

KING EDWARD TIMES

VOLUME VII, No. 36

December 17, 1981



HE'S GETTING CLOSER!!

DECEMBER 23rd: FOR ALL FACULTY AND STAFF

After you've enjoyed your pancake and sausage breakfast, courtesy of the Counselling Department, on Wednesday, December 23rd, and before you leave for the V.I.A.'s annual baron of beef luncheon at the V.V.I., a short meeting of all faculty and staff will be held in room 110 at 10 o'clock.

H.E.P.

Merry Christmas

This is the last edition of the Times until 1982! DO have a Merry Christmas and the Happiest of New Years.
See you January 4th!

Ye Olde Editor



FELICITATIONS, JUNE!

Wedding bells will ring for June Lucas on Saturday, December 19.

June returns to K.E.C. December 29 as Mrs. Alastair Anderson.

We wish you every happiness in the future, June.

(We'll try to remember your new name!)

M.G.

COMPUTER INTEREST GROUP

The first meeting of the "Computer Interest Group" was held Monday, December 14. Approximately twenty-five people attended and Frank Fornelli was selected as the chairman. Judging from the enthusiastic discussions that took place, a great deal of interest exists at K.E.C. regarding computer application in education. Regular meetings with guest speakers and/or presentations will be forthcoming and all interested faculty and staff are invited to attend.

Please direct any questions, suggestions, etc., to Frank Fornelli, local 13.

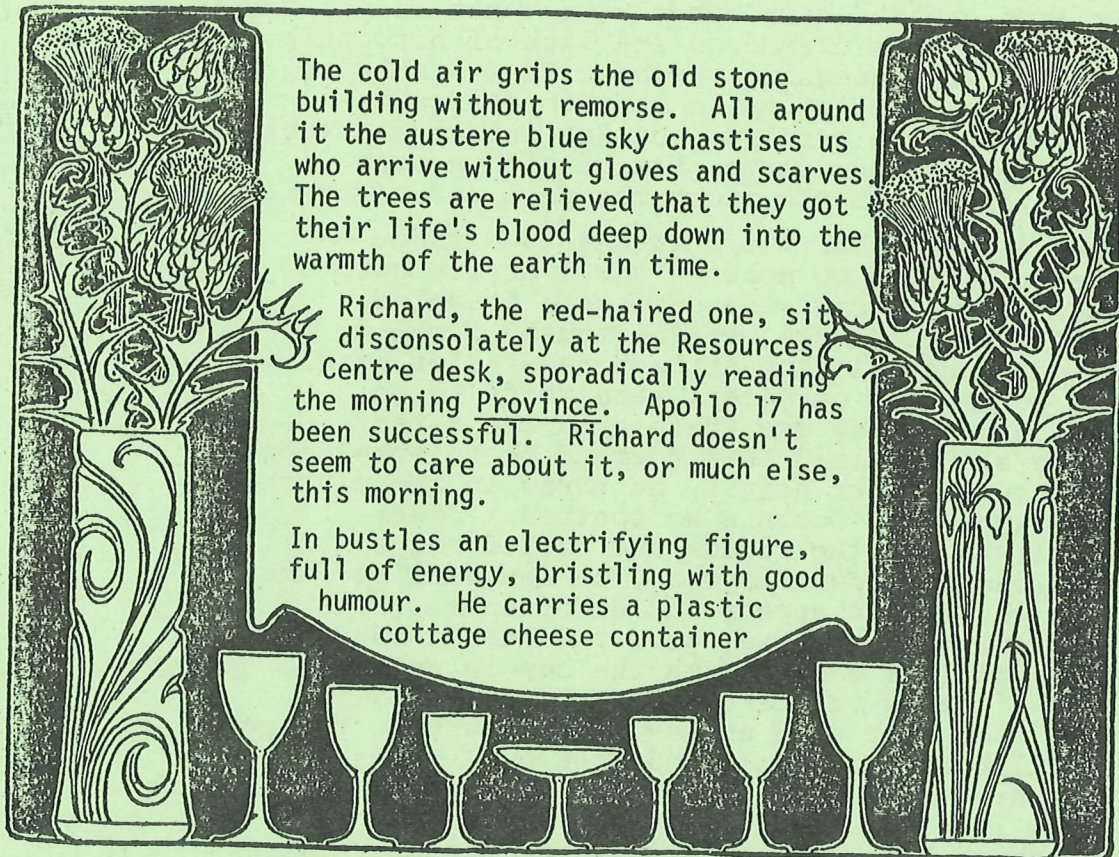
G.P.

HOLIDAZE

Robert Gauthier will be on holiday from December 22nd to January 4th. He wishes everyone a very Merry Christmas and a Happy New Year!

R.G.

NOSTALGIA - JANUARY 1973



The cold air grips the old stone building without remorse. All around it the austere blue sky chastises us who arrive without gloves and scarves. The trees are relieved that they got their life's blood deep down into the warmth of the earth in time.

Richard, the red-haired one, sits disconsolately at the Resources Centre desk, sporadically reading the morning Province. Apollo 17 has been successful. Richard doesn't seem to care about it, or much else, this morning.

In bustles an electrifying figure, full of energy, bristling with good humour. He carries a plastic cottage cheese container

in which five unhappy carnations languish, banked by desultory fans of fern. He exhorts us to donate money for a food table in Gastown. Why not? How could the carnations suffer more?

We stuff two white carnations into an empty Fresca bottle. I get water for them across the draughty hall, into the main office, through the phalanx of secretaries' desks, through the Dean's office, warm and empty. It's too early for him to be crossing swords with education.

There is a heavy door standing open in his office, the door of the vault. This is where the coffee things are housed. There is a sad old sink, with arthritic taps that hold their hands to their hips and groan when you turn their faucets. The Fresca bottle drinks sloppily, needing paper towelling, like a baby.

Everyone feels alive when they see the carnations. In appreciation, the carnations begin a crescendo of scent that caresses the nostrils for hours.

And so summer comes in at the nostrils, through the eyes, while the fingers turn blue in the cold.

G.N.

EASY WITH THAT CHRISTMAS SPIRIT

'Twas the night before Christmas, and all through the tavern
Friends greeted each other with "What're you havin'?"
One patron was draped on the back of his chair,
Another was squeezing the beer from his hair,
A woman all dolled up in chiffon and sable
Was belching a carol as she lay 'neath the table,
And then, as her garter let go with a snap,
The blonde with the moustache fell out of my lap.

When from the bar there came a loud shout --
"We're serving no more -- now everyone out!"
Away to their cars the customers stumbled,
And keys into locks were nervously fumbled,
Skidding and sliding through new-fallen snow,
The po-tential murderers were ready to go,
From each glassy eye there dribbled a tear
As we all realized that there'd be no more beer,
We burped at our driver, he threw in the clutch,
Zig-zagging up Georgia we spotted a dame;
I rolled down the window and called her a name,
Up Broadway, down Kingsway, on Lougheed to Pike
When who should appear but a cop on his bike
We stepped on the gas, gave the horn a loud toot,
Then off like a shot with the cop in pursuit.
As dry leaves before the wild hurricane fly,
When they meet with an obstacle, mount to the sky,
Up hills and down dale and then on the level,
We roared through the night as if chased by the devil.
Then, in a twinkling, I saw up ahead
The amber had gone, the light had turned red.
As I drew down my head, put my feet on the dash,
The street was lit up by a helluva crash!
He was dressed all in white from his head to his feet,
What he said to the nurse I dare not repeat;
I tried to turn over but, limp as a sack,
There was nought I could do but lie still on my back,
My eyes were so dim, and I coughed as I spat,
My neck was all twisted, my nose was quite flat,
My droll little mouth was a long scarlet gash
Ripped by the force of that terrible crash;
The stump of my leg I could see 'neath the sheet,
I never did find what they did with my feet.
They couldn't use either 'tis sad to relate,
I was punctured so much I just wouldn't inflate.
With scalpel and forceps and ninety-eight stitches
They drew me together like father's old britches,
He spoke not a word 'til he finished his work,
Then ordered the nurse to -- "Remove that jerk!"
Then placing his thumb on the end of his nose
And spreading his fingers -- the usual pose --
He bade me adieu and concluded our meeting
With a word of advice in a Yuletide greeting
"Your best Christmas present is that you're alive,
Maybe now you'll remember --
IF YOU'RE DRINKING -- DON'T DRIVE!!!!"



KING EDWARD DAY

The Date: March 19, 1982
The Place: King Edward Campus
The Theme: Making Do -- One more time

Your help is still needed to make King Edward Day a success.
The sub-committees listed below would appreciate your assistance
in the area of your choice. Please make and sign the slip
provided. Leave it with June Lucas in the office or in Howard
Turpin's mail box.



I would like to help with K.E.C. Day 1982.

Nostalgia and ideas

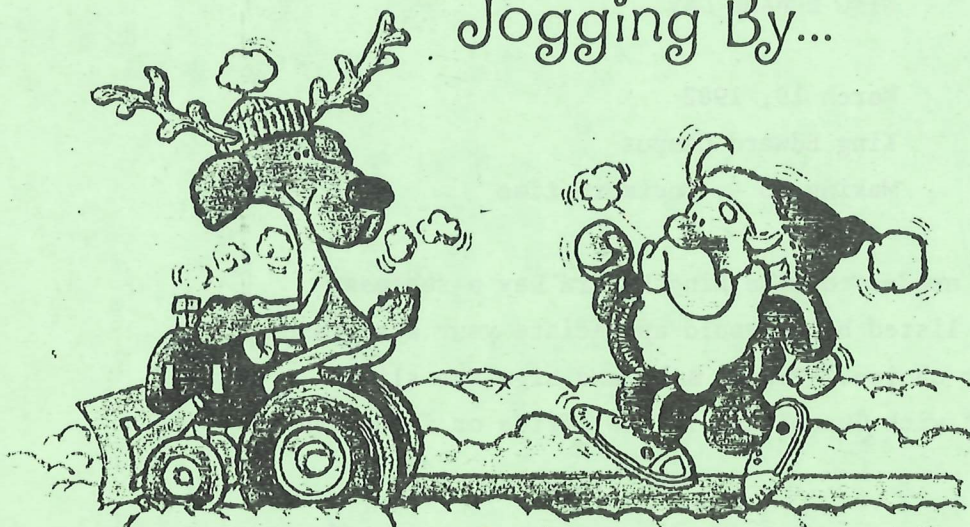
Food and drinks

Music and entertainment

Publicity and prizes

Space and decorations

NAME



UNITE!

We have been challenged to a fun run by a motley group of "Y" runners called the "Stanley Park High Steppers" - or is it the "Stanley Park Steamers"? Somehow they have gotten the impression that V.C.C. has a highly skilled and qualified running team. We desperately need warm bodies to respond to this insulting challenge. We are not looking for track stars or marathon runners (although it would be nice to have a few) but people who can put one foot in front of the other for a reasonable

distance. It is also mandatory that you like people and like having fun.

The run will probably take place in late January or early February. Probably at Stanley Park and most definitely will end in a social function!

We also need help from all you non-runners and you scoffers to help with the run and to cheer us on to victory. Another problem we have is that our illustrious team has no name. If you have a name (and please keep it in good taste) for the V.C.C. NO NAME RUNNERS, put your suggestions in Ted Kirby's or Dave Greenall's mail boxes. If your suggestion is chosen, you will be an honorary member of the team and will receive a free set of team colours (shorts and T-shirt).

The winning team will be decided on the basis of the lowest total points (points determined by placement at finish) of the first twenty runners on each team. We are looking forward to hearing from you.

P.S. Some good news: Eighteen people have indicated an interest -
~~14~~ from K.E.C. (15) - the big "P" - Gordon Pawelchak just
 2 from Regional Office signed up!
 2 from V.V.I.
 Langara ?

D.G.



"... and then I want a smaller pupil-to-teacher ratio, an increase in cost-of-living expenses, more cooperation from parents and the other staff members. . ."

FOR THE RUNNING ADDICT - WHAT ELSE WOULD X

Come run the New Year's Eve
MIDNIGHT EXPRESS

DEPARTING: 9:00 p.m. from Beach House Restaurant
in Stanley Park

- ITINERARY:
- 5 Mile Footrace on Roadways of Stanley Park
 - Après-race Celebration at West End Centre
 - Midnight Prizes
 - Overnight Berths at West End Centre
- For those who wish to stay aboard



FITNESS FIRST RACING CLUB
and West End Community Centre

*a footrace festival . . .
night moves . . . moon racing . . .*

REGISTRATION: Race starts promptly at 9:00 p.m. (check-in time: 8:30 p.m.) at Beach House Restaurant, Stanley Park

NAME _____ AGE _____ ☐ MALE ☐ FEMALE

ADDRESS _____

TELEPHONE: HOME _____ BUSINESS _____

DO YOU PLAN TO STAY OVERNIGHT AT WEST END CENTRE? ☐ YES ☐ NO

\$5 ☐ Race Fee includes special black "Midnight Express" T-shirt Please check size: ☐ S ☐ M ☐ L ☐ XL
(Please note: Only participants pre-registered by Dec. 24 will receive T-shirt.)

\$5 ☐ Licensed Party (includes Sandwich Meal)
(Party tickets limited to first 200 people)

RACE INFORMATION: Robin or Alan Carr 430-4232
or Les Bond 689-0571

By mail or in person to:
WEST END COMMUNITY CENTRE,
870 DENMAN STREET,
VANCOUVER, B.C. V6G 2L8
CHEQUES PAYABLE TO: "FITNESS FIRST RACING CLUB"

2002 PT

PERSON

DOON NEW YEARS

EVE

POSITION OPENINGS

V.C.C. Langara Campus requires a Journalism Instructor. Apply in writing by January 31, 1982.

V.C.C./V.V.I. requires a Clerk Typist I-II in the Registration Services Department. Closing date for applications is December 17.

For further details on the above positions, please see bulletin boards.

H.E.P.

RADIO SHOW C.J.V.B. - CHINESE VOICE - JANUARY 8, 1982 - 10:15 to 12:00 MIDNIGHT

The interview has been confirmed. Myrna Rothman will be interviewed 10:15 - 11:00 (news break 11:00 - 11:20) and again from 11:20 to 12:00. The station accepts calls from interested parties during the interview time. A translator will be present to translate all that is said into Chinese. Myrna will be asked about Homefront and the N.E.D. classes. In all, when the news and commercial breaks are accounted for, she will be on the air for 60 minutes.

R.M.W.

HOLIDAY GREETINGS

On behalf of the administrators at K.E.C., I want to take this opportunity, and use this medium, to express to all members of faculty and staff our warmest wishes for a happy holiday season. And all best wishes for 1982 as well!

H.E.P.

A MUSICAL THANKS

If you find yourself with an hour of free time on December 28, you might want to catch the television show "Thank You For The Music" on Vancouver Cable 10 at 9:00 p.m. "Thank You For The Music", hosted by Pasquale Pascucci, highlights the past year's musical performances from Stanley Court. A Westend television show.

Repeats: January 1, 12:00 Noon and
January 2, 9:00 a.m. (A great way to recover from the night before)

P.P.

REMINDER OF REDUCED LIBRARY HOURS

21 December for two weeks, library hours will be 9:00 a.m. to 5:00 p.m.
On Friday, 18 December, the library will close early at 1:30 p.m.

P.C.

WANTED!

English teacher will tutor Malaysian student in return for lessons in Malayan. If interested, please phone 224-7355. Please inform your students.

M.G.

K.E.C./C.E. WINTER TERM OFFERINGS

A bulletin board with postings of K.E.C./C.E. offerings for Winter Term is up near the top of the N.E. stairwell in the administration building. Quite a few of these courses may be relevant to you for professional development - have a look-see! The following pages also contain a description of the courses offered.

Peter Ballin will be off campus from December 18 until January 5. For further information during that time, contact my office (local 59; room 308B) where Dawn Eurchuk will answer your questions.

P.J.B.



"And this is Genghis Khan,
the backbone of the organization."

CONTINUING EDUCATION

KING EDWARD CAMPUS

WINTER PROGRAM

Personal Management----Experiential Courses for More Creative and Successful Lives

VENTURES I: ENHANCING PERSONAL GROWTH AND DEVELOPMENT

An intensive 5-day workshop designed to allow you to improve relationships, clarify personal and career goals, practice deep relaxation and meditation, increase self-confidence, improve communication skills and bring more energy and fun into life. The course is a unique combination of elements drawn from various psychotherapies, relaxation and meditative techniques, stress management trainings and the human potential movement. Short lectures, structured experience and discussion is the format used in this supportive and non-judgmental forum. Presented in conjunction with the New Ventures Foundation.

Three starting dates: February 3
March 17
April 28

Cost: \$320
\$160 for students
and seniors

Hours: Wednesday-Friday (evenings)
Saturday
Sunday
An evening 1½ weeks later

Pre-registration is required. Call 681-4002 for more information and exact times.

INNER DIMENSIONS: ADVANCING AWARENESS AND PERSONAL EFFECTIVENESS

An intensive 5-day workshop with a 25-day follow-up, designed for you to expand your effectiveness and make it a part of everyday living. Your unique learning style is assessed and used as a solid base for adding new dimensions to your life in leadership and organizational skills, problem solving, setting priorities to goals and actualizing them, understanding and working with others, and personal power. There is support for the way you are, explorations into possibilities of how you can be, and formulas for the successes you want. Presented in conjunction with Inner Dimensions Seminars.

Four starting dates: January 13
February 17
March 17
April 14

Cost: \$350
\$175 for students
and seniors

Hours: Wednesday-Friday
Saturday
Sunday

A 1½ hour interview is necessary prior to course commencement. Phone 872-0251 for your appointment and further information and exact times.

Ventures I is recommended as a basic course, to be followed by Inner Dimensions. The two courses complement one another beautifully.

COMMUNICATING EFFECTIVELY

\$35.00

Do people hear what you say? Do you hear what people say? Do others have an accurate picture of you? At the completion of this course you should be able to communicate with confidence personally and professionally and have a deeper understanding of human behaviour. Topics include: listening skills, non-verbal communication, assertiveness, enlisting support, and expanding your communication styles.

Wed. 7:00 - 9:00 10 sessions Rm. 213 V. Hunter

EFFECTIVE STRATEGIES FOR TEACHING, LIVING AND LEARNING

- 11 -

\$45.00

Are you aware of your best learning style? Do you know how to program your own bio-computer? Can you get in touch with your subconscious knowledge? An experiential course enlisting the whole brain--rational, intuitive and emotional--to accelerate mental processes, improve learning and recall, relax and coordinate mind and body. Visualization techniques are used. Primarily for teachers, health professionals and others in the helping professions.

Mon. 7:30 - 9:30 10 sessions Rm. 213 M. Brown

LEARNING FROM YOUR BODY--A NEW APPROACH TO PHYSICAL RE-EDUCATION

\$26.00

Stress management and relaxation are learned through empathics--an approach based on hatha yoga, breath education, message, Reichian body-armor concepts, and the silence of Zen meditation. Revitalizing techniques will enable you to change energy draining habits and avoid burnout.

Thurs. 7:00 - 9:00 6 sessions Rm. 213 I. Raffel

THE USE OF RESTRICTED ENVIRONMENTAL STIMULUS TANKS (R.E.S.T.)

\$86.00

Course includes five floats, where participants will discover and explore how the R.E.S.T. facilitates relaxation of the body, focusing of the mind and awakening of latent energies. Class sessions will devote time to sharing of experiences and discussion of the history, uses and possibilities of R.E.S.T. Topics include: visualization, creativity, self-hypnosis, enhanced learning and meditative styles.

Mon. 7:30 - 9:00 10 class sessions Rm. 314 M. Murphy
5 tank sessions by appointment

Stay Healthy

CO-ED FITNESS

once a week \$24.00
twice a week \$48.00

Put your body into the shape you want it! Increase your muscle tone, endurance, and flexibility. Exercises include those used for team and individual sports. Participants work at their own level. Each session has warm-ups, aerobics and warm-down.

Tues. and Thurs. 4:30 - 5:30 16 weeks Rm. 110 R. Shelley

NUTRITION MYTHS AND FACTS: THE HOW AND WHY OF A HEALTHY DIET

\$42.00

An up-to-date course sufficiently thorough to satisfy professionals called upon for nutritional advice, yet simple and clear enough for those with no scientific background. Upon completion of this course you will be able to plan a healthy diet, purchase and use nutrient supplements knowledgeably and economically, and evaluate claims about diets and nutritional products. Special attention will be given to controversial issues such as vitamin and megavitamin supplements, RDA's, natural versus synthetic vitamins, vegetarianism, unsaturated fats vs. cholesterol, dietary fiber, "organic" foods, and hypoglycemia.

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Wed. 7:15 - 9:15 14 sessions Douglas Park O. Kirchenberger
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MARINE INTERTIDAL ECOLOGY OF GREATER VANCOUVER

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There's more seashores than sea shells! An introduction to the plants and animals which frequent Vancouver shorelines, including their identification, habitats, special adaptations, life histories and ecology. The classroom sessions include slide shows and live animals. Two local field trips offer firsthand experience. A weekend expedition to the west coast of Vancouver Island is a possibility. Given in conjunction with the Vancouver Public Aquarium. N.B.: The Jan. 26 and Feb. 9 sessions will be followed immediately by late-night field trips. The course begins Jan. 19.

Tues.	7:00 - 9:00	6 class sessions 2 field sessions		L. Cameron M. deJong- Westman
		Vancouver Public Aquarium		

WINTER ECOLOGY OF WATERBIRDS AND RAPTORS IN BRITISH COLUMBIA

\$42.00

The relatively mild winter climate of coastal and southern B.C. attracts hundreds of thousands of waterbirds and raptors. Practical insights into their ecological relationships are discussed in classroom sessions and actively investigated on field trips, with plenty of practice in identification. A full day excursion to the Gulf Islands is a possibility. The instructors share a wealth of field experience as professional avian ecologists.

Mon.	8:00 - 10:00	6 classroom sessions 3 weekend field trips	Rm. 138	I. Robertson G. Kaiser
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Tues.	4:30 - 6:00	10 sessions	Rm. 186	M.J. Nehring
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Classes begin the week of Jan. 11 unless otherwise noted.

Register at the King Edward Campus prior to course commencement to ensure a space. Registration times are 8 AM to 7 PM Monday through Thursday and 8 AM to 3 PM Friday.

For further information and location of classes call King Edward Campus, 731-4614 and request Continuing Education.



KING EDWARD CAMPUS

2750 OAK STREET

731-4614

CONTINUING EDUCATION
PRESENTS

.....LANGUAGE LEARNING THE SILENT WAY.....

Language teachers and students in Vancouver may have heard or read about the SILENT WAY, a profound and pragmatic approach to language learning. This course provides the first public opportunity to learn about the SILENT WAY in depth and from first hand experience.

USING A STUDY-GROUP FORMAT, THE COURSE WILL FAMILIARIZE PARTICIPANTS WITH SILENT WAY TOOLS AND TECHNIQUES AS WELL AS WITH THE UNDERLYING EDUCATIONAL PHILOSOPHY DEVELOPED BY DR. CALEB GATTEGNO, SCIENTIST, PSYCHOLOGIST AND EDUCATIONAL CONSULTANT.

Using a variety of learning techniques, we will explore topics that include:

subordinating teaching to learning.....freeing the students.....the role of perception.....granting and taking for granted.....economics of learning... the spirit of language.....uses of SILENT WAY materials.....educating awareness

THE INSTRUCTOR: Mary Jane Nehring, a teacher of English as a second language since 1973, studied the Silent Way in New York with its originator, Caleb Gattegno, at Educational Solutions, Inc. An active member of the study group "Projects SUBTLE" (Subordinating Teaching to Learning), Ms. Nehring has worked extensively with the Silent Way as a learner, classroom teacher, and workshop leader.

DAY: TUESDAYS
TIME: 4:30 - 6:00 PM
PLACE: room 186
COST: \$32.00
NUMBER OF SESSIONS: 10
BEGINS: JANUARY 12

