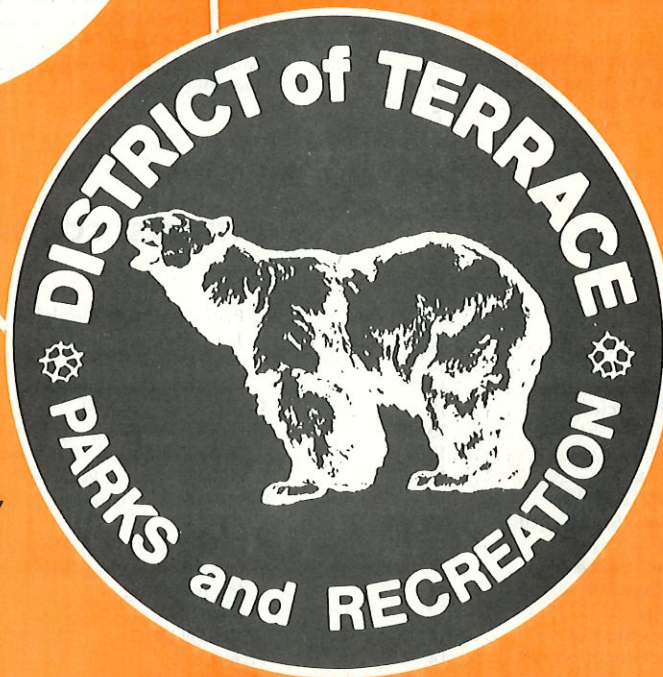




**NORTHWEST  
COMMUNITY  
COLLEGE**



# **1981 FALL PROGRAMS**

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## NORTHWEST COMMUNITY COLLEGE

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# REGISTRATION AND GENERAL INFORMATION



## TERRACE PARKS & RECREATION DEPARTMENT

### Office:

located in Arena - 3320 Kalum Street.

Open Monday to Friday, 8:30 a.m. - 4:30 p.m.

Telephone 638-1174

**Mailing Address:** #5 - 3215 Eby Street, Terrace, B.C. V8G 2X6



## NORTHWEST COMMUNITY COLLEGE

**Office:** 5331 McConnell

Telephone 635-6511

**Mailing Address:** P.O. Box 726, Terrace, B.C. V8G 4C2

### REGISTRATION DATE:

Saturday, September 12, from 10:00 a.m. - 1:00 p.m.

**Location:** ARENA BANQUET ROOM

### Registration Procedures:

All registrations are on a first come first serve basis with no prior registration or registration accepted by mail. Many activities have a limited enrollment, therefore prompt registration is advised. Fees and registration will not be accepted at the program unless otherwise indicated. The Parks and Recreation Department reserve the right to cancel a program due to insufficient enrollment.

### Late Registration:

Will be accepted at the Recreation Office in the Arena from September 14 up until a few days before the specific program commences if enrollment space is still available in the class. The Recreation Office is open Monday to Friday from 8:30 a.m. - 4:30 p.m.

### Refunds:

Absolutely NO REFUNDS will be given without a Doctors Certificate. However, full refunds will be given if a program is cancelled.

### Holidays:

Classes will not be held on Statutory Holidays.

**When Classes Start:** Most classes begin between Monday, September 21 and Saturday September 26th, however, a few classes may start at different times. Please check each writeup to be sure you come to the 1st class.

## REGISTRATION

**Days:** From September 2 at the College  
8 a.m. - 4 p.m. - including lunch hour.

**Evenings:** Monday - Thursday only  
September 14 - 24 at the College, 6 - 8 p.m.  
Bookstore will be open.

**Saturday:** September 12 at the arena, 10 a.m. - 1 p.m.  
September 19 at Skeena Mall, 11 a.m. - 3 p.m.

**Mail:** Use form on inside back cover or facsimile.  
Fees must be enclosed.

**Phone:** Sorry — registrations will not be accepted by phone.  
Do feel free to call for up to date information regarding available space.

Pre-registration is important for all courses. If we don't know you are planning to attend, we may cancel your course because we think there will not be sufficient enrolment.

September 1981						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October 1981						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November 1981						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

December 1981						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		



# Terrace Parks & Recreation Department

## Office:

Located in Arena - 3320 Kalum Street

Open Monday to Friday, 8:30 a.m. - 4:30 p.m.

Telephone 638-1174

**Mailing Address:** #5 - 3215 Eby Street, Terrace, B.C. V8G 2X6

## Your Recreation Staff

Superintendent of Parks and Recreation ..... Al McNiven  
 Head Arena Attendant ..... Dale McFadden  
 Head Pool Attendant ..... Cary Humphrey  
 Program Co-ordinator ..... Elaine Parmenter

## Terrace Recreation Advisory Commission

The Terrace Recreation Advisory Commission is a group of volunteers that represent a cross section of community members. A city by-law established the commission in 1977.

The main purpose of the Commission is to act as a sounding board for community opinion and then make suggestions to the appropriate committee of City Council.

Recreation is a major contribution to a high quality of life which is important to us all. The success of community recreation activities depends on the support of everyone.

Use your commission: make them work for you to help produce better recreation for us all.

Chairman: Flavio Cervo ..... 635-7445  
 Vice Chairman: Doug Inglis ..... 635-3412  
 Secretary: Marlene Barber ..... 638-1293  
 Don Dunster ..... 635-9609  
 Mike Brady ..... 638-1884  
 Clyde Inouye ..... 635-9451  
 Glenn Thomsen ..... 638-1854  
 Julius Komlos ..... 635-5798  
 Dick Kilborn ..... 635-3661

District of Terrace Rep.

Vic Joliffe ..... 635-2102

School Board Rep.

Dennis Brewer ..... 635-3744

If you have any suggestions or opinions regarding recreation in Terrace please let your views be known by calling one of your Commission Members.

## ARENA & POOL SCHEDULES

Available at Arena Office or call our 24 hour recorded information line:

635-9212

## PROGRAM ANNOUNCEMENTS, ARENA OR POOL EVENTS

### Watch the local Newspapers!

Advertiser: "Terrace Recreation News" weekly column  
 Bargain Finder: "Recreation News" weekly column  
 Daily Herald: Fridays, "Around Town" column

### Listen to Radio:

CFTK's "Datebook"  
 CBC's "Community Affairs"

**Instructors Required** - The District of Terrace, Parks and Recreation Department is looking for the most talented and motivated people to teach a wide variety of subjects. Your hobby or special expertise can be the source of a part-time income, and a pleasant way to meet interesting new friends.

If you would like to offer a class under the auspices of the Recreation Department, send a prospective course description and your qualifications. Before listing your class, we'll want to meet you in a personal interview. If you are new to teaching but have a practical skill or craft to offer, we'll help you plan and organize your class.

If interested, phone 638-1174, or send your course description and qualifications to:

Recreation Program Division,  
 District of Terrace, Parks and Recreation Department,  
 #5 - 3215 Eby Street, Terrace, B.C. V8G 2X6

## ARENA

3320 Kalum Street

### PUBLIC SKATING TIMES

Monday	11:30 a.m. - 12:45 p.m. 2:00 p.m. - 3:00 p.m.	Noon Hockey Public Skate
Tuesday	11:30 a.m. - 12:45 p.m. 7:00 p.m. - 8:00 p.m.	Noon Skate Public Skate
Wednesday	11:30 a.m. - 12:45 p.m. 6:30 p.m. - 7:30 p.m.	Noon Hockey Family Skate
Thursday	11:30 a.m. - 12:45 p.m. 6:30 p.m. - 7:30 p.m.	Noon Skate Public Skate
Friday	11:30 a.m. - 12:45 p.m.	Noon Hockey
Saturday	1:00 p.m. - 2:00 p.m.	Public Skate
Sunday	1:00 p.m. - 2:00 p.m. 7:00 p.m. - 8:00 p.m.	Family Skate Public Skate

### Public Skating Fees

ADMISSION	
Child	.60
Student	.80
Adult	1.50
Senior Citizen	.60
Family	2.25

### Strip Tickets

Child	10/4.75
Student	10/6.50
Adult	10/12.00
Senior Citizen	10/4.75

### Seasons Passes

Child	14.50
Student	19.25
Adult	36.00
Senior Citizen	14.50
Family	54.00

### Cost of Seasons Pass Decreases Every 2 months.

**Private Rentals** - \$55.00 per hour  
 12:00 midnight - 2:00 a.m. \$33.75 per hour  
 2:00 a.m. - 5:00 a.m. \$22.50 per hour

**Skate Sharpening** Skates \$2.00

If you have any questions regarding arena programs or bookings contact the Recreation Office at 638-1174, Monday - Friday, 8:30 a.m. - 4:30 p.m.

# Pre-School Programs

**Time for Tots** - An excellent educational and creative program for 3 - 5 year olds. Arts and Crafts, active and quiet games, sing song, story time, free play, and the occasional field trip are just some of the things that Lucy has planned for this years exciting program. Please bring child's birth certificate to pre-registration.

Instructor: Lucy Silva Carrita  
Dates: Tuesdays & Thursdays  
Session I 9:30 - 11:30 a.m.  
September 22 - October 29  
Session II 1:00 - 3:00 p.m.  
September 22 - October 29  
Session III 9:30 - 11:30 a.m.  
November 3 - December 10  
Session IV 1:00 - 3:00 p.m.  
November 3 - December 10

Location: Arena Banquet Room  
Fee: \$30.00

**Pre-School Cooking** - In this program a different story will be presented each week. The children will then cook and taste the particular food described in the story. This will be a stimulating social experience giving the pre-schooler (ages 3 - 5) an opportunity to interact, and be exposed to the basic concepts of cooking.

Instructor: Terri McPhee  
Dates: Session I Saturdays, September 26 - October 31  
Session II Saturday, November 7 - December 12  
Time: 1:30 p.m. - 2:30 p.m.

Location: District House, 4542 Park Avenue,  
Fee: \$12.00

**Enjoying Your Baby's Second Year** - This discussion/activity session will focus on the positive fun aspects of having a 12 to 24 month old child. Topics will include Music, Art, Books, and Play as well as general development of this age group. Babies are invited to accompany their parents. The instructor is the mother of 2 young children and is a former Public Health Nurse.

Instructor: Carol Harrison  
Dates: Session I Tuesdays September 22 - October 20  
Session II Tuesdays November 10 - December 8

Times: 10:00 a.m. - 11:00 a.m.  
Location: Arena Meeting Room  
Fee: \$5.00

**Kidnastics** - For ages 4 - 5 only, this is a program for building strength, coordination, and flexibility. Through various exercises and tumbling, balance will be emphasized. An excellent program to start a youngster off into any sport.

Instructor: Eva Komlos  
Dates: Mondays and Wednesdays  
Session I September 21 - November 2  
1:00 p.m. - 2:00 p.m.  
Session II September 21 - November 2  
2:15 p.m. - 3:15 p.m.  
Session III November 4 - December 16  
1:00 p.m. - 2:00 p.m.  
Session IV November 4 - December 16  
2:15 p.m. - 3:15 p.m.

Location: Arena Banquet Room  
Fee: \$20.00

**Moms and Tots Gym Time** - For children age 2 and 3 years old. Mothers are encouraged to stay through the classes with their children. This is a scaled down version of Kidnastics; your children will learn coordination, balance, strength-building exercises, and body movement through fun activities and games. "Fun" will be emphasized in this Mom and Tots Gym Time Program.

Instructor: Eva Komlos  
Dates: Monday and Wednesdays  
Session I, September 21 - November 2  
9:00 a.m. - 10:00 a.m.  
Session II, September 21 - November 2  
10:15 a.m. - 11:15 a.m.  
Session III, November 4 - December 16  
9:00 a.m. - 10:00 a.m.  
Session IV, November 4 - December 16  
10:15 a.m. - 11:15 a.m.

Location: Arena Banquet Room  
Fee: \$17.00

**Tots on Ice** - A very popular program for pre-schoolers with the emphasis on learning the basic skills of skating through fun. Parents are encouraged to be spectators only during this session. The instructor is a professional Figure Skater with extensive experience in teaching children of all ages and coaches our local Figure Skating Club.

Location: Terrace Arena  
Instructor:  
Date: Mondays and Wednesdays  
September 21 - October 26  
Session I, 9:00 - 9:30 a.m.  
Session II, 9:30 - 10:00 a.m.  
Fee: \$15.00

# Youth Programs

**Babysitting Course** - This popular Canadian Red Cross Program will be offered this Fall at the Skeena Jr. Secondary School on Wednesdays from 4:00 - 5:00 p.m. for young people age 11 and older. Course includes Child Behavior, Care Safety and First Aid, Recreation and Art Ideas, etc. For more information call Linda Hawes at 635-6678. Registration will be Wed. Sept. 16 at Skeena Junior Sec. School. Please bring your birth certificate.

Fee: \$2.00

**Hand Puppetry for Children** - This course will provide an introduction to the techniques of hand puppetry for children ages 8 and up. Participants will create their own puppets from a variety of materials including cloth, paper mache and styrofoam. Each child will make at least 2 puppets and will participate in writing and performing short puppet shows. Children must bring sharp scissors suitable for cutting cloth. They will also be encouraged to bring some scrap materials.

Instructor: Gillian Campbell is a professional puppeteer.  
Dates: Saturdays, September 26 - November 7, 1981  
Time: 10:00 a.m. - 11:00 a.m.  
Location: District House, 4542 Park Avenue  
Fee: \$10.00

**Kids In The Kitchen** - An opportunity for children ages 8 - 12 to experience and gain an understanding of the principles of cooking and enjoy their results as well. Aside from the techniques of measuring, mixing, and baking they will learn the whys and hows of cooking. The last class will allow the children to show their culinary talents off to parents at a mini-buffet. Different recipes will be used in Sessions I and II.

Instructor: Cathy van Dyk  
Dates: Session I, Wednesdays, September 16 - October 21  
Session II, Wednesdays, October 28 - December 9  
Times: 6:30 - 8:30 p.m.  
Location: Skeena Jr. Secondary School Home Economics Room  
Fee: \$19.00

**Terrace Peaks Gymnastics Club** - Volunteer coaches offer girls and boys, age 6 - 16, an opportunity to improve physical fitness through enjoyment of basic gymnastics training. Gym sessions are held at Clarence Michiel School on Saturday mornings with registration held in early September.

Badges from the Canadian Gymnastics Federation can be won as skills progress. Talented gymnasts are selected from the Saturday club to train at advanced or competitive levels. Call Joan Brady at 638-1884 for information and registration details.

**Snowmobile (Snow Vehicle) Instruction** - This course is set up by the Provincial Government and the B.C. Snowmobile Association and runs throughout the province through local organizations like the Skeena Valley Snowmobile Association. Topics covered include machine safety, how machines operate mechanically, bush safety (getting lost in the bush), proper riding procedures, safety within the law etc. Outside demonstrations will be given along with certificates of completion. A program for people ages 12 - 16.

Instructor: Gene Thomas  
Dates: Tuesdays, November 3 - December 8  
Time: 7:00 - 9:00 p.m.  
Location: To be announced  
Fee: Free

**Majorettes: Beginners & Advanced** - This course for girls age 6 and up offers an introduction to basic baton twirling skills and drill team marching procedures with progression into more detailed technique according to individual abilities. Older girls with or without formal experience will have an excellent opportunity to move into leadership positions. Majoretting includes a certain amount of discipline and is beneficial in helping to develop or improve co-ordination, posture, timing and co-operation with others as a team member. It is fun and rewarding with the ultimate goal being to combine the skills as definite routines and to perform them at public events.

Length of arm measurement from armpit to tip of third finger for batons is **required** at registration. \$10.00 (price of baton) **must** be paid at registration as well unless you already have one.

Instructor: Maureen Therrain

Dates: Session I, September 21 - December 14  
Thornhill Elementary School  
Session II, September 24 - December 10  
Thornhill Primary Gym

Time: Mondays, 7:30 - 8:30 p.m.  
Thursday, 6:30 - 7:30 p.m.

Fee: \$12.00

## Adults Arts/Crafts and General Interest Programs

**Ballroom Dancing** - Join our expert dance instructor, John Reitz, for lots of fun while learning the tango, waltz, fox trot and polka. Time permitting other dances will be taught upon request. It's advisable to sign up for this course with a partner but not necessary.

Instructor: John Reitz

Dates: Session I, Tuesday and Wednesday  
September 22 - October 21  
Session II, Tuesday and Wednesday  
October 27 - December 1

Times: Tuesday, 8:30 - 10:00 p.m.  
Wednesday, 8:00 - 9:30 p.m.

Location: Arena Banquet Room  
Fee: \$15.00

**Beginners Basket Weaving** - A brief course for people who have never done basket weaving. It will consist of a brief background of basketry, what materials can be used, where to obtain them, how to prepare the material and the actual making of at least four baskets.

The course will contain enough information so that the student can carry on at home experimenting with a variety of materials and make larger and more complex baskets. The first lessons material will be provided, however the student will purchase some materials after the first class at approximately \$15.00.

Instructor: Pauline Vaal-Henke

Location: Arena Meeting Room  
Dates: Tuesday, September 22 - October 13  
Time: 7:30 - 9:30 p.m.  
Fee: \$15.00

**Chess Club** - The club extends an open invitation to anyone interested in learning to play chess and challenges chess players to drop in for a game or two at the Terrace Swimming Pool Board Room, Tuesdays at 7:00 p.m. Call Joe Mandur Sr. for further information at 635-5419. NO CHARGE.

**Dog Obedience** - Have you always wished your dog would obey you or perhaps you would like to prepare your dog for the ring. Then this is the class for you. Call Lyn Perrin at 638-1226 or Sadie Moerman at 635-4217.

Pre-register at the first class on Wednesday, September 16th at 7:00 p.m. at the Thornhill Community Centre.

Fee: \$20.00

**Basic Macrame** - This short program is for those who have never macramed. You will learn preparation, seven knots, short cuts and how to incorporate beads and rings into your work. You will complete two small hangers. Materials will be provided. Bring a wire brush and scissors.

Instructor: Nancy Briand

Location: Skeena Jr. Sec. School (Woodworking Shop Room 10)  
Dates: September 23 - October 14, Wednesdays  
Times: 7:00 - 9:00 p.m.  
Fee: \$19.00

**Basic Needlepoint** - Learn needlepoint by making a pillow including 14 basic stitches. We will take you from choosing material through to the finishing techniques. No supplies are necessary for the first session.

Instructor: Susan Halfpenny

Dates: Mondays, September 21 - November 30  
Time: 7:30 - 9:30 p.m.  
Location: Arena Meeting Room  
Fee: \$22.00

**Stained Glass for Beginners** - Make your own project under the guidance of an expert. Cost of materials ranges from \$30.00 upwards depending on materials chosen. Bring a 12" ruler to the first class. Proper glass cutters are provided.

Instructor: Matt Ehes

Dates: Session I, Tuesdays September 22 - November 10  
Session II, Thursdays September 24 - November 12  
Time: 7:30 - 9:30 p.m.

Location: 4820 Halliwell

Fee: \$25.00 plus cost of supplies

**Mushroom Collecting** - Learn how to identify edible mushrooms native to the Terrace area. The morning will be a brief discussion and slide presentation of identifying features and learning the skills necessary to use mushroom books, followed by an afternoon field trip to collect edible mushrooms. Bring raingear, adequate footwear and a bag lunch.

Instructor: Leslie Gottesfeld

Dates: Session I, Saturday, September 19  
Session II, Sunday, September 20  
Session III, Saturday, October 3  
Session IV, Sunday, October 4

Time: 9:30 a.m. - 3:30 p.m.

Location: Arena Meeting Room  
Fee: \$12.00

**Candymaking** - Learn how to make your own delicious homemade chocolates and candies. This fun and interesting two-day workshop is just in time for the festive season so don't miss it this year!

Instructor: Stephanie Mann

Dates: Tuesday, December 1 and Thursday, December 3  
Time: 7:00 - 10:00 p.m.  
Location: Caledonia Senior Secondary Food Lab  
Fee: \$12.00

**Traditional Quilting** - Enjoy designing and making patchwork quilts. Practice with doll sized quilts, cushions, or wall hangings and finish with a large size quilt.

Instructor: Sue Nelson

Session I, Thursday Evenings, October 1 - December 3  
7:30 - 10:00 p.m.

Caledonia Sr. Secondary Sewing Room  
Session II, Tuesday Afternoons, October 6 - December 8  
1:00 - 3:30 p.m.  
District House, 4542 Park Avenue

Fee: \$25.00

**Spinning, Dying and Weaving** - A beginners course in spinning, dying and weaving. - Transform fleece to spun fibers; discover a world of soft and subtle dyes; create your own designs; and use an "off-loom" technique to weave a wall hanging or garment. Participants will be supplied with spinning wheels, carder, frame looms, and basic dyes etc. You may be asked to bring your own onion skin, coffee grounds, and rusty nails: they make wonderful dyes!

Instructor: Stephanie Mann

Dates: Tuesdays, September 22 - October 27  
Times: 7:00 - 9:30 p.m.

Location: Caledonia Senior Secondary Sewing Lab.  
Fee: \$25.00 and \$12.00 Lab Fee.

**Skeena Centre** - Skeena Centre is open Monday to Friday 8:00 a.m. - 3:30 p.m. to all Senior Citizens (and not so senior) in the community who wish to drop in and enjoy the handicraft program free of charge. Complimentary meals are provided as well. Transportation can be provided during the day by calling the centre at 635-2265, local 36. Cribbage night is every Thursday at 7:30 p.m. and again all seniors are welcome.

**Happy Gang Centre** - The B.C. Old Age Pensioners Organization Happy Gang Centre, located at 3226 Kalum Street, offer all Senior Citizens of our community a variety of activities that any senior may enjoy who drops into the centre. A television and stereo are also there for entertainment. Tea and coffee are served and sandwiches, soups and desserts are available for \$1.50 from 12 noon to 1 p.m.; visitors are always welcome. The centre is open every day of the week from 10:00 a.m. - 4:00 p.m.

Outside activities include bowling, skiing, curling and a cribbage club. Call the centre at 635-9090 if you have any questions.

**Herbal Workshops** - The Kermode Friendship Society will be offering a third Herbal Workshop this Fall as a follow-up to the two courses offered this Spring. This course is open to everyone in the Community. For more information call the Kermode Friendship Society at 635-4906.

## Adult Fitness

**Women's Body Building** - You may drop into one free class at Caledonia Schools Universal Gym Room on Wednesday, September 9, before deciding whether to register on September 12. Your personal goals and abilities will be considered in this program which will start with theory and technique and work into a body building program that can give you a certain type of fitness, weight loss, increase your confidence and make your chores a breeze.

Instructor: Cheryl Clough

Location: Caledonia High School Universal Gym Room

Dates: Mondays & Wednesdays, September 21 - December 16

Times: 8:00 - 9:00 p.m.

Fee: \$36.00

**Women's Fitness to Music** - This fitness program will involve continuous exercise to taped music. A variety of strength, flexibility, muscle toner and relaxation exercises are included. The pace will vary from slow to medium warm-ups and relaxation movements to fairly vigorous strength exercises including some light running. You may drop into one free class on Wednesday, September 9, before deciding whether to register. This free class will be held in Uplands School Gym at 6:30 p.m.

Instructor: Cheryl Clough

Dates: Monday & Wednesday, September 21 - December 14

Times: 6:30 - 7:30 p.m.

Location: Uplands School Gym

Fee: \$25.00

**Intermediate Ladies Keep Fit** - This program is designed for those women who have had some regular exercise in the past 1½ years and would like to firm up trouble spots, improve flexibility, strengthen the heart and lungs, and have discussions on diet. You will be exercising to music to provide an interesting and peppy class. Must wear running shoes, and loose or stretchy pants or shorts. Please NO JEANS.

Instructor: Marlene Moore

Dates: September 21 - December 14

Times: 8:00 - 9:00 p.m.

Location: To be announced

Fee: \$10.00

**Noon Hour Hockey** - An opportunity to drop in at noon for a game of informal hockey. A lightweight puck is used and all business people are encouraged to come out on their lunch hours for some fun and exercise. Change rooms and showers are available. Drop-in fee \$1.50 for time, payable at Arena Office upstairs.

Location: Ice Arena

Date: Mondays, Wednesdays & Fridays, September 28 - May

Time: 11:30 a.m. - 12:45 p.m.

**Hatha Yoga** - Open to both men and women, this program is designed to promote relaxing, firming, rejuvenating and energizing of the body. Mrs. Redmond has taught yoga in this area for 11 years. Bring your own exercise mat and pillow.

Instructor: To be announced

Dates & Times: Session I, Tuesdays, 9:30 - 11:30 a.m.

September 22 - November 10

Session II, Tuesday, 7:30 - 9:30 p.m.

September 22 - November 10

Session III, Thursday, 7:30 - 9:30 p.m.

September 24 - November 12

Location: Terrace Library - Arts Room

Fee: \$20.00

**Beginners Ladies Keep Fit** - This program is designed for those women who have not been in a regular exercise program in the past 1½ years who would like to lose more than 20 lbs. While exercising to music you will be focusing on flexibility and muscle tone along with some discussion on dieting. The exercise program will start slowly and progress weekly to reach a maintenance level. Please wear loose or stretchy shorts or pants. NO JEANS.

Instructor: Marlene Moore

Dates: September 21 - December 10

Time: Session I, Monday, 6:30 - 7:30 p.m.

Session II, Thursday, 7:30 - 8:30 p.m.

Location: Thornhill Primary - Thursdays

Thornhill Elementary - Mondays

Fee: \$10.00

**Pre Ski Conditioning** - An exercise program for skiers of all ages to improve their physical condition and get ready for the upcoming ski season. Call the instructor, Harry Blodgett at 635-7875 for further information.

Dates: September 27 - December 9, Sunday & Wednesday

Time: 6:00 - 7:00 p.m.

Location: Thornhill Secondary School Gym

Fee: No Charge

## Sports Programs

**Men's Drop-in Basketball & Volleyball** - Fun, fitness and exercise. Limited to the first fifteen who show up.

Location: Cassie Hall School

Co-ordinator: Jerry De Kerf

Date: Mondays, September 21 - December 14

Time: 7:00 p.m.

Fee: No Charge

**Beginners Badminton Lessons** - Basic skills, conditioning, drills, and game rules are covered for adults. All ages are welcome for a serious beginners program taught by a fully qualified coach, Chuck Cey.

Dates: Tuesdays & Thursdays, October 6 - October 22

Time: 6:30 - 7:30 p.m.

Location: To be announced

Fee: \$10.00

**Badminton Club** - The badminton club meets for informal practice and play Tuesday and Thursday evenings immediately following badminton lessons for the entire fall and winter at Thornhill Jr. Secondary School Gym. Any adult is welcome to come out to play and eventually join the club if they wish.

Call Chuck Cey for further information at 635-3564.

**Adult Learn to Skate** - Learn the fundamentals of skating. You will learn balance, forward and backward motion, stopping and changing direction according to individual progress. The instructor is a professional figure skater.

Instructor:

Location: Terrace Arena

Date: Mondays & Wednesdays, September 21 - October 14

Time: 10:00 a.m. - 11:00 a.m.

Fee: \$15.00

**Archery** - The Skeena Archers invite all archers to their informal shoot nite.

Co-ordinator: Dave Ramsey  
Date: Tuesday & Thursday, September 22 - May  
Time: 7:00 - 10:00 p.m.  
Location: Copper Mountain Elementary School  
Fee: No Charge

**Flag Football** - Come and help start a Flag Football league for men. This is a good opportunity to have fun and exercise at the same time. The organizational meeting will be held Wednesday, September 23rd at 7:00 p.m. in the Arena Meeting Room.

**Co-Ed Volleyball** - Workouts and games for everyone age 17 and over with previous playing experience. Call Donna at 635-3648 for further information.

**Scrub Volleyball** - Volleyball for men and women from October to mid April. An excellent opportunity to have fun and exercise at the same time. No playing experience necessary.

Registration Date: Monday, September 21, 7:20 p.m. at Arena Meeting Room: Will take individual or team registrations. For further information call Carol Marcellin 635-2627.

**Women's Indoor Soccer** - For all women 17 and up. This program will include off season skill and fitness training. Call Gail at 635-4754 for more information.

**Men's Indoor Soccer** - Off season skill and fitness training for adult soccer players.

Co-ordinator: Peter Simpson  
Date: Wednesday, September 23 - December 16  
Time: 9:00 - 10:30 p.m.  
Location: To be announced  
Fee: No Charge

**Women's Drop-In Basketball** - Fun and exercise for women 17 and up. Includes warm-up exercises practice drills, and games.

Location: To be announced, Tuesdays  
Veritas School Gym, Wednesdays

Co-ordinator:  
Date: September 22 - December 16  
Time: 8:00 - 10:00 p.m.  
Fee: No Charge

**Men's Basketball** - The Terrace Basketball Association is a competitive league which operates from the end of September to March. If you and your group are interested in joining call President, Mark Wilcox during the day at 635-2982 or in the evenings at 638-8400.

**Coaching and Instructional Clinics** - In co-operation with Sports B.C. and the Canadian Coaching Clinics Association, the Terrace Parks and Recreation Department would like to assist any local group or individual in obtaining the various coaching and instructional clinics that are available. Contact us at 638-1174.

#### **4 Corners Seminar - Volleyball Clinic for Coaches**

This Level I course will be held on October 23, October 24, and October 25 (Friday evening, Saturday, and Sunday). Instructors are from the B.C. Volleyball Association and will include the Development Co-ordinator, Ray Myrtle. Textbooks will be issued to all participants. If you have any areas of interest that you feel should be covered during the clinic, if you are interested in a Level II course, or if you are interested in taking an Officials (referees or umpires) course; please indicate this to the Recreation Department.

Location: Thornhill Jr. Secondary School  
Fee: \$30.00 for 16 hours.

**Terrace Karate Club** - The Terrace Karate Club will offer Chito Ryu Style Karate with Sensei David Akutagawa (teacher) and Assistant Roland Legace. Each session progressively covers the basic movements in stances, punching, chopping, blocking, kicking and falling which lead to the different Kata forms and sparring techniques. The wearing of a gi (Karate gear) is required and can be purchased through the Club for \$25.00 each. Beginners start off as white belts and proceed to yellow belts on completion of examination at the close of each season. Patience and determination are assets to the Karate Student. There are 3 seasons Fall, Winter and Spring.

Sessions: Tuesdays and Thursdays  
7:00 - 9:30 p.m. - ADULT  
Tuesdays and Thursdays  
6:00 - 7:00 p.m. CHILDREN (9 - 14 yrs.)  
Fees: \$90.00 a year or \$30.00 a season for adults  
\$40.00 a year for children

Location: To be announced  
Registration: September 12, 10:00 a.m. - 1:00 p.m. at the Arena Banquet Room. Please register directly with the Karate Club, it is not necessary to fill out a District of Terrace Registration form.

#### **WESTERN MARTIAL ARTS ASSOCIATION -**

President - Don Hong, Phone number 635-4583

##### **Judo**

Place: Oddfellows Hall, basement  
Date: All year round  
Time: Tues/Thurs. 6:30 - 7:30 p.m. Juniors  
8:00 - 10:00 p.m. Adults (16 yrs and up)  
Fee: Single \$25.00 / month  
Family: \$25.00 first person / month  
\$15.00 each additional person / month

\* REGISTRATION contact Don Hong

##### **Jujitsu**

Place: Oddfellows Hall, basement  
Date: All year round  
Time: Mon/Wed. 6:30 - 7:30 p.m. Juniors  
8:00 - 10:00 p.m. Adult (16 yrs. and up)  
Fee: Single: \$25.00 / month  
Family: \$25.00 first person / month  
\$15.00 each additional person / month

\* REGISTRATION AND INFORMATION

Contact Don Hong at 635-4583

## Terrace Pool Programs

3320 Kalum Street, 638-1177

**General Philosophy** - The philosophy of the Lesson Program here at the Terrace Pool is to provide you, the participants, an opportunity to learn swimming skills, to help to develop a good attitude toward fitness and to make it all an enjoyable experience. With this in mind, wholesome and pleasurable aquatic experiences can be pursued for a lifetime.

For those students who show the ability and have the desire, there are organizations available such as Swim Club, Water Polo Club, Diving Club.

Our objective at the Terrace Pool is to introduce as many people as possible to the fun and fitness that can be derived from swimming. We keep a well balanced ratio of pupils to qualified Instructors and emphasize the joy of swimming as you learn the skills.

During each six week session Blue level to White level will be introduced to Spring Board Diving and Synchronzied Swimming. Through this we hope that your child will develop skills in other leisure lifetime opportunities.



**Springboard Diving** - The Canadian "Learn to Dive" program will be introduced at our pool this fall. Qualified instructors will teach basic diving skills including the 3 step hurdle, front and back dives, front and back somersaults.



This program establishes the basic fundamental skills which lead up to more complex diving.

Session II - November 3 - December 11  
Wednesday - Friday - 4:30 - 5:00 p.m.



# New Water Safety Program

**Introduction** - The Canadian Red Cross Water Safety Pupil Training Program has been used all across Canada since 1946 using the familiar Novice - Pre Beginners ...Senior Program. Recently there has been concern about the drop-out rate, particularly at the Junior Level and above. An even more important concern is, "was the Old Program really "WATER PROOFING" the Nation by producing a large number of people who are safe in, on, and around water"?

As a result of these concerns, Red Cross water Safety Service took a hard look at the program from 1978 to 1980 through Canadian Wide Field Testing. This Field Testing has developed a New Eight Level Continuum with a optional Survival Award. We are confident that This New Program being implemented in September 1981 will serve the needs of our community.

**COLOUR-CODED LEVELS** - The eight levels in the new program are identified by colour. Students find this approach is more conducive to smooth progress from one level to the next. Safety is stressed throughout the program, even during the teaching of strokes and skills. It becomes such a logical, integral part of the training, that it adds to the students' enjoyment of water and related sports and activities.



**Yellow Level** - This level takes advantage of the student's natural desire to explore, to familiarize him or her with shallow water. While it focuses on enjoyment, it lays down the first principles of safety in, on and around water.

**Orange Level** - At this level, the student is taught the basics of propulsion in shallow water. The program is designed so that he or she continues to absorb more of the fundamentals of safety.

**Red Level** - Here the student begins some simple exercises in deep water. This instills confidence, and allows the student to practise some of the lessons learned about water safety. The student is also shown how to use lifejackets and personal flotation devices.

**Maroon Level** - Now the student is introduced to the basic techniques of the crawl, as well as rescue breathing, personal assists, and the heat escape lessening position (H.E.L.P.).

**Blue Level** - This level acquaints the student with the back crawl, and provides an opportunity to improve the front crawl. At this point, the student must also demonstrate an awareness of personal safety in a water environment.

**Green Level** - It's now time for the student to be introduced to the elementary back stroke, while continuing to improve the strokes already learned, and to increase his or her knowledge of safety.

**Grey Level** - The student is now ready to be introduced to the breast stroke, and continues to perfect the other strokes and skills. The student is taught the techniques of shallow and surface dives.

**White Level** - At this level the student achieves competence in all areas: safety, strokes, and survival. Not only is he or she completely at ease executing all strokes, but safety awareness is second nature.

## Transfer of candidates from Old to New Program:

COMPLETED	ENTER
Pre School	Yellow Level
Pre beginner I	Yellow Level
Pre Beginner II	Orange Level
Pre Beginner III	Orange Level
Beginner IV	Red Level
Beginner V	Red Level
Beginner VI	Maroon Level
Pre Junior	Maroon Level
Junior	Blue Level
Intermediate	Grey Level
Senior	White Level
Survival	Maroon Level

To make this change over as smooth as possible it is **imperative** that you bring your latest evaluation sheets to **Registration** so that we may make your transition as smooth and quick as possible.

## Swim Program Fees:

Yellow Level through to Blue	(1/2 hour)	Fee \$16.00
Green Level	(45 minutes)	18.00
Grey and White Level	(1 hour)	\$20.00

## Water Safety Education for Adults and Teens

- This course does not require any swimming ability. Therefore we encourage non-swimmers and swimmers alike to enroll. The main focus of the course will be on, **BASIC WATER SAFETY** and emergency procedures. This will include prevention of water accidents and how to deal effectively with emergency situations.

### TOPICS TO BE COVERED:

- Basic First Aid
- Boating Safety
- Water Rescue
- Artificial Respiration

Starting Date: September 21, Monday and Wednesday evening  
7:30 - 8:30 p.m.

Finishing Date: October 19

Ages: 16 years and up

Fee: \$24.00



## Tuesday/Thursday Lessons

### Session One

September 22 - October 30, 1981

2:30 - 3:00 p.m.	YELLOW 4 - 5 YEARS / YELLOW 3 Years
3:00 - 3:30 p.m.	YELLOW - 3 years / ORANGE 4 - 5 years
3:30 - 4:00 p.m.	YELLOW / ORANGE / BLUE
4:00 - 4:30 p.m.	RED / MAROON / GREY (1 hour)
4:30 - 5:00 p.m.	YELLOW / MAROON

## Wednesday/Friday Lessons

### Session One

September 22 - October 30, 1981

2:30 - 3:00 p.m.	YELLOW - 3 years / ORANGE 4 - 5 years
3:00 - 3:30 p.m.	YELLOW - 3 years / YELLOW 4 - 5 years
3:30 - 4:00 p.m.	RED MAROON
4:00 - 4:30 p.m.	YELLOW ORANGE WHITE (1 hour)
4:30 - 5:00 P.M.	BLUE MAROON

## Tuesday / Thursday Lessons

### Session Two

November 3 - December 11, 1981

2:30 - 3:00 p.m.	YELLOW - 3 years / ORANGE 4 - 5 years
3:00 - 3:30 p.m.	YELLOW - 3 years / YELLOW 4 - 5 years
3:30 - 4:00 p.m.	RED YELLOW
4:00 - 4:30 p.m.	MAROON GREEN (45 min.)
4:30 - 5:00 p.m.	ORANGE

## Wednesday / Friday Lessons

### Session Two

November 3 - December 11, 1981

2:30 - 3:00 p.m.	YELLOW 4 - 5 years / YELLOW 4 - 5 years
3:00 - 3:30 p.m.	YELLOW - 3 years / ORANGE 4 - 5 years
3:30 - 4:00 p.m.	YELLOW MAROON BLUE
4:00 - 4:30 p.m.	ORANGE
4:30 - 5:00 p.m.	RED

**Red Cross Leaders Course** - The leader course prepares skilled swimmers who are 15 years of age and hold a current RLSS Bronze Medallion Award, to assist in a variety of aquatic programs.

This introduction to a leadership role in the Aquatic Community may excite a life long interest in teaching swimming.

The course is approximately 40 hours in length, and includes volunteer lifeguarding and instruction of swimming lessons.

Dates: Friday, Saturday & Sunday, October 23, 24, 25

Friday, Saturday & Sunday, October 30, 31 & November 1

Fee: \$40.00



## ROYAL LIFESAVING SOCIETY PROGRAMS



### What can these programs do for you -

Lifesaving I ..... Junior Resuscitation  
 Lifesaving II ..... Senior Resuscitation  
 Lifesaving III ..... Bronze Medallion  
 Bronze Cross

LIFESAVING implies the saving of life through the acquisition of three major skills - knowledge of prevention, self rescue, and the rescue of others.

The RLSS programs teach prevention of water accidents by teaching good swimming skills, water safety knowledge, and safe habits and attitudes in, on and around the water.

The participant is also taught how to protect and rescue himself from water hazards. In this way the students own safety is increased.

After learning basic prevention and self rescue the students are ready to learn to assist other swimmers in distress, without endangering their own lives.

These three skills: the prevention of wate accidents, selfrescue, and the rescue of others, are essential knowledge for everyone. The following RLSS programs will teach both you and your children these skills.

**Lifesaving I** - This award introduces principles of self-rescue and basic techniques in the rescue of others.

Set I: September 21 - October 30, Wednesday/Friday, 3:30 - 4:00 p.m.  
 Pre-Requisite: Should hold Red Cross Water Safety green Level  
 Fee: \$16.00

**Lifesaving II** - This award emphasizes basic rescues involving minimum risk to the rescuer.

Set II: November 2 - December 11, Tuesday/Thursday, 4:00 - 5:00 p.m.  
 Fee: \$20.00

## Aquatic Fitness Programs



These programs consist of exercises to music and follow a class format of warm-up, Cardiorespiratory, strength and muscular endurance; stretch and relaxation. Lifestyle awareness topics will be discussed in the program.

These programs are excellent for beginner fitness people, beginner swimmers; overweight; therapeutic; pre and post natal; and Senior Citizens.

**Why Not Drop-In and See?** - Here is a chance for all Adults to find out what its all about. If you would like to **DROP IN** to any one of our many fitness and Learn to Swim Programs. It is also suited for all you shift workers who cannot make all morning classes. All you have to do is switch over into the evening program (or vise versa).  
 !!! TRY IT - YOU MAY LIKE IT!!!



**Aquacizes** - Emphasis for this program will be on Shallow Water Fitness. The use of various equipment for exercise purposes will be included.

### EVENING PROGRAM

Monday and Wednesday, 8:30 - 10:00 p.m.  
 Session I: September 21 - October 28  
 Session II: November 2 - December 16  
 Fee: \$35.00  
 Drop-in Fee: \$3.00

### MORNING PROGRAM

Tuesday and Thursday, 10:00 - 11:30 a.m.  
 Session I: September 22 - October 29  
 Session II: November 3 - December 17  
 Fee: \$35.00  
 Drop-in Fee: \$3.00

**Lifesaving III** - This award is designed to give candidates experience in dealing with the rescue of various types of victims.

Set II: November 3 - December 11, Wednesday/Friday, 4:00 - 5:00 p.m.  
 Pre-Requisite: Lifesaving II, Red Cross White  
 Fee: \$20.00

**Junior Resuscitation** - This award is designed to give candidates an introduction to, and basic understanding of, resuscitation and minor First Aid.

Set II: November 3 - December 10, Tuesday/Thursday, 3:30 - 4:00 p.m.  
 This program has limited water time compared to other programs.  
 Fee: \$16.00

**Bronze Medallion/Bronze Cross** - This award extends the candidates capacity to respond to a variety of aquatic emergencies. The difference between lifeguarding and lifesaving is discussed, along with accident prevention, use of bystanders during emergencies and principles of emergency procedures.

Starting Date: September 21

Time: 5:30 - 8:00 p.m.

Finishing Date: Monday, November 9, 1981

Fee: \$35.00

Pre-requisite for Bronze Medallion: Life Saving III or Red Cross White Level or equivalent.

Pre-requisite for Bronze Cross: Current Bronze Medallion and Sr. Resuscitation.

### Synchro Swim British Columbia -

Set II: November 3 - December 11  
 Wednesday - Friday: 4:00 - 4:30 p.m.



Synchronized Swimming is the performance, in water, of a series of movements, including stylized figures, strokes, scullings and combinations or hybrids practiced separately or arranged into a sequence or routine which may be swum by one or more swimmers and synchronized to music.

The sport can be enjoyed by women, men, girls and boys, of all ages. Inclusion of synchronized swimming enhances every aquatic program - providing variety, challenge, physical fitness, and creative opportunity to aquatic enthusiasts.

**Swim and Trim** - The emphasis for this program will be on dry-land exercises and conditioning drills. Swimming widths becomes more a part of the program than shallow water exercises.

### MORNING PROGRAM

Monday, Wednesday & Friday, 10:15 - 11:45 a.m.  
 Session I: September 21 - October 29  
 Session II: November 2 - December 18  
 Fee: \$50.00  
 Drop-in Fee: \$3.00

**Pre Natal Program - Terrace Pool** - Program consists of exercises to music and follow-up sessions in the water. Recommended to all mothers wishing to shape-up.

Session I: September 21 - October 29  
 Monday and Wednesday, 7:30 - 8:30 p.m.  
 Fee: \$28.00  
 Drop-in Fee: \$2.50

**Post Natal Program - Skeena Health Unit** - This program offers mothers with infants a chance to get together and share successes and frustrations in the post partum period. Topics to be discussed: nutrition, growth and development, health and illness, family adjustments, plus many more. The class is one hour in length followed by a one hour fitness program at the pool. No charge for classes. Pool and babysitting fee: \$15.00. Babysitting is provided at the Skeena Health District Office for infants and preschoolers. For more information call 638-0311 and ask for Ann.

**Babysitting Facilities** - For all of our morning programs we provide an area for you to leave your children under the supervision of a responsible adult. We are fully stocked with toys and games for their amusement.

The fee for this service is \$1.50 per hour per child and \$.75 for each additional child. Minimum charge of \$1.50.

## ADULT RED CROSS LESSONS

### Monday and Wednesday Evenings

Session I: September 21 - October 28  
 Session II: November 1 - December 16  
 8:00 - 8:40 p.m. Orange Red Level  
 8:45 - 9:30 p.m. Maroon through Green Levels  
 9:30 - 10:00 p.m. DROP-IN LESSONS \$2.50

### Tuesday and Thursday Morning

10:00 - 10:40 a.m. Orange and Red Levels  
 10:45 - 11:25 a.m. Maroon through Green Levels

ALL LEVELS \$24.00



**Birthday Parties** - Enjoy your Birthday party by renting the Terrace Swimming Pool. We will lead you in Fun and Games in the Pool for one hour, then retire to our Board Room for party favors. Total cost of the party will be \$45.00, maximum limit of people is 16. For further information contact the Terrace Pool at 638-1177.

# Community Organizations

## Sport & Fitness Groups

Terrace & District Amateur Radio Club . . . Don Morehouse, 635-3655  
 Terrace Badminton Club . . . Diane Jenion, 638-1676  
     Diane Cey, 635-3564  
 Blueback Swim Club . . . Myra Philpot, 635-6441  
 Terrace Youth Bowling Club . . . Marg Mumford, 635-9561  
 Terrace Five Pin Bowling . . . Norma LaFrancois, 635-4077  
 Bushleaguers . . . Jerry Martin, 635-6158  
     Larry Krause, 635-6158  
 Chess Club . . . Joe Mandur, 635-5417  
 Commercial Hockey . . . Cary Humphrey, 635-9328  
 Terrace Curling Association . . . Gordon Duplisse, 635-4229  
 Dog Sledding Club . . . Wilfred Jephson, 635-3162  
 Terrace Contract Bridge Club . . . Bonnie Shaw, 635-6970  
 Field Hockey . . . Permender Gill, 635-5280  
     or 635-5485  
 Figure Skating Club . . . Cathy Lambright, 635-2903  
 Goat Owners Association of Terrace . . . Ed Chapplow, 635-5740  
     Kent Taylor, 635-4314  
 Golden Age Bowlers . . . Giselle Rioux, 635-2161  
 Terrace Peaks Gymnastics Club . . . Joan Brady, 638-1884  
 Terrace Hiking Club . . . Harry Blodgette, 635-7875  
 Terrace Minor Hockey Association . . . Dick Kilborne, 635-6511 work  
     635-3661 home  
 Terrace Girls Minor Softball . . . Lynn Tubbs, 635-9651  
     Vic Buteau, 635-7389  
 Terrace Karate Club . . . Peter Dickson, 638-1594  
     Steven Thomas, 635-2554  
 Yellowhead Karate Club . . . Joe Vienneau, 635-5692  
 Kermode Fourwheelers . . . Lynn Reynolds, 635-5659  
 Kitsumkalum Ski Club . . . Gordon Watmough, 635-6989  
 Ladies Volleyball . . . Donna Checkley, 635-3648  
 Mens Basketball League . . . Mark Wilcox, 635-2982  
 Mens Fastball . . . Glen Thomsen, 638-1854  
 Terrace Boys Minor Baseball . . . Bruce Vandergucht, 635-5339  
 Morgan Club . . . Laurie Forbes, 635-7448  
 Northern Academy of Self-defense . . . Joseph Duguay, 635-5313  
     Jean Galli, 635-5313  
 Northern Chapter of Steelhead Soc. of B.C. . . . Jim Culp, 635-9471  
 Northwest Trappers Association . . . Otto Lindstrom, 635-2489  
 Quarter Horse Club . . . Leo DeJong, 635-5288  
 Terrace Raquetball Society . . . Bob Park, 635-2982

**Parent and Tot** - From six months to three years of age, youngsters learn best from Mom and Dad or perhaps from Grandma or Grandpa. In this series of lessons, one of the BIG FOLKS, and a SMALL FRY becomes adjusted to the fun of water together, under the guidance of a skilled Water Safety Instructor.



Session I: September 22 - October 30  
 Session II: November 3 - December 11  
 Time: Tuesday & Thursday, 10:00 a.m. - 10:30 a.m.  
 Fee: \$16.00  
 Drop-in Fee: \$1.50

Session I: September 22 - October 30  
 Session II: November 3 - December 11  
 Time: Wednesday & Friday, 11:15 - 11:45 a.m.  
 Fee: \$16.00  
 Drop-in Fee: \$1.50

Rec. Canoeing Assoc. of Canoe Sports . . . Fred Philpot, 635-6441  
 Terrace Rod & Gun Club . . . Bob Garret, 635-7438  
 Terrace Northmen Rugby Club . . . Brian Kormendy, 635-9528  
 Skeena Archers . . . Bill Coburn, 635-6994  
 Skeena Hang Gliders . . . Dave Toop, 635-2723  
 Skeena Valley Fair Association . . . Marg Waldbauer, 635-5615  
     Ed Chapplow, 635-5740  
 Skeena Valley Marathoners Club . . . Phil Stewart, 635-9676  
 Skeena Valley Snowmobile Club . . . Eugene Thomas, 635-6760  
 Totem Saddle Club . . . Jean Hamer, 635-2665  
     Yvonne Johnson, 635-7826  
 Terrace Ladies Softball . . . Lynn Boulé, 638-0281  
 Girls Minor Soccer . . . Gail Sheasby, 635-4754  
 Womens Senior Soccer League . . . Gail Sheasby, 635-4754  
 Youth Soccer . . . Doug Inglis, 635-3412  
     Rick Terlesky, 635-9606  
 Terrace Sky Divers Club . . . Tom Simpson, 635-7738  
 Terrace Tennis Club . . . Chuck Cey, 635-3564  
 Terrace Track & Field Club . . . Aveline McConnell, 635-5650  
 Timberline Cycle Club . . . Tom Staebell, 635-7564  
 Terrace Ladies Waterpolo . . . Fraser Sutherland, 635-9290  
     Ans Hendry, 635-5269  
 Terrace Mens Waterpolo . . . Barry Davis, 635-2485  
 Western Martial Arts Association . . . Don Hong, 635-4583

## Social Groups

Kermode Friendship . . . Viola Thomas, 635-4906  
 Thornhill Community Centre . . . Betty Piper, 638-1466  
 Italian Canadian Club . . . Joe Durando, 635-2643  
 1st Terrace Beavers (Downtown) . . . Pat Colongard, 638-1409  
 1st Terrace Cub Pack (Downtown) . . . John Colongard, 638-1409  
 2nd Terrace Cub Pack (Thornhill) . . . Carol Glen, 635-2122  
 4th Terrace Cub Pack (Parkside) . . . Murry Robbins, 635-9484  
 6th Terrace Cub Pack (Uplands) . . . Frank Martin, 635-7955  
 7th Terrace Cub Pack (Thornhill) . . . Jim Robson, 635-3360  
 Scout District Commissioner . . . Rika Stephenson, 638-1927  
     Frank Martin, 635-7955  
 1st Terrace Scout Troupe (Downtown) . . . Dave Stewart, 635-9297  
 2nd Terrace Scout Troupe (Thornhill) . . . Jim Langstaff call  
     Carol Glen, 635-2122  
 Brownies and Guides - Skeena District . . . Mavis Wardrop, 635-3553  
 Kitsumkalum Guide District . . . Ethel Jackson, 635-5046

## Arts, Cultural & Other Groups

Terrace & District Arts Council . . . Ken Morton, 635-7507  
 Northwest Regional Arts Council . . . Val George, 635-4751  
 Terrace Arts Association . . . Barbara Highe, 635-7562  
 Terrace Cerebral Palsy Association . . . Joyce Krause, 635-9388  
 Terrace Childbrith Education Assoc. . . Marianne Weston, 635-2942  
     Margaret Dediluke, 635-4873  
 Terrace Coffee House Society . . . Andy Maikapar, 635-9409  
 Terrace Concert Society . . . Mr. & Mrs. Neville Hope, 635-4228  
 Terrace Lapidary Club . . . Carl Schulte, 635-5191  
 Terrace Little Theatre Assoc. . . Don MacLeod, 635-2964  
 The Terrace Machine Knitters . . . Pat Colongard, 638-1409  
 Terrace Model Airplane Club . . . Jack Greaves, 635-6480 work  
     635-2442 home  
 Pacific Northwest Music Festival Society . . . Olga Power, 635-3833  
 Terrace Pipes and Drums . . . John Halley, 635-2456



# NORTHWEST COMMUNITY COLLEGE

5331 McConnell, P.O. Box 726, Terrace, B.C. B8G 4C2  
Phone 635-6511

## IMPORTANT INFORMATION FOR ALL STUDENTS

**REGISTRATION AND START DATES: SEE PAGE**

### FEES AND REFUNDS

TUITION FEES are due and payable at the time of registration. Fees normally only cover the cost of classroom instruction.

### REFUNDS

Withdrawal before class begins	100%
Withdrawal up to 2 week after classes start	80%
Withdrawal 2-4 weeks after start	50%
Withdrawal after 4 weeks	NO REFUND

### INCOME TAX DEDUCTIBILITY

Receipts totalling over \$25.00 are income tax deductible. Please retain fee receipts.

### CANCELLATION

We reserve the right to cancel any course for which registration does not reach the required minimum, or in which attendance or progress is unsatisfactory.

### SENIOR CITIZEN TUITION WAIVER

The courses are normally FREE OF CHARGE TO SENIOR CITIZENS, but charges for texts and materials still apply.

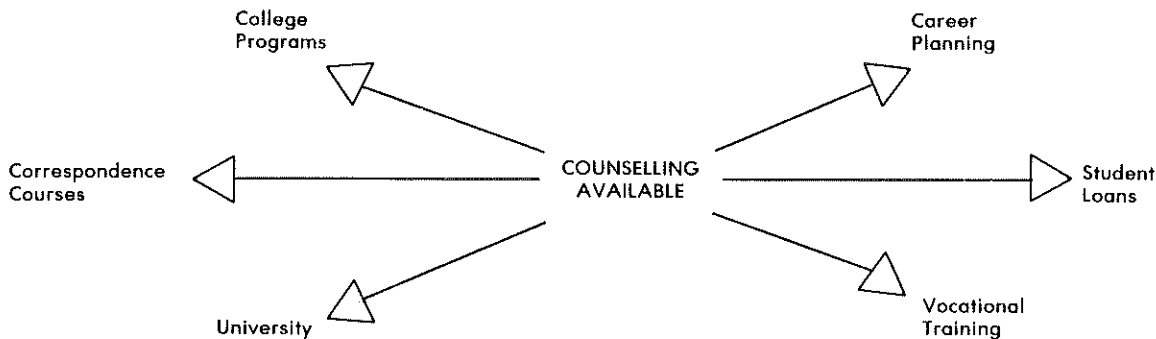
### TEXTBOOK SALES

Textbooks are for sale at the College Bookstore. Phone 635-6511 for Bookstore hours.

### LEARNING RESOURCES CENTRE

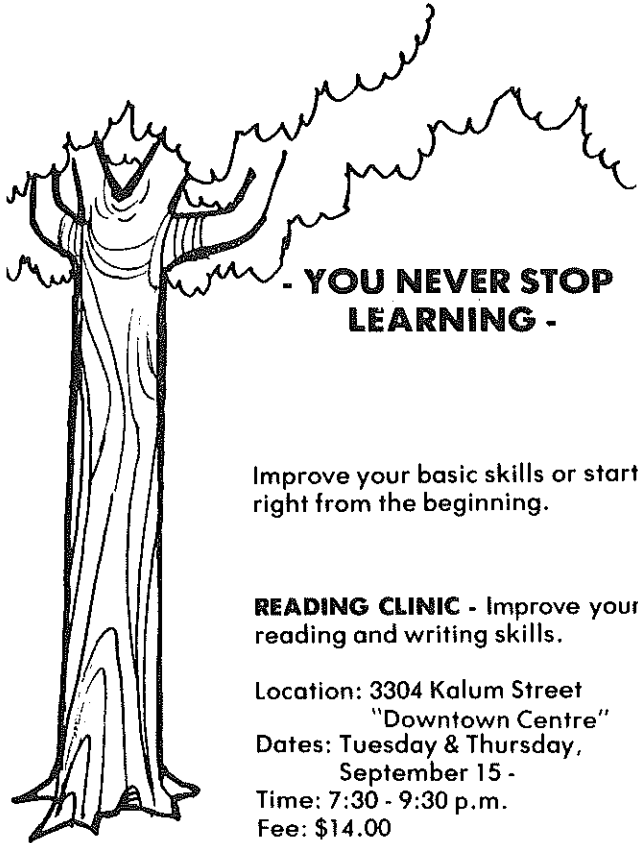
The college library is on the ground floor of the Administration building. Lending privileges are extended to all members of the community. It has a growing collection of approximately 14,000 books, 200 periodicals and other bibliographic items on all courses taught at the college, as well as a good collection for reading entertainment. It is also possible to borrow books from the library holdings of the University of Victoria, U.B.C., Simon Fraser and B.C.I.T. The information bank has historical documents, maps, photos and microfilms.

College Counsellors Bert Seinen and Francis Sabine are available for appointments, to discuss and advise on the following matters:



Phone the Counselling Centre, 635-6511, for information

# Adult Basic Education



**- YOU NEVER STOP LEARNING -**

Improve your basic skills or start right from the beginning.

**READING CLINIC** - Improve your reading and writing skills.

Location: 3304 Kalum Street  
"Downtown Centre"  
Dates: Tuesday & Thursday,  
September 15 -  
Time: 7:30 - 9:30 p.m.  
Fee: \$14.00

## ENGLISH, MATH & SCIENCE UPGRADING (B.T.S.D.) -

For adults who did not complete secondary school these concentrated courses will allow you to acquire the necessary skills to gain grade 10 or grade 12 standing for entrance into vocational or trades training in the shortest possible time. Work on an individualized, tailored program to meet your goals. Each student begins at their own level and works at their own speed. College certificates are awarded for successful completion of Level 2 (grade 8), Level 3 (grade 10) and Level 4 (grade 12). **You may enroll at any time as space permits.**

### FULLTIME

Monday to Friday: 8:00 a.m. - 3:00 p.m. at the College  
Fee: \$22.50 per month  
\$25.00 book deposit, \$1.00 Student Association Fee.

### EVENINGS

Monday and Wednesday Evenings: 7:00 - 10:00 p.m. at the College  
Starts: September 14  
Fee: \$18.00

## GENERAL EDUCATION DEVELOPMENT (G.E.D.) TESTS

G.E.D. is a series of tests which provide an opportunity for adults who did not graduate from secondary school to acquire an official document stating that they have a grade 12 secondary school equivalency standing. Costs of these tests are \$10.00 for the series. Applicants must be 19 years of age or older and out of school for one year. Applications are available at the College and must be sent to the Ministry of Education in Victoria.

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THE NEXT G.E.D. EXAM IN TERRACE IS DECEMBER 11 - 12, 1981. YOU MAY PURCHASE TEXTS AT THE COLLEGE BOOKSTORE PRIOR TO CLASS, OR FOR HOME STUDY.

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**G.E.D. Assistance Courses** - Qualified teachers will assist you with your study and provide lessons on English, Math, Social Studies and Science.

Location: Caledonia  
Instructor: Eila George and Lynn Turner  
Dates: Wednesdays, September 16 - December 2  
Time: 7:30 - 10:00 p.m.  
Fee: \$10.00 + books

# English Language Training

ALL CLASSES BEGIN THE WEEK OF SEPTEMBER 14, 1981 AT 3304 KALUM STREET, THE "DOWNTOWN CENTRE". FEES WILL VARY ACCORDING TO LENGTH OF COURSE.

**Introductory** - 7:30 - 9:30 p.m., Tuesday/Thursday  
Fee: \$14.00

**Advanced** - 7:30 - 9:30 p.m., Monday/Wednesday  
Fee: \$14.00

**Mom's and Tots** - 1:00 - 3:00 p.m., Tuesday/Thursday  
Includes a special group for pre-school children. Open to any adult who wants to attend a part-time course during the day.  
Fee: \$14.00

**Full Time English** - 8:30 a.m. - 4:00 p.m., Monday to Friday  
Contact Canada Employment Centre or the College for further information.

**Discussion Group** - 12:00 noon - 2:00 p.m., Monday/Wednesday  
Watch the noon hour films and stay for an informal conversational group.  
Fee: \$4.00 per month

## Bag Lunch Film Series



**O.L.I. - Downtown Centre -  
N.W.C.C.**

3304 Kalum Street

THE BEST OF NATIONAL FILM BOARD SHOWINGS  
HUNDREDS OF FILMS TO CHOOSE FROM

Monday - Thursday  
12:10 - 12:45 p.m.

Themes for September: *Canada - The Land  
Creative Arts, Animation and Experimental Films*

Drop In and see free films. If you wish you may request specific films from the 1981 NFB catalogue, available in the Downtown Centre.

# Academic Division

## DO YOU KNOW....

- That we offer a variety of first and second year university courses?
- that these courses are open to anyone in the community?
- that you don't have to have a grade 12 education to attend?
- that we particularly welcome those of you who may have been out of formal schooling for quite some time?
- that you may take a course just for interest and determine your own workload?
- that tuition fees are low (\$34.50 for a course) and that no fees are charged to senior citizens?
- that Bursaries for individual course fees are available from the Faculty Union? (for information please contact the Academic Division or your instructor).
- that we also have special programs for workers, and women?
- ...and career-technical programs in Early Childhood Education, Human Service Work and Dental Assisting?

- ...and college preparatory courses, especially in Mathematics?
- and that our library (with audio-visual services and all local history information bank) is open to all residents of the community?

WE ENCOURAGE YOU TO ATTEND TWO OR THREE CLASSES IN A COURSE YOU MAY BE INTERESTED IN, JUST TO FIND OUT WHAT IT IS ALL ABOUT. YOU DON'T HAVE TO COMMIT YOURSELF IMMEDIATELY.

Further information about courses and programs can also be obtained from instructors and Counsellors during

Registration '81: September 2 - September 11  
(at the Northwest Community College Campus)

Courses will start the week of September 14

## Academic and General Interest Programs

**Anthropology 101: Introduction to Physical Anthropology and Archaeology - Section F101** - A general introduction to human biological and cultural history. Students will examine the concepts of evolution, genetics, animal behaviour and race in an attempt to understand what makes us human.

Lecture: Friday, 9:00 a.m. - 12:00 noon  
Instructor: Paul Sneed

**Biology 101: Introductory Biology - Section F102** - The course covers the origin of life, cell biology, a survey of the kinds of living things including micro-organisms, plants and animals, DNA, and RNA and Mendelian genetics. There will be a week-end field trip to the coast to study intertidal life.

Lecture: Wednesday, 10:30 a.m. - 12:00 p.m., Thursday 3:30 - 5:00 p.m.  
Lab: Wednesday, 1:00 - 4:00 p.m.  
Instructor: Allen Gottesfeld

**Chemistry 082: From Molecules to Metals - Section F103** - This is an introductory course in Chemistry designed for people who have little or no knowledge of the subject. It is intended not only to provide the necessary background for those who later might wish to take a first year university course, but also to give the student some insight into the importance of Chemistry in our society. *Pre- or Co-requisite: Math 11 or Math 082.*

Lecture: Monday, 7:00 - 10:00 p.m.  
Lab: Wednesday, 7:00 - 10:00 p.m.  
Instructor: Norm Webster

**Chemistry 101: Introductory Chemistry I - Section F104** - This is a basic first year course in chemistry which will enable students to pursue further courses in all areas of Science and in Engineering. Topics include: quantum mechanics and electronic configurations; liquids, solution strengths and volumetric analysis; properties of gases; chemical equilibrium in both gases and solutions. *Pre-requisites: Chemistry 11 or Chemistry 082, and Math 12 or Math 083/084.*

Lecture: Monday & Thursday, 1:00 - 3:00 p.m.  
Lab: Tuesday, 1:00 - 4:00 p.m.  
Instructor: Norm Webster

**Computer Science 151: An Introduction to the Computer - Section F015** - A one semester course directed towards those who have little or no computer experience but wish to know how a computer can be used and what it can do. The course includes computer languages, computer applications and their impact on society, as well as a good look at some of the software available: e.g. games, simulations, business and accounting applications and graphics. Students will use the Apple II Plus, a versatile microcomputer. *Pre-requisite: Grade 11 Math, or Math 082.*

Lecture: Monday, 7:00 - 10:00 p.m.  
Lab: Wednesday, 7:00 - 8:30 p.m.  
Instructor: C. Williston

**English 101: Literature and Composition I** - Reading and discussion of modern autobiography, fiction, and poetry. Lectures on grammar and style. Written assignments based on analysis of the literature read, personal experience, and subjects of general interest.

SECTION F116

Lecture: Monday & Thursday, 10:30 a.m. - 12:00 noon  
Instructor: George Stanley

SECTION F117

Lecture: Thursday, 1:00 - 4:00 p.m.  
Instructor: Klaus Ohlhoff

**English 151: Technical Writing I - Section F118** - Methods and forms of technical writing, including letters, resumes, short reports, and communications with media. Lecture and exercises in grammar, vocabulary, and style. Students will also read and discuss some modern literature.

Lecture: Wednesday, 1:00 - 4:00 p.m.  
Instructor: Klaus Ohlhoff

**English 203: Canadian Literature to World War II - Section F119** - The English literature of Canada from the early 19th Century to World War II. Reading and discussion of works by Susanna Moodie, Stephen Leacock, Sinclair Ross, Emily Carr, and others. Written assignments based on the works read.

Lecture: Thursday, 1:00 - 4:00 p.m.  
Instructor: George Stanley

**French 101: Introductory French I - Section F120** - This is a beginning French course for College Students, which stresses the opportunity to communicate immediately. Texts used are based on natural everyday French and approximately equal emphasis is given to the four language skills. Though the French used is basic, reading content is gauged to interest mature students.

Lectures: Monday, Wednesday, Friday, 9:00 - 10:00 a.m.  
Instructor: Julienne Howard

*The College will offer either French 101 or 107, depending on students' needs.*

**French 107: Intermediate French I - Section F120** - This course focuses on advanced form of composition of the French language, with emphasis on the study of original French literature. *Pre-requisites: French 12, French 102, or equivalent knowledge of the French language.*

Lecture: Monday, Wednesday, Friday, 9:00 - 10:30 a.m.  
Instructor: Julienne Howard

**History 105: Canada to the Late 19th Century - Section F121 -**

This is an attempt to make the more remote past of this country meaningful to us today. We shall look at the historic inheritance of English and French-speaking Canada in the context of social and economic structures and by way of comparison with similar developments in Europe and in the United States. We shall focus on the works of younger scholars and discuss a variety of interpretations.  
Lecture: Wednesday, 7:00 - 10:00 p.m.  
Instructor: Peter Weber

**Mathematics 082: Math II - Section F128 -**

A one semester course in which the class meets twice per week. The topics covered are those prescribed in the Algebra II course. *Pre-requisites: Math 10.*  
Lecture: Tuesday & Thursday, 7:00 - 9:00 p.m.  
Instructor: C. Williston

**Mathematics 083: Math 12-1 - Section F129 -**

A two semester course in which the class meets twice per week to cover the topic prescribed in Algebra 12 course. *Pre-requisite: Math 11 (or Math 082).*  
Lecture: Tuesday & Thursday, 7:00 - 9:00 p.m.  
Instructor: Gary Tupper

**Mathematics 101: Calculus I - Section F130 -**

An introduction to the basic techniques of DIFFERENTIAL calculus, designed to meet the needs of Science and Engineering students at a first year university level. *Pre-requisite: Math 12 or equivalent.*

Lecture: Monday, Wednesday, Friday, 9:00 - 10:30 a.m.  
Instructor: C. Williston

**Northwest Studies 101: Environmental Studies - Section 131 -**

Basic principles of ecology and their application to resource utilization and exploitation in the Northwest including forest resources watershed, fisheries, big game management and mineral extraction.

Lecture: Thursday, 7:00 - 10:00 p.m.  
Instructor: Paul Sneed

**Political Science 101: Canadian Politics - Section 151 -**

Government and politics at the national level. Includes the institutions of parliamentary government, elections and voting behaviour, political parties, ideology and political culture, and sources of political power and conflict.

Lecture: Monday, 7:00 - 10:00 p.m.  
Instructor: Stan Persky

**Physics 101: Introductory Physics I - Section F132 -**

An introductory survey of mechanics and heat; kinematics and dynamics of particles, work, energy, momentum, rotational motion, simple harmonic motion, temperature scales, thermal expansion, heat transfer; specific heat. *Pre-requisite: Physics 11 and Algebra 12 or Math 083/084.*

Lecture: Tuesday, 7:00 - 10:00 p.m.  
Labs: Thursday, 7:00 - 10:00 p.m.  
Instructor: Alec Cooper

**Psychology 101: Introductory Psychology I - Section F133 -**

A survey of major findings in psychology with an emphasis on psychological techniques. Selected topics include: scientific inquiry; physiological basis of behaviour; learning theories; communication and memory; thinking, reasoning and creativity.

Lecture: Tuesday, 9:00 - 12:00 noon  
Instructor: Andre Klingner

**Psychology 201: Human Development - Section F134 -**

In this course the physiological and psychological development of infants is the subject matter. Topics include pre- and post-natal development, perception, learning, language acquisition, thinking, and personality development.

Lecture: Monday, 1:00 - 4:00 p.m.  
Instructor: Andre Klingner

**Psychology 221: Abnormal Psychology - Section F135 -**

An overview of the contemporary theories of psychopathology behavioral, humanistic psychodynamic and biophysical, as well as a perspective on research, classification and treatment of affective, social, psychotic and organic disorders. *Pre-requisite: Psychology 101 and 102 or permission of instructor.*

Lecture: Thursday, 7:00 - 10:00 p.m.  
Instructor: Andre Klingner

**Sociology 101: Introductory Sociology I - Section F136 -**

An examination of the structure of society through the major topics of culture, socialization, primary groups, status and role and associations.

Lecture: Tuesday, 1:00 - 4:00 p.m.  
Instructor: Stan Persky

**Sociology 217: Sociology of Labour - Section F137 -**

Analysis of how the Canadian working class has organized itself under capitalism in its various stages of development.

This course deals with the impact of industrialization, uneven economic development, short and long term industrial growth. Quality of life, the Trade Union movement and political consciousness will also be discussed.

Lecture: Tuesday, 7:00 - 10:00 p.m.  
Instructor: Stan Persky

**Women's Studies - History 221 - Section F139 -**

Women in European society, from the Renaissance to the Industrial Revolution.

Lecture: Tuesday, 7:00 - 10:00 p.m.  
Instructor: Gail Emmerson

**Worker's Education 199 - Section F170.**

Lecture: Thursday, 7:00 - 10:00 p.m.  
Instructor: Stan Persky

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## Career-Technical Programs

**DENTAL ASSISTING PROGRAM -**

This program is intended to prepare persons for employment in private dental offices, community dental services and hospital dental clinics. Graduates will have received a good background in the dental sciences, dental materials, laboratory methods and will be proficient in the taking of dental radiographs and other intraoral procedures. They will become eligible for licensing by the B.C. College of Dental Surgeons as certified Dental Assistants (Registered Dental Auxiliary One).

*NOTE: Persons interested in taking this program in the fall of 1982 are advised to contact the Academic Division of the College (Terrace 635-6511); application forms may be obtained from the Registrar's Office, Northwest Community College, Box 726, Terrace, B.C.*

## EARLY CHILDHOOD EDUCATION

### LEVEL I

#### **ECE 101: Program Development (Section F106)**

Instructor: L. Tarwick  
Lecture: Wednesday, 1:00 - 4:00 p.m.  
Thursday, 9:00 a.m. - 12 noon

#### **ECE 102: Curriculum Workshop I (Section F107)**

Instructor: R. Goodwin  
Lecture: Monday & Wednesday, 9:00 a.m. - 12 noon

#### **ECE 104: Health and Nutrition (Section F108)**

Instructor: R. Goodwin  
Lecture: Friday, 9:00 a.m. - 12 noon

#### **ECE 125: Practicum I (Section F109)**

Instructor: R. Goodwin  
Lecture: Tuesday, 9:00 a.m. - 12 noon

#### **ECE 134: Introduction to Child Development (Section F115)**

Instructor: R. Gardiner  
Lecture: Thursday, 7:00 - 10:00 p.m.

### LEVEL II

#### **ECE 127: Practicum III (Section F110)**

Instructor: R. Goodwin  
Lecture: Tuesday, 9:00 a.m. - 12 noon  
Thursday, 1:00 - 4:00 p.m.

#### **ECE 128: Models and Methods of Parent Involvement (Section F112)**

Instructor: Larisa Tarwick  
Lecture: Wednesday, 7:00 - 10:00 p.m.

#### **ECE 131: Program Development III (Section F113)**

Instructor: Larisa Tarwick  
Lecture: Monday, 9:00 a.m. - 12 noon  
Thursday, 1:00 - 4:00 p.m.

#### **ECE 132: Curriculum Workshop III (Section F114)**

Instructor: Larisa Tarwick  
Lecture: Monday, 1:00 - 4:00 p.m.  
Tuesday, 9:00 a.m. - 12 noon

#### **ECE 135: Working with Special Children (Section F116)**

Instructor: R. Gardiner  
Lecture: Friday, 9:00 a.m. - 12 noon

## HUMAN SERVICE WORKER

### LEVEL I

#### **H.S.W. 151: Communication Skills I (Section F122)**

Instructor: Dora Fitzgerald  
Lecture: Monday, 9:00 a.m. - 12 noon

#### **H.S.W. 153: Human Growth and Development (Section F123)**

Instructor: Sara Collinson  
Lecture: Monday, 1:00 - 4:00 p.m.

#### **H.S.W. 155: Community Services - Introductory (Section F124)**

Instructor: Dora Fitzgerald  
Lecture: Wednesday, 9:00 a.m. - 12 noon

#### **English 151: Technical Writing I**

Lecture: Thursday, 1:00 - 4:00 p.m.

#### **H.S.W. 191: Practicum I (Section F125)**

Instructor: Dora Fitzgerald  
Lecture: Thursday, 9:00 a.m. - 12 noon

### LEVEL II

#### **H.S.W. 251: Helping Skills (Section F126)**

Instructor: Fred MacDonald  
Lecture: Wednesday, 9:00 a.m. - 12 noon

#### **H.S.W. 291: Practicum III (Section F127)**

Instructor: Sara Collinson  
Lecture: Thursday, 9:00 a.m. - 12 noon

## WORKERS EDUCATION PROGRAM

This is designed to serve the needs of the trade union organizations and workers in general. It offers material useful to those engaged in all aspects of practical trade union work: bargaining, grievance procedures, steward training, etc. The program also provides unorganized workers interested in trade unionism with an introduction to labour right. The program further provides courses which will develop an understanding of the economic, social, and political environment in which trade unions operate.

Courses are listed under Workers Education 199 and Sociology 217 (Canadian Labour).

## U.B.C./University of Victoria Extension

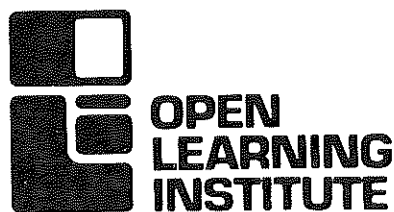
**EDUCATION** courses for the Terrace-Kitimat area will be announced in early September. Further information available in the news media or from the College.

**English 485 (UBC)** - Studies in American and Canadian Literature starts September 12 at 9:00 a.m. at Northwest College, Room 206.

**Admn. 303 (U.VIC)** - *Issues in Public Administration II* - Begins September 9, 4:00 - 7:00 p.m. at Northwest College. Continues via Anik B satellite on Tuesday or Wednesday during the weeks of September 28, October 12, 26, November 23 and December 7 from approximately 3:30 - 6:00 p.m.

**Admn. 421 (U. VIC)** - *Budgeting and Management Systems*  
Dates: October 22 - 24 and November 19 - 21 starting at 9:00 a.m.  
Location: To be announced

**Nursing:** Credit courses are available towards the Bachelor of Science in Nursing through U. Vic and UBC, working in collaboration with Northwest College and OLI. Contact the College for further information.



Registration Mail Deadlines:

August 1  
December 1  
April 1

Study at home with the Open Learning Institute! Now you can get your high school diploma, study towards an university degree, or start on a whole new career program. In Terrace, call the OLI Advisor 635-4961, or stop by the Downtown Centre, 3304 Kalum Street. Information may also be obtained at Northwest Community College. Registration Mail Deadlines August 1, December 1, April 1.



# Vocational and Trades Training

## NEW DEVELOPMENTS IN VOCATIONAL TRAINING:

- In response to meeting individual student needs by providing a more flexible training system, the Vocational Division is presently developing course materials into package modules to ensure maximum flexibility for individualized training. This new system will allow students to enter programs at various times to progress according to their abilities. To accommodate this versatility in training, it will be essential for students in vocational training to apply as early as possible so that they can be fitted into the program.

Courses presently being restructured are:

- Cook Training
- Welding
- General Mechanics.

## FULL TIME COURSES

FEES: General Structure for new entry courses -

Tool & Book Deposit \$50.00 (refundable)  
Student Association \$ 1.00 per month  
Tuition \$22.50 per month

**Carpentry and Joinery** - A pre-apprenticeship program to prepare men and women for employment as apprentices in the Carpentry trade in a four year apprenticeship program.

The course is highly practical and provides students with a thorough grounding in equipment, materials, correct use of tools and basic construction procedures.

Start Date: September 8 Duration: 5½ months

**Industrial Records and First Aid** - To provide instruction in the maintenance of industrial records and to enable students to obtain a Class 'C' certificate for Industrial First Aid. Opportunities are generally found in all industries which employ Timekeepers certified to perform first aid duties.

Start Date: September 8 Duration: 5 months

**Cook Training Programs** - Program will have continuous intake. The objective of Cook Training is to prepare students in all the basic skills necessary to gain employment in the Hospitality industry. For students who have an interest in working with the general public and a desire for permanent gainful employment. Opportunities are plentiful for graduates.

GENERAL BASIC COOKING - 12 months

CAMP COOKING - 6 months

SHORT ORDER COOKING - 3 months

**General Mechanics** - This is a ten-month pre-employment program intended to prepare the student for employment in the mechanical field. On successful completion of this course, the student will have gained a basic knowledge of all phases of mechanics with training equal to pre-apprentice Heavy Duty Mechanics, Automotive Mechanics and pre-employment Marine Engine Mechanics.

Start Date: September 8 Duration: 10 months

**Marine Engine Repair** - This program provides training on current equipment used in the marine engine mechanics field. It will include training in two and four stroke gasoline and diesel engines as well as in major propulsion systems. Upon completion of this course, the students will be able to diagnose and repair all major components of marine engine systems as well as other small engines such as snowmobiles, chain saws, lawnmowers, etc. (For further information contact Mr. T. Kenna, Northwest Community College, Terrace).

Start Date: September 8 Duration: 10 months

**General Welding** - General Welding will be following the Provincial Outline closely. At the present time the "C" Module Outline is complete and will be taught beginning in September. The self-paced Module "C" will take approximately eight months for the average students to complete.

Start Date: September 8 Duration: 10 months approximate

**Electronics Technician** - To prepare for a career in one of the following areas:

Electronic Communications      Industrial Electronics  
TV Servicing                      Digital Electronics  
Radio, Audio Electronics      Video Tape Servicing  
Microcomputer/Microprocessors

Start Date: September 8 Duration: 10 months

## TRADES — EVENING COURSES

**Air Brakes** - To prepare drivers for a written and practical test on the operation and maintenance of air-brake systems for either on-highway or off-highway vehicles. Successful completion will give a driver's license air endorsement. Those taking off-highway exams will be required to pay the Ministry of Transport a five dollar examination fee.

Starting Dates: 21 September, 19 October, 16 November

Time: Monday & Wednesday, 7:00 - 10:00 p.m.

Fee: \$38. + \$1 for manual

Place: Room 111 Shops Building Total Hours: 24 each course

**Basic Welding**: For trades workers who require some welding skills for their jobs. Both oxy-acetylene and electric arc welding are taught.

Starting Date: 21 September

Time: Monday & Wednesday, 7:00 - 10:00 p.m.

Fee: \$144.

Place: Room 107 Shops Building Total Hours: 72

**Basic Cabinet Construction**: This program covers the basic operations of hand and power tools as used in the construction of kitchen and bathroom cabinets. This course also covers the construction of drawers and doors for cabinets and the application of arborite materials.

Starting Date: 22 September

Time: Tuesday & Thursday, 7:00 - 10:00 p.m.

Fee: \$37.50 + supplies

Place: Carpentry Shop Total Hours: 30

**Basic House Framing**: This course covers the basic theory of house framing and includes the knowledge required to layout floors, walls, rafters, stairs and concrete forms. This is mainly a classroom course and includes limited shop time.

Starting Date: 22 September

Time: Tuesday & Thursday, 7:00 - 10:00 p.m.

Fee: \$37.50 + book

Place: Room 105 shops building & carpentry shop Total Hours: 30

**Small Engines**: Two cycle and four cycle engines are covered with an emphasis on boat applications. Items of study will include engine components, lubrication, carburetors, ignition, storage of engines, charging systems and power transmission.

Starting Date: 21 September

Time: Monday & Wednesday, 7:00 - 10:00 p.m.

Fee: \$75.

Place: Marine Engine Shop Total Hours: 60

## ELECTRONICS

**ELECTRONICS COURSES:** The number of hours listed for each course are averages and some students may require more or less time. Students will work at their own rate and after payment of a basic fee of \$62.50 for 50 hours of instruction will be charged \$1.25 for each additional hour. Students may work consecutively through several courses at \$1.25 per laboratory hour after paying the basic fee.

These courses are Heath Continuing Education self-study programs containing numerous lab experiments and unit tests as well as 33 1/4 rpm introductory records, in some areas supplementary lessons have been added.

A pre-test for any of the above courses will establish pre-requisites. The pre-test and the final exam for each course all consist of 50 multiple choice questions and require a 60% score to pass. Courses are conducted concurrently and students may study at their highest level of qualifications.

All Electronics courses Start: September 21  
Time: 7:00 - 10:00 p.m.  
Days: Monday & Wednesday  
Place: Electronics Lab, Shop Building

**1. DC Electronics:** No prerequisite required other than a knowledge of algebra. Discusses matter, atoms, current flow, voltage, drops, series and parallel circuits, magnetic fields, meters and their use, 20 lab experiments.

Total Hours: 50 Fee: \$62.50

**2. AC Electronics:** Prerequisites - Course 1 or equivalent knowledge. Discusses wave forms, period, frequency, AC meters, oscilloscope, series and parallel circuits, RC filters, phase shifts, reactance, vectors, transformers, trigonometry, resonance, 8 experiments. Supplementary lessons - vector algebra (complex numbers as applied to AC circuits).

Total Hours: 50 Fee: \$62.50

**3. Semiconductor Devices:** Prerequisites - Courses 1 and 2 or equivalent knowledge. Discusses diodes, zener diodes, bipolar transistor operation, field effect transistor operation, thyristors, unijunction transistors, special diode circuits, integrated circuits, optoelectronic devices and applications, 11 experiments. Supplementary information - bipolar transistor parameters.

Total hours: 50 Fee: \$62.50

**4. Electronic Circuits:** Prerequisites - Courses 1 to 3 or equivalent knowledge. Discusses amplifier functions and configurations, classes of operation, audio, video, RF, IF amplifiers, voltage amplifiers, voltage regulation, power supplies, oscillators, RC wave shaping circuits, AM, FM, SSB, modulation, extensive use of meters and oscilloscopes to perform 18 experiments.

Total Hours: 75 Fee: \$93.75

**5. Advanced Digital Techniques:** Prerequisites - Courses 1 - 4 or equivalent knowledge. Discusses TTL, ECL, CMOS, PMOS, NMOS integrated circuits, SSI, MSI and LSI, ROM'S, and PLA's microprocessors and microcomputers. Designing logic circuits through the use of truth tables, Boolean algebra and Karnaugh mapping. Also includes flip-flops and registers, sequential and combinational logic circuits, frequency counters. There will be 24 experiments.

Total Hours: 100 Fee: \$125.

**6. Microcomputer and Microprocessor:** Prerequisite - Advanced Digital Techniques. The course contents are as follows: Number systems and Codes, Microcomputer Basics, Executing Programs, Addressing, Boolean Algebra, Computer Arithmetic, including Two's Complements. Introduction to Programming, Branching, Conditional Branching, Algorithms, the 6800 Architecture, Instruction Set, Addressing Modes, Stack Operation, Subroutines, Interrupts, Programming Experiments, Straight Line, Arithmetic and Logic Instructions, Address Modes, Stack Operations and Subroutines, Interfacing Experiments, include Memory Circuits, Clock, Addressing, Decoding, Data Output, Data Input, Peripheral Interface Adaptor, Audio Output, Key Matrix and Parallel-to-Serial, D/A and A/D Conversions.

Total Hours: 150 Fee: \$187.50

## BUSINESS

**Accounting I Prerequisite:** A course designed for people without previous Commercial training or experience, or for people who have been out of school for several years. This course covers the operation of a ten key adding calculator, business arithmetic and record keeping. It is recommended that students complete this course before taking ACC I.

Starting Date: 21 September  
Time: Monday & Wednesday, 7:00 - 9:00 p.m.  
Fee: \$50.00 + books  
Place: Room 113, Administration Building Total Hours: 40

**Vocational Mathematics:** This course is oriented towards Business and Trades People. It is designed to help those who need a refresher course or who have specific problems with shop mathematics. It will cover fractions, decimals, percentage, measurement, problem solving and metrication.

Starting Date: 22 September  
Time: Tuesday & Thursday, 7:00 - 9:00 p.m.  
Fee: \$50.  
Place: Room 202, Administration Building Total Hours: 40

**Medical Terminology and Typing:** The information in this course will be helpful to future nurses, medical secretaries, medical technologists, medical librarians and medical assistants. The student will be taught:

- How to build medical words from Greek and Latin prefixes, suffixes. Word roots and combining forms.
- How to recognize medical words from the Greek and Latin parts.
- How to spell medical words correctly.
- How to use a medical dictionary intelligently.

A credit transcript will be issued to all students completing the course. This module carries credit towards the Northwest College Medical Stenographer Certificate. Prerequisite - Grade 12 graduate or equivalent.

Starting Date: 22 September  
Time: Tuesday & Thursday, 7:00 - 9:00 p.m.  
Fee: \$50. + book  
Place: Room 111, Administration Building Total Hours: 40

**Typing for Beginners:** This is a course for persons who have never used a typewriter before. Students will be taught the keyboard and begin learning the many specialized applications of typewriting. Speed development and timing will be emphasized.

Starting Date: 21 September  
Time: Monday & Wednesday; 7:00 - 9:00 p.m.  
Fee: \$50. + book  
Place: Room 111, Administration Building Total Hours: 40

**Advanced Typewriting:** More complex routine typewriting functions are studied in this course. Students will begin the Northwest College assignment requirements for T1. Completion carries credit towards a College Certificate. A transcript card will also be issued to successful students. Prerequisite: Typing for Beginners or considerable experience to be assessed by the Instructor.

Starting Date: 21 September  
Time: Monday & Wednesday, 7:00 - 9:00 p.m.  
Fee: \$50.  
Place: Room 109, Administration Building Total Hours: 40

**Commercial Law:** This course will examine the law related to every day business situations. Topics for study include: Introduction to Law; Contracts; Sale of Goods and Consumer Protection; Secured Transactions and Creditor's Rights; Agency and Partnership; Corporations; Torts and Insurance; Real Property; Labour Law; Tax Legislation. Completion of this course carries credit towards a Northwest College Business Certificate and the Society of Management Accountants.

Starting Date: 22 September  
Time: Tuesday & Thursday, 7:00 - 10:00 p.m.  
Fee: \$75. + books  
Place: Room 106, Administration Building Total Hours: 60

**Office Skills & Procedures Refresher:** Students in this course should be experienced office workers who have been out of the labour market but wish to regain their skills. There will be instruction on typewriting, letter styles, dictating, electronic calculators, filing, office forms, resume preparation and office machines.

Starting Date: 22 September  
Time: Tuesday & Thursday, 7:00 - 9:00 p.m.  
Fee: \$25. + supplies  
Place: Room 109, Administration Building  
Total Hours: 20

**Principles of Business Management:** An introductory course in the principles and practices of management designed for those who are developing an interest in management and for those whose careers may be advanced by additional training or a refresher course. Areas of study will include: Organizing; Budgeting; Planning; Scheduling; Motivation; Co-ordinating; Regulating; Deciding and Leadership. Completion of the course carries credit towards a Northwest College Business Certificate.

Starting Date: 22 September  
Time: Tuesday & Thursday, 7:00 - 10:00 p.m.  
Fee: \$75. + books  
Place: Room 108, Administration Building  
Total Hours: 60

**Personnel Management:** This is an introductory course intended for those who are in supervisory positions as well as for those who desire to enter the management field. An overview of personnel management will be presented with emphasis on recruitment; selection; testing; placement; training; performance; job evaluation; wage and salary administration. Completion of this course carries credit towards a Northwest College Business Certificate.

Starting Date: 21 September  
Time: Monday & Wednesday, 7:00 - 10:00 p.m.  
Fee: \$75. + book  
Place: Room 106, Administration Building  
Total Hours: 60

**Bookkeeping (ACC 1):** This is an introductory course in the fundamentals of bookkeeping. It is identical to our regular day course and requires a considerable number of home assignments. Routine profit and loss, balance sheets and payroll calculations are included. Completion of this module carries credit towards a Northwest College Business Certificate. Students should have access to a ten key adding machine.

Starting Date: 22 September  
Time: Tuesday & Thursday, 7:00 - 10:00 p.m.  
Fee: \$75. + book  
Place: Room 113, Administration Building  
Total Hours: 60

**Bookkeeping (ACC 2):** Students who have previously completed ACC 1 may enroll for ACC 2 which is also identical to our day programme. Areas of study will include: Accounts Payable; Accounts Receivable; Cash Flow; Bank Reconciliation; Promissory Notes and Adjustments. Completion of this module carries credit towards a Northwest College Business Certificate.

Starting Date: September 22  
Time: 7:00 - 10:00 p.m.  
Fee: \$75.00 + book  
Days: Tuesdays & Thursdays  
Place: Room 113, Administration Building  
Total Hours: 60

**Principles of Supervision** - This course is specifically designed for the first line supervisor who has to cope with the responsibilities of handling people. It should also be of benefit to managers of small businesses and to those who are preparing themselves for advancement. Topics will include: Human Relations and the Individual; Communicating with the Public; The Art of Leadership; Organization; Accident Prevention; How to Give Instruction; How and When to Discipline; Handling Grievances; Planning Work Schedules and Rating Yourself. Completion carries credit towards a Northwest College Business Certificate.

Starting Date: 22 September  
Time: 7:00 - 10:00 p.m.  
Fee: \$75.00 + books  
Days: Tuesday & Thursday  
Place: Room 108, Administration Building  
Total Hours: 60

## HEALTH AND SAFETY

**Workshops for Health Professionals:** The courses to be held in various centers of the College region are: NURSING THE FAMILY IN PEDIATRIC SETTINGS; STRESS MANAGEMENT; BASIC COUNSELLING SKILLS; BURNOUT; DEALING WITH THE DEPRESSED PATIENT; COMMUNITY AWARENESS; ENTEROSTOMAL THERAPY; NUTRITION. For further information please call Emily Rozee at 635-6511.

**Tips on Toy Buying:** Anyone buying for young children will gain up-to-date information on both hazardous as well as recommended toys. Display, slides and discussion.

Location: Skeena Health & Human Resource Centre  
Instructor: Holly Horsburgh, Consumer & Corporate Affairs  
Dates: Tuesday, December 1  
Time: 7:30 - 9:30 p.m.  
Fee: No charge. Pre-register by phone (635-6511) so that sufficient seating can be arranged.

**Boating Safety and Navigation:** The Canadian Power Squadron course for small boat owners.

Location: Caledonia  
Instructor: To be announced  
Dates: Wednesdays, September 23 for 15 weeks  
Time: 7:30 - 9:30 p.m.  
Fee: \$22.00/parallel rule and dividers to be provided by students.

**Defensive Driving:** B.C. Safety Council certificate awarded for completion. This is a classroom course, with many films which will help you cope with adverse road conditions and avoid accidents.

Location: Downtown Centre, 3304 Kalum Street  
Instructor:  
Dates: Tuesday, Wednesday, Thursday, October 14 - 16  
Time: 7:30 - 10:00 p.m.  
Fee: \$12.00

**Safety Oriented First Aid:** You will learn basic procedures which can be applied at the scene of an accident to preserve life, minimize the effects of an injury and promote recovery.

Location: Northwest College  
Instructors: M. Kelms and M. Oakden  
Dates: Tuesday & Wednesday, September 1 - 2  
Time: 6:00 - 10:00 p.m.  
Fee: \$25.00 (includes \$10.00 for workbooks)

**Survival First Aid:** The purpose of this course is to provide an individual with knowledge and skills that are necessary for the emergency care of an injured person pending the arrival of qualified first aid or medical personnel. Courses will be offered on Saturday when sufficient applications have been received, and are open to those employed in industry or business where certification is relevant or to students in trades and vocational courses. Courses are completed in one day.

Starting Dates: 26 September, 3 October, 31 October, 28 November, 5 December, 12 December  
Time: Saturdays, 9:00 a.m. - 6:00 p.m.  
Fee: \$15.00 including examination  
Place: Room 215, Administration Building  
12 students maximum  
Total Hours: 8

**Basic First Aid:** Instructional areas: W.C.B. Survival First Aid, pressure points, slings, transportation, poison, diabetes, epilepsy, heart attack (no C.P.R.), eye examination and obstructed airway. Successful students will receive a Worker's Compensation Board Survival First Aid Certificate and a College First Aid Certificate.

Start Dates: 5 October, 2 November  
Time: Monday & Wednesday, 7:00 - 10:00 p.m.  
Fee: \$20.00  
Place: Room 215, Administration Building  
Total Hours: 15

**Quit Smoking:** Films, slides and discussion designed to strengthen your knowledge and ability to "kick the habit". Includes stress control and nutrition tips.

Location: 200 - 4619 Park Avenue  
Instructor: Dr. Burtch  
Dates: Monday to Friday, September 21 - October 2  
Time: 7:00 - 9:00 p.m.  
Fee: \$10.00

## CARDIOPULMONARY RESUSCITATION (C.P.R.)

**Heartsaver:** A 4 hour course for persons with no previous training in C.P.R. (cardiopulmonary resuscitation). Includes prevention, symptoms of heart attack and choking, techniques of one-person C.P.R. and how to manage a conscious or unconscious person who is choking.

Location: Northwest College  
Instructors: Lois Bennest, Betty Stewart  
Dates: Mondays, Starting September 21  
Time: 6:00 - 10:00 p.m.  
Fee: \$15.00/pre-registration at least 1 week in advance of your selected date.

**Basic Life Support Level I:** This is a six-hour course for people who have some previous training and who wish to upgrade and review their skills. You will be taught: all of the Heartsaver course contents plus ...two person C.P.R. rescue; infant C.P.R. and choking management.

Starting Dates: 22 September, 6 October, 13 October, 27 October, 10 November and 24 November  
Time: Tuesday & Thursday, 7:00 - 10:00 p.m. (2 sessions)  
Fee: \$20.00 including book  
Place: Room 215, Administration Building Total Hours: 6

**Basic Life Support Level II:** This is a six-hour course, and prerequisite for those wanting to become instructors and/or wanting to take the Advanced Cardiac Life Support course. Heartsaver or B.L.S. Level I are not prerequisites if you feel you can accomplish the standard in six hours, however, previous participants have found that some previous experience with C.P.R. was very valuable.

The course includes all the contents included in Heartsaver and B.L.S. Level I courses. At the end of the course you have to produce a satisfactory mannikin tape print-out which shows your C.P.R. skills to be within the standards set by the Canadian Heart Foundation.

Starting Dates: 29 September, 20 October, 3 November, 17 November  
Time: Tuesday & Thursday, 7:00 - 10:00 p.m. (2 sessions)  
Fee: \$20.00 including books  
Place: Room 215, Administration Building Total Hours: 6

**Homemaker Training** - To meet the needs for upgrading in the Homemaker Long Term Care area, Northwest Community College is planning to offer components of this program on a night school basis. THE HUMAN RELATIONS AND COMMUNICATIONS section of the program will be offered if there is sufficient demand. This will be a 40 hour course, 2 nights per week for 10 weeks. Contact the College to have your name put on a wait list.

## Self-Reliance/Special Interest

**Making Meetings Work:** Meetings don't have to be dull or ineffective! This workshop will help participants understand useful procedures, learn how to overcome some common group process problems, and build confidence for the role of chairperson.

Location: Downtown Centre, 3304 Kalum Street  
Instructor: Dr. Andy Farquharson, U. Vic.  
Dates: Saturday, September 26  
Time: 9:00 a.m. - 5:00 p.m.  
Fee: \$20.00

**Television Production:** An introductory series which will enable you to use video equipment, leading in to mini-productions. It will take place in T.V. studio facilities, likely on Saturdays. Call in September for information and have your name put on a wait list.

**Public Speaking:** Develop your self-confidence and other speaking skills. Includes use of video-tape to see yourself as others do.

Location: Northwest College  
Instructor: David Phillips  
Dates: Wednesdays, September 23 - November 18  
Time: 7:30 - 9:30 p.m.  
Fee: \$18.00

**Basic Carpentry:** Woodworking techniques in a project oriented course. Bring only your ideas and pencils to the first class.

Location: Thornhill Jr. Secondary  
Instructor: Ian Gordon  
Dates: Tuesdays, September 22 - November 24  
Fee: \$35.00

**On Being Single:** In this group we will look at the effects of separation on our social and working lives, as well as our family life, focusing on ways we can continue to grow as individuals within this challenging framework. Please enquire about child care if needed.

Location: To be announced  
Instructors: Ron Beveridge, Carrie Steinke, Donna Steadman  
Dates: Tuesdays, September 29 - November 3  
Time: 7:30 - 9:30 p.m.  
Fee: \$5.00

**S.T.E.P. (Parent Effectiveness):** Learn ways of building your child's self-confidence, responsibility and good behavior. How to develop an atmosphere of love and cooperation.

Location: Caledonia  
Instructors: Debbie and Sean Gregg  
Dates: Wednesdays, September 23 - November 25  
Time: 7:30 - 9:30 p.m.  
Fee: \$3.00/students should purchase book at College bookstore in advance - approx. \$8.00

**Microwave Cooking:** Basic principles of microwave cooking. Different ovens will be used for preparation of various foods from meats to desserts.

Location: Caledonia Foods Room  
Instructor: Julie Gaunt  
Dates: Thursday, September 24 - October 15  
Time: 7:30 - 9:30 p.m.  
Fee: \$15.00

**Building a Better Marriage:** You will have an opportunity to share feelings and ideas as a couple, on a wide range of subjects: communication skills, conflict resolution, finances, leisure time, sexuality, etc. For couples planning marriage or in a marriage relationship.

Location: Northwest College  
Instructor: To be announced

WEEKENDS: Friday evening, 7:30 - 10:00 p.m. and  
Saturday, 9:00 a.m. - 4:00 p.m.

Session 1 - September 18, 19, 25, 26  
Session 2 - November 20, 21, 27, 28

WEDNESDAY EVENINGS, 7:00 - 10:00 p.m. October 14 - November 11

Fee: \$20.00 per couple

**Time Management:** What are your time wasters? How can you deal with them effectively and become more productive? This one day workshop will cover the basics of proven time management concepts.

Location: Northwest College  
Instructor: Neil Jones  
Dates: Thursday, October 8  
Time: 8:30 a.m. - 4:30 p.m.  
Fee: \$50.00/ask for pre-course materials when you register

**Basic Car Care II:** Service work such as tune-ups, carburation, brake and wheel bearings. For the person who has taken Basic Car Care I or has similar knowledge about their car.

Location: College Vocational Shop

Instructor: John Rinaldi

Dates: Thursday, September 24 - October 15

Time: 7:00 - 10:00 p.m.

Fee: \$15.00

**Citizenship:** Films, discussion and handouts to assist anyone who wants to learn more about Canada or prepare for Citizenship Court.

Location: To be announced

Instructor: Elaine Maikapar

Dates: Tuesdays, September 22 - October 20

Time: 7:30 - 9:30 p.m.

Fee: \$10.00

**Pet and Food Animal Care:** Learn more about nutrition, disease prevention, first aid and parasite control. The instructor will welcome discussion of your particular concern about dogs, cats, sheep, cows, goats, chickens, etc.

Location: Caledonia

Instructor: Dr. Hays, D.V.M.

Dates: September 23 - October 21

Time: Wednesdays, 7:30 - 9:30 p.m.

Fee: \$10.00

**Photography:** Learn more about your 35mm camera and improve your photos. Includes 5 classroom sessions, a field trip, film and contact prints.

Location: Caledonia

Instructor: Keith Alford

Dates: Thursdays, 7:30 - 9:30 p.m.,

September 24, October 1, 8, 15, 29

Saturday, October 17, 10:00 a.m. - 2:00 p.m.

Fee: \$30.00

**Weekend Workshop in Photography:** People familiar with photography fundamentals will be shown how to learn from other artists work and how to assess their own. Deals with both aesthetic and technical questions.

Location: N.W.C.C. Friday evening.

Field trip and darkroom to be announced

Instructor: Bernard Bloom, Emily Carr College of Art & Design

Dates: November 6, 7, 8

Time: Friday, 7:30 - 10:00 p.m.

Saturday & Sunday, 9:00 a.m. - 4:00 p.m.

Fee: \$30.00 plus materials cost

Students should request course outline at registration time.

**Spanish Conversation:** Emphasizes the basic vocabulary and phrases required for travel purposes. For those who wish to study further on their own the instructor will assist with your pronunciation and answer your questions.

Location: Caledonia

Instructor: Leidi Noble

Dates: Tuesdays & Thursdays, September 22 - November 26

Time: 7:30 - 9:30 p.m.

Fee: \$40.00

**Metrication:** What metric measurements are important to you in your everyday business or home life? Learn to visualize quantities, distances etc., as well as do some basic conversions.

Location: Caledonia

Instructor: To be announced

Dates: Tuesdays, September 22 - October 13

Time: 7:30 - 9:30 p.m.

Fee: \$12.00

## Knowledge of Network

# TV

### IT'S AN AD, AD, AD, ADVERTISING WORLD

A practical course in product promotion for the business person.

Thursdays - 2:30 - 3:00 p.m.

September 10 to December 17

Fee: \$65.00

### GO TO SELL

A course dealing with the basic techniques of today's professional selling function.

Tuesdays - 2:30 - 3:00 p.m.

September 8 - December 15

Fee: \$65.00

### SUPER MARKETING

A course in the basic elements of marketing for the student who wants to enhance his ability as a business decision-maker.

Wednesdays - 2:00 - 2:30 p.m.

September 9 - December 16

Fee: \$65.00

### MIND YOUR OWN BUSINESS

An introductory course in how to operate a small business.

Fridays - 2:30 - 3:00 p.m.

September 11 - December 18

Fee: \$65.00

### UNDERSTANDING BEHAVIOR IN ORGANIZATIONS

Wednesdays - 9:00 - 9:30 p.m.

September 9 - December 2

Fee: \$65.00

### INTRODUCTION TO COMPUTERS

Tuesdays and Thursdays - 8:30 - 9:00 p.m.

September 22 - December 10

Fee: To be announced

### FREEHAND SKETCHING

Tuesdays and Thursdays - 11:00 - 11:30 a.m.

September 8 - December 17

Fee: \$37.00

### DESIGNING HOME INTERIORS

Wednesdays and Fridays - 11:00 - 11:30 a.m.

September 9 - December 17

Fee: \$61.00

ALL COURSE BROADCASTS WILL BE REPEATED ON WEEKENDS.

ALL FEES INCLUDE TEXTS, STUDY GUIDES AND TUTORING.

**Sewing for Everyone:** For those who have never sewn before or desire assistance with more advanced projects.

Location: Caledonia

Instructor: To be announced

Dates: Thursdays, September 24 - November 12

Time: 7:30 - 10:00 p.m.

Fee: \$20.00

**French Conversation:** A refresher course for anyone who has had some basic French, no matter how long ago!

Location: Caledonia

Instructor: Jacqueline LeFloch

Dates: Tuesdays, September 22 - November 24

Time: 7:30 - 9:30 p.m.

Fee: \$25.00

## COOKING

**Meat Cutting:** This is a short course in the Fundamentals of meat cutting. It will include sharpening and maintenance of the various types of knives, sanitation and the actual cutting of meat. Enrollment is limited to ten students.

Starting Date: 28 September

Time: Monday & Wednesday, 7:00 - 10:00 p.m.

Fee: \$37.50

Place: Cafeteria

Total Hours: 30

**Cake Decorating, Beginner:** This course is designed to cover all basic concepts of cake decorating. Content: Border Design; Flowers; Tube Writing; Sugar Molds; fundamental Decorating Techniques; Special Techniques. Enrollment is limited to ten students.

Starting Date: 22 September, 27 October

Time: Tuesday & Thursday, 7:00 - 10:00 p.m.

Fee: \$37.50 + supplies

Place: Cafeteria

Total Hours: 30

**Cake Decorating, Advanced:** Prerequisite, Beginner Cake Decorating or equivalent practical experience. Enrollment is limited to 10 students.

Starting Date: 1 December

Time: Tuesday & Thursday, 7:00 - 10:00 p.m.

Fee: \$37.50

Place: Cafeteria

Total Hours: 30

## NIGHT SCHOOL IN A DAY

Too busy to take a  
weekly class?

Here's an exciting variety of  
courses for YOU.

on

SATURDAY, OCTOBER 24

Courses **may** include:

Costume Making, Basic Auto  
Care, Stern Drive Engine Em-  
ergency Repairs, Dream An-  
alysis, First Aid, Public Speak-  
ing, Horse Care, Video Pro-  
duction, Solar Heating, Fi-  
nancial Investments, Parent-  
ing, Stress Reduction, and  
others -

LET'S HEAR FROM YOU!

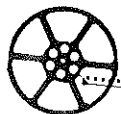
Your ideas are welcome.  
Instructors are needed.

Phone KATHY MUELLER,  
Community Education  
Cordinator  
635-6511

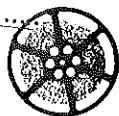
Child Care and Lunch available.

Pre-registration is a MUST!

Watch for course details by October 1st.



## Pacific Cinematheque Film Series



R.E.M. Lee Theatre, Wednesdays at 8:00 p.m. - Admission \$2.50

OCTOBER 21

**'FORBIDDEN GAMES'** - "Masterful photography creates scene after scene of great pictorial poignancy. The two (child) stars play their roles with such heartbreaking sincerity that the film is raised to the stature of a noble outcry against the wanton waste of war".

NOVEMBER 4

**'THE CHILDREN OF THEATRE STREET'** - The cinematic flow of the film is surpassed only by the lyrical elegance of its stars - the young dancers of the Kirov School in Leningrad. Narrated by Princess Grace of Monaco. Does for ballet what "The Magic Flute" did for opera.

NOVEMBER 18

**'LES BONS DEBARRAS'** - a hard-hitting drama about life in rural Québec. Follows the tragicomic existence of an unmarried mother. "Dark poetry...far from depressing audiences, it exhilarates them. Visually beautiful. BEST FILM - BEST ACTRESS - BEST SCRIPT IN THE 1980 CANADIAN "genie" AWARDS".

SEPTEMBER 9

**'PEPPERMINT SODA'** - A memoir of the early 60's, along the lines of American Graffiti but with deeper insights and realism. Depicts two adolescent sisters growing up a little absurd in the Paris of 1963.

SEPTEMBER 23

**'ANGI VERA'** - A Hungarian film with a sharp sense of purpose and a wealth of vivid revealing details. Set in a political re-education camp. Vera enters this environment innocently, falls in love, and is transformed in subtle ways, politically and sexually.

OCTOBER 7

**'BOESMAN AND LENA'** - The case against apartheid has been presented often enough, but perhaps never with more force or more artistry than in this film. Succinct, vivid, a "magnificent reflection on love and need".

Brochure available on request. Phone 635-6511, to put your name on the mailing list.

# Registration

Registration fees are payable in full when registering. Registrations are accepted on a first come, first serve basis. Make cheque or money order payable to NORTHWEST COLLEGE. DO NOT SEND CASH IN THE MAIL.

Name: .....

Address: .....

Home Phone ..... Work Phone ..... Local .....

I wish to register for the following courses:

1) ..... Fee: \$ .....

2) ..... Fee: \$ .....

3) ..... Fee: \$ .....

TOTAL FEES: \$ .....

Mail to:  
NORTHWEST COLLEGE,  
P.O. BOX 726  
Terrace, B.C.  
Phone 635-6511

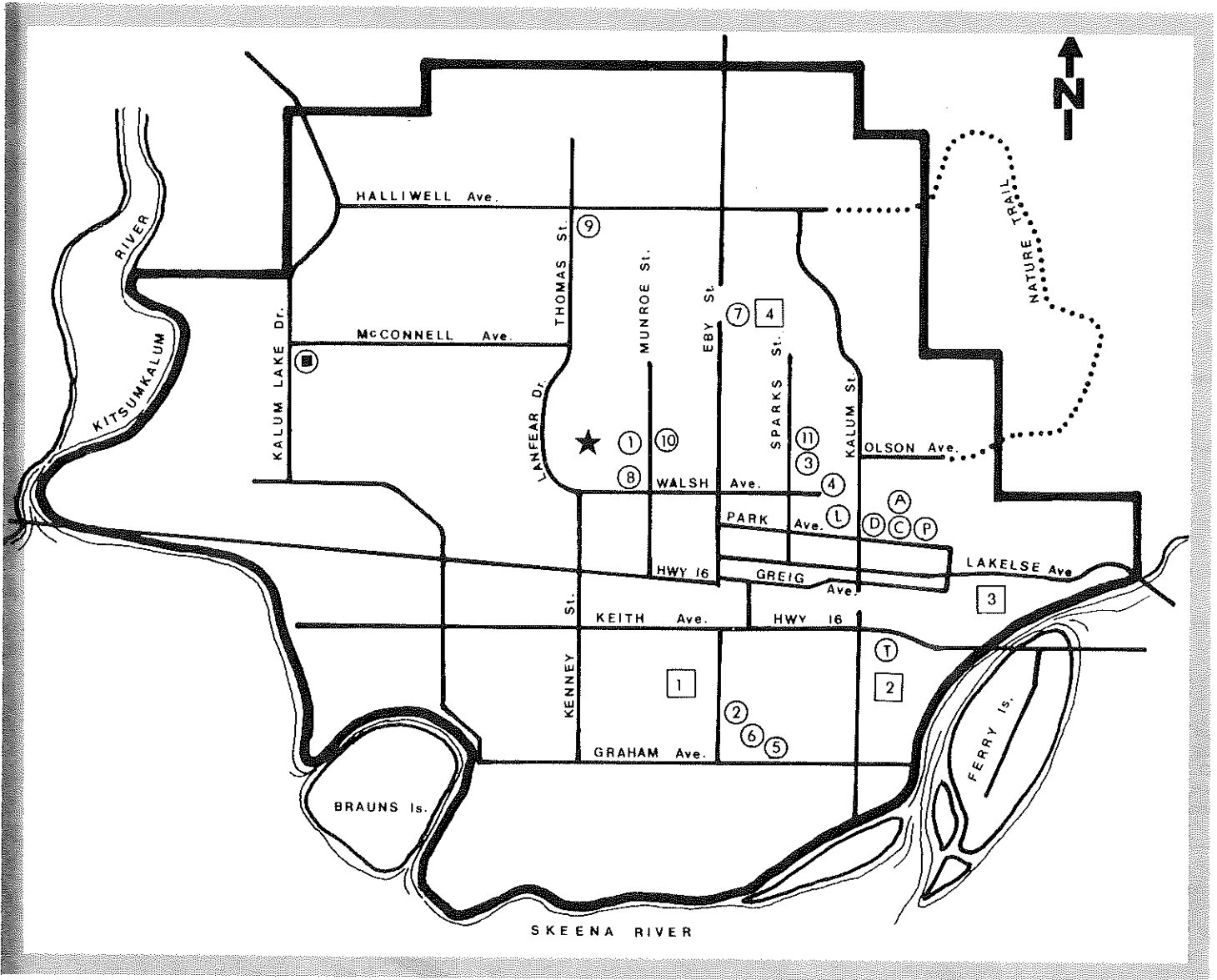
Signature: .....

**REGISTRATION**

SATURDAY, SEPTEMBER 2 - 11 at the College

SATURDAY, SEPTEMBER 12 - ARENA 10:00 a.m. - 1:00 p.m.

SATURDAY, SEPTEMBER 19 - SKEENA MALL 11:00 a.m. to 3:00 p.m.



SCHOOLS

OTHERS

- ① Caledonia Sr. High, 3605 Munroe St.
- ② Cassie Hall Elem., 2620 Eby St.
- ③ Clarence Michiel Elem., 3430 Sparks St.
- ④ E.T. Kenney Primary, 4620 Loen Ave.
- ⑤ Jack Cook, 4720 Graham Ave.
- ⑥ Kiti K'Shan Primary, 4730 Graham Ave.
- ⑦ Parkside Elem., 3824 Eby St.
- ⑧ Skeena Jr. High, 3411 Munroe St.
- ⑨ Uplands Elem., 4110 Thomas St.
- ⑩ Veritas, 4836 Straume Ave.
- ⑪ Centennial Christian School, 3602 Sparks St.

- (A) Arena, 3320 Kalum St.
- (P) Swimming Pool, 4540 Park Ave.
- (C) District House, 4542 Park Ave.
- (D) Downtown Centre, NWCC-OLI, 3304 Kalum St.
- (L) Library, 4610 Park Ave.
- (T) Tourist Info., 4511 Hwy. 16
- [1] Agar Park, 4800 Blk. Agar Ave.
- [2] Rotary Park, 2800 Cramer St.
- [3] Riverside Park, 3216 Bonspiel Cres.
- [4] Christy Park, 3824 Eby St.
- Northwest Community College 5331 McConnell Ave.
- ★ R.E.M. Lee Theatre, 4902 Straume Ave.