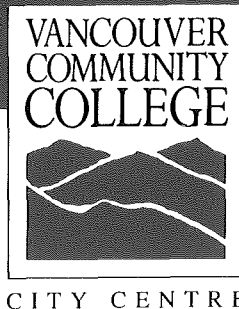


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CENTRICITY



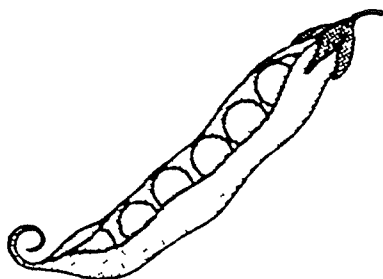
Vancouver Community College
City Centre DEC 10 1992
Library
250 West Pender Street
Vancouver, B.C. V6B 1S9

Volume 3, Issue 7

November 30, 1992

THE VEGETARIAN CORNER

Once more, we are supplying very interesting facts about nutrient alternatives for your cooking.



Tahini

Sesame seeds are 35% protein and are a rich source of calcium and phosphorus, minerals needed for bones, teeth, nerves, and healing processes. Tahini is made from ground, unsalted sesame seeds. It is beige in colour and creamy in texture. Tahini is used in Middle Eastern cookery and is available in natural food stores, and in Middle Eastern and Greek groceries.

Chick Peas

Also known as *garbanzo beans*. They come as dry beans and can be soaked overnight and cooked until soft, or just buy them canned. As with all beans, chick peas are high in protein.

And the combination produces.....

HOMMOS (also spelled hummus)

1 can (or 2 cups of chick peas)
1 large garlic clove (minced)
3 tablespoons lemon juice
1 teaspoon salt
 $\frac{1}{2}$ cup tahini
3 tablespoons olive oil
2 teaspoons chopped fresh cilantro
(previous issue).

In a blender or food processor, puree all the ingredients. The hummus should have a thick consistency like peanut butter. If it is too thick or you want to thin it out, add a few tablespoons of cooking or canned liquid, from the chick peas.

Spread the hommos in a shallow dish and gently spread with olive oil. Garnish with fresh cilantro.

Serve with warm peti bread. The thick Greek peti is best. It's available at Greek bakeries. Lightly brush peti with olive oil and heat in oven for 5 minutes at 325°.

Great for parties!!!!

BOOKSTORE NEWS - BACK TO BASICS

The staff of the Campus Bookstore has been hard at work re-organizing the inventory, streamlining methods and creating a new look.



As we take this new direction, we require a **lot** of active input and feedback from all those we serve. Drop in. Talk to the staff, **tell** us what you're thinking. The issue on everyone's mind these days is pricing. "What's it going to cost....me"

In accordance with the college and university bookstore community, the formula applied to textbooks has been changed -- **lower prices on texts for January '93.**

Clothing and gift items are a-plenty. Shop now for Chanukah, Christmas, New Year's, Groundhog Day, Valentine's, St. Patrick's, Easter, Mother's & Father's Days and so much more.... if there's an occasion in your future, chances are the Bookstore has a card and gift for you.

Selected clothing and gift items are 50% off

Check us out, take advantage of savings

Shelly Bach
Vivian Perdalis
Mandie Faye
Susan Reynolds

Cashier
Cashier
Assist. Mgr.
Bookstore Mgr.

GINGERBREAD HOUSE MAKING Hear Ye! Hear Ye!

General reminder about the Gingerbread House Event!



Date: December 12, 1992
Time: 10:30am
Place: Baking Labs
(2nd Floor Hamilton Side)

Don't forget your cameras for photos with Santa. This year's event includes a pizza/pop lunch.

If anyone wishes to participate in a visit with Santa and pizza lunch **only**, we would request that he/she contribute **\$10.00** (being collected by Karin Giron--local 8319) to cover costs.

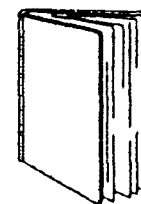
Any excess money from this event will be going to the George Clark Care and Share Fund (for Xmas Bursaries for single parents and their families).



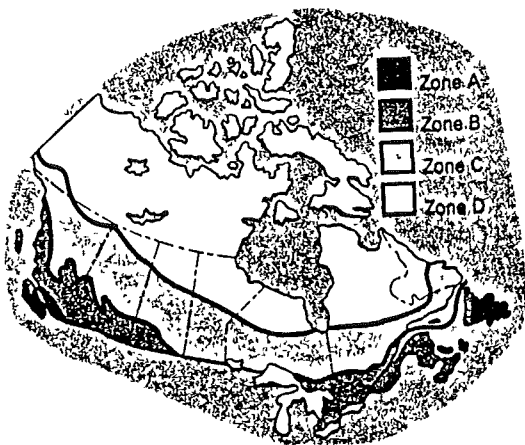
NEW LIBRARY ACQUISITIONS

Equity Issues

HRD recently sponsored an excellent workshop on Gender Equity. The workshop leaders, Jean Cockell and Linda Coyle handed out a list of suggested readings. Ask at the Library information desk to see the list; if we don't have the title you want, we'll borrow it for you. We will be buying a few of the most highly recommended titles for our collection.



GET READY FOR WINTER YOUR HOME'S INSULATION NEEDS



Question:

What are RSI and R values?

Answer:

The quality of insulation depends on its RSI value—its resistance to the passage of heat. RSI per centimetre of thickness is stamped on the cover of most insulation. You may find, however, that some insulation is also marked with R values (per inch), which were used when only imperial measurements were in force. The higher the RSI or R number, the less heat is likely to escape from your house.

Question:

How can I find out which RSI values are suitable for my home's insulation needs?

Answer:

The map above, which was prepared by Energy, Mines and Resources Canada, shows the four climate zones of our country. For each climate zone, there are government recommended insulation levels for ceilings, roofs, walls, and floors. In zone B, for example, a ceiling should have insulation rated at RSI 5.6, and floors (over unheated spaces) should be insulated at RSI 4.7

Question:

How can I determine the thickness of insulation that would be right for my home?

Answer:

Just divide the RSI values recommended for your climate zone by the RSI value of the insulation you propose to install. Say, for example, that your roof space needs RSI 5 insulation. Then, if you buy mineral wool with an RSI value of 0.5 per centimetre, you will need a layer of wool 10 centimetres deep (5 divided by 0.5).

Question:

How do I measure insulation my house already has?

Answer:

In an unfinished attic, simply measure the thickness of the insulation. In a floored attic, you may have to pull-up a floor board. In a finished one, drill a hole in the attic's ceiling.



Question:

How do I measure insulation inside the walls?

Answer:

Turn off the power going to an electric receptacle or switch, then remove its cover plate and measure the insulation next to it. Cut away some of the plaster or wallboard if necessary.

Question:

What about measuring my house's floor insulation?

Answer:

Above an open crawl space or an unheated basement, look for blankets or batts between floor joists. In an enclosed crawl space, the insulation is usually inside the foundation walls, running from the sill to the ground. Aboveground walls in a heated basement should also have insulation.

Question:

What are some of the insulation materials that are available to me?

Answer:

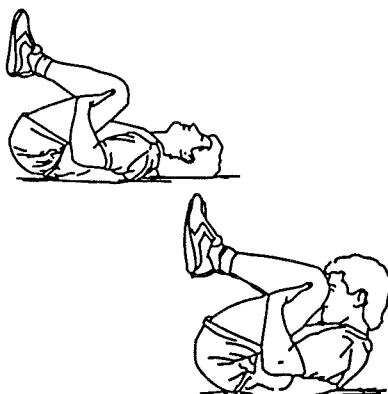
Glass or mineral fibre batts are the commonest types of insulation and the easiest to install. Both have an RSI value of 0.5 per centimetre. Loose fill—mineral, glass or cellulose fibre, vermiculite, polystyrene—is poured or blown into uninsulated spaces. The RSI values vary from 0.36 (vermiculite) to 0.6 (cellulose fibre). Rigid board—polyurethane and polystyrene panels—have high RSI values.

EXERCISES FOR YOUR NECK AND BACK

Neck Tilt



Double Leg Pull



Purpose: To stretch the lower back and buttocks.

1. Lie on back with knees bent.
2. Gently pull both knees to your chest.

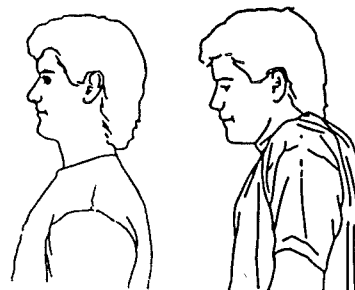
3. If comfortable, raise your head toward your knees during this exercise.

Purpose: To strengthen and stretch your shoulders and upper back.

1. Stand or sit upright.
2. Raise both your shoulders as high as you can, as if you were trying to touch your ears with them.
3. Hold shoulders up for a count of 3 then relax.

Shoulder Shrug

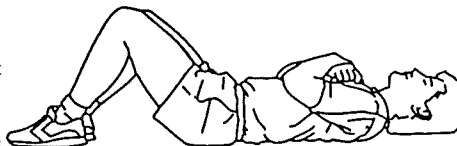
HOLD EACH POSITION FOR 3 TO 5 SECONDS, AND REPEAT EACH EXERCISE 3 TIMES



Pelvic tilt

Purpose: To stretch muscles in the lower back and to position the back for comfort. It will also assist to correct a "sway back" posture.

1. Lie down with knees bent and feet flat on the floor.
2. Tighten your stomach and buttocks so the small of your back meets the floor



Purpose: To strengthen and stretch shoulder and neck muscles, and to release muscle tension.

1. Stand or sit upright.
2. Roll shoulders forward, up, back, and down, 5 times.
3. Reverse directions and do 5 times

NOTICE TO ALL MEMBERS AND PROSPECTIVE MEMBERS **V.C.C. EMPLOYEE BENEFIT PLAN**

The Vancouver Community College Employee Benefit Plan (E.B.P.) was established in late 1985 to provide a vehicle whereby plan members/eligible V.C.C. employees could defer a portion of their monthly income for the purpose of financing a future sabbatical leave. Amounts contributed to the E.B.P. are not subject to income tax until such time as payment is received by the individual from the plan in accordance with an advance tax ruling given to the plan by Revenue Canada in March of 1985.

BRIEF DESCRIPTION

For those prospective members who are unfamiliar with the plan, the following brief description of the plan as currently constituted should be informative:

What is the Employee Benefit Plan?

The Employee Benefit Plan is a vehicle through which eligible V.C.C. employees can defer a portion of their monthly income exclusively for the purpose of financing a future sabbatical leave.

Who can become a member?

All full-time permanent employees of V.C.C. are eligible to apply for plan membership through the "Plan Administration Committee."

Income Tax Implications

Amounts contributed to the Employee Benefit Plan by payroll deductions are not taxable until the amounts are paid out of the plan to the employee. As a result, the employee obtains a deferral of income tax on the amounts contributed to the plan much the same as a registered pension plan or registered retirement savings plan provided the contributions are for the purpose of financing a future sabbatical leave.

Other Features

The plan allows the employees to defer the taxation on their employment income to a future year. This is especially attractive for those employees whose income is more than sufficient to meet the present cash needs and who wish to "save" a portion of this income for future years to finance a sabbatical leave.

The amount that can be directed to the plan is limited to 30% of your earnings and the deferral period is limited to six years by which time your sabbatical leave should commence. All contributions must be withdrawn from a member's account within the calendar year following the end of the six-year deferral period. At that time, a new sabbatical leave deferral period may commence, with resumption of contributions.

The Employee Benefit Plan is funded outside of Vancouver Community College. As a result, employees are assured that the funds are held by an independent custodian. The amounts contributed to the custodian of the plan, Canada Trust, will be invested with interest earnings accruing in the name of the member/contributor.

Plan members/contributors have the discretion to elect to receive their payout from the plan in a predetermined number of instalments during the sabbatical leave or in a lump sum. This could also facilitate income tax planning by spreading the taxation of the amounts throughout the period of a sabbatical leave.

Should a plan member retire or otherwise cease to be an employee of V C C. prior to taking their sabbatical, the entire amount of their account must be paid over within a period of one year from the date the member ceased to be an employee. Contributions made prior to July 1, 1986, are exempt from this payout imperative.

You should be aware that Revenue Canada Taxation takes the position with respect to such plans that the plan cannot provide for payments to the contributor except under the following conditions:

- (a) Death (to the designated beneficiary)
- (b) Voluntary or involuntary cessation of employment
- (c) For demonstrable financial need
- (d) For sabbatical leave purposes.

For taxation purposes the taxable income shown on the T4 slips of plan members is net of contributions to the plan authorized by the members' Letters of Agreement.

Annual interest earnings on each member's account of contributions are payable through Canada Trust in December of each year and are subject to deductions of income tax. A T4A slip is issued by the investment company and mailed to each member.

ENROLMENT

All present and prospective plan members/contributors who wish to defer a portion of their 1993 income for the purpose of financing a future sabbatical leave must file with the Employee Relations Department, newly completed and signed Letters of Agreement covering the calendar year 1993. **The member's Letter of Agreement must be submitted no later than December 23, 1992** and shall designate for each month of the calendar year 1993 the amounts to be deducted from remuneration for that year. **Plan membership and contributions by payroll deductions for the calendar year 1993 may not be authorized and accommodated after the foregoing deadline, December 23, 1992**

Contributing members may, under special circumstances with the approval of the Plan Administration Committee, supplement or amend by written agreement their designated contributions.

Full details governing the plan are found in the "Plan Rules" in the office of Employee Relations. Please contact this office to obtain the necessary forms (Letters of Agreement) to facilitate your 1993 enrolment. Enrolment forms have been provided, under separate cover, to current plan members.

PLAN ADMINISTRATION COMMITTEE

Current members of the Plan Administration Committee are:

Mary Wilson	Counselling	City Centre
Gerry Porter	Journalism	Langara
Ted Hougham	BTSD	KEC
Brian Humphrey	Drafting	City Centre
John Vandenakker	Administration	City Centre

Two Committee positions will be vacated in December, 1992. Please contact any Committee member if you are willing to join the Committee.