

Periodicals

Windsider

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JAN 31 1984

DOUG BROWN TESTIMONIAL FUN NIGHT

Doug Brown, who is the Dean of Administrative and Student Services at the King Edward Campus, will be retiring at the end of February, and in his honor a Testimonial Fun Night is scheduled for February 24th!

The event takes place at the King Edward Campus where there will be a no-host bar, a dinner at 7:30, with dancing to round out the evening. Tickets are \$8.00 each and can be purchased at V.V.I. from Janet Corns who is located in the Dean of Administrative and Student Services area on the main floor.

INSTRUCTIONAL SKILLS WORKSHOPS

VCC-VANCOUVER VOCATIONAL INSTITUTE LIBRARY

If you are, or will be, an instructor at the V.V.I., and need to complete the requirements for I.D. 101 skills or want to sharpen up instructional skills, you can sign up for the following workshops by contacting David Tickner in the Program Development Department at Local 382.

<u>WORKSHOP</u>	<u>DAYS</u>	<u>DATES</u>	<u>TIME</u>
84 - 01	MON - FRI	FEB. 6, 7, 8, 9, 10	09:00 - 15:30
84 - 02	MONDAY	FEB. 27, MARCH 5, 12, MARCH 19, 26, APRIL 2	16:30 - 21:30
84 - 03	TUES/THURS	APRIL 3, 5, 10, 12, 17, 19	09:00 - 15:30
84 - 04	TUES/THURS	JUNE 5, 7, 12, 14, 19, 21	09:00 - 15:30

BOOKSTORE NEWS

The Bookstore has received some new merchandise! If you get caught in the rain, we have umbrellas for as low as \$4.99!! We also have received sable cosmetic brush kits which are priced at \$13.50. (We have heard rumours that this is the best price in Vancouver)!

Last week we stated we would be open on Saturdays from 09:00 to 15:30 after February 11th, but actually we will be open Saturday January 28th and February 4th from 09:00 to 15:30. After February 11th, we will be open from 09:00 to 13:00!

SS

PETTY CASH HOURS

Effective immediately, petty cash reimbursement will only be available between the hours of 13:00 and 15:30!

RGs

LIBRARY FILMS February 2 (12:15 in the Library Screening Room)

BAMBOO, LIONS AND DRAGONS (26 minutes)

Two families, the Changs and the Lims, tell the story of the Chinese community in Vancouver from widely different perspectives. Chang Yun Ho arrived in Canada in 1908. His generation never integrated into the Canadian mainstream, partly because of the passage of the Asiatic Exclusion Act that fostered racism. In contrast, Liz and Herb Lim were born in Canada and grew up in Chinatown. They now live in the suburbs, totally acculturated to Canadian ways.

NEIGHBOURS (8 minutes)

Norman McLaren uses the principles normally used to put drawings or puppets into motion to animate live actors. The story is a simple parable about two people who come to blows over the possession of a flower. Eight awards, including Oscar.

AB

JOB OPPORTUNITIES

LANGARA - Secretary I : Division Chairmen - General Office. Competition Number 09-01-84. Closing date is January 30, 1984.

CONTINUING EDUCATION DIVISION - Clerk II : Telecollege. Competition Number 08-01-84. This is a temporary position until approximately May 31, 1984. Closing date is January 30, 1984.

CONGRATULATIONS!!

Congratulations to Mr. Brian Dwyer who is the new Department Head for the Program Development Department!!

THE COST OF A BUSINESS LETTER

The cost of dictating, transcribing, and sending the 'average' business letter in 1983 was \$7.60 according to Chicago's Dartnell Institute of Business Research. This is a 6.9% increase over 1982 and according to the institute is primarily attributable to higher salaries for both middle management and secretarial support. Machine dictated letters cost \$1.90 less to produce but this is still a far cry from the 1930's when the cost of business correspondence stood at 30 cents!

(Excerpt from the September 1983 issue of OE&M Office Equipment and Methods, Page 25)

KIWANIS CLUB OF VANCOUVER

KIWANIS CLUB 25TH AUCTION

The Vancouver Kiwanis Club is holding its 25th Auction on Saturday, January 28th, 1984.

This is the major fund-raising event of the year for this club and so far, \$175,000 worth of goods and services has been donated to the Kiwanis for this auction! Channel 8 Television will be covering the event from 08:00 to 18:00 on Saturday, and the number of persons involved in producing a spectacle of this magnitude is approximately 250 Kiwanians and 50 T.V. personnel.

The Food Trades Department of V.V.I. has prepared the food for the past five auctions and will be following suit this year with the main attraction being 3 standing hips of steer (weighing approximately 75 pounds each). This year the Baking students are preparing a special 25th Anniversary cake to be displayed at the Auction and the V.V.I. participation can be seen on camera at around 14:30 for one full minute on the 28th.

Of special note and merit is the fact that the students and instructors from the Dining Room and Lounge Service, Cook Training and Baking programs are all volunteers and selflessly give of their time for this worthwhile function.

BAW



LIBRARY UPDATE

The following AV materials have arrived at the Library and are now available for use!

Basic Nursing Skills (18 videos plus guide)

Xerox Ethernet; 8010 Star Information System (video)

Carrier Presents Applied Electricity (soundslide series)

Electrical Wiring

Information Processing

A NOTE TO INSTRUCTORS

"Is there something after the I.D. Program"?? Yes there is!! You should receive information on a Diploma Program in Adult Education within the next couple of days!

MEL

THOUGHTS ON DIETING

Something to think about for all the dedicated bumpers and grinders at the V.V.I.!

- * I am willing to establish a new belief that being overweight is a solvable problem
- * I now believe that I can lose weight
- * I now believe that I can maintain my ideal weight through the ups and downs of my life
- * Each day my body comes closer to reflecting on the outside that perfection I am on the inside
- * I am a thin person. I think as a thin person thinks. I eat as a thin person eats, therefore, I have a thin body
- * Whenever I begin "fat" behaviours, I acknowledge what I've done and begin again with "thin" behaviours
- * I acknowledge myself for being willing to do what I have to do to reach and maintain my ideal weight
- * I affirm my ability to eat under optimum conditions
- * I recognize the signals my body sends me regarding its needs and then respect and honor those signals
- * I eat only when hungry
- * I eat while sitting down in a calm environment
- * I eat slowly so I can appreciate my food
- * I eat selectively, choosing only those foods that appeal to me
- * My body tells me when it's full, and I stop eating
- * I am willing and able to leave food on my plate
- * I affirm my ability to stay on course so that I can manifest on the outside the perfection I am on the inside.

EMS