobacilli species, dominate the bacterial coating (known as "plaque") on the tooth surface. These bacteria metabolize any fermentable carbohydrate (e.g., any food/drink with natural sugars such as raisins/apple juice, pasta, bread, sugars, etc.) to produce an acid, which causes demineralization of the tooth enamel and underlying dentin. The most critical considerations with respect to dental caries are the frequency of eating fermentable carbohydrates and the retentiveness of the food.

Overall dietary considerations towards good oral health focuses on maintaining healthy eating habits to obtain adequate nutrition. Following Canada's Food Guide is an excellent way to promote your oral, as well as overall, health. (And of course, there's always the question of fluoride...yes, it is still recommended to prevent dental caries. Fluoride in toothpastes is still a good way to obtain minimal, low topical doses. Fluoride supplements (tablets/lozenges, gels, rinses) may be recommended on an individual basis for those people who are at a greater risk for dental caries. At present, fluoride may be recommended from the age of three years and up.)

Linda Maschak, Dental Hygiene Dept. email: lmaschak@vcc.bc.ca phone: (604) 443-8508



# **Nutrition Crossword**

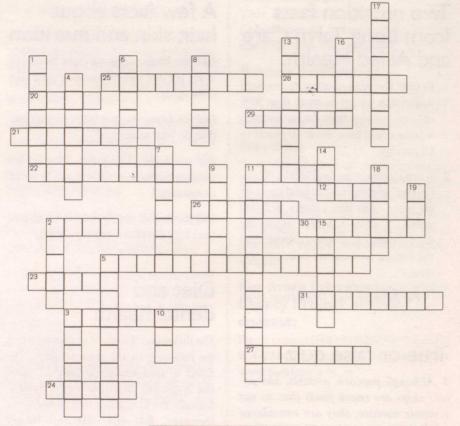
Don't be puzzled by nutrition. Guide your daily food choices by solving this crossword puzzle.

#### Across

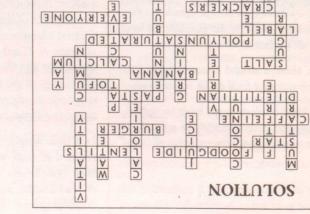
- sodium seasoning
- crisp grain snack
- type of fat in oil
- 11. quick meal
- 12. vegetable source of protein
- 20. exotic fruit
- 21. a stimulant in coffee, tea, chocolate and cola
- best source of nutrition advice
- 23. information about food on packaging
- 24. dried fruit
- 25. advice on portion sizes
- 26. a plantain look-alike
- 27. www. dietitians.ca/
- 28. curried \_\_\_\_ and basmati rice is popular in India
- 29. always cook until the pink is gone
- 30. key nutrient in milk
- 31. healthy eating is important for \_\_\_\_

#### Down

- 1. a low-fat and spicy spread for sand-
- a common food-sweetener ingredient
- a morning starter
- less than 0.5 g fat per serving
- dietitians' recipes Healthy \_
- tropical plant source of saturated fat
- "spice of life"
- fruit beverage
- top of the Canada's Food Guide to Healthy Eating rainbow
- 10. economical source of protein
- 11. a meat alternative
- 13 food energy
- 14. a butter serving (5ml.)
- 15. healthy living is \_\_\_ living
- 16. essential fluid
- 17. healthy eating, being active and feeling good about yourself
- 18. a spice used in Mexican cooking
- 19. orange vegetable







The crossword was submitted by the Institutional Aide Dept. and is reprinted courtesy of Dietiticians of Canada (www.dietitians.ca/eatwell)



# **VCC Marketing activities:** an update

### **Continuing Education flyer** hits the streets March 18

The Spring 1998 CE flyer will be available March 18, and will include information on all of VCC's part-time offerings, both from Continuing Education and the regular (non-CE) departments.

Approximately 410,000 copies will be printed this time around, with a large portion of the print run slated for distribution by a number of local newspapers, including The Georgia Straight, The Vancouver Courier, The Vancouver Echo, The North Shore News and several others. This will result in the most comprehensive newspaper exposure ever for the CE flyer.

In order to stress the uniqueness of the the College's two types of part-time offerings, and provide readers with a user-friendly format, the flyer will provide information on the CE courses in its standard tabloid format, but will also feature the regular, non-CE offerings in a separate four-page, "pop-down" insert. This is the second time in a row for this particular insert, which proved to be a successful experiment when used in the Winter 1997 flyer.

### **New Webmaster position**

In the last Marketing Update (Connections, October 30), we mentioned that VCC would be hiring a Webmaster position on a half-time basis. That position has since increased to full-time, and has been posted externally, with closing date March 13. The position will reside in the Library and Media Services area.

# New signage at CC

The new signage at City Centre's Cambie Street side has been installed, and the improvement is striking. Galaxie Signs

installed the new signage, which used the logotype of the knowhow@vcc theme. The signs replaced the previous, badly faded

### General display unit scheduled for a facelift

The VCC general display unit, used for special events and education fairs, is in line to be updated with the knowhow@vcc theme. All display units now reside at Media Services, and anyone wishing to book one for promoting their department should contact Malcolm McIntosh at local 8365.

## Multimedia projects up and running; more on the way

Media Services' new multimedia design facility is hard at work on a number of projects. A full-scale multimedia presentation for Graphic Arts Printing Production was recently completed, and two morea Music Department presentation and a generic interface for use with any multimedia-capable department—are in the works.

### Programs brochures scheduled for updating Many of the college's program brochures

(also known as shell brochures) will undergo a revamping over the next few months, as the VCC Information Store from Bayleaf Software becomes fully operational (see October 30 update). The revised brochures will be updated using the knowhow@vcc theme, and will reflect a consistent format and writing style.

# **Open Learning Now** to feature VCC's **Court Interpreting**

Watch the March 9 edition of Open Learning Now! for a program on VCC's Distance Education Court Interpreting Course. The course was co-created by VCC Continuing Education and the Open Learning Agency.

The half-hour show will be broadcast at 7:00 pm and again at 11:30 pm, and feature interviews with Sylvana Carr (Program Coordinator for the Court Interpreting Program), as well as graduates, a program instructor and lawyers.

The show will also include a mock trail. filmed at the Vancouver Court House. Host Roman Onufriichuk will also show viewers how to register for courses, discuss working and learning from home, and offer distance learning opportunities.

Again, that's 7:00 pm and again at 11:30 pm, Monday, March 9, on the Knowledge Network.

# Next **Connections:** March 19

The deadline for the next issue is Friday, March 13

Thanks for your submissions and suggestions.

PS: don't forget to send back your Connections reader survey



# announcements

# Snowboarding accident claims life of Hospitality Management student

It was with great shock and sadness that we learned of the death of *David Lund*, first year Hospitality Management student, who was killed in a snowboarding accident at Whistler on Friday afternoon, February 27. Our sincere condolences go out to David's family, friends and fellow students.

### Poster Calendar alert

If you give out poster calendars, please call Corinna Luk (7004) at KEC or Parviz Lalji (8312) at CC to receive new ones.

Please return your existing stock to Corinna or Parviz and it will be replaced with the new stock. Thanks.

## It's a girl!

Congratulations to Murray and Tatia MacGregor from the Automotive, Auto Collision, and Diesel Departments on their 9 Ibs. 10 oz. baby girl.

# Coordinator, First Nations Education appointed

We are pleased to announce the appointment of Robert Kiyoshk to the position of Coordinator, First Nations Education. Robert comes to VCC from both Kwantlen College and the Native Education Centre. His combination of work, formal education and life experiences make him the ideal candidate to fulfill the responsibilities of this role.

Robert will be in his fourth floor office at KEC Monday, Tuesday, Thursday and Friday (local 7059) and in his office in the Counselling Department at City Centre on Wednesday (local 8638). Please drop by either of these locations and welcome Robert to VCC.

Jackie Sandy Dean of Student Services and Registrar

# VCC's new Human Rights Coordinator

Our new Human Rights Coordinator, Rob Henderson, will start work at the College on Monday, March 30. He will be located in the Human Rights offices in the Counselling Departments at KEC and CC (KEC telephone: 871-7040, CC telephone: 443-8310).

Rob's extensive background includes counselling at the B.C. Rehabilitation and Recovery Centre and AIDS Vancouver, ASE and disabled student instruction, high school and college counselling, and most recently managing client services for the B.C. Public Trustee.

He will be continuing with the human rights educational program initiated by Janice Hansen, as well as being available for advice and guidance on human rights matters. We're looking forward to having Rob here at VCC at the end of the month, and offer many thanks to Maija Wiik who so gallantly and efficiently took over the human rights position on a part-time basis, filling in the gap between Janice and Rob

Linda Martin, Vice President Education Support Services

# **Human Rights Policy at VCC**

Our Human Rights Policy is undergoing its annual review. When the draft is complete, copies will be made available to the College community for comment and suggestions.

Everyone is reminded that VCC is committed to the principle that all members of the College community have the right to work and study in an environment which is free from harassment. As well, all members of the College community are responsible for treating each other with respect and dignity. The College considers any form of harassment of an individual involved in College activities to be a seri-

ous violation of that individual's fundamental rights.

Anyone who feels he/she is being harassed by any other person in the College is encouraged to bring the matter to the attention of his/her supervisor or the human rights coordinator. It is important for the mental and emotional health of everyone at VCC that each person is treated with consideration and courtesy. We can all work toward providing a comfortable and pleasant workplace.

Linda Martin, Vice President Education Support Services

# Anyone need Banner HR/Payroll training?

Banner HR/Payroll training can be made available for budget officers upon request. If there are sufficient numbers interested in attending a two-hour training session for HR/Payroll, we will be pleased to schedule a session. Please call Carol Harrison in Personnel at local 7142 if you are interested.

# Lock it up!

There have been a number of recent incidents of theft from VCC offices. In each case the door was left open "for just a minute."

Whenever you are away from your office, even for a short time, you need to lock your door.

During the week of March 9 security will be

leaving friendly reminders (similar to the one shown here) to *lock it up* in areas that are not secure.

LOCK

IT

TIP!

VCC Campus

Remember: safety and security on campus is everyone's responsibility.

# Connections

# Paul Boissonnault and band show Gabereau how to swing



Sultan of Swing: saxman Paul Boissonnault at the taping of VTV's Gabereau

Contrary to popular opinion, big band music and swing are not "coming back", they've never really gone away. There are "Big" big bands, and "Little" big bands playing the music of the '20s, '30s and '40s in just about every city in North America.

Big band and swing music have been kept alive by amateur and professional musicians alike who have never stopped listening to it and playing it, although for the past thirty-five years or so, most of it has been listened and danced to in church basements, rented halls, seniors homes, and through the occasional visit from one of the revival bands that bear the names of some of the legends of 20th century music, like Duke Ellington, Glen Miller, Woody Herman, etc.

Last February I was asked to join a band that had no name, no leader, and only a handful of "early" music from the late '20s. After adding a few more tunes and a new player or two, and a few months of practice, we found ourselves invited to play at the Mount Pleasant Days celebration in July. When the fellow I arranged the engagement with asked for the band's name, I had to tell him I'd get back to him.

At the next rehersal, being leaderless, we debated and argued and finally voted on a short list of names, one of which was my suggestion of "Blue Heaven" (allowing us to use "My Blue Heaven," one of our numbers with the fewest mistakes, as a theme song). After several run-off votes and a lot of bickering, Blue Heaven won out.

After playing a few gigs at the Anza Club, the people who organize the Swing Nights at the Waldorf Hotel asked us to play at one of their dances. We had a great time, and were very well received by the audience, especially the dancers. They were all decked out in a mishmash of clothing styles from the late '20s to the '60s, even though most were under 30 years old. Little did we know that some spies for "Gabereau Live" were in the crowd, planning for an upcoming show on the "Swing" craze. We were asked to appear on the February 12 show to accompany the dance instructors, who were going to be interviewed by Vicky.

There was a 6:30 a.m. set up call, rehearsal at 7:00 a.m. and live to air at 8:00. Five o'clock in the morning is an awful time to put on a tux and try to remember how to tie a bow tie, but we all made it. We played, and the dancers danced, and it was great fun. I know that Vicky was only kidding when she suggested that we become the "house" band, but, hey, one can always dream!

If you manage to catch our 15 minutes of fame in reruns (I've got several vhs dubs, of course) we were on the segment just before the Sesame Street piece, and the interview with the dog dentist.

submitted by Paul Boissonnault ESL English Language Skills

# How about a Sabbatical Leave?

That'd be nice, right?

But there's no sabbatical leave in the Collective Agreement, is there?

No, there's no mention of sabbatical leave in your Collective Agreement, and maybe that's why most College employees don't know that the College does have a Sabbatical Leave Plan. Maybe if more employees knew about it, more would be interested in taking a sabbatical leave.

One year ago (March 1997) Connections carried the results of a VCC survey. Employees had been asked their opinions on several workload and leave options. Apparently over 300 responded to the survey, and the results indicated a high level of interest in opportunities such as partial retirement, fixed-term leave of absence, and similar options for escape. The Deferred Salary Sabbatical Leave Plan could be just what you need to help you finance that leave, practice retirement, or change the rhythm of your life.

The Deferred Salary Sabbatical Leave Plan has been operating since 1985. All permanent College employees are eligible to join the Plan - support staff, faculty, and adminstrators. Over the years many have used the Plan to finance a leave. And a sabbatical leave doesn't have to be a once-in-a-lifetime experience, either; with this Plan it can be a once-in-a-while experience.

Interested? Meet with us informally in the *Faculty Cafeteria at KEC*, 11:30 to 1:00 on Thursday, March 12. Or in *room 300 B (Lunch Room) at City Centre*, 11:30 to 1:00 on Monday, March 16.

And we'd be pleased to have you join us at the general meeting for Plan members on Wednesday, March 18, 3:00 pm in Room 5025 at KEC.

Mary Wilson and David Greenall





# New videos at CC Library

- 10 Basics of Business Etiquette
- A Video Demonstration of Adobe Premier 4.0
- The Art of Carving
- Beautiful Arrangements
- Frying
- · Poaching and Steaming
- Generic Health Workers
- The Human Body: The Ultimate Ma-
- · Learn! Microsoft Windows 95: Getting Started
- · Learn! Microsoft Windows 95: Tips, Tricks and Shortcuts
- · Learn! Microsoft Windows 95: Internet, Email., Faxing and More
- Linc 3
- Man the Incredible Machine
- Preventing Falls in the Geriatric Patient
- · Cold Connections and the Power of Found Objects
- Creating Cloisonne Enameling
- Hollow Wedding Band
- Forged Ring with Tube Settings
- Body Language Over the Phone
- Victorian Jewellery Circa 1837-1901
- · Edwardian, Art Nouveau & Art Deco Jewelry Circa 1887-1930's
- · Laugh—Jest for the Health of It
- Medication for Attention Deficit Disorder
- · Meeting and Greeting
- · Panic Disorder—A Resource for Medical Professionals
- · Questioning for Clarity
- Testicular Self Examination
- · There Were Times, Dear...

# New videos at KEC Library

· Accessibility Insight Series: Brighter Visions Touch'n' Go Work Sight

- Meeting Place
- Success in College and Career
- The War Between Us
- Work Search, No1-3
- · Working in Canada A Newcomer's Introduction
- Evaluating Group Communication Skills Across Curriculum Student

# New books at CC Library

- WIthout Surrender, Without Consent: A History of the Nisga'a Land Claims
- Preparing Canada for a Digital World
- · Evaluating, Selecting, and Managing Learning Resources
- Access II: Directory of Services Assessible to Deaf, Hàrd of Hearing and Deaf-Blind People in BC
- Shared Diversity: An Interprovincial Report on Child Care in Canada
- · Ethnicity and Seniors: Unity in Diver-
- Java Database Programming
- Young Offenders and the Law
- · Racism, Sexism, and the University: The Political Science Affair at the University of British Columbia
- · Medical Keyboarding, Typing and Transcription
- Canadian Financial Management
- · Communication Skills in Practice: A Practical Guide for Health Profession-
- Looking Good in Print
- · Natural Hair and Braiding
- Machining Fundamentals
- · Energy-Efficient Operation of Commercial Buildings
- Digital Satellite TV
- The Pain Manual: Principles and Issues in Cancer Pain Management
- NetResearch: Finding Information Online
- · Winning Web Sites: Plan and Design Your Own
- Computer Graphics: C Version
- Peterson's Guide to Nursing Programs
- Marijuana, the Forbidden Medicine
- Geriatic Nutrition in Care Facilities
- The AltaVista Search Revolution

Vancouver Community College Space

# New books at KEC Library

- Canada Among Nations 1997 Asia Pacific Face-Off
- Canada and the State of the Planet: The Social, Economic and Environmental Trends that are Shaping our Lives
- Choosing and Using Books with Adult New Readers
- The Five Biggest Ideas in Science
- · Forbidden Signs American Culture and the Campaign Against Sign Language
- Gerontology and Leadership Skills for
- The Haute-Contre Voice: Tessitura and Timbre
- Building Strong Communities through **Education and Treaties**
- · Complete Guide to Buying, Owning and Selling a Home in Canada
- The Englishman's Boy
- Teaching and Learning at a Distance: What it Takes to Effectively Design, Deliver and Evaluate Programs
- Teaching English Abroad
- Word 97 Fast and Easy
- · Earthquake! Your Chances—Your Options—Your Future
- Code of Practice: Passenger Rail Care Accessibility and Terms and Conditions of Carriage of Persons with Disabilities by Rail
- Diversity and Change: A Profile of British Columbia Families
- Everything You Need to Know About Conflict Resolution
- Troubleshooting Basic Writing Skills for Canadian Students
- You asked about Immigration and Citi-
- Working in the Middle: Strengthening Education and Training for the Mid-Skilled Labor Force
- Getting to Know Computers
- · Live Sound: PA for Performing Musi-
- Intervening with Deaf Women Who are Victims of Spousal Violence

continued on the next page

• The Human Side of School Change:

- Reform, Resistance, and the Real-Life Problems of Innovation
- · Group Support for Learners in Transi-
- · Workplace Reorganization and Changing Skills
- · Tips at Your Fingertips: Teaching Strategies for Adult Literacy Tutors

# **Local heroes**

Kudos to Settimio Sicoli, Associate Dean for Tourism, Hospitality and Business Programs, who received the Award of Excellence in Industry and Associations from the Canadian Food Services Executives Association on February 10.

Mark Andrews, General Manager of the Hyatt Hotel and chair of the Hospitality Management Program's Advisory Committee, was also honoured by the same Association. Mr. Andrews received the John McCormick Award, which recognized, among other achievements, his work on the Advisory Committee.

# **Board update and February Board meeting report**

### Information on Board **Presentations**

Ouestions have been asked recently on how the topics and areas for Board presentations are selected. In August 1995, a Board survey was conducted by the Board Development Committee to establish a priority interest list for presentations by instructional and service areas at VCC. The intent of the survey was to cover all areas over time, in order to assist Board members in their understanding of the College.

Since September 1995, presentations from this list have been made, interspersed with information sessions on other significant and often time sensitive topics, but a substantial number remains on the list which will be adhered to by the Board.

For your information, the following presentations have been made:

- Applied Arts and Technology
- · Business Programs
- Employee Relations
- Continuing Education
- Hospitality, Tourism and Services

NO 5

- International Education
- Learning Centres
- · Adult Basic Education
- Combined Skills
- · Financial Aid

VOL 4

- · Programs for Students with Disabili-
- Financial Services Budgeting Group
- Adult Special Education · Educational Foundation
- Counselling

The Following Presentations will be given over the coming months:

- Admissions
- English As A Second Language
- First Nations · Health Programs
- · Human Rights
- Library and Media Services • Program Development Department

An information presentation by the Counselling Department was provided at the Public Forum session.

The Board Coordinating Committee which meets at 4:00 p.m. on the second Thursday of the month, was officially confirmed as the body to approve the Board agenda. Anyone who wishes to add a topic to the agenda should present the item either in person at the meeting or in writing, prior to this meeting (see Access of VCC Community to the Board Agenda Policy).

The Board Development Committee has been made ad hoc, meeting only as required, to develop Board evaluations and plans for the annual Board Retreat and Orientation. The first activity of the group will be to develop a Board Self Evaluation survey.

The Board approved the Purchasing Policy, which replaces the previous policy #3.1.0.3 Purchasing and Tendering Policy. Advice from Education Council resulted in Board approval for a one month course length change to the Travel Agent Program. Education Council also presented a notice of motion for the March Board meeting, which if approved, would expand Council's role in the provision of advice to the Board for courses and programs that do not directly lead to a certificate or diploma, and which are not referred to in the current College and Institute Act.

The Board Policy Committee have set the revision of Board Rules and Regulations as a priority, as well as the Process for Board Hearings of Student Appeals Policy. In addition, the Board requested that Education Council review the Student Grievance Policy for clarification of procedures and student appeals to the Board.

The next Board meeting will take place on Thursday, March 26 at King Edward Campus. The Public Forum session will begin at 5:00 pm with presentations on the BCNU collective bargaining process and on the Association of VCC Administrators Terms of Employment, followed by the formal Board meeting at 6:00 p.m.

> Sarah Lucas Executive Assistant to the Board

> > PAGE 9



# **Applied Programs update**

As a result of a number of new Department Head/Coordinator appointments within the Applied Programs, here is an updated list of Applied IRAs.

### **Technology Division**

- Maciek Walentowicz, Coordinator II, Jewellery Art and Design, 8571/72
- Bill West, Dept. Head, Drafting, 8534
- Lew Bloomingdale, Dept. Head, Auto Collision, 7413
- Glen Johnston, Acting Dept. Head, Auto Technician, 7394
- Dave Niessen, Dept. Head, Diesel Technician, 7393
- Beth Callahan, Dept. Head, Graphic Arts Printing Prod., 8574/76
- Jaime Clay, Acting Coordinator II, Computer Graphics, 8535
- Brock Elliott, Dept. Head, Computer Technology, 8546
- Bill Grose, Dept. Head, Building Service Worker, 8579
- Russell Brendzy, Acting Dept. Head, Electronics, 8561

### **Health Sciences Division**

- Pat Bawtinheimer, Dept. Head, Long Term Care/Allied Health, 8552
- Leona Friesen, Dept. Head, Practical Nursing, 8555
- Susan Aro, Coordinator II, Pharmacy Technician, 8425
- Nadine Johnson, Coordinator II, Institutional Aide, 7346
- Lynn Smith, Dept. Head, Dental Hygiene, 8505
- Michele Rosko, Acting Dept. Head, Dental Assisting/Reception, 8492
- Christine Wurtz, Acting Dept. Head, Dental Technician/Denturist, 8502
- Karen Griffiths, Dept. Head, Hairstyling/Esthetics, 8331
- Irene Lacoursiere, Dept. Head, Medical Office Careers, 8519

# Tourism, Hospitality and Business Division

 Jackie Kinnersley, Coordinator II, Travel Agent, 8521

- George Rudolph (till March 31/98)
   Acting Dept. Head, Baking and Pastry
   Arts, 8359/8360
- Marlie Van De Ven (effective April 1/ 98), Dept. Head, Baking and Pastry Arts, 8359/60
- Gabriel Ferron, Dept. Head, Culinary Arts, 8487
- Ian Smith, Assistant Dept. Head, Culinary Arts, 8474
- Conrad Leung, Dept. Head, Asian Culinary Arts, 8473
  Doug Mauger, Dept. Head, Retail Meat
- Processing, 8464

  Robert Audette, Acting Dept. Head,
- Retail Meat Processing, 8351

  Dave Donaldson, Dept. Head, Hospi-
- tality Management, 8378
   Roberta Collins, Dept. Head, Office Management and Communications,
- Terry Mills (effective March 9/98),
   Dept. Head, Business Management,

A "Thank You" to Judy Roy-Hughes (Computer Graphics), Bob Malone (Hairdressing), Jeanette McKay (Dental Tech/Denturist), Bob McAuliffe (Electronics), Ray Oksanen (Diesel Technician), Ed Wakulchik (Business Management) and Dianne Westwood (Practical Nursing) for fulfilling their terms.

# Test your new computer

The best way to test your new personal computer is to leave it on for a month. Like other products, defects in a computer are most likely to appear early in its working life. For a quick shakedown, experts recommend leaving your computer on 24 hours a day for the first month. Get a screen saver that will protect your monitor and give your hard drive a real workout.

# Note for all 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). Their schedule is as follows:

- March 24, 1998 West Vancouver
- March 25, 1998 Vancouver
- March 26, 1998 Burnaby
- April 29, 1998 Burnaby
- April 30, 1998 VancouverMay 6, 1998 White Rock
- May 6, 1998 White Rock
   May 7, 1998 Richmond
- June 23, 1998 Vancouver

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

#### Spouses are also invited to attend.

and benefit forms.

The exact address location and time of the seminar will be confirmed at a later date.

If you are interested in attending, please contact Eugenie Wong at local 7136, who will coordinate the appropriate paperwork for you.



# Summary of Minutes — VCC Operations Council

Chair: Linda Martin

Meeting: Tuesday, Feb. 10, 1998

CC Room 205A

# **Update on KEC**Welcome Centre

Tenders for the Welcome Centre closed on February 4 and the contract has been awarded. The project came in slightly under budget. Construction is underway.

### **Draft Environmental Policy**

Peter Herd and Gail Cryer presented the Environmental Policy to Operations Council. There was discussion about the composition of the Committee and the delegation of responsibilities/accountabilities. Larry Waddell will work with the Environment Committee to design methods of implementing procedures for the Policy.

### **Policies for Deletion:**

- 1.2.0.12 Air Quality Control Mechanical Trades Centre
- 1.1.0.12 First Aid Coverage
- 3.2.0.5 Request for Work by Facilities Services Department
- 3.4.0.1 V.V.I. Purchase Requisitions
- 3.4.0.2 V.V.I. Request for Quotations
- 5.2.1.3 Campus Security
  5.4.1.2 V.V.I. Industrial Health
- and Safety Committee
- 1.1.1.5 Transition Council
- 1.1.1.6 VCC Council

alls and Uniforms

- 1.1.0.4 Use of Legal Services on Behalf of the College
- 1.2.1.1 Secretarial Coverage of Meetings
   1.4.0.3 V.V.I. Exchange of Cover-

- 1.4.1.1 V.V.I. External Communications
- 1.4.1.2 V.V.I. Internal Communications
- 1.4.1.4 Management Committee
- 3.1.0.9 Ancillary Services
- 3.1.0.13 College Departments Engaging in Retail Sales to Public
- 3.2.0.1 Books for Resale
- 5.4.2.2 Shipment of Parcels
- 5.4.2.7 V.V.I. Photocopying and Printing

These policies are either outdated, are departmental procedures or have been replaced by a new policy.

## **Student Dressing Rooms**

It was brought to the Council's attention that CC students have been instructed not to change their clothes in the hallways. Change rooms are provided.

## **50th Anniversary**

It was noted that 1999 is City Centre's (VVI's) 50th anniversary.

# Check out the ICBC Display at the KEC Cafeteria — Thursday, March 12

## **Prevention of Auto Crime**

Find out

about the top rated anti-theft devices

#### Watch

seized home video taken by vehicle thieves destroying a \$40,000 Grand Cherokee

### Talk

to the Vancouver Police and ICBC representatives

#### Enter

the draw to win an anti-theft device

On Wednesday March 11, all vehicles in the KEC parking lots and on adjacent streets will be checked to determine their level of risk to auto crime. A suggestion sheet will be left with each vehicle.

# Drinking Driving Counter Attack

#### Try out

the "fatal vision" glasses - simulated blood alcohol content of .08 and .18

#### See

the "wrecked car" display at the Broadway entrance - the destruction caused by drinking and driving

#### Plan

for a safe ride home

# Students say the darnedest things

The following bloopers were culled from *real* college applications:

- I was abducted in the National Honour Society.
- Mathematics has hung like a stork around my neck.
- I want a small liberal in the northeast part of the country.
- I can read, speak and write Greek fluently. My other two sports are tennis and volleyball.
- At night we stay in a youth hostile.
- I want to be fully bilingual in three or more languages.
- I have never been to New England, but from what I've heard, it is a beautiful country.

from More Anquished English

#### PUBLICATION SCHEDULE

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

Produced by the College Advancement Department, Vancouver Community College



KING EDWARD CAMPUS 1155 East Broadway Box 24620, Station "F" Vancouver, B.C. V5N 5T9



# classifieds

# HOUSING



### Sun-filled week in Kauai

Any time of the year (second week may be possible). Deluxe two-bedroom condo, full kitchen and bathroom, living room and private lonai maid service. Just up the beach from the Hyatt Hotel.

Three swimming pools with hot tobs. Beautiful gardens, weight and exercise room overlooking ocean. Free use of water sports equipment. First class surfing beach and snorkling reef at your front door. Sleeps six or more \$275 CDN per day. If interested call local 7205.

# **EMPLOYMENT OPPORTUNITIES**



Office Clerk (b), Counselling Department, King Edward Campus. Closing: March 9, 1998.

Secretary (Registrar's Office), King Edward Campus. Closing: March 9, 1998.

Instructional Assistant (b), Baking and Pastry Arts Department, City Centre Campus. Closing: March 9, 1998.

# **LOST & FOUND**



### Disappeared: long black scarf

On February 17, 1998 a long black scarf with black fur at each end was taken from the women's washroom on the 5th floor of VCC KEC.

This scarf has great sentimental value to me as it belonged to my mother who is now deceased.

Have you seen the scarf? Please do the right thing and return it (in an inter-office envelope if you wish) to KEC Security. Thank you.

## WANTED



#### Volunteers wanted

The Vancouver-Burnaby Branch of the Canadian Mental Health Assoc, is holding its spring Mental Health Education Program for those interested in volunteering or learning about mental illness.

Presentations will cover the major mental illnesses, the consumer and family perspective, myths and stigmas surrounding mental illness, and effective communication skills. Certificate issued for four-session attendance.

Four evening sessions, Wednesday, April 8, 15, 22 and 29, 6:30-9:00 pm. Call 872-4902 for more information.

#### Wanted: sofa-bed

Looking for a solid-coloured comfortable sofa-bed. Please call 669-2029.

#### EDITOR, DESIGN AND LAYOUT

Dale Rasmussen, College Advancement Department Tel 871-7152, Fax 871-7200, email drasmussen@vcc.bc.ca

#### CAMPUS CONTACTS

CC: Carey Stoneberg, Word Processing KEC: Manijeh Golkhizi, Administration

Cover shells were printed by the VCC Graphic Arts and Printing Production Department.

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 nonemail). Your submissions are welcome, but please be aware that space limitations may prevent publication. Material may be edited for clarity and length. Deadline for submissions is Thursday of the week prior to publication.