

KING EDWARD TIMES

VOLUME VI, No. 6

May 16, 1980

COLLEGE BOARD MEETING

The next College Board meeting will be held on Wednesday, May 21st, 1980 at 675 West Hastings Street - 6th floor.

H.E.P.

VICTORIA DAY

The College will be closed on Monday, May 19th, for Victoria Day. Classes will resume at their regular times on Tuesday, May 20th. Instructors should remind their students.

H.E.P.

ABSENCE OF CAMPUS PRINCIPAL

I shall be away from the Campus for the period May 20th through to May 30th. During my absence, Dean J.D. Brown will be acting for me.

H.E.P.

ON-GOING REORGANIZATION OF ENGLISH LANGUAGE TRAINING

With the reorganization of English Language Training, the responsibilities which were previously assumed by Department 845 (Half-time ELT) are now being shared among six departments. The number of positions of responsibility within Department 845 has, therefore, been reduced by one assistant department position and the work in Room 131 will, effective May 1st, be handled by one program assistant assisted by a clerk-typist.

H.E.P.

WHAT'S NEW AT CHINA CREEK???????

We now have a display of plans and background material in the Library, available for all to see and study. Why not spare a few moments to drop by and see for yourself.....everyone else seems to be doing so.

P.C.

MR. R.T. (BOB) BOWMAN

Without any fuss (he would not let us have a party or any other celebration in his honour), Bob Bowman reached the age of 70, and finally retired.

Bob was a living legend at King Edward Campus and a charter instructor of the Canadian Viewpoints course, having, along with Betty Pletcher, taught it during the 1960's. He is well-known as a broadcaster; he appears occasionally on television; has a newspaper column; was a World War II correspondent who covered the Dieppe landings; is a man of letters, a bon vivant and a man of wit and anecdotes.

With such a background, retirement hangs heavy on Bob and he would like to see his talents put to good use as a substitute, a tutor or a marker. If you, or any of your students, wish to utilize these talents, please contact Bob at 4494 James Street, Vancouver, B.C. V5V 3J1 or telephone 874-8877.

R.F.C.

COUNSELLING SERVICES NEWS

Some Bad News from the Counselling Department:

C.H.O.I.C.E.S. to be removed from K.E.C.

C.H.O.I.C.E.S., a computerized vocational information system, which has been operating under the Counselling Department as a pilot project funded by the Canada Employment and Immigration Commission will be removed from campus around the middle of this month.

K.E.C. has been fortunate in being included in the Federal Government pilot program for C.H.O.I.C.E.S. and, in fact, for the past year, has been the only educational institution in Canada to have a terminal. However, it still is unfortunate that the terminal is being removed, when there appears to be a growing demand for access to the system.

We are hoping to be included in a Provincial pilot project using the same system, or to be able to adapt the C.H.O.I.C.E.S. data to our own system, but it will be several weeks before we have any definite answers. In the meantime, please continue referring students for career/education counselling.

Thank you to all the students and faculty who have helped in the pilot program. We hope that the system has been of some help to you in planning your educational and vocational goals.

D.G.

ALL THAT JAZZ IN THE LIBRARY

On Thursday, May 22nd, from 12:30 to 1:30 p.m., the library will be the scene of a jazz music concert. TAKE FOUR is a quartet of Mount Pleasant Centre music students who have been hired on a grant from the Ministry of Labour to perform throughout the city this summer.

Please notify your students, or if your class is in session, bring them along. Lunches will be welcome in the library for that day. Don't miss this unique opportunity to support King Ed talent.

P.B.



CAREER SEMINAR A SUCCESS!

A note of thanks to all the instructors who brought their students, or permitted their students to miss class on Friday, May 9th, to attend the "Career Seminar on Future Jobs". The Career Seminar was a complete success! The guest speaker was Ruth Emery, who is the Policy and Programs Economist for Employment and Immigration Canada. Ruth gave us a good forecast of which occupations will have a surplus of workers or a requirement of workers for the next 2 to 5 years. A total of 40 students attended the 1 hour seminar and there was a lively question and answer period that lasted well after the scheduled hour.

There will be one more Career Seminar before the summer which will be held on Wednesday, June 18th at 2:30 p.m., with guests from V.V.I. and P.V.I., discussing the programs and admission procedures at their institutions.

Thanks again for the great support!!

Counselling Resource Centre

CIRCLE THIS DATE ON YOUR SOCIAL CALENDAR:

The VIA Social Committee is planning a gala evening consisting of dinner, dance, and casino games (funny money only!) at the Jewish Community Centre, 41st and Oak Street on June 14th.

Please reserve this date and help to make it the event of the year. More details later.

The Social Committee



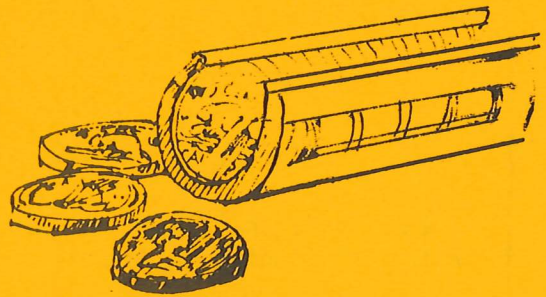
PENNY PINCHERS - AND NICKELS, DIMES AND QUARTERS TOO!

We're all having fun pinching pennies, etc. with our new plastic "pinchers" (in assorted colours) that look like hair curlers! The following article from the Vancouver Sun tells and illustrates the new little gadget:

We'd like to see

A reader visiting Hamilton, Ont., in 1978 got from the Royal Bank some little open-sided plastic tubes called penny pinchers. They held 50 pennies each and sure beat rolling pennies in paper to take them to the bank. Is anything similar available here, she wondered?

Tracked down: By sheer coincidence, the Royal Bank is starting today making penny pinchers available in Vancouver. They have them for nickels, quarters and dimes, too. They're available for a five-cent refundable deposit each.



M.G.

ADULT BASIC EDUCATION ASSOCIATION

The Adult Basic Education Association of British Columbia held its second annual general meeting in Prince George last week. Two excellent workshops were presented by Basic Education staff members, Evelyn Battell and Richard Darville. Evelyn led a workshop on "The Second Language Student in Basic Education", while Richard explored the narrative forms of reading and writing in a workshop titled "Telling Stories and Telling More in A.B.E."

Membership in the Adult Basic Education Association of B.C. is open to all persons engaged in, or interested in the practice of Adult Basic Education. By Ministry definition, Adult Basic Education includes all upgrading courses from 0 to 12, including English as a Second Language. Membership is now open to any student enrolled in any upgrading course from 0 to 12.

As instructors at K.E.C., all of us are involved in A.B.E. Help generate awareness of A.B.E. throughout British Columbia. Fill in the application form (on the next page) and join now!

If you're already a member

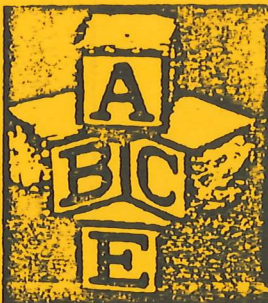
And you wish to renew,

Just a cheque for \$15.00

Will certainly do!

(Sorry...just couldn't resist.) Return all application forms and/or cheque to Cindy Onstad's mail box.

C.O.



Adult Basic Education Association of British Columbia

Membership in the Association is open to all persons or institutes engaged in or interested in the practice of Adult Basic Education.

Enclosed is : _____ \$50.00 for one annual institutional membership
_____ \$15.00 for one annual individual membership
_____ \$ 5.00 for one annual student membership
_____ \$ 1.00 for one annual A.B.E. student membership

Please make the cheque or money order payable to: Adult Basic Education Association of B.C. and mail to:

Adult Basic Education Association of British Columbia
Membership Committee
V.C.C. Mount Pleasant Centre
225 West 8th Avenue
Vancouver, B.C.
V5Y 1N3

NAME: _____ PHONE: _____

MAILING ADDRESS: _____

_____ City Province Postal Code

POSITION AND PLACE OF WORK: _____

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Indicate if you are willing to work on any of the following committees:

Membership _____ Professional Development _____ Publications/ _____
Finance _____ Workshops _____ Newsletter _____
Constitution & By-Laws _____ Local Chapter _____
Publicity _____

Are you willing to act as a resource person or speaker? _____

If so, in what areas? _____

FOODS THAT MAKE YOU SMARTER, HEALTHIER, SEXIER

(From NEW WOMAN Magazine, November-December, 1979 issue)

Diet can powerfully influence your mental state. Choosing a diet for its effects can truly be termed "creative eating". Below is a list of common foods and beverages and their dominant effects, as well as the principal chemical in some. It is important to note that foods containing tyramine are stimulants and talk-inducers, but can cause headaches, especially for those with high-blood pressure problems. Foods with tryptophan have sleep-inducing qualities.

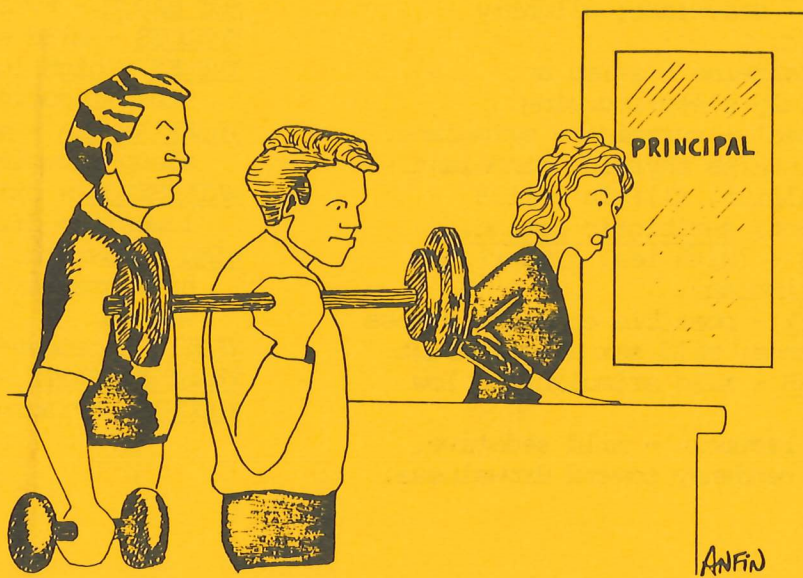
AVACADO - tyramine - stimulant
BANANAS - tryptophan - sleep inducing.
NOTE: in very ripe bananas, the amino acids change to tyramine, a stimulant (this always occurs when certain foods ferment or age.)
BEANS (aged) - tyramine - stimulant.
BEER - tyramine - stimulant
CABBAGE - anti-thyroid - depressant if taken in excess over a period of time.
CAMOMILE TEA - relaxant
CARROTS - estrogen-like - very mild sexual stimulant for women, calming for men.
CELERY - mildly calming, seeds are diuretic.
CHAMPAGNE (some) - tyramine - stimulant
CHIANTI - tyramine - stimulant
CHEESE (aged) - tyramine - stimulant
CHEESE (processed) - tryptophan - sleep inducing; mild sedative.
CHICKEN - mild stimulant, can have adrenalin-like and steroid actions.
CHICKEN LIVERS - tyramine - stimulant
CHOCOLATE - tyramine - mild stimulant, possible sexual enhancement.
COCA-COLA - stimulant; slightly euphoric.
COFFEE - caffeine - stimulant
EGGS - mildly sleep-inducing.
FIGS (canned) - tyramine - stimulant.
FISH - maintains thyroid, stimulant.
GARLIC - alliin, allicin - mild stimulant; antibiotic action.
GINGER ALE - (with real ginger) mild stimulant.
GINSENG TEA - possible enhanced stress resistance; mild sexual stimulant.
HORSE RADISH - mild stimulant in low doses.
LETTUCE - lactucin - mild sedative.
LOBSTER - tendency toward drowsiness.

MANGO - tranquility associated with mild anti-depressant action (beware of overdose or allergy.)
MEAT - tryptophan - sleep and lethargy unless taken in small quantities. BUT when the meat is aged, it changes to tyramine - a stimulant.
MILK - tryptophan - sleep-inducing, relaxing; drowsiness.
OYSTERS and other shell-fish. steroids, iodine, zinc - thyroid stimulation; sexual stimulation.
PARSLEY - slight sedative; aspirin-like effects.
PEAS - anti-thyroid - depressant in excess or if taken continuously.
PERSIMMON - caffeine-like - stimulant.
PICKLED HERRING - tyramine - stimulant.
PINEAPPLE - tryptophan - relaxant.
POTATOES - sleep-inducing. THE LEAVES ARE DANGEROUS!
SAGE TEA - mild sedative.
SASPARILLA - possible mild sexual stimulant in men.
SEAWEED - iodine - thyroid stimulant.
SHERRY - tyramine - stimulant.
SOUR CREAM - tyramine - stimulant.
SOY SAUCE - tyramine - stimulant.
SPROUTS - mild stimulant.
TURKEY - high in tryptophan - drowsiness, sleep-inducing.
VALERIAN TEA - sedative, relaxant; sleep-inducing.
WATERMELON - calming, blood-pressure lowering; diuretic.
WINE - most red wines (except for Chianti) have greater tranquilizing effect than whites.
YAMS - estrogen-like - see CARROTS.
YEAST EXTRACTS - tyramine - stimulant.
YOGURT - tyramine - stimulant.

K.E.C. FACULTY/STAFF ACTIVITIES

<u>NAME</u>	<u>ACTIVITY</u>	<u>DATES</u>
Baker, S.	Ass'n. Business - Reclassification Appeals	May 15-22
Bennett, M.	Seminar: Learning Resource Service to Comm. College Outreach students; Langara	May 16
Bennett, M.	Conference: Annual ACCC/CVA Conference; Wolfville, Nova Scotia	May 26-June 3
Flack, G.	P.D. - Assist Volunteer Teachers working with Canada-Bound refugees; Bangkok, Thailand	June 2-6
Godfrey, J.	P.D. - Completion of special Curriculum/Materials Project	May 15
Husband, T.	Conference: B.C. College and Institute Counsellors' Ass'n.; Vancouver	May 23
Nelson, G.	On Duty-Off Campus; Preparation of IEPA Report for V.C.C. Board	May 16
Pankratz, H.	Conference: Annual ACCC/CVA Conference; Wolfville, N.S.	May 26-28
Rooney, S.	Curriculum Development: prepare teacher training Video Tapes; D.E.R.A., Vancouver	May 21
Shaw, G.	P.D. - attend UBC course on B.C. Indian Art and Culture	June 22-27
Treble, M.	Ass'n. Business - VIA meeting; Vancouver	May 5

S.M.



"Mr. Bright, the staff development materials have arrived."

EDUCATION LEAVE 1980-81

Any instructor considering applying for paid educational leave for the 1980-81 academic year, or for the Fall Semester, should apply to the Campus Principal, in writing, by the end of May.

R.F.C.

CHAUTAUQUA BY THE PACIFIC

This year's "Chautauqua" program is posted on the bulletin board. The dates are June 2nd to 6th.

H.E.P.

POSITION OPENINGS

V.C.C. Langara Campus requires a regular instructor in the Business Administration Department. The appointment is from August 1, 1980 to July 31, 1981. Closing date for applications is May 16.

V.C.C.-V.V.I. requires an Assistant Department Head in the Food Trades Department. The term of appointment is for a one-year probationary period. Upon successful completion of the probationary period, on recommendation of the Campus Principal, the appointee would be confirmed for an additional three-year period. Closing date for this position is May 23, 1980.

The Okanagan College in Kelowna, B.C. requires an Admissions Officer to act as a Co-ordinator under the direction of the Assistant Registrar. A Bachelor's degree or equivalent in formal training and experience is required. Closing date for applications is May 23, 1980.

For details on the above positions, please see faculty/staff bulletin boards.

H.E.P.

WHAT IS AN ORTHOPTIST?

After my blurb in last week's KEC Times, I was swamped (by at least 1 person) with the question: "What is an Orthoptist?" For the answer to this, I quote from my trusty Taber's Medical Dictionary:

Orthoptic: Pert. to or producing normal binocular vision.

Orthoptics: The technique of eye exercises for correcting faulty eye coordination affecting binocular vision.

Sorry I didn't make this clear last week!

J.N.

- 10 -
HYPOGLYCEMIC QUESTIONNAIRE

Directions: Mark the number "1" next to symptoms or characteristics you experience mildly, "2" for somewhat strongly, and "3" for severely. (You may not experience all of these symptoms.) When you've finished, add up the figures. Any total above 20 reveals the need of a glucose test. Ask your physician to schedule you for such a test. Be sure to specify the six-hour glucose tolerance test.

0 = Not experienced 1 = Experience mildly 2 = Somewhat strongly 3 = Severely

- ☐ Craving for sweets
- ☐ Craving for candy or coffee in afternoons
- ☐ Craving for alcohol
- ☐ Great consumption of coffee as a pick-me-up
- ☐ Eat often, otherwise get hunger pains or faintness
- ☐ Eat when nervous
- ☐ Hunger between meals
- ☐ "Shaky" when hungry
- ☐ Faintness when meals delayed
- ☐ Fatigue that is relieved by eating
- ☐ Heart palpitations when meals missed or delayed
- ☐ Irritability before meals
- ☐ Sleepy after meals
- ☐ Sleepy during day
- ☐ Feel better after breakfast than before
- ☐ Awaken after few hours sleep--hard to get back to sleep
- ☐ Anxious dreams
- ☐ Afternoon headaches
- ☐ "Butterfly" stomach, cramps
- ☐ Inability to get started in morning before coffee
- ☐ Allergies--tendency to asthma, hay fever, skin rash, etc.
- ☐ Heavy breathing
- ☐ Bleeding gums
- ☐ Blurred vision
- ☐ Spotting or bronzing of skin
- ☐ Inability to make decisions
- ☐ Inability to work under pressure
- ☐ Chronic fatigue
- ☐ Chronic nervous exhaustion
- ☐ Lack of energy
- ☐ Lack of initiative
- ☐ Cry easily for no reason
- ☐ Weakness, dizziness
- ☐ Convulsions
- ☐ Nervous trembling
- ☐ Hand tremors
- ☐ Highly emotional
- ☐ Fearful
- ☐ Hallucinations
- ☐ Dizziness
- ☐ Depression
- ☐ Insomnia
- ☐ Magnify insignificant events
- ☐ Poor memory
- ☐ Worry, feel insecure
- ☐ Moody or melancholy