

# W Insider

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## MUSTANG LOTTERY

Our Mustang has gotten the official stamp of approval! The lower mainland chapter of the B.C. Mustang Owner's Association has requested 25 books for its membership and we will be displaying the car at their February meeting in New Westminster.

Almost all the lottery books have been distributed and sales are steadily picking up. Please remember the February 14th deadline for returning your money and ticket stubs. We require any unsold books by this date so that we may get them to the marketing and sales students for sale in the various malls around Vancouver.



## AND SPEAKING OF CARS . . . . .

We have been having problems again with the underground parking and cars being broken into or tampered with. Just the other week an alert staff member noticed two fellows with a tool box crouched between a couple of cars, shouted at them, and scared them away. The underground is patrolled as much as possible during the day but there are certain things you can do to minimize the risk of having your car broken into.

- Close the windows, lock the doors, and pocket the key (80% of stolen cars are unlocked and 40% have the key in the ignition).
- Never leave luggage, packages or other easily removed articles in view inside your vehicle. Place valuables in the trunk and keep credit cards in your wallet.
- Never hide a spare key under the carpeting or over the sunvisor - thieves know where to look!!
- During hours of darkness, park your vehicle in a well lit area.
- Finding keys identified with a name and address is a thief's delight!!

The best protection against this type of crime is prevention. Don't leave tempting items in view in your car -- it's almost asking for trouble.

Also if you see anyone in the underground who doesn't look like they belong there please contact security immediately!

GBC

## QUOTE FOR THE WEEK . . .

"Some people strengthen the society just by being the kind of people they are."



## TRAIN THE TRAINER SCHEDULING

Following is the schedule for the Train the Trainer program from March 1986 to January 1987.

Course	Course Title	Dates	Times	Hours
2500	Intro to Comp Supp App	Mar 18-April 15	Tue 1430 - 1730	15
2500			Tue 1800 - 2100	15
1518	Giving of Instruction	April 1 - June 3	Tue 1800 - 2100	30
1518		April 8 - June 10	Tue 0900 - 1200	30
1517	Program Design	April 10 - June 12	Thu 1800 - 2100	30
1519	Eval of Learning	April 10 - June 12	Thu 0900 - 1200	30
2544	Inst Media Use	April 9 - June 11	Wed 1800 - 2100	30
1518	Giving of Instruction	May 5 - May 9	Mon to Fri 0900 - 1500	30
1518		June 16 - June 20	Mon to Fri 0900 - 1500	30
1517	Program Design	June 23 - June 27	Mon to Fri 0900 - 1500	30
1519	Eval of Learning	July 30 - July 4	Mon to Fri 0900 - 1500	30
PROGRAM	ICA&A (4 courses)	June 23 - July 18	Mon to Fri 0900 - 1500	
2500	Intro to Comp Supp App	July 12 - July 16	Mon to Fri 0900 - 1200	15
2544	Inst. Media use	July 14 - July 18	Mon to Fri 0900 - 1500	30
2497	Adult Dev and Ed	Sept 4 - Nov 6	Thur 1800 - 2100	30
2545	Eval of Inst	Sept 24 - Nov 26	Wed 1800 - 2100	30
2544	Inst Media Use	Oct 8 - Dec 17	Wed 1800 - 2100	30
2500	Intro to Comp Supp App	Nov 20 - Dec 18	Thur 1800 - 2100	15
1518	Giving of Instruction	Jan 7 - March 17	Wed 1800 - 2100	30
1519	Eval of Learning	Jan 13 - March 17	Tue 1800 - 2100	30

## MARCH IS NATIONAL NUTRITION MONTH

March is National Nutrition Month and the B.C. Nutrition Campaign is scheduling FITFEST-PLUS to coordinate with it. FITFEST-PLUS is a three week program based on a point/reward system, and stresses health, physical activity, and good nutrition through participation in sensible lifestyle practices. How do you score??

PS

### FITFEST-PLUS POINT SYSTEM

#### 1 POINT FOR:

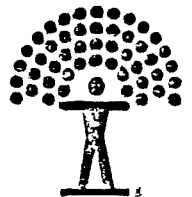
- Every 15 minutes of vigorous activities such as, brisk walking, hiking, jogging, swimming, cycling, skipping, dancing, fitness classes, racquet sports, skating, cross-country skiing, soccer, martial arts, weight lifting, heavy gardening e.g. digging, lawn mowing
- 1/2 day of a downhill skiing
- game of bowling or curling
- climbing 144 stairs in one day (going downstairs does not count)
- Eating a BREAKFAST that includes foods from THREE of the FOUR FOOD GROUPS (refer to Canada's Food Guide)
- Eating a LUNCH that includes foods from at least THREE of the FOUR FOOD GROUPS
- Having no more than 3 cups of caffeine containing beverages in a day
- Drinking at least 4 glasses of water per day
- Flossing your teeth once a day
- 15 minutes per day to reduce stress through personal relaxation, e.g. hobbies, meditation, reading, crafts, or any occupation you find relaxing. (1 point per day)

**GOAL: 45 FITFEST-PLUS POINTS**

### BONUS POINTS

#### 1 BONUS POINT FOR:

- Having a medical check-up within the past year.
- Having a dental check-up within 6 months prior to March, 1986
- Each day that a smoker does NOT smoke
- Each week that you consistently wear your seat belt
- Having at least 7 hours of sleep per day for 5 consecutive nights
- Having no more than 3-6 drinks per week  
1 drink = 3 oz wine  
12 oz beer  
1 oz. hard liquor



EAT WELL, LIVE WELL  
TM The Canadian Dietetic Association

### FITFEST-PLUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEKLY TOTAL
March 3 '86							
						March 23 '86	

TOTAL

You may record a maximum of: 5 FITFEST-PLUS points per day  
18 FITFEST-PLUS points per week  
2 BONUS points per week

**GOAL: 45 FITFEST-PLUS points**

**INCENTIVE: EAT WELL, LIVE WELL**

## LIBRARY NEWS

### Welcome!!

A hearty welcome to Catherine Beckett who has joined the VVI library staff in the position of Library Assistant V. Cathy's main responsibility is to provide library information and reference services. She has taken over where Sandra Jones left off to join the KEC library staff. Please come in and meet Cathy!!

FW

### Lunch Hour Films . . . . .

February 11 - RUTH AND HARRIET - TWO WOMEN OF THE PEACE

Ruth and Harriet are two women in their thirties who live in the Peace River area of northern Alberta. Both are married, with families, and are strongly individualistic, as self-reliant as any pioneer of the past. The homestead, the river, the bush, the wildlife of the forest, their children and their men - that is what they want out of life, even though they've heard of women's lib.

February 18 - SPECIAL DELIVERY

The first big mistake Ralph makes is not clearing the snow from the front walk, and his life goes downhill from that point! By the end of the story, the mailman has slipped on his job, Alice, his wife doesn't live there anymore, and Ralph himself resolves to stop worrying - about the body, his wife, and the front walk. (4 awards - including Oscar).

and - SPRING AND FALL OF NINA POLANSKI

An animation film depicting the life of a certain Nina Polanski, who could be any woman. She marries amidst much fanfare and photosnapping, and settles into a domestic routine of cooking, washing dishes, ironing and babies. Eventually she becomes the very machines she uses every day, until one day she walks into the woods and takes back her old self.

and - SAILING - YACHTING

Prize-winning film of how the people of Holland take to water for pleasure boating. This is visual poetry, and the sole commentary is music and natural sounds: the crack of ballooning sails, the hiss of spray, and the wail of gulls.

### New Acquisitions:

Computer systems for foodservice operations	Lemon-aid used car guide 1986
Marketing in the hospitality industry	Introduction to health education
Outline of customs in Canada	Stress management
Robots: machine in man's image	A passion for excellence
What color is your parachute 1985	Using the IBM personal computer
Japanese garnishes: the ancient art of mukimono	Women and microtechnology
Contact lenses: a guide to successful wear and care	
The human imperative: planning for people in the electronic office	

JH