

94 Oct 31

CENTRICITY

VANCOUVER
COMMUNITY
COLLEGE



Vancouver Community College
City Centre

Library NOV 06 1994
250 West Pender Street
Vancouver, B.C. V6B 1S9

OCTOBER 31, 1994

CITY CENTRE

CANADA SAVINGS BONDS

Please pick up Canada
Savings Bonds at the
following locations:

KEC & CE STAFF
Payroll Department

CITY CENTRE STAFF
Dana Rezek
Financial Services Dept.
Administration Floor

We appreciate your co-
operation.

Agnes Soto

VOICEMAIL PLAYED MESSAGE RETENTION REDUCED

This is a reminder that
effective Monday, October
17, 1994, the retention time
for played voicemail
messages was reduced from
seven (7) days to three (3)
days. This was done to
reduce the demand on our
limited disk storage. As
always, your co-operation in

reducing the number of
messages stored in your
mailbox is appreciated.

Thank you.

Christie Wagner

NEW MATERIAL

Business Mathematics, a
Canadian Focus;
Designing the Future, the
Computer in Architecture and
Design;
Functional Additives for
Bakery Foods;
The Goods and Services Tax:
What Business Needs to
Know (video);
Management (Canadian
Fourth Edition);
A Practical Self-Defense
Guide for Women;
Principles of Accounting (2nd
Edition);
Stress that Motivates, Self-
talk Secrets for Success;
20th Century Fashion, the
Complete Sourcebook;
Recognition Redefined:
Building Self-Esteem at
Work;
Theory and Practice of
C o u n s e l l i n g a n d
Psychotherapy;

You Don't Outgrow It:
Living with Learning
Disabilities.

Library

WELCOME

Please join all of us in
Community and Career
Education in welcoming
Carson Rebecca Jordan,
born October 19/94, 8 lbs.
4 oz. Don Jordan and wife,
Fawnne, are ecstatic. You'll
know Don when you see him
around campus - he's the one
with the smile beaming from
ear to ear and is walking at
least one foot off the ground.
The department has
personally named itself
Carson's "Godfamily"

Holly Cole

TYPEWRITERS!

If your typewriter needs a
home, the Pharmacy Tech.
program could really use 5 or
6 to replace the ones they
have that are broken.

Tricia Hughes
8599

VEHICLES NEEDED!

VCC Automotive Department (KEC Campus) is currently accepting requests for mechanical repairs to vehicles 1984 or newer. We need Brake, Transmission and Tune-up, starters, alternators, etc. Repair requests will be filled as openings become available. We work on vehicles from Faculty, Staff, Students, and/or General Public. There is no labour charge on work done in our shop.

Contact: *Cecilia*
7426

APPOINTED

Congratulations to Ron Atkinson on being appointed as a member of the National Technicians Standards Committee.

Drafting Department

1994-95 INFLUENZA VACCINATION

Influenza is caused by influenza A and B viruses and occurs in Canada almost every year, generally during late fall and the winter months. This year the influenza vaccine is designed to provide protection against the strains A/Texas/36/91, A/Shandong/09/93, and

B/Panama/45/90. Protection against these strains of virus begins within 7 days after vaccination and has been shown to prevent illness in approximately 70% of adults.

Health Services is pleased to be able to offer flu vaccine to staff and students. There is no charge for this service. The vaccine is offered first to people in the following groups:

- adults with chronic cardiac (heart) or pulmonary (lung) disorders severe enough to require regular medical follow-up or hospital care.
- adults with other chronic conditions such as diabetes and other metabolic diseases, cancer, immunodeficiency (including HIV/AIDS virus), immunosuppression, renal disease and anaemia.

There are some side effects to the vaccine that may begin 6 to 12 hours after the vaccine and last for up to 2 days. These are soreness and redness at the injection site, fever, headache and muscle aches. These side effects are generally mild.

All those who receive flu vaccine will be required to remain in the Health Services area for 15 minutes after the vaccination.

To arrange a time for your flu vaccination please call **PAT** at Local 8337. If I am not at my desk please leave a message with your name and phone number and I will get

back to you as soon as possible.

Pat Smith

HEPATITIS A VACCINE

There is a new vaccine out that is completely effective against Hepatitis A. Health Services now has it and it is available to either staff or students and their families. The cost will be \$27.80 each. You will need two or three. You can get two. They are given a month apart. If you wish, you can have the 3rd (given 6 months after the first). The third dose will confer immunity for at least ten years. Two will confer immunity for at least one year.

The following are indications for getting the vaccine:

INDICATIONS AND CLINICAL USE

HAVRIX (hepatitis A vaccine [inactivated]) is indicated for active immunization against HAV infection in subjects at risk of exposure to HAV.

HAVRIX will not prevent hepatitis infection caused by other agents such as hepatitis B virus, hepatitis C virus, hepatitis E virus or other pathogens known to infect the liver.

In areas of low and intermediate prevalence of hepatitis A, immunization

with HAVRIX is particularly recommended in subjects who are, or will be, at increased risk of infection such as:

Travellers: Persons travelling to areas where the prevalence of hepatitis A is high. These areas include Africa, Asia, the Mediterranean basin, the Middle East, Central and South America.

Armed Forces: Armed Forces personnel who travel to higher endemicity areas or to areas where hygiene is poor have an increased risk of HAV infection.

Persons for whom Hepatitis A is an Occupational Hazard: These include employees in day-care centres, nursing, medical and paramedical personnel in hospitals and institutions, especially gastroenterology and pediatric units, sewage workers, food handlers, among others.

Persons for whom there is an Increased Risk of Transmission of Hepatitis A: eg. homosexuals, persons with multiple sexual partners, abusers of injectable drugs, haemophiliac patients.

Contacts of Infected Persons: Since virus shedding of infected person may occur for a prolonged period, active immunization with concomitant administration of immune globulin (human) in close

contacts may be considered.

Specific Population Groups known to have Higher Incidence of Hepatitis A: eg. North America Indians, Inuits, recognized community-wide HAV epidemics.

If you have any questions, please contact Dr. Burns at 8338 or Pat Smith at 8337.

Pat Smith

VOLUNTEER TEACH IN AFRICA

Established by the Z.U.B.F. (Zimbabwe Unemployment Benefit Fund), a volunteer teaching program is available in Mvuma, Ziumbabwe. Room and board provided by the community. Live with a family or choose to stay in your own accommodation. If you are interested, please contact:

Mike Warrington
5130 Wallace Avenue
Tsawassen, B.C.
Telephone: 943-6144

Or write to:

Bernard Hutire
c/o International Exchange
Program
P O. Box 116
Mvuma
Zimbabwe, Africa

Della Glendonning

CONGRATULATIONS

The Food Services Department would like to congratulate the winner of the Naya Water Mountain Bike contest, Budi Mursalim. Budi, who is an electronic student at City Centre was very surprised and elated when he was informed that he was the winner. The Naya water contest was very successful thanks to all the contestants.

Hong Wong

FOR RENT

Newly renovated one bedroom suite in West End. 660 square feet. Sunshine kitchen. Patio. includes parking, drapes, w/w, heat & hot water. No smokers. No pets. \$650.00. Available December 1, 1994. Call Doug at 988-9593 or Carolyn at 871-7086.

Carolyn Brown

THINKING ABOUT RETIREMENT

Employees seriously considering retirement in 1995 are advised to request pension calculations and documentation from the Superannuation Commission well in advance of anticipated retirement. **The Commission requests that prospective retirees begin the process at least one full year before actual retirement.**

Each year the Superannuation Commission prepares and sends out individual "Contributor Statements" detailing contributions to the end of the previous pension year and providing pension projections for those 45 years of age and older. The Commission now advised that these statements should be produced by mid-November. **These Contributor Statements are an essential record for you and additional copies are not available.** It will take approximately six months (from time of request) to obtain similar information from Superannuation.

In planning for retirement you might be interested in the opportunity for a personal interview with a Superannuation Commission representative. The representatives are in the Vancouver area two days per month, offering half-hour interviews - usually the first or second Wednesday/Thursday of each month. Those wishing such an interview should complete a Request form (available from Employee Relations) and forward to the Superannuation Commission at least **four months** prior to the requested interview date.

To arrange for receipt of **Canada Pension, Old Age Security** or pensions from other countries, the following will be of assistance:

Canada Pension } Old Age Security }	Contact:	Health & Welfare Canada - 666-3040 • 2634 Granville Street, Vancouver • 625 Belmont, New Westminster • 101 - 5625 Imperial, Burnaby • 113 - 260 W. Esplanade, North Vancouver
U.S. Social Security	Contact:	Social Security Administration 109 Federal Building 104 Magnolia Bellingham, Washington 98225
Great Britain	Contact:	Department of Social Security Overseas Group Newcastle-upon-Tyne England, NE98 1YX
Indian, France, Italy, Germany, Netherlands	Contact:	International Operations Revenue Security Program Health & Welfare Canada Ottawa, Ontario, K1A 0L4

For any other country you may contact the nearest office of the Consulate General for that country or inquire Health & Welfare Canada for additional contacts.

Again, if you are seriously planning for retirement in 1995 begin now in order to have all the specific pension information available that you will want to consider in making a decision!
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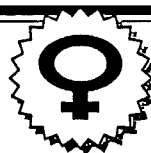
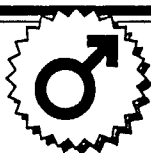
Association of
Women in Post-Secondary Education
in British Columbia

The Association of Women in Post-Secondary Education works to effect positive change toward a more equitable post-secondary education system. The College has purchase a membership in WPSE. This entitles VCC to five complimentary memberships in the five sectors listed below:

- Board
- Administration
- Faculty
- Staff
- Student

Please call Vivienne Garrott at local 7159, if you wish to put your name forward for any of the positions, or if you would like further information on the Association.

WORKSHOPS



ALL VCC STUDENTS AND EMPLOYEES

are invited to attend the following

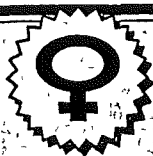
SPRING WORKSHOPS

- **MALE/FEMALE COMMUNICATION STYLES**
- **CROSS CULTURAL COMMUNICATION**
- **CONFLICT RESOLUTION**

Sponsored by the VCC Human Rights Coordinator

Details to follow

WORKSHOPS



ALL VCC STUDENTS AND EMPLOYEES

are invited to attend a

PERSONAL SAFETY WORKSHOP

Date: Wed., November 23, 1994

Time: 12:00 noon - 1:30 PM

Location: City Centre Theatre

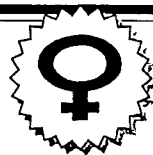
Presenter: Constable Shayne Apostolluk

Vancouver Police Department

Crime Prevention Unit

Back by popular demand, Constable Apostolluk will share valuable tips on personal safety for men and women during this high energy education sessions.

Co-Sponsored by VCC Human Rights Coordinator, Health and Safety Coordinator, KESA-Women's Centre and CCSA



A L L F E M A L E S T U D E N T S A N D E M P L O Y E E S

are invited to attend a

S E L F D E F E N C E W O R K S H O P

Date: Wed., December 7, 1994

Time: 12:00 noon - 3:00 PM

Location: City Centre Room 100 (in the counselling area)

Learn how to get away safely

Learn how your fears can help you

Learn what to say and do and what not to say and do

Learn last resort disabling moves

LIMITED TO 15 WOMEN

FOR RESERVATION CALL 871-7040 ASAP

Please tell me your name, phone number or local, and if you are a student or employee.

Co-Sponsored by VCC Human Rights Coordinator, Health and Safety Coordinator, KESA Women's Centre and CCSA



United Way
of the Lower Mainland

WHAT'S HAPPENING AT CITY CENTRE

**CHINESE LUNCHEON
COST:**

**NOVEMBER, 8, 1994 11:00 A.M. - 1:00 P.M.
\$5.00**

**GREY CUP FOOTBALL POOL
COST:**

**\$2.00 A SQUARE OR 3 FOR \$5.00
SEE MALCOLM AT IMS TO PICK YOUR
SQUARE**

AIRPLANE TOSS

**NOVEMBER 10, 1994 AT 12:00 P.M. IN THE
MALL**

COST:

\$1.00 PER AIRPLANE

PRIZES INCLUDE...

Dinner for 2 at the Salmon House in West Vancouver

Assorted CD's

4 free specialty coffees from Second Cup

1 month Aikido Training

\$25.00 Gift Certificate from Retail Meats

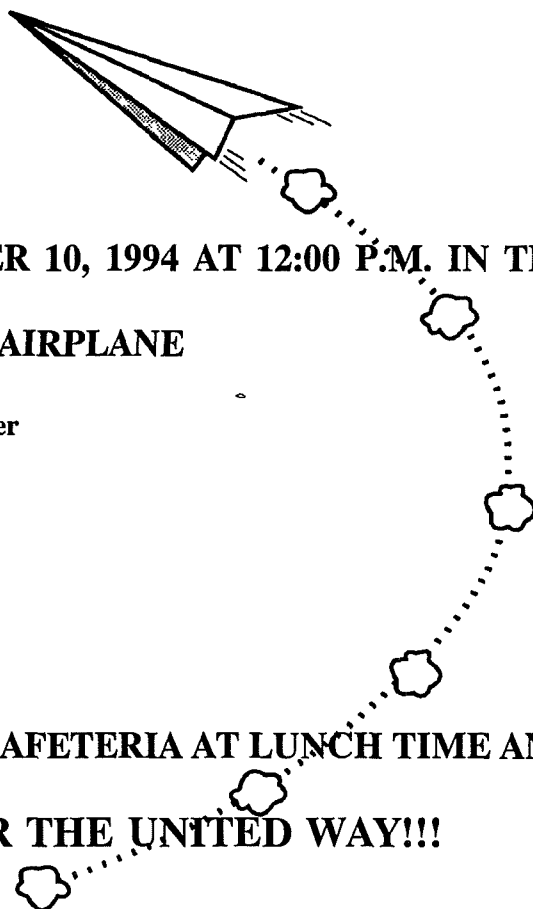
One Haircut from Hairdressing Department

One Perm from the Hairdressing Department

Piece of jewellery from the Jewellery Department

**AIRPLANES WILL BE SOLD IN THE CAFETERIA AT LUNCH TIME AND
AT IMS.**

LET'S ALL TAKE OFF FOR THE UNITED WAY!!!



Program Development & Staff Training Dept. Update

November, 1994

We have moved!

Program Development & Staff Training offices moved to King Edward Campus on Tuesday, October 18th. We will still have an office on City Centre campus but all personnel will be located on the second floor at KEC. Instructor Diploma courses will still be offered on both campuses. We will be available for consultation at both campuses.

The Facilities Dept. is moving from KEC to the offices where program development was located. Our new numbers are as follows:

Main	871-7488 or 871-7499
Bob	871-7505
Doreen	871-7510
Kristina	871-7515
Joan	871-7520
David	871-7514
Norm	871-7513

Our new fax number is 871-7100 until November 15th. when it will become 871-7511

Brown Bag Lunches

A series of Brown Bag Lunches are planned for both campuses. Please let us know if you have any ideas you would like to see developed into brown bag lunches or longer workshops. The following programs are coming up:

What can Media do for You?

November 16th. 12-1pm, Media Services
Come see how electricity and machines can enhance what you do in the classroom. Media services will outline all of the services they can offer you and give you some ideas on how media can make your instruction more effective.

Camcorder Operation

November 30 12-1pm, Media Services
If you would like to increase your skills in using a television camcorder, this workshop will be useful. Learn to use the macro feature and others as well as ideas on how to use television in the classroom, etc.

December topics:

"Improving your multiple choice tests through computer analysis." and
"Helping your students learn how to learn" — some ideas you can use to help students increase their effectiveness as students.

"Acceptance, goodwill and respect are the cornerstones of successful communication and exchange—ones that cross all barriers of class, gender, race, and ability."

Bob Abramms-Mezoff, Diane Jones

Next University of Alberta Intake

Students in the Bachelor of Education degree program offered in cooperation with the University of Alberta are completing their last course from the U of A this November. This group began the degree program two years ago in October, 1992. They received credit for the Provincial Instructor Diploma program and other training including trades training, technical training, business education training, etc. towards the degree. Many of them have completed all of the course work and will graduate this spring. Graduation ceremonies are planned for March.

The University of Alberta will be "regularizing" the Bachelor of Education, Adult Education Route Outreach program offered here in BC this month. That means that the program will no longer be a pilot program, but become part of the regular offerings of the Faculty of Education. Several intakes a year will be offered as the needs arise. This 4 year degree program allows faculty to take all of the courses for the degree here in BC. It allows them to count their training towards the degree. The next intake will be in January. For more information, contact Program Development at 871-7488.

Cooperative Learning Workshops Coming

A series of cooperative learning workshops are proving to be popular this term. We have 2 faculty who have taken the leadership training from the Centre for Cooperative Learning in Minnesota. They have offered a number of workshops for colleges in the province.

Joan McArthur-Blair is offering Level 1 training to a group of Adult Basic Education instructors at Northwest Community College in Terrace. These instructors changed their delivery method from individualized to group instruction this fall and felt that their instructors could benefit from some ideas about cooperative learning.

Instructors can use this as an optional course in the Diploma in Adult Education we are offering as part of the B.Ed. Degree.

We will be offering cooperative learning at VCC, Capilano College and other locations around the province. Contact Lindsay at 871-7488 for dates and times.

New Degree in Adult Education Available at UC of Fraser Valley

Congratulations to the University College of the Fraser Valley! In cooperation with the Open University, they have recently received funding to offer a Bachelor of Arts in Adult Education degree program. We are very pleased that UCFV has designed a degree that allows students to receive credit for prior learning, for the Provincial Instructor Diploma Program, for the Diploma in Adult Education and other relevant programs. The degree is very flexible. It practices adult education principles as well as teaches them. Dr. Susan Whitter, Dean of Continuing Education at UCFV has done a terrific job of bringing this opportunity to the adult educators of the province.

For more information, contact Sheleen Konick at 853-7441 (Abbotsford). Brochures available from VCC Program Development at 871-7488.

ERIC from your office

Many faculty are very excited about the opportunity to do ERIC Searches from their office computers. ERIC stands for Education Resources Information Centre. It is a database that is updated by 16 clearing houses at Universities in the United States. It catalogues and abstracts journal articles and other documents so that instructors can locate them very quickly and easily.

For example, if you wish to do some research on cooperative learning in nursing programs, ERIC would give you several articles about that topic that have appeared in journals in Canada, United States, Australia, New Zealand and Britain. You can find articles, research reports, keynote speeches from conferences, curriculum guides and a whole variety of other things in the database.

Our librarians can tell you more about how ERIC and the other databases that are available can be accessed:

Test Scanner

For those of you who rely on the test scanner in program development to mark your multiple choice questions, we have left the scanner in the City Centre in the mail room for your convenience. If you want your questions analysed using the computer to determine if there are any problem questions, please phone us and we can make arrangements to analyse them for you and ship the results back to you.

How to Make Your Dendrites Grow (or, How to Age-Proof Your Mind)

1. Do puzzles. Crossword puzzles are great for you.
2. Try a musical instrument. A new one if you already play.
3. Fix something.
4. Try the arts.
5. Dance.
6. Go out with friends or find new playmates.
Date provocative people. (better yet, marry one of them)
7. Turn off the TV.
8. Stock your life with rich experiences of all kinds.
9. Play with toys. Lots of them. Different ones.
10. Skip bingo. Play bridge or chess instead.
11. Learn to roll with the punches.
12. Stay physically healthy.
13. Keep your job. Don't retire, ever.
14. Become an expert in something — anything.

Adapted from Psychology Today and Life articles.

A Celebration of Neurons: An Educator's Guide to the Human Brain

Dr. Robert Sylwester of the University of Oregon will be speaking at King Edward Campus auditorium on Thursday, November 17th. from 9am to 4pm. Dr. Sylwester is an excellent speaker who specializes in accurate, simple and clear explanations of scientific and technological phenomena for educators with a limited background in science.

Recent dramatic developments in the cognitive sciences are explaining the mysteries of how and where our brain learns, remembers and forgets — and the important roles that genetics, emotion, attention, sleeping, dreaming and various forms of storytelling and technology play in the process.

This non-technical workshop explains:

- How our brain processes its learning/memory functions
- How educators can use this important new information to enhance student learning.

Registration: \$40. (includes lunch)

Instructors: We will give you a receipt for your PD funds reimbursement.

To Register: Phone Program Development & Staff Training Dept. at 871-7499.