

645
FEBRUARY

11

1993

BKSTYS

King Edward

Vol. 224
February 11, 1993

KIWANIS FESTIVAL IS HERE:

Once again, the Music Department is hosting the annual Kiwanis Vocal and Instrumental Jazz Competitions at KEC. The Festival will begin Thursday, February 25th in the morning and run through Saturday, February 27th.

During these three days, there will be some 1000 potential KEC music students on the premises involved in this major competition. While we have tried our best to make sure the event will be limited to the Music area, there will be some spillover effect. For this we apologize in advance. One of the effects will be an area of the student lot blocked off for bus parking.

We will have the Music Department office (3271) staffed at all times throughout the Festival, so please contact us at local 7297 if you have a problem with the operation of the Festival.

This is a major event for us, with long-term benefits, and we thank you in advance for your cooperation throughout the weekend.

David Branter

The program for Visually Impaired Adult was involved in an exciting adventure which took place Friday, February 5 and Monday, February 8. Thanks to Betty Nobel's involvement in the movie "Jennifer 8" as an extra, she was contacted by Cannell Films and asked to be a technical advisor and actress (yes, she speaks!) in the TV production of "The Commish". As it turned out, they also needed 15 visually impaired adults as extras. She thought immediately of the program at KEC and contacted me and what emerged was 11 students and myself (technical advisor and extra) being involved in the filming. A fascinating experience for all concerned. The show should air in four to six weeks and is titled "Sight Unseen" should anyone wish to view it.

Gwen Masse

AUTOMOTIVE DEPARTMENT

We are currently accepting requests for Brake repairs to vehicles 1980 or newer. Requests will be filled as openings become available. There is no labour charge on work done in our shop. Please leave your message with Robert at local 7526.

VANCOUVER
COMMUNITY
COLLEGE



ABSENCES FROM CAMPUS

Barbara Little, Department Head for College and Career Access (CCA) will be on holiday February 8-26 inclusive. Anyone requiring attention should contact Peter Lear or Barbara Ash.

Branda Appleton, Campus Librarian, will be on vacation from February 15-26.

MENTAL FITNESS CORNER

PUZZLE:

What is used in measuring that no one can see or touch?

TRIVIA:

What does an apple appear redder on a tree than in your hands?

ANSWERS FOR LAST WEEK'S SUBMISSIONS

PUZZLE:

The four dead birds (one seventh of 28) are left; the others flew away.

TRIVIA:

Nestor.

Wayne Ko
Mathematics Department

ANTI-RACISM EDUCATION: A COMMUNITY PERSPECTIVE

On February 27, 1993, Vancouver Society of Immigrant and Visible Minority Women and B.C. Organization of Immigrant and Visible Minority Women will present a workshop on Anti-Racism Education at SFU Harbourside from 9:00 a.m. to 1:00 p.m.

The workshop will address three major topics: Anti-Racist Education for Students in the Public School System, Teachers Attitudes and Involvement and the Input and Impact of Parents.

The Honourable Antia Hagen, Minister of Education and Minister Responsible for Multiculturalism, will provide opening remarks.

We invite anyone who is interested to attend this unique workshop which will include a panel discussion with Yvonne Brown (Multiculturalism and Anti-Racism Consultant), Nora Greenway (Vancouver School Board), Inder Mehat (Languages and Multicultural Programs, B.C) and Hayne Wai (Federal Human Rights Commission).

To register, please call 731-9108.

For further information, please contact: Parvin Partovi, 731-9108.

WORKSHOP

Coaching Skills for Managers and Supervisors,
Vancouver, April 14
Sheraton Landmark Hotel and Conference
Centre, 1400 Robson Street
\$195 + GST.

"PROJECT CARS" SALES INTEREST GROWS

A "Project Car" is the term given to the near new vehicles, providing exposure to the latest in technology, that have been used in the training of Automotive Collision Repair Technician students at KEC. These vehicles have been totally rebuilt and restored to original condition as part of the instructional process. They are of various model types, safety inspected and appropriately priced.

Interest in these cars is building, several phone calls have resulted in sales and offers being made. The current vehicles, which may be viewed at KEC Automotive Collision department, are:

1986 Nissan 4X4 King Cab	\$5,200.
1987 Mercury Tracer	\$3,000.
1989 Mazda P.V.	\$5,195.
1990 Nissan Pulsar NX	\$8,500.
1991 Chevrolet Cavalier	\$6,000.
1991 Ford Mustang	\$7,995.
1992 Toyota Tercel	\$8,400.

If you are interested in purchasing one of these beauties, please contact Sam Lewindon at local 7012, or drop by his office (room 4059) KEC 4th floor.

"THE WORLD IN OUR COMMUNITY" MULTICULTURAL FESTIVAL

A Cultural Event is being planned to take place in June of this year, at KEC. You may recall that this type of event was held in the past and was a celebration of our cultural diversity. This event will feature Music, Art, Dance and other displays of the various cultures that make up King Edward Campus.

Volunteers are needed to form the planning committee for this exciting event. Experience in such an activity, while helpful, is not essential. What is required is a high level of enthusiasm and a willingness to accept a challenge.

Those wishing to be part of the planning team are requested to contact Sam Lewindon at local 7012.

NORA HALL UPDATE

Nora Hall, ICL Services' Assistant Food services Manager, is recuperating after surgery at Burnaby General Hospital. ICL Services, as well as the KEC faculty and staff, wish Nora a speedy recovery so she may return to all of us at KEC and her much missed presence in the cafeteria.

While Nora will appreciate the fund raising projects, she is receiving full benefits and disability programs provided by ICL Services.

ICL Services takes this opportunity to welcome Mr. Cook Senghera as Interim Foodservices Manager at KEC. Mr. Senghera has extensive foodservices experience and he is looking forward to servicing the needs of the KEC faculty and staff.

ICL Services

Software for Language Study

Flexible Authoring for Multimedia

*Learn about possibilities for PD or
CD projects*

Workshop sessions
at KEC North -- 2019 Dundas
Reading & Study Centre
2:15 - 3:45 each day
Monday February 15

**Digitized speech
for listening skills**

Tuesday February 16
**Sound & Pictures
for vocabulary study**
-- for any course

Wednesday February 17
**Interactive fill-in
"conversation"
practice**
-- listen and type



We will be using a monochrome Macintosh with Hypercard, but Toolbox on Windows is almost the same. We can will also discuss DOS software for language authoring.

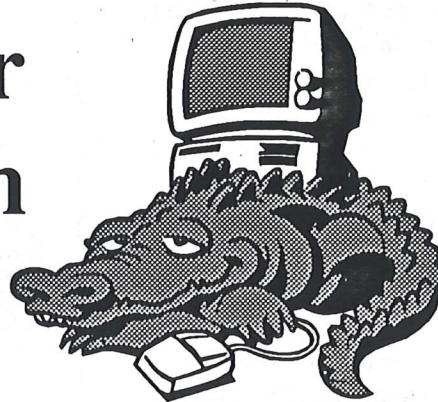
Please phone in if you are coming from another campus
Lee Henderson 871-7328 -- leave a message

Computing Corner

Newsletter of the Instructional Computing Support Centre

January, 1993

Preventing Your Computer From Becoming a Health Hazard



Most of us have carefully researched our computer hardware and software before purchase, but how many of us have put as much thought into the furniture that we use with our equipment. Having spent a large sum of money on our system, we expect it to fit in with the existing furniture. Yet the desk and chair that we use with our new computer, and how we sit at it may have a significant effect on our health and well-being.

Many aches and pains associated with computer use can be traced to

- how you look at the monitor
- placement of your fingers on the keyboard
- how you sit in your chair

The Monitor

Eye fatigue, one of the hazards associated with computer use, can be minimized by taking steps to control the conditions under which you use your computer. These include: reducing the glare from your monitor; correcting its position; using proper lighting; employing a good quality display; cleaning off your monitor; and using appropriate eye wear.

Glare

Glare, the reflection of bright light off the glass surface of your monitor screen, is a major cause of eye irritation. This can be reduced by avoiding

direct overhead lighting and using an adjustable light which can be focused on your paperwork and not on the screen. If you have a window where you work, either ensure that it can be covered or align your monitor screen at right angles to it. Your monitor should be equipped with a tilt-swivel stand to help you make adjustments to reduce glare.



Anti-glare Screens

Anti-glare screens can be attached to your monitor. Using a good, fine mesh or glass anti-glare screen is like wearing good quality sunglasses on a sunny day. Dust accumulation

and screen flicker can also be eliminated.

Screen Display

A flat screen like that used in a portable computer is less prone to glare than the usual curved glass screen, but it is also much more expensive. A non interlaced monitor with a low dot pitch and a super VGA card provides the best display at the moment in the regular PC type monitor. Your eyes will be less tired if you do not have to look up at your monitor. The top of the screen should be at eye level or slightly below. It is recommended that the monitor be tilted so that the top of the screen is 10 to 15 degrees from the vertical.

Dust

Monitor screens naturally attract dust and this can cause eye irritation. You can keep your screen dust free by wiping it with a damp rag. Be careful not to allow liquid to run down the face of the screen and thus damage the interior.

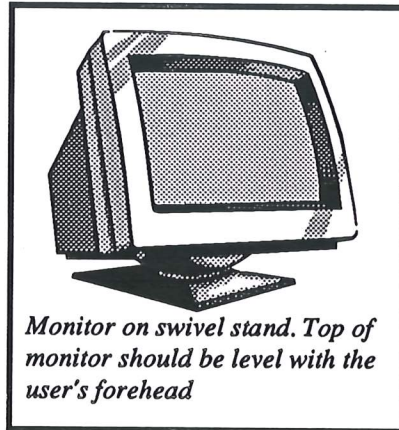
Copy Holder

Use a stand or copy holder for your reference material when typing. This should be positioned the same distance from your eyes as the monitor so that you do not have to swivel your head every time you check your notes.

Eye Breaks

You can give your eyes a break by shifting your focus periodically. Look away from the screen

at a green plant if possible, or count the tiles on the ceiling. The idea is not to overwork your eyes by either continually changing focus or by keeping them in one position for a long time.



Correct Eyewear

Headaches and eye strain can develop in computer users who avoid using necessary corrective eyewear. Bifocals or trifocals should be adjusted for distance from the computer screen. In some cases, special lenses should be used only while working on the computer. You should always let your eye specialist know if you spend many hours working on the computer.

Screen Emissions

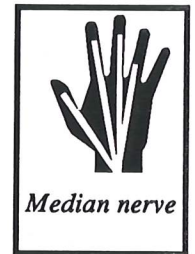
There is no conclusive evidence on the dangers of radiation from the computer screen. Emissions are known to be somewhat stronger at the back and sides of the monitor.

The Keyboard

In former times, typists changed position frequently in order to insert a new sheet of paper, adjust ribbons, or move the carriage return. Today, while using word processors only rapid movement of the fingers is necessary. As a consequence, long unrelieved periods spent typing result in a type of repetitive stress injury known as Carpal Tunnel Syndrome (CTS).

Carpal Tunnel Syndrome

Very simply explained, this extremely painful condition arises when prolonged and unrelieved, repetitive finger movement causes the finger ligaments to swell. The swelling squeezes the median nerve which runs through the wrist and this causes debilitating pain. The condition develops slowly over a period of years, but the onset of pain occurs suddenly. Early warning signs may be numbness or tingling of the hands, usually experienced at nights. **This condition may be aggravated or even caused by incorrect position of the wrists.**



Correct Wrist Position

The correct position for the wrists is a neutral position, that means that they should not be flexed up or down. Do not rest your wrists on the desk surface. Keep them flat, forming a straight line with the forearms, the fingers slightly curved. The elbows should be relaxed and resting lightly by your

relaxed and resting lightly by your sides. The keyboard should be at elbow level or slightly below. The mouse should be at the same level as the keyboard.

Keyboard Pad

A keyboard pad provides support for the wrists while keeping them flat. A mouse pad performs the same function while the mouse is being used. Using these pads takes the strain off the neck and shoulder muscles as well. Warm-up exercises before commencing typing can prevent injuries. Some recommended exercises are: gently massaging the hands; pressing the palm down to stretch the underside of the forearm; pressing the wrist down to stretch the topside of the forearm.

Ergo Keyboard

Apple computers have produced a new keyboard designed to minimize impact on the wrist to prevent CTS. It is hinged in two sections and the right and left halves can be split up to 30 degrees. It costs \$219.00 US. Named the Ergo Keyboard, it can minimize wrist flexing and also reduce stress on the neck and shoulder muscles.

The Chair

How you sit at your computer can determine your level of comfort. Good posture, correct desktop height, a chair that fits properly and periodic breaks are essential for avoiding computer related pains and aches.

Posture

Poor posture is defined as any position which puts undue strain on any part of the body. Ideally the body should assume a neutral posture with all the angles as close to 90 degrees as possible. Slouching forward causes neck and shoulder pain. Sitting too far back in the chair causes circulatory problems. Sitting with the knees crossed and at right angles to the upper body is a favourite position with many computer users, but will certainly cause neck, shoulder and back problems.

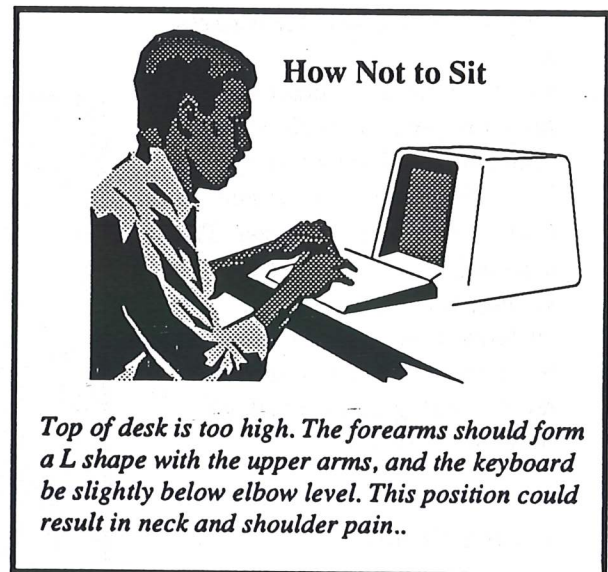
Desktop Height

The desktop is too high if you have to reach up to your keyboard. This will cause neck and shoulder problems. It is too low if you have to reach down and this will result in upper arm tension. The keyboard should be placed so that if the upper and lower arms form an L shape at

the elbow, your wrists and lower arms are parallel to the floor.

Making Adjustments

Ideally, your work station should be arranged to allow adjustments to the height of the keyboard. If this is not possible and your desk is too high, place a small platform under the chair. If the desk is too low, raise it by placing blocks under the legs.



The Proper Chair

The proper chair to use at your computer is one which is a good fit and allows you to feel comfortable. It should be low enough so that your feet can be firmly planted on the floor. There should be some space between the back of your knees and the front edge of the chair seat. If the chair is so high that your feet do not reach the floor, pressure on the lower thighs can cause numbness and circulatory problems. Lowering the chair or providing a footrest can solve these problems. If all else fails, the telephone book can

be used as a footrest. A small cushion at your back will help if the seat is too deep.

Adjustable Chairs

Chairs with several adjustable features are available. If you decide to purchase one of these, make sure that the adjustments are not too difficult or complicated or you probably will not use them. They should include a seat which can be raised or lowered, a backrest which is adjustable in height and an adjustable backrest angle.

Finding the correct chair can be a matter of personal preference. Some people find that using a "back chair" causes neck and back problems to disappear. This is a chair with no back, a forward sloping seat and an angled, cushioned shin support. The spine is maintained in a natural and relaxed sitting posture making slouching difficult.

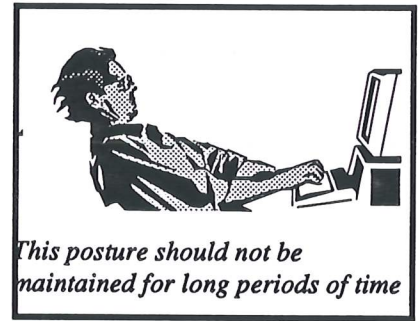
Taking Breaks

Lastly, the body was not designed to sit immobile in one position for long periods of time. Proper circulation depends on your moving your legs and swelling of the feet can occur when sedentary positions are maintained for long periods. Hours can slip by unnoticed when using the computer, so it is important to take regular breaks. Stretch back in your chair every fifteen minutes, and get up and walk around for at least a minute every thirty minutes.

What You Can Do

If you must make do with existing furniture, there are certain steps you can take to minimize discomfort.

- If the seat is too low, sit on a cushion to raise your body.
- If the seat is too high, use a footrest.
- If the seat is too deep, place a small cushion behind your waist.



This posture should not be maintained for long periods of time

Safe Computing.

- Place your body in a neutral position.
- Use adjustable furniture.
- Avoid flexing the wrists up or down.
- Maintain good posture
- Use a good screen display.
- Place the monitor so that the top of the screen is even with your forehead.
- Use indirect lighting to avoid glare, but make sure that paper you need to read is fully illuminated.
- Take frequent breaks.
- Vary your work situations.



References

Consult the following sources for more information on safe computing.

Computer Paper, February, 1993 pp 14-18

Time Magazine, October 12, 1992 pp 76-78

PC Magazine, November 26, 1991 pp 491-495

Lacey, Julia.S. *How to Survive Your Computer Workstation*, CRT Services, Linden, Texas 1990 (In Instructional Computing Support Centre)

CHILDCARE NEEDS SURVEY

Do you have any children in pre-school or kindergarten?

Yes No

If Yes, please complete this form since it will greatly assist our Committee in assessing the childcare needs in East Vancouver.

Do you use child care now? Yes No

If Yes, what kind of care do you currently use?

Group Family Daycare Relative
 Pre-School Kindercare Other _____

How many children do you have? 1 2 3 4 5 6

How old are they? _____

Will you need child care in the future? Yes No

If yes, what kind of care would you like to have? (Mark ALL that apply)

Before School Out of School (summer holidays)
 After School Kindercare
 Group Family Daycare
 Relative Other _____

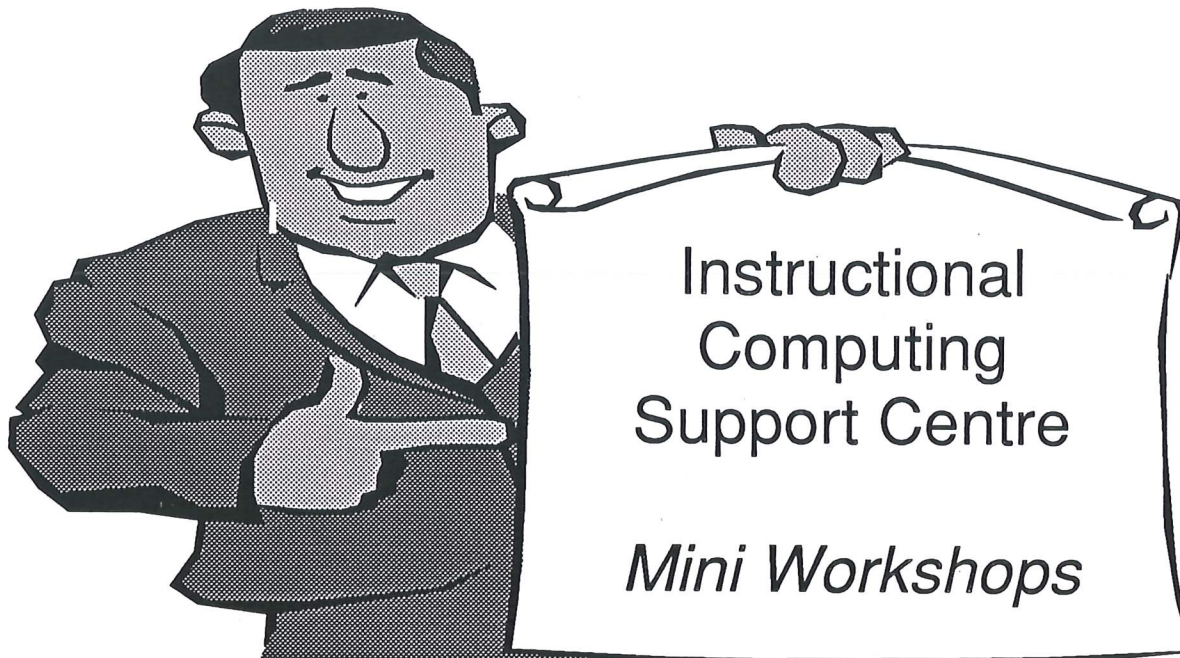
Does your child have special needs? Yes No

Do you live in Vancouver? Yes No

If Yes, in which area of Vancouver do you live?

Champlain Heights Mount Pleasant
 Collingwood Renfrew Heights
 Kensington Sunset
 Killarney Victoria/Fraserview
 Other _____

Thank you for taking the time to complete this survey. Please return it to the main reception area on the 4th Floor. Your response is greatly appreciated.
The results will be published in an April issue of the King Edward Times.



HOW TO MAKE A GREETING CARD USING MS PUBLISHER

Wednesday, February 17
12:15-12:30 and 3:45-4:15
Presenter-Ted Hougham

Adding Pictures to Your Documents Using MS PUBLISHER

Wednesday, February 17
1:00 - 1:30 pm and 3:00 - 3:30 pm
Presenter-Anne McElroy

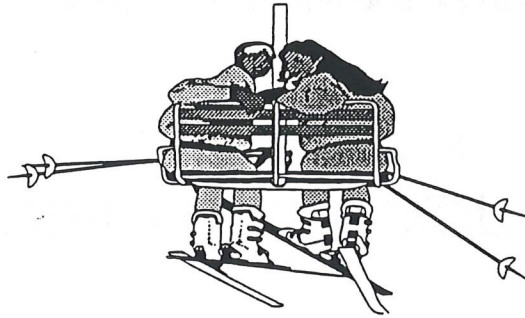
Placing WordPerfect Files in Publisher

Thursday, February 18
12:15-12:45
Presenter-Anne McElroy

PLEASE DROP IN

YCC EMPLOYEE SKI TRIP

Enjoy a weekend of winter fun with
your friends and colleagues



DATE: MARCH 26/27/28, 1993

LOCATION: SILVER STAR, VERNON

APPROX. COST - \$185.00 downhill option
- 160.00 cross country option
(this includes: luxury coach, 2 nights accom., and a 2 day lift ticket)

Trip open to all YCC employees. Feel free to bring one non-Ycc friend! We will leave at approx. 2:00 pm on Friday and return on Sunday evening.

For more info. call Cyndy Howman at L.5253

PLEASE FORWARD YOUR RESPONSE FORM
NO LATER THAN FEB.12/93

VCC SKI TRIP RESPONSE FORM

PLEASE RETURN THIS FORM TO CYNDY HOWMAN AT LANGARA, CONT. ED

NAME:

CAMPUS

LOCAL:

NUMBER OF GUESTS:



VALENTINE'S DANCE

Entertainment by
MUCH MUSIC VIDEO DANCE PARTY

Organized by
KING EDWARD STUDENTS' ASSOCIATION

DATE: Saturday, February 13

TIME: 8:00 PM

LOCATION: KEC Cafeteria

**Tickets are available from the KESA office
or at the door.**

**\$5.00 each or \$8.00 per couple
(includes 1 drink per person)**

Alcohol will be served responsibly.



POSITIONS OPENING

King Edward Campus

ESL Faculty Secondment, Full time from April 1, 1993 to March 31, 1994, (Assessment Centre). Closing date: February 28, 1993.

Miscellaneous

Simon Fraser University, Faculty of Education
A graduate Faculty Associate in Counselling Psychology. Closing date: March 31, 1993.

CLASSIFIED

For Rent

Ski Silver Star Mountain near Vernon: from a brand new duplex with ski-to-door access to downhill ski area, sleeping for 10-12, hot tub and fully equipped kitchen. Phone 931-2285 for rates and reservation.

New large 1 bedroom view suite, large deck, near KEC \$650.00 call Harry at 984-3686.

For Sale

Computer Software: (all new) includes manuals. (for IBM or IBM Compatible).

1. Publish 1t. Desktop publishing. Timework Platinum series. (also runs on Tandy 1000 & 3000). \$65.00 or best offer.

2. Lotus Works. Spreadsheet, Wordprocessing, Database, Spellchecker, Thesaurus, Graphics, and communications. \$75.00 or best offer (normally retails over \$150.00).

3. Lotus Magellan. Utility program. \$60.00 or best offer. (normally retails for about \$98.00).

4. MS-DOS 4.01. \$30.00. or best offer.

Contact Loren : 271-0920 evenings.

I have a new piano so this one has to go. Yamaha portable piano model YPR-7. Perfect for beginning students or someone wanting a portable keyboard. 5 octaves. 5 voices - piano 1, piano 2, electric piano, harpsichord and vibes. Headphone jack. Operates on AC power (adaptor included) or D-cell batteries (so you can take it to the beach or the cabin). Foot switch for sustain damper and music stand included. Weighs only 15 1/2 pounds. An excellent quality keyboard in new condition. \$500 or best offer. Call Pauline 871-7187 (days) or 872-0221 (evenings).

Pair child's drapes. Popple pattern. Each drape 36" W, 62" L. Excellent condition, \$20. Call Chris Potter local 7361 or 438-3473.

INCOME TAX PREPARATION

Minh Trinh is once again offering a computerized service to students and staff to assist in preparation of income tax. Rates begin as low as \$15.00 and Minh donates all fees to KEC Bursary Fund. You may contact Minh at his residence, 3510 - Sophia St. Vancouver on weekends from 10:00 a.m. to 10:00 p.m.

