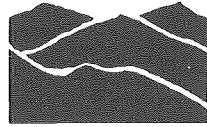


CENTRICITY

VANCOUVER
COMMUNITY
COLLEGE



CITY CENTRE

LAH
DB

JUL 14 1994

June 29, 1994

NO SMOKING!

To all faculty, staff and students... Just a reminder that VCC City Centre has been designated as a non-smoking area. No smoking is allowed anywhere inside the building. Thank you for your continued cooperation.

L. Martin,
V. P. Instruction &
Student Services

1994 CALENDARS

Calendars are now available in the Counselling Department. If anyone is interested in one, please drop by the department and a staff member will be happy to give you one.

M. Wilson
Counselling

CAMPUS TOURS

Please note that there will be no tours scheduled for the summer months (July, August). If anyone is interested in leading a tour in the fall, please contact P. Lalji.

K. Kelly
Director of College
Services

COUNSELLORS LEAD SUCCESS SKILLS WORKSHOP

Study Skills, Stress Management, Assertive Communication, Job Search Skills - these are some of the workshops we have presented in class to students over the last year.

We have found that personal organization skills and effective study methods are critical to student success. Our classes are designed to address both of these

areas. For students with previously developed study skills, we provide a forum to review and renew these skills. For many of our students however this is their first opportunity to "learn how to learn". It is an opportunity that establishes the foundation for future successes.

In some program areas, we have worked with faculty to develop assertiveness training workshops tailored to the particular environments or situations that students may encounter in their chosen professions. Effective communication skills workshops seem to be particularly pertinent and popular prior to students going out on practicum placements.

The transitions from College to the workplace can be a challenging experience. The transition can be made easier through Job Search workshops which emphasize

CITY CENTRE

preparation, research and ways to make contact with potential employers.

Stress Management workshops have been popular with both students and faculty. It seems that for all of us there is no end to the challenge of dealing with life's many demands!

Outside of regular class time, we have offered a variety of skill building workshops such as goal achievement, time management and developing self esteem. The level of attendance at self esteem workshops attests to the high level of interest in this area.

Wayne Avery, Coordinator of Services for Students with Disabilities, offers a similar range of Success Skills workshops for students with disabilities. Wayne also provides workshops for staff and faculty who want to learn more about disability issues.

Many instructors build these Counselling workshops into their curriculum after experiencing positive feedback from students. If you think your students would benefit from Success Skills workshops contact

Ian Forsyth (8454), Wayne Avery (8449), or any of the counsellors and we will do our best to accommodate you.

H. Pearson
Department Head,
Counselling

WHAT IS THE DEFINITION OF SABBATICAL

Sabbatical: a year or half year of absence, for study, rest or travel..." (Websters Dictionary).

You won't likely see it mentioned in your union contract, but it is an option available to all employees - a sabbatical leave. You could request a leave for six months or for a year to do whatever you want. What's the catch? Money, of course. Who's going to pay for this leisure? You are.

Don't stop reading. If the idea of a sabbatical leave appeals to you, it's time you asked about the Deferred Salary Sabbatical Leave Plan. Since the Plan began in 1985 a number of College employees have used it to finance a sabbatical leave. All permanent College employees are eligible to

join the Plan, which allows members to defer a portion of their monthly income. This deferred amount is not taxable until withdrawn from the Plan, and you have up to six years to accumulate these untaxed funds before you withdraw them to finance your leave. As you withdraw the funds you begin to pay income tax on them.

If you like the sound of this, your next step is to find out the details. At City Centre, Brian Humphrey (Drafting) and Mary Wilson (Counselling) are enthusiastic and informed members who will give you more details. They will both be in Room 300B (lunch room) from 12 noon to 1 pm on Wednesday, July 6th to answer any questions you may have.

M. Wilson
Counselling Department

Does your department require a computer or a printer?

The College has the following PCs available for departmental use:

<u>QTY</u>	<u>DESCRIPTION</u>
2	ACER 700 Plus 40MB hard drive, 1 MB Ram, datafram

V232A monitor.

- 1 ACER 710, 32 MB hard drive, 1 MB Ram, datatrain V232A monitor
- 1 ACER 910, 4MB hard drive, 1 MB Ram, NEC multisync monitor
- 1 EPSON LQ-1000 printer (tractor feed paper only)
- 1 EPSON LQ-1050 printer (requires print head \$200)

These are great for word processing, i.e. Word Perfect 5.1 Plus or DOS based spreadsheets and data bases. They are not able to run Windows. For more information, please contact Dave Crowe, Purchasing Department at local 7106.

MEDIA SERVICES

The summer hours for Media Services are Monday through Thursday from 7:30 a.m. to 4:15 p.m., and on Friday from 7:30 a.m. to 4:00 p.m. Please note that Media Services is closed from 12:00 to 1:00 **on Fridays** for lunch.

M. MacIntosh
Media Services

CITY CENTRE BOOKSTORE SUMMER HOURS

July 11 - 15, 10:00 a.m. to 2:00 p.m.

July 18 - 29, CLOSED

The regular hours of operation from 10:00 a.m. to 4:00 p.m. will resume August 2, 1994. For emergency purchase of required texts, call Parviz at 8312 or Karen at 8311.

C. Silver
Bookstore

WEDDING BELLS!!

Mandie Faye is getting married! The big day is July 30, 1994. Come by the bookstore and sign a congratulations card for her.

C. Silver
Bookstore

CENTRICITY DEADLINE

Please note that the deadline for submissions for Centricity is every second Monday at **noon**. The next deadline date is **July 11, 1994**. The following are the deadline dates to the end of the year:

July 25, 1994
August 8, 1994
August 22, 1994
September 5, 1994
September 19, 1994
October 3, 1994
October 17, 1994
October 31, 1994
November 14, 1994
November 28, 1994
December 12, 1994

*S. Paterson for
Centricity*

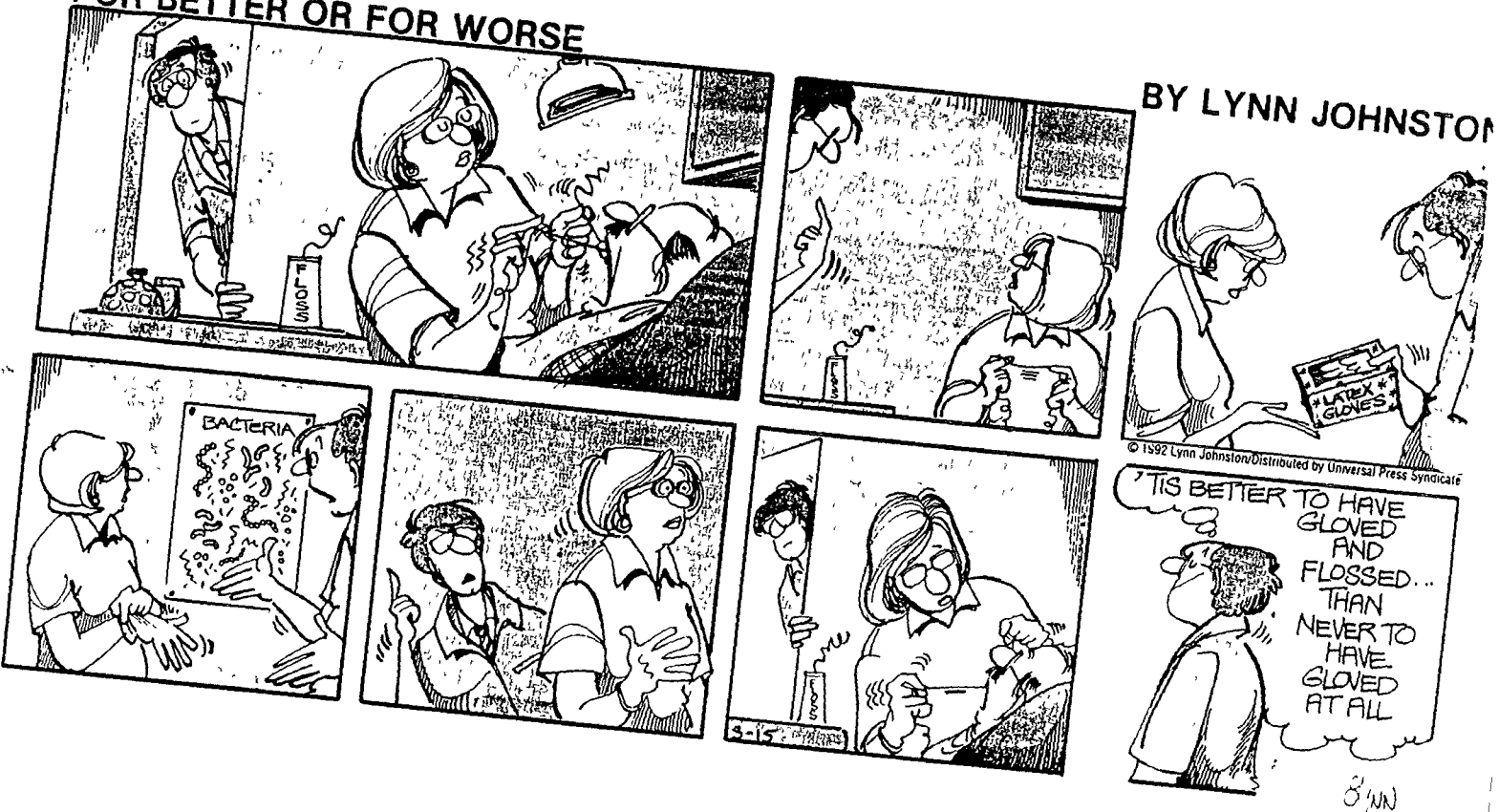
GLOVE SALE!

Could your Department use latex rubber gloves for instructors and students? Great to wear when handling chemicals, inks, and paints. Also helpful around the house - painting, gardening and cleaning. Very reasonably priced at \$3.00 box, 100 gloves per box.

Contact the Dental Assisting Department at locals 8491 or 8497.

FOR BETTER OR FOR WORSE

BY LYNN JOHNSTON





STUDENT SUCCESS COUNSELLING WORKSHOPS

**BOOK NOW
FOR FALL '94**

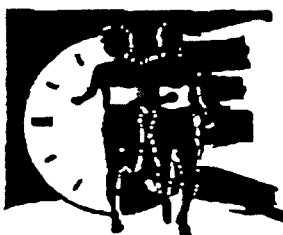
**CALL IAN FORSYTH
LOCAL 8454**



15TH ANNUAL

24 HOUR RELAY

FOR THE KIDS



Thank You VCC!

24 Hour Relay - 1.3 Million Dollar Success!
Thanks for all the dimes per mile!

Many thanks to all those generous people who were kind enough to sponsor me in the 24 Hour Relay held this past Saturday, June 18/19, at Swangard Stadium. My team, the J.W. T. Lapdogs, ran a total of 172 miles over the gruelling and rain soaked 24 hours. I managed to collect \$642.16 in pledges thanks to the generosity of my friends and fellow co-workers at VCC. As the last rain drop fell, the J W T. Lapdogs had raised \$6836 00 for the B.C. Lions' Society for Children with Disabilities

Overall, the 174 teams that participated in this 15th year of the relay brought in a total of 1.3 million dollars! Wow, imagine how much more we could have raised if the sun had shone! I thank you, the B.C. Lions' Society thanks you, but most of all the kids thank you for having large hearts and even bigger wallets.

Steph Jewell

catch the spirit!

with Int'l Education
Sunday, Aug. 28, 1994!

All VCC students, International or non-International, friends, family, staff & teachers are invited to join us on this trip to the final day of Track & Field events & Closing Ceremonies of the 15th Commonwealth Games! Held in our beautiful capital city, Victoria, B.C. where summer lasts the longest! Be there with your flag to cheer on your own country and see South Africa compete for the first time in over 30 years!



Victoria 94.
XV Commonwealth Games
XV Jeux du Commonwealth
AUGUST 14-24 AUGUT 1994
TV

Tickets available after June 29, 1994

The day includes:



- ◆ A scenic & spectacular ferry ride to Victoria through the jewel-like Gulf Islands!
- ◆ Free time to explore, have tea & shop in this bit of Canada that is more British than Britain! Time for lunch in the heart of historic Victoria!
- ◆ Free shuttle service to the University of Victoria's Centennial Stadium for the finals in the Track & Field events!
- ◆ A great seat for the Closing Ceremonies of the 15th Commonwealth Games!
- ◆ Time after the closing ceremonies to enjoy the spectacular Harbour Festival before returning to Vancouver at sunset!

Cost*

All ages \$95.69

**Cost includes:*

- | | |
|---|--------------|
| ◆ Guide to accompany group | 4.43 |
| ◆ Bus, & Ferry fees (return) | 35.25 |
| ◆ Ticket for final day of Track & Field Events & Closing Ceremonies | 42.00 |
| ◆ Small Canadian Flag | 11.00 |
| ◆ Commemorative cap & pin | 2.91 |
| | 95.69 |

Bring your own lunch and have a picnic by the harbour or grab a bite of lunch in any of downtown Victoria's great waterside cafes!

Meet the group at the corner of Broadway and Cambie Streets at 6:30 a.m. The bus departs at 6:45 a.m. and returns at 24:30 a.m.

Please pay the cashier (4th floor, KEC) by July 14, 1994

Sorry, no refunds after July 14, 1994 (Turn over) →

Hurry! Buy your tickets now!

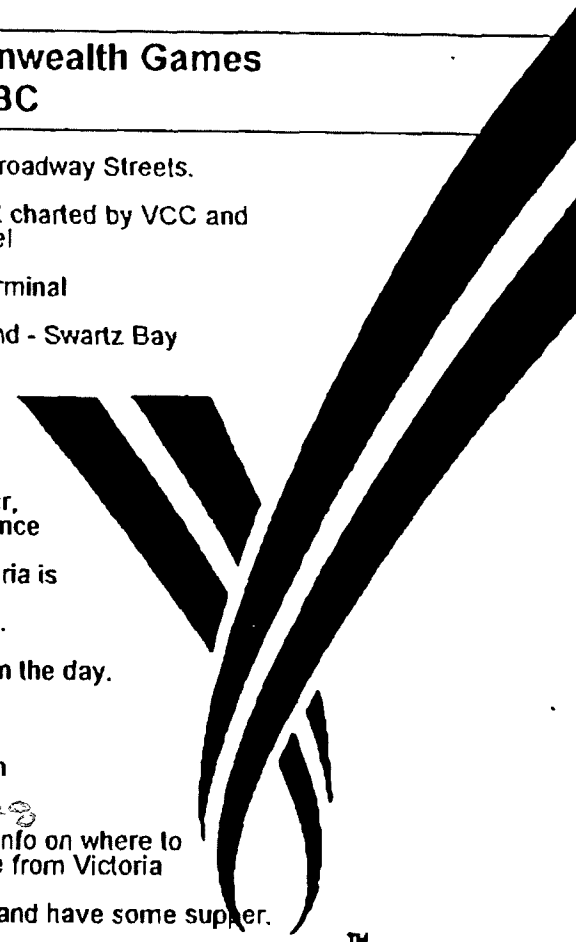


This event will sell out!

catch the spirit!

with Int'l Education
Sunday, Aug. 28, 1994!

August 28, 1994 Sunday	ITINERARY	Trip to Commonwealth Games - Victoria, BC
06 30 a.m.	Meet group - check in with guide - Rec. Leader	Corner of Cambie & Broadway Streets.
06 45 a.m.	PCL Bus loads passengers & departs for Twassesen Ferry Terminal	See above Bus is not chartered by VCC and will depart on schedule!
08:00 a.m.	Depart on B.C. Ferry to Victoria	Tsawwassen Ferry Terminal
08 00 - 9:40 a.m.	Spectacular Ferry Ride through the Gulf Islands Breakfast can be purchased on the Ferry	Arrive Vancouver Island - Swartz Bay
10.30 a.m.	Arrive PCL depot, downtown Victoria 700 Douglas Street	Located behind Crystal Gardens,
10:30 a.m. - 12 30 p.m.	Free time to shop, sightsee, have some lunch.	Wax Museum, Harbour, all within walking distance
12.30 p.m.	Meet VCC Rec. Leader at shuttle stop to travel to Centennial Stadium.	All B.C. transit in Victoria is free and included in Commonwealth Ticket.
12:30 p.m. - 1:00 p.m.	Travel to Centennial Stadium, University of Victoria,	Map will be supplied on the day.
1:00 p.m. - 4:00 p.m.	View finals of Track & Field Events	
4:30 p.m. - 6 30 p.m.	Closing Ceremonies of 15th Commonwealth Games	Last held in Canada, in Vancouver - 1952 Edmonton - 1978
6:30 p.m. - 7:00 p.m.	Travel back to Victoria Harbour area	Go with Rec. Leader. Info on where to meet bus for departure from Victoria
7:00 p.m. - 8:30 p.m.	Harbour Festival	Time to view Festival and have some supper.
8:45 p.m.	Meet Rec. Leader and group at PCL terminal	PCL Terminal - 700 Douglas Street, Victoria
9:00 p.m.	Bus loads passengers and departs from Victoria.	Travels to Swartz Bay Terminal
10:00-11:30 p.m.	Ferry ride back to Vancouver as sun sets over Gulf Islands	Leave from Swartz Bay,
12 30 a.m.	Arrive back at corner of Broadway & Cambie Streets	Travelers should arrange their own transport home



Victoria 94™
XV Commonwealth Games
XV Jeux du Commonwealth
AUGUST 18-28 AOÛT 1994

