

91 Feb 4

CENTRICITY



VCC CITY CENTRE LIBRARY

New Year's Resolutions

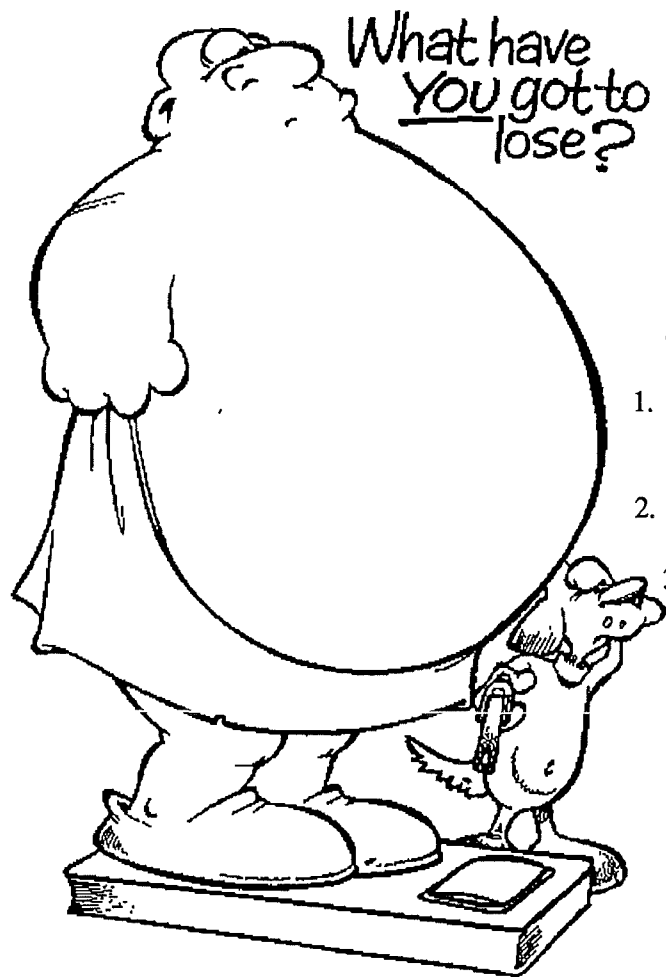
CITY
CENTRE

FEB 09 1991

Never too: Rich, Thin or Punctual!

With apologies to all the readers of Centricity on our lack of production during January, the editor resolves to be more punctual. Unfortunately, "the long dark tea-time of the soul" (January Blahs! and inclement weather) bagged any issues that may have been in the works.

On a more positive note, the following is presented to those of us who have made the resolution to be fit, healthy and svelte and have managed to survive January's usual stampede to the nearest aerobic class. If you have persevered all the way into February you are not only to be commended but are probably in desperate need of some positive reinforcement. The grim reality of feeling like a starving rabbit with severe arthritis can be rough! As for the too rich reference -- the GST took care of that!



The following diet survey is a reprint of an article that appeared in "The Province, January 8, 1989". A quick look will tell you how your current diet measures up. Chin up, the days are getting longer and this month there is Valentine's Day to break the monotony! *The following ratings (out of 100) for Dial-A-Dietician Study, found on page two, were based on the following criteria:*

1. Calories per day (not less than 1200 for average-sized person)
2. Protein (acceptable range is 15-20% of calories)
3. Fat (acceptable is enough for satiety, <35% of calories and CHO remainder of % age)
4. Food Groups - contains all food groups
5. Variety
6. Use of "ordinary foods"
7. Meets other nutrient needs
8. Teaches good food habits
9. Suitable for long-term use

Rating of Popular Diets -- Dial-A-Dietician Study

continued from page 1

The Atkins Diet (30)

Low CHO/High Protein and fat, severely restricts CHO, high in total fat, saturated fat and cholesterol, large reduction in fruits, vegetables and milk.

Banana-Milk Diet/John Hopkins Diet (40)

Daily diet of 6 bananas and three glasses of milk plus vitamin and mineral supplements.

Beverly Hills Diet (10)

First 10 days, no food other than specific fruits. Timing and combining claimed to cause weight loss with no specific basis. Sometimes caused diarrhoea and excess gas. Physicians warn that shock, low blood pressure and perhaps death may result.

Cambridge Diet (0)

Powdered formula sold to the public through "counselors" (non-medical people who have used the diet) for use three times daily. Powder fortified with vitamins and minerals.

Canadian Diabetic Association (100)

1200 calorie-a-day diet.

Fasting/Zip Diet (0)

A fast in which only water is allowed.

High Roughage Reducing Plan (90)

By Dr. David Rubin (Dr. Siegel's Natural Fibre Permanent Weight-Loss diet is similar). The low-fat, low-calorie foods are taken with two teaspoons of bran with water at mealtimes. Siegel's diet requires nine "heaping" table-spoons of bran daily.

Magic Mayo Diet/Grapefruit Diet (50)

False May Diet is another variation. A very low carbohydrate, high fat, high meat, very low calorie diet, with no milk. One-half grapefruit before each meal falsely claimed to "burn" calories.

New Canadian High-Energy Diet (100)

Written by a professional dietician. Uses the exchange system for adequate nutrient intake and emphasizes complete carbohydrates. Both features contribute to a high energy level.

Pritkin Diets (50)

Severely restricts fats, limits protein to below recommended levels. Severely limits dairy products. Several levels of calories are available from 700-1200 a day.

Redbook's Model's Diet (100)

Excellent diet with good variety. Sensible, could be followed longterm.

Scarsdale (100)

Complete Scarsdale Medical Diet: High in protein. Very rigid as to kinds of food.

Setpoint (100)

Theory is that you can, through diet and exercise, reset your setpoint, or appetite-control mechanism. You select your desired weight and multiply by 10 to choose your calorie level.

Stillman's Diets/Quick Inches Off (50)

A high carbohydrate, low protein diet. Supposed to reduce fat in desired body areas. No meats or meat products allowed.

.21st Century (20)

Not medically sound. Recommends 800 calories daily if you are short or sedentary. No milk products. Uses exotic items like goose eggs and kumquats.

UCLA Diet/California Slim (100)

Developed at UCLA Centre for Health Enhancement. Basically low fat, controlled portions of 1200 calories daily. Emphasizes fresh fruits and vegetables.

Weight Watchers (100)

Emphasizes behaviour changes and support groups. Also balanced diet of the four food groups and exchange system. Prepared dishes and products can be used.



**Trimming the Fat
Weight Watchers
Program Now Available!**

Determined to start? There is an "At-Work Program" available from Weight Watchers. It consists of a 10-Week program for \$101.65, or an 8-week program for \$81.32 which is prepaid in advance from a minimum of 25 people. The meetings are held one day a week, usually at the lunch break, though other times are also available.

After the second week of the program no new members are premitted to join the class.

If sufficient participation is found at the end of the 10 weeks, the session will simply "renew" for another 10-week period. If you are interested, please contact Kaye Hewer at the Switchboard.



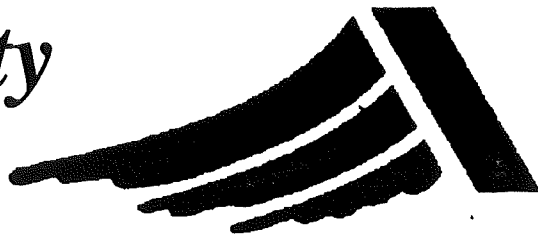


Words With Dignity

People with a disability can and should be described in words and expressions that portray them in an appropriate, positive, and sensitive manner. The following guidelines are suggested/preferred by some 200 organizations that represent or are associated with Canadians with a disability. Please remember:

Describe the person, not the disability; refer to a person's disability only when it is relevant. Avoid images designed to evoke pity or guilt.

INSTEAD OF...	USE...
Disabled	Person with a disability
Invalid	Person with a disability
Crippled by, afflicted with, suffers from...	Person who has...or Person with...
Lame	Limited mobility
Confined, bound, restricted or dependent on a wheelchair	Wheelchair user
Normal	Able-bodied or non-disabled
Victim, sufferer	Person with a disability
Cripple	Person with a disability
Deaf and dumb, deaf mute	Person with hearing and/or speech impairment; or person who is deaf
Retarded, mentally retarded	Person with a mental handicap or person with an intellectual disability
Spastic (as a noun)	Person with Cerebral Palsy
Deformed, congenital defect	A person born with...
Physically challenged	Person with a disability



From:

**ACTIVE LIVING ALLIANCE
FOR CANADIANS WITH A
DISABILITY**

1600 James Naismith Dr.
Suite 312
Gloucester, Ontario
K1B 5N4

The terms paraplegic, quadriplegic and amputee are used and accepted by persons with those disabilities.

*If in doubt, ask.
People with a disability
will be more than willing
to help you.*

people news

New Little People in the New Year!



January 4, 1991

Ron Parent and wife came very close to bringing in a New Year's baby. Son, Colin Ron Joseph, a healthy, 7 lbs. 11 oz., arrived 3 days after the New Year. Congratulations, Ron!

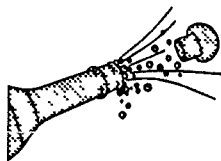
January 23, 1991

Holly Cole informs us that Laurie Stewart, who taught the Intro to Microcomputers last year in the Community & Career Education Department, had a blonde-haired, blue-eyed baby girl, 8lbs. 14 oz. Mom and Regan Coleen are doing fine. Father ecstatic! Regan will be a younger sister to three year old Michael. Congratulations, Laurie!

January 25, 1991

A double whammy for Margaret Dennis, who became a grandma for the 9th and 10th time on the same day, same hospital, 8 hours apart. Step-daughter Susan delivered 9 lb. 1-1/2 oz. grandson, Jason James (J.J.) at 2:00 a.m. Daughter-in-law Trish delivered 7 lb. 8 oz. grandson, Cory James (C.J.) eight hours later at 11:00 a.m. It was a first child for both sets of parents. Grandmother Margaret jokingly remarked that they could have at least been considerate enough to share a hospital room! Congratulations, Margaret!

Upward & Onward -- Appointments at City Centre!



Edna Bartoszewski will continue to provide a steady hand on the helm of the Medical Office Careers. She has been reappointed to the position of Department Head. This is her second term in this position. Congratulations, Edna!

Allan Clarkson has been appointed Department Head, Counselling for the next three years. Allan

replaces Ian Forsyth whose term as Department Head ended December 31, 1990. Ian will remain at City Centre in the Counselling Department and Sam DiGiando would like to express his gratitude for Ian for having served as Department Head. Congratulations, Allan!

Don Hume has been appointed Coordinator II of the Vocational Assessment Centre for the next three years. Don has been establishing the Assessment Centre since February 1990 and will be more than willing to assist you in assessing any of your students or just to answer any questions you may have. You can reach Don at Local 373. Congratulations, Don!

Barry Kendrick, Acting Department Head of the department for these past two years, has been appointed Department Head. Congratulations, Barry!

The Dental Tech/Denturist Department is in for some personnel changes. First, farewell to the current Department Head, **Ken Rothwell**! Many wishes for a happy retirement after six years as Department Head. As of February 1, 1991, **Jeanette McKay** will be taking over as the new Department Head. Congratulations, Jeanette! We'll miss you Ken, catch some fish for us!

Welcome Aboard!

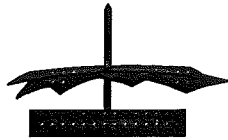
The Tourism & Hospitality team has a new member. Stephanie Forsyth is pleased to announce that **Christine (Tina) Lawlor** will be filling in for Hilary Wong until next fall ('91) as Secretary II to the Dean of Instruction, Tourism and Hospitality. Welcome, Tina!

Community and Career Education has a number of new faces as well! **Arleen Stiver** has joined the department to instruct the literacy courses. **Sue McMillan** is teaching the Community Sign Language course. **Barb Shultz** is working as a relief instructor in the Office Core Skills program. Holly tells us that these new faces have brought a new energy and spirit to the department. Welcome Arleen, Sue and Barb!



campus department round-up

Administrative Services



Spring must be close by if this flurry of housekeeping announcements are anything to judge by! Now if John Vandenakker sees his shadow we'll know for sure!



Air Conditioning

George Clark is happy to announce that shorts will no longer be the uniform of the day during the summer in the Dunsmuir Street building. Computer Services can take their disks out of the office fridge. At long last this area is about to have air conditioning installed. Construction will start about mid March and carry on through mid May.

That was the good news--now the inconvenient! There will be some disruption of the quiet working atmosphere presently enjoyed by the denizens of the area. Read -- dust, noise, and distraction but George assures me that if you keep thinking of the end result everyone will be able to manage.



Bulk Mailings

Everything you ever wanted to know about this riveting subject but didn't ask! Boring to some but very crucial if you happen to be the one and only mailroom person (Rozmina Hirani) who is frequently buried under piles of it! Lorna Guenard asks that departments please keep in mind that bulk mailings require special handling. So if you are planning a bulk mailing please contact Lorna at local 230 and she will fill you in on the procedures required to expedite these mailings!

Harassment

On November 13, 1990 the College Executive Committee issued its policy regarding harassment. This policy applies to all administrators, faculty, staff & students. Procedures regarding this policy are still forthcoming. Since it is a rather long and sensitive document it will not be summarized here. Interested parties may obtain copies of this policy from the Library.



Graduation

Good news for VCC/City Centre Grads! After an extended wait the date has been set for the next graduation, **February 21, 1991**. Dr. Jane Auman, a respected member of the health education field, has consented to be guest speaker at the ceremonies. The Graduation Committee wants to encourage participation and attendance of the faculty and staff. While a large turnout would be great -- space is limited, so if you are planning to attend please give Suzanne Paterson a call at local 239.



Parking - Mystery Vehicles

Have you changed your license plate recently? Up to playing chicken with a tow truck company? George Clark informs us that it appears that a number of license plates have been changed and the new numbers not recorded with Mr. Ken Cheung, Local 284, Building Services Department, Room 113D. Please call to update this information.

George reminds parking pool members not to make changes in your allocated space without asking first. If you have any questions about parking not covered by the official parking policy #4.4.0.2 available in the Library drop in and see them for the answer. Guest parking is available and can be arranged though Ken. Talk to Ken or talk to the towing company!



Retirement (Early)-Freedom 55

Look out Florida -- here we come! All faculty, staff and administrators 55 years of age or older should have received a memo and attachments describing the College's early retirement package. Anyone who is in this age group who has not received the package and would like to have one should contact John Vandenakker. The memo stated that all early retirement requests for the 91/92 year have to be in by February 1, 1991. This deadline has been extended to March 1, 1991.

campus department round-up

Superannuation - 1991

Representatives from the Superannuation Commission travel to the Lower Mainland once every month to meet with employees and employers. Should you wish to schedule such an interview, you'll need an "Application for Personal Interview" which can be obtained from the Employee Relations Department. Your request for an interview must reach the Commission at least three months prior to the date in which you are interested. Interviews are scheduled to be held at the Medical Services Plan office, Metropointe, in Burnaby.

Baking & Pastry Arts Department



The Gingerbread Houses that appear every year at City Centre have always been pretty special but this past November City Centre baking students proved just how special! The British Columbia Bakers Association held its annual gingerbread house contest at City Centre and City Centre students walked away with all the prizes. First prize of \$75.00 went to Dave Ly of Willie Liesch's class. Second prize of \$50.00 was won by Reann Hanson of George Rudolph's class and the third prize of \$25.00 was captured by Valerie Bradshaw of Lucian Zemp's class. Congratulations to both students and instructors for a job well done. Special thanks from the Department go to Stephanie Forsyth, Jackie Sandy, and the distinguished judges who did such an admirable and difficult job.

V.I.A.

DEADLINE:

February 8, 1991

For Professional Development Funds!

All V.I.A. Members are urgently reminded to submit their applications for PD funds by FEBRUARY 8, 1991. Instructors who qualify for professional development will have access to approximately \$225.00 each. This is the first year that the new PD Funds guidelines have been implemented and because of this the deadline has been extended so that everyone has time to submit an application.

Until the new PD forms are printed, please use the old "green form" and send it by campus mail to PD FUNDS COMMITTEE. Each campus has a box in the mailroom for PD FUNDS. The PD FUNDS COMMITTEE is only interested in applications for PD that include requests for money.

Library



No ticket-No laundry!

Note to all instructors: When you come to the library to pick up videos or films for your classes please bring your library cards with you. The Library is now checking out these items on their automated circulation system in order to improve their service to you.

New Year-New Books-New Videos

Books

Fodor's South America
Steve Bauer on Bicycling
French the Easy Way
PC & Compatible Computers For Beginners
Terence Conran's Plants at Home
Take Care of Yourself
Terence Conran's DIY by Design
Paint Works: The Art of Decorative Paint
Savouring Mexico
Fodor's Mexico
Fodor's Europe
Difficult People: How to Deal With Impossible Clients, Bosses & Employees
Save Our Planet: 750 Everyday Ways You Can Help Clean Up the Earth
Day Trips From Vancouver
The Daily Planet: A Hands-On Guide To A Greener Environment
Electronic Communications For Home & Office

Mastering Wordperfect 5.1
Five Days To An Organized Life
Margo Oliver's Good Food For One

Videos

Addiction
Asia Pacific: Of Pilgrims & Profiteers
Computer Communications
Courage of One's Convictions
Depression
Experience & Let Yourself Go & Explore
Frontiers of Discovery & Winners in B.C.
Information Age
Job Survival Skills: Working With Others
Working With Assertiveness

Magazines

Desktop Communications Inc.
People
Popular Photography
Sports Illustrated
Wine Spectator

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CLASSIFIED

Wanted: The Community and Career Education Department (formerly Adult Special Education) is looking for a large globe of the world and racks for holding books and magazines. Please contact Holly Cole at local 255.

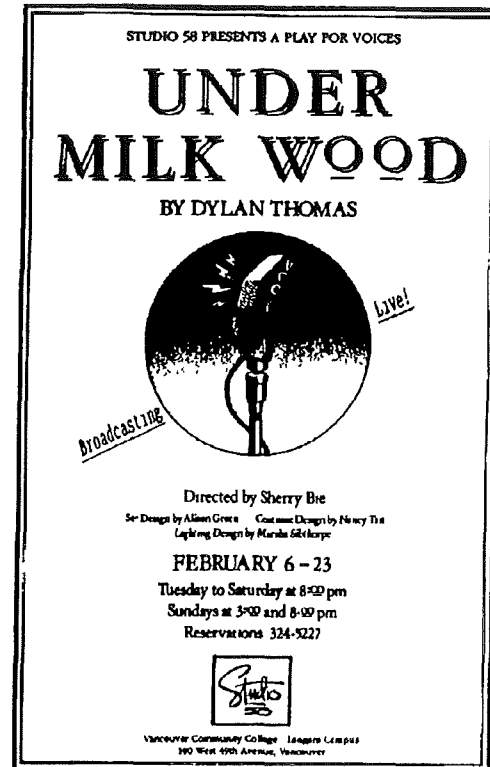


around the college

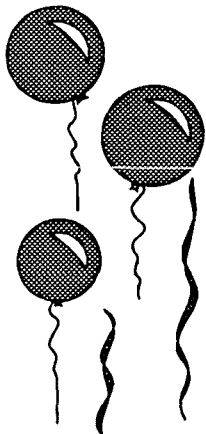
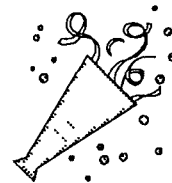


Under Milk Wood

This is a dawn to dark prow through a Welsh seaside village. The humorous and bawdy poetry of this play for voices joyously skips and tumbles, bringing the story to life. We see Captain Cat, an ancient sea captain with his ribald memories; Polly Garter, a woman with loose habits and a pure spirit, and the compassionate parson Reverend Eli Jenkins, to name a few of the 67 eccentric characters. This radio play was completed a month prior to Dylan Thomas's death at the age of 39. In keeping with the initial intent this innovative production will be set in a 1950's radio studio.

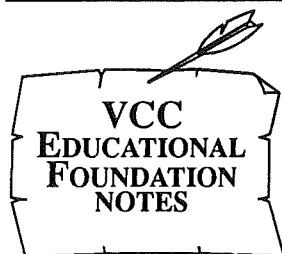


The Pacific Association For Continuing Education Gala Bursary Banquet



PACE invites you to the Adult Education Bursary Banquet -- A Gala Evening. A benefit for PACE's unique bursary program for adult part-time learners will be hosted by V.C.C.'s Tourism and Hospitality Program. Coming in May, 1991 at Vancouver Community College City Centre, 250 West Pender Street. The Master of Ceremonies will be Dr. Lawrence Fast who is the PACE Bursary Committee Chairman and Principal of VCC King Edward Campus.

The reception will be at 5:30 p.m., no host bar. Dinner will follow at 6:15 p.m. Tickets are \$35.00 per individual. Seating capacity is limited. Tables of 8 or more may be reserved. All proceeds go directly to the PACE Bursary Fund. Tax receipts will be issued. Please make cheques payable to PACE BURSARY FUND & mail to PACE: P.O.Box 46559, Station G, Vancouver, B.C. V6R 4G8. The mail deadline is May 1, 1991. For more information contact PACE Executive Secretary, Jennifer Crawford or Lawrence Fast at 875-8237.



around the college

The Notable Event



The VCC Educational Foundation is sponsoring a benefit dinner on March 21st, at the New World Harbourside Hotel. This is the third annual "Notable Event" in the Scholarships for Music campaign. The stars of the Notable Event are our music students who will provide the musical entertainment. The proceeds will go towards scholarships for worthy students pursuing a music career.

Guests will be treated to a variety of musical styles which will include the Madrigal Singers, a stage band, and the Soundwave Jazz Choir. Peter McCoppin, conductor of the Victoria Symphony Orchestra will be hosting the event as Honourary Chairman, and Brian Brenn of CHQM will be the Master of Ceremonies. The Lieutenant Governor of British Columbia and Mrs. David Lam extend their Honourary Patronage for the third year.

Also on the Notable Event program is a presentation of donor recognition awards. Imasco has pledged \$ 20,000 over a 4-year period, and the Educational Foundation would like acknowledge this support on behalf of the students and the college.

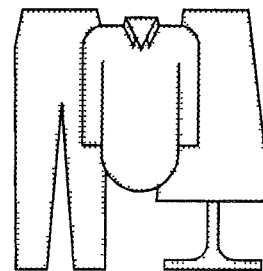
This exposure of both our talented students and the VCC Educational Foundation's scholarship endowment program has enormous value in garnering their financial and moral support. Over 300 guests are expected to attend. The Foundation hopes that college staff will show their support for VCC students by purchasing a ticket. It is an opportunity to show your pride in the Vancouver Community College community.

Tickets are \$100.00 with a tax receipt for \$40.00. Tables of 10 may be purchased for \$1,000. For more information please contact the Education Foundation at 875-1131

Michele Davidson

Continuing Education

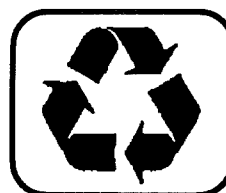
The Continuing Education Division Fashion Arts Program 1990 Graduation Fashion Show will be held at 7:30 p.m., on Saturday, February 23, 1991 in the Theatre at the Robson Square Convention Centre. Ten graduating students will present individual mini-collections of their work. Tickets cost \$12.50 and will be available on Monday, February 11, 1990 at the City Centre CE Office. Tickets may be available at the door but we recommend that you book early for this popular event. For further information call 682-5844.



Spicer Commission Citizens Forum On The Future of Canada



Vancouver Community College
City Centre
Room 240
February 7, 1991
7:00 p.m. to 10:00 p.m.



*Please
recycle this
publication*



humour



As a special witness to The Prime Minister's War on DOS Committee, Bill the Cat reveals his sordid past.

"At first, I just did it on weekends, with my friends, you know? We never wanted to hurt anyone. The girls loved it. We'd all sit around the computer and a little DOS. It was just a kick. At least that's what we thought. Then it got worse.

It got so I'd have to do some DOS during the weekdays. After a while I couldn't even wake up in the morning without having that craving to go do DOS. Then it started affecting my job. I would have to do it during my break. Maybe a Dir command or two. I eventually started doing DOS just to get through the day. Of course, it messed up my mind so much that I couldn't even function as a normal cat. DOS got me fired from my job. I had to go to MIS support. I'M lucky today. I've overcome my DOS problem. It wasn't easy. If you're smart, just don't start. Remember, if a weirdo in a blue suit offers you a floppy disk of some DOS, just say no."

MSDOS Just Say No!

A special message brought to you by the Prime Ministers War on DOS Committe© 1991.



The following warning was appropriately hung over the copier in Administration:

WARNING!

THIS MACHINE IS SUBJECT TO BREAKDOWNS DURING PERIODS OF CRITICAL NEED.



A special circuit in the machine called a 'critical detector' senses the operator's emotional state in terms of how desperate he or she is to use the machine. The 'critical detector' then creates a malfunction proportional to the desperation of the operator. Threatening the machine with violence only aggravates the situation. Likewise, attempts to use another machine may cause it to also malfunction. They belong to the same union. Keep cool and say nice things to the machine. Nothing else seems to work.

"Never let anything mechanical know that you are in a hurry."

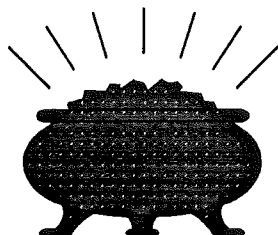
"Anything electronic (i.e. computers, bank machines) already knows you are in a hurry!"



The new person needs more training. She's using white-out on the word processor.

student corner

Attention: Bursaries & Scholarships Available



Please advise your students that the following scholarships and bursaries are available to students in the final levels of their programs. Selection is generally based on achievement and/or need or both. Please note that March 20, 1991 is the deadline date for applications. Application forms and further information is available from the Financial Aid Department.

Alumni Association Bursary	J.J. Nowacki Awards
Alumni Assoc. Scholarship	Seaspan International Ltd
Margaret Anderson Award	Ellen Shellington Endowment Fund
Bakers' Association of B.C. Endowment Fund	Simons Foundation Bursaries
Rita Bedard Scholarship Fund	Linda Singer Award
Hazel Bezeau Award	Lord Strathcona Bursaries
Business Department Endowment Fund	Ken Wheeler Endowment Fund
Credit Union Foundation of British Columbia	J. H. Williams Endowment Fund
Carpentry Related Trades Awards - Drafting	Van Bourne Construction Awards-Drafting
Jack Goodale Memorial Award	Vancouver Executives' Association
Otto Albert Kloss Trust Fund	Vocational Instructors' Association Award
P.E.O. Sisterhood (AE) Bursary	Vancouver Transportation Club Award
Rod Larocque Award	Chaim Zbar Award
National Assoc. of Broadcast Employees & Technicians' Union Local 38 Scholarship	Vancouver Community College Awards

Asia Pacific Student Awards

The Ministry of Advanced Education, Training and Technology, through the British Columbia Centre for International Education, offers a variety of awards to public post-secondary students who wish to develop their understanding of the cultures, economics and languages of the Asia Pacific.

The Awards are designed to support students who wish to attend rigorous formal programs of study in Asia Pacific countries. To be eligible for either of these awards, applicants must be Canadian citizens or landed immigrants, and be permanent residents of British Columbia attending a public post-secondary institution. How to apply: Pick-up an application from the International Education Office, Central Administration. Submit your application to the International Education Office by the following deadlines: July 1, or October 1, 1991. There are three rounds of submissions and adjudications annually.

Scholarship Awards

Interscholar Educational Services Limited (IES) in London, England, offers a scholarship program for undergraduate and postgraduate students interested in post-secondary studies in Asia, Australasia, Europe and the Americas. Criteria for eligibility for undergraduates include successful completion of a minimum of three A levels or equivalent, and successful completion of a first degree for applicants at the postgraduate level. The cost of tuition fees, accommodation and other expenses associated with a student's educational program are met by IES under the scholarship program.

Students interested in applying for IES scholarships should contact the organization for application forms and further information. The closing date for application forms is April 26, 1991.

Interscholar Educational Services Limited
86 Hale Gardens
London, England, N17 9LY
Tel: 011-801-5299 or 0376-553492
FAX: 081-365-1636



your future with vcc

Career Opportunities

The following positions are open for applications, please contact the Employee Relations Department for more information:

CENTRAL ADMINISTRATION

Director Library Services (College Resources)

Closing Date: February 18, 1991

CITY CENTRE

Director Food Service Support (Administration)

Closing Date: February 8, 1991

KING EDWARD CAMPUS

Manager - Admissions, Registrations & Student Records (Administration)

The above is a temporary administrative position on a month-to-month basis.

Closing Date: February 18, 1991

Department Head (Automotive Collision)

Automotive Division

Closing Date: February 28, 1991

Department Head (Basic Education)

Adult Basic Education Division

Closing Date: February 25, 1991

INTERNATIONAL EDUCATION

The Association of Canadian Community Colleges (ACCC) has been working over the past year with the Ministry of External Affairs to develop programs to assist college counterparts in Poland and Hungary to adjust to changing structures in their countries. Project identification missions have been undertaken and proposals submitted. The ACCC secretariat (Bess Estrella is the Project Officer responsible) is developing a roster of college personnel with appropriate skills including language proficiency in Polish and Hungarian. The purpose is to draw on resources available as required for short-term consultancies.

VCC will participate in an upcoming project identification mission in Czechoslovakia. Further countries in Eastern Europe are being considered for

inclusion in this assistance program. Additional information is available from International Education.

OUT OF COLLEGE POSITIONS

Dean, Faculty of Business Studies & App.Arts

Mount Royal College

Calgary, Alberta

Closing Date: February 22, 1991

Asia Pacific Scholar Awards

The Ministry of Advanced Education, Training and Technology, through the British Columbia Centre for International Education, offers a variety of awards to public post-secondary students who wish to develop their understanding of the cultures, economics and languages of the Asia Pacific.

The Awards are designed to provide support for faculty and for professional staff interested in overseas opportunities. To be eligible for either of these awards, applicants must be Canadian citizens or landed immigrants, and be permanent residents of British Columbia attending a public post-secondary institution.

How to apply: Pick-up an application from the International Education Office, Central Administration. Discuss your application as needed with the Associate Director of International Education. Submit your application to the International Education Office by the following deadlines: July 1, or October 1, 1991. There are three rounds of submissions and adjudications annually.



Editor's Note

If you use word perfect word processing software to prepare your submissions to this newsletter please send all future material on a floppy disk with printed hard copy. This will expedite editing and production. If you use a logo or graphic please include this with your material. Thanks!

your future with vcc

Career Enrichment



HUMAN RESOURCE
DEVELOPMENT

Course information and registration sheets are available in the mail room. Most are limited to twenty participants and registration must be confirmed in writing, with a completed and approved green form. For more information contact Diane at 857-1131 (local 337 or 291) All course are held in Room 5025 (Boardroom) Central Administration unless otherwise noted.

How to be a Great Communicator

February 7 & 21
9:00 a.m. to 4:00 p.m.

Intro to the Conscious Use of Creativity (Part 2)

Prerequisite: Part 1 is desirable but not mandatory
February 8
9:00 a.m. to noon

Ethical Encounters for College Personnel

February 13
1:30 p.m. to 4:30 p.m.
Room 240 - City Centre

Cross Cultural Communications 2

Prerequisite: Part 1 is desirable but not mandatory
February 13, 14, & 15
9:00 a.m. to noon

Stress & Personal Excellence

February 15

Performance Planning

February 18

Performance Review

Prerequisite: Performance Planning
March 1

Presentation Skills

March 7 & 8
9:00 a.m. to 4:00 p.m.

UNIVERSITY OF BRITISH COLUMBIA Courses in Higher Education

Higher Education 513:

Current Issues In Higher Education

9:00 a.m. to 4:00 p.m.
Saturdays: January 12, to March 16
South Staff Office Block Seminar Room, UBC
Lesley Bellamy, Coordinator

Higher Education 560:

Institutional Analysis & Planning in Higher Educ.

4:30 p.m. to 7:00 p.m.
Thursdays: January 3, Scarfe 1024
Dr. John Chase, Instructor

Higher Education 512:

Program Planning in Higher Education

6:00 p.m. to 9:00 p.m.
Mondays & Wednesdays: May 6 to June 14
South Staff Office Block Seminar Room
Dr. Tom Sork, Assistant Professor

Higher Education 540:

The Community College Concept

10:30 a.m. to 12:30 p.m.
Mondays to Friday: July 2 to July 19
South Staff Office Block Seminar Room
Dr. John D. Dennison, Professor

Conferences

Feb. 14, 1991 Accounting Career Day

The City Centre Accounting, computer, Management Dept. has organized a career day to profile employment opportunities in conjunction with the VCC Alumni Association.

October 14-20, 1991

40th Annual Adult Education Conference

The American Association. for Adult & Continuing Education
Montreal, Quebec

A call for papers and proposals for this conference. **Contact:**

Louise Allaire, Co-Chair Tel: 514-343-7844
Fax: 514-343-2283

