

88 may 16

R/S

# VVINSIDER

VVINSIDER : VOLUME 6 : NUMBER 7 : MAY 16/88

## VVI TO BECOME A CLEAN-AIR CAMPUS!



The effects of smoking on the smoker have been known for decades, but the increasing medical evidence of the harmful effects of second-hand (exhaled) smoke in recent years has led to legislation such as the City of Vancouver Health Bylaw which restricts smoking in certain areas of public buildings and details restrictions in designated smoking areas.

The physical structure and design of the VVI makes it difficult to provide adequate ventilation to conform with the Bylaw restrictions. The volume of smoke in areas such as our cafeteria has reached the critical point and requires immediate attention.

The VVI Management Committee has, therefore, decided to implement a two-step plan to make the VVI a clean-air campus.

Effective June 20, 1988 smoking will only be allowed in the mall lounge area, the third floor staff lounge, and J.J.'s bar.

Smoking will no longer be allowed in the Cafeteria, the Dining Room, all private offices or hallways.

Effective August 29, 1988 VVI will become a totally smoke free facility.

The cooperative effort of staff, faculty, students and administration here at VVI has been clearly demonstrated in the past. With that same spirit of cooperation, we can make this transition to a "healthier environment" a smooth one for all of us.



**VANCOUVER  
COMMUNITY  
COLLEGE**  
Vancouver  
Vocational Institute

VCC-VANCOUVER VOCATIONAL INSTITUTE

LIBRARY MAY 16 1988

### SATURDAY OPENINGS CLARIFICATION

Just to advise that the VVI Campus will be open for instruction on Saturday, May 21st and Saturday, July 2nd, 1988. The last Saturday for classes before the summer closure will be July 16, 1988.

### WELCOME ABOARD, CHRIS

Nilda Panganiban gives us some good news from the Word Processing area! "After a long lull, we have a new supervisor and her name is Christine Stephens. Chris brings with her years of word processing experience and bundles of innovative ideas which she acquired, first, as an Assistant Technician at Vancouver City Hall and, most recently, as a senior processor at a prestigious downtown law firm." Welcome to the VVI fold, Chris! We wish you smooth sailing!

### WANTED! DEAD OR ALIVE!

Got a temperament colour television, a rusty radio or a vandalized VCR? VVI's Electronics Consumer Program will fix 'most anything, but as with any of the 'younger' generation, they are most in tune with these electronic items. If you've got a TV, a radio, or a VCR that just won't respond to a good strong kick any more, bring it "dead or alive" to Room 200 between 3 - 6 pm, Monday through Friday. For more details on this particular service, contact Joestin Indbryn at Local 355 after 3 pm.

### THE VCC INNOVATIONS COMMITTEE PRESENTS...

An Active-Learning Workshop on Ways to Encourage Students to Think Independently will be held May 25 from 2:30 - 4:30 pm in Room L001 at Langara Campus. The Workshop will be led by John Parker, one of this year's ACCC award winners for Innovative Teaching.

Participants will learn several practical methods of encouraging students to be less teacher dependent and more independent. John will illustrate each method by taking participants through active learning workshops. Open to members of all campuses.

A short meeting of the Innovations Group will follow at 4:30 pm.

### HEALTHFUL HINTS

Here's a couple of tips from Pat Smith to keep in mind:

SOME COLD SUFFERERS SHOULD SHUN EXERCISE! Patients with colds accompanied by fever and diarrhea should be advised to avoid exercising until several days after the fever passes. The body loses large amounts of water in the process of returning core temperature to normal. Sweat loss from exercise would intensify the water loss. Add in diarrhea, and the patient can easily become dehydrated.

HOT TUBS NOT SO HOT FOR YOUR HEALTH! Hot tub and whirlpool baths may do more harm than good for some patients. One report warns that, because it increases core body temperature so rapidly, soaking for more than five to ten minutes can:

- significantly decrease the blood supply to the heart and brain after a meal or while drinking alcohol
- cause an athlete suffering from dehydration to lose consciousness
- aggravate a viral illness
- threaten an obstetric patient's unborn child, particularly if she's in her first trimester

### VCC LOTTERY UPDATE

Dr. Richard Pearce advises that he did not win the Lottery the last couple of weeks. But, he assures me that he is looking forward to winning again in June and, if he does, will definitely consider some 'advertising' in the VVInsider.

Meanwhile, the Lottery dollars have been rolling in to VVIers. Gail Menzies of our Opportunities for Work program had her lucky number 147 drawn on May 6th, and Business Education's Diana Bassarraba proved that ticket number 171 when combined with Friday the 13th of May was lucky, indeed! Congratulations Gail and Diana.

If you haven't yet purchased a Lottery Ticket, contact Trish Knight at the Education Foundation Office. You can get in on the fun for just \$5.00 a week!



# **President**

## **CONFEDERATION COLLEGE**

*Serving Northwestern Ontario*

The Confederation College of Applied Arts & Technology is seeking a new President to commence duties early in 1989. Confederation College has earned an enviable record as an outstanding community college during the first 20 years of operation. As our third decade begins, a new President will assume the leadership with vision, creativity and energy.

The main campus in Thunder Bay and satellite campuses in five regional communities serve a population of about 250,000 residents. The enrollment is approaching 3,500 full-time and 16,000 part-time students in about 100 programs. The College has over 600 full-time employees and an operating budget of approximately \$42 million.

Applications and nominations should be sent to

Presidential Search Committee  
Confederation College  
of Applied Arts and Technology  
P.O. Box 398  
Thunder Bay, ON  
P7C 4W1