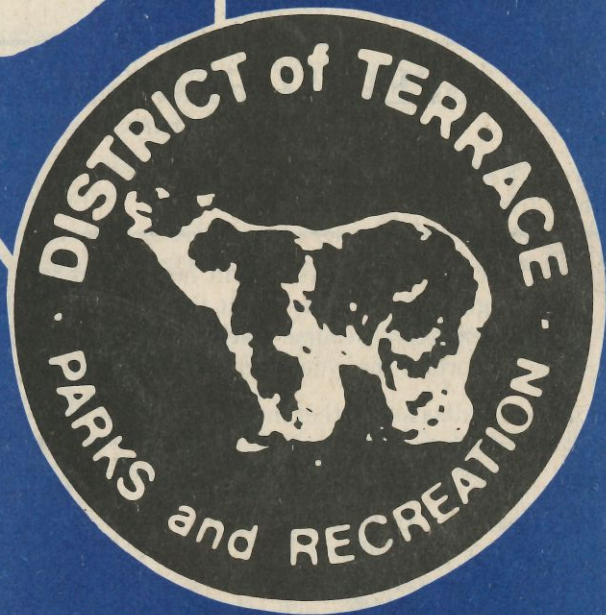




**NORTHWEST  
COMMUNITY  
COLLEGE**



# **1984 WINTER PROGRAMS**



# REGISTRATION AND GENERAL INFORMATION

## NORTHWEST COMMUNITY COLLEGE

Office: 5331 McConnell  
Telephone 635-6511  
Mailing Address: P.O. Box 726, Terrace, B.C., V8G 4C2

### REGISTRATIONS WILL BE ACCEPTED AT THE FOLLOWING TIMES:

**DAYS:** Starting Thursday, Dec. 1, at the College MAIN ADMINISTRATION BUILDING for ALL ACADEMIC and VOCATIONAL FULL-TIME AND NWCC PART-TIME COURSES.  
Time: 10:00 a.m. - 4:00 p.m.

**EVENINGS:** Starting Jan. 9 - Feb. 2 at the College  
Time: 5:00 - 7:00 p.m. and Starting Feb. 6 - Apr. 26 at the College  
Time: 4:00 - 6:00 p.m.  
Days: Monday - Thursday only Days: Monday - Thursday only

## SPECIAL REGISTRATION DAY

(for all part-time courses)

Day: **SATURDAY, DEC. 10** Place: **ARENA BANQUET ROOM**  
Time: **10:00 a.m. - 1:00 p.m.**

**PHONE:** Sorry — registrations will not be accepted by phone. Interested students need to pre-register by pre-paying at the College, for all courses. Lack of minimum enrollment one week before a course is scheduled to start can result in cancellation of the course. It is very important that you PRE-REGISTER with us to guarantee a seat in the course.

Payment for courses, textbooks or other materials may be made by cash, cheque, VISA or MASTERCARD.

### Tuition:

ACADEMIC — All Courses	\$15.60 per credit hour per semester
(University Transfer, Early Childhood Education, Human Service Worker)	MAXIMUM \$210.00 per semester
VOCATIONAL — FULL-time	\$50.00 per month, payable on semester basis in advance.
CAREER — Full-time	(Monthly payments can be arranged.)
A.B.E. — Full-time	\$30.00 per month
VOCATIONAL UPGRADE — Full-time	\$6.00/day \$25.00/week \$75.00/month
<b>PART-TIME (average)</b>	
Community Education Services	\$1.50/hour
Part-time Vocational and Career	\$1.75/hour
Adult Basic Education	\$.30/hour
Supervisory Management	\$50.00/day
<b>Other Fees:</b>	
Student Association Fee	\$1.00/month
<b>Deposits (Refundable):</b>	
Residence Deposit	\$50.00
Vocational Book & Tool Deposit	\$50.00
Adult Basic Education & Business Careers Program Book Deposit	\$25.00

NORTHWEST COMMUNITY COLLEGE  
PHYSICAL RECREATION CENTRE  
OPEN FOR PUBLIC USE  
FACILITIES INCLUDE:  
2 Racquetball Courts, Sauna, Whirlpool and various pieces of weight and exercise equipment.  
MINIMUM AGE IS 16 YEARS.  
FOR FURTHER INFORMATION,  
PHONE THE CENTRE AT 635-4009

## OPEN LEARNING INSTITUTE

3306 Kalum Street  
THE DOWNTOWN CENTRE  
CALL 635-4961  
— COLLECT



REGISTRATION MAIL  
DEADLINES  
FEB. 1, APR. 1, JUNE 1

# TERRACE PARKS & RECREATION DEPARTMENT



### OFFICE

Located at Arena — 3320 Kalum Street  
Open Monday to Friday, 8:30 a.m. to 4:30 p.m.  
Telephone 638-1174

### MAILING ADDRESS

#5 - 3215 Eby Street, Terrace, B.C., V8G 2X6

### YOUR RECREATION STAFF:

Superintendent of  
Parks & Recreation Al McNiven  
Arena Supervisor Dale McFadden  
Program Co-ordinator Elaine Parmenter  
Aquatic Supervisor B.J. Goodwin

## REGISTRATION PROCEDURE

### REGISTRATION DATE:

**Saturday, December 10, from 10:00 a.m. to 1:00 p.m. — Arena Banquet Room**

**REGISTRATION PROCEDURES:** All registrations are on a first-come, first-served basis with no prior registration accepted. Many activities have a limited enrolment, therefore prompt registration is advised. Fees and registration will be accepted at the program only if there is space available. The Parks and Recreation Department reserves the right to cancel a program due to insufficient enrolment.

**METHODS OF PAYMENT:** Payment can be made by cash, personal cheque made payable to the District of Terrace, or by use of your Visa Credit Card.

VISA

**LATE REGISTRATION:** Will be accepted at the Recreation Office in the Arena from December 12 up until a few days before the specific program commences if enrolment space is still available in the class. The Recreation Office is open Monday to Friday from 8:30 a.m. to 4:30 p.m.

**REFUNDS:** Absolutely NO REFUNDS will be given without a Doctor's 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 Recreation Programs start the week of January 3. Aquatic Programs start the first week of January 3. Please check each write-up to be sure you come to the first class.

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FOR FACILITY LOCATIONS, SEE BACK COVER



# TERRACE PARKS & RECREATION DEPARTMENT

## TERRACE ADVISORY PARKS & RECREATION COMMISSION

The Advisory Recreation Commission consists of a cross-section of community members and is appointed by Council to assist in the development and improvement of Recreation for our community.

Public meetings are held at 7:30 p.m. on the 3rd Wednesday of the month. For location, call 638-1174. The main purpose of the Commission is to act as a sounding board for community opinion and then make recommendations to the District of Terrace Council. The Commission, through the District of Terrace Council, is dedicated to facilitating, co-ordinating and providing a comprehensive system of leisure facilities and program opportunities for all citizens of the Terrace area.

If you have any suggestions or opinions regarding recreation in Terrace, please call one of our Committee of Council members or Commission members.

### Members of Terrace Advisory Parks & Recreation Commission

Glenn Thomsen  
Mike Brady  
Pete Peterson  
Elizabeth Metzmeier

Gary Baker  
Julius Komlos  
Linda Lee  
Bob Park

School Board Representative: Claudette Sandecki  
Terrace Council Representative: Marguerite Clarkson

## Program Announcements, Arena or Pool Events

Listen to Radio!  
CFTK's DATEBOOK  
CJFW-FM DATEBOOK

Watch the local  
Newspapers!  
DAILY HERALD  
NORTHERN SENTINEL

## Arena and Pool Schedules

Available at Arena Office  
or call our  
24-Hour  
Recorded Information Line:  
635-9212

## RECREATION FOR PEOPLE WITH SPECIAL NEEDS



The Terrace Parks and Recreation Department encourages the participation of People with Special Needs in our programs.

Please read through the brochure and select any program that interests you. If you have not had previous experience with a certain program area, we suggest you try the beginner level.

Please help us to ensure that a quality experience occurs by indicating at the time of registration that a Special Needs Person is enrolling in the program.

PLEASE NOTE THAT ALL PROGRAMS ARE OPEN FOR YOU TO PARTICIPATE IN.

REACH OUT AND ENJOY YOUR LEISURE HOURS TODAY!

If you feel you would need special assistance or volunteer help, please call the Recreation Office at 638-1174.

## COMING EVENTS

We are compiling a calendar of Terrace-Thornhill Coming Events. If your club or organization has an event happening in the near future, call us at 638-1174 with the information.

## TERRACE PARKS & RECREATION

# TERRACE ARENA

3320 Kalum Street

## PUBLIC SKATING SCHEDULE

MONDAY:	11:30 a.m. - 12:45 p.m.	Noon Hockey
	2:00 p.m. - 3:00 p.m.	Public Skate*
TUESDAY:	11:30 a.m. - 12:45 p.m.	Noon Skate*
	7:00 p.m. - 8:00 p.m.	Public Skate
WEDNESDAY:	11:30 a.m. - 12:45 p.m.	Noon Hockey
	6:30 p.m. - 7:30 p.m.	Family Skate
THURSDAY:	11:30 a.m. - 12:45 p.m.	Noon Skate*
	7:00 p.m. - 8:00 p.m.	Public Skate
FRIDAY:	11:30 a.m. - 12:45 p.m.	Noon Hockey
SATURDAY:	7:00 p.m. - 8:00 p.m.	Public Skate
SUNDAY:	1:00 p.m. - 2:00 p.m.	Family Skate
	2:15 p.m. - 3:15 p.m.	Public Skate

\*Skate sessions marked with an asterisk offered at no charge



## PUBLIC SKATING FEES:

Child	\$ .65
Student	.85
Adult	1.60
Senior Citizen	.65
Family	2.35

## STRIP TICKETS:

Child	10/ \$ 5.00
Student	10/ 6.80
Adult	10/ 12.60
Senior Citizen	10/ 5.00

## SEASON'S PASSES (As of Dec. 1)

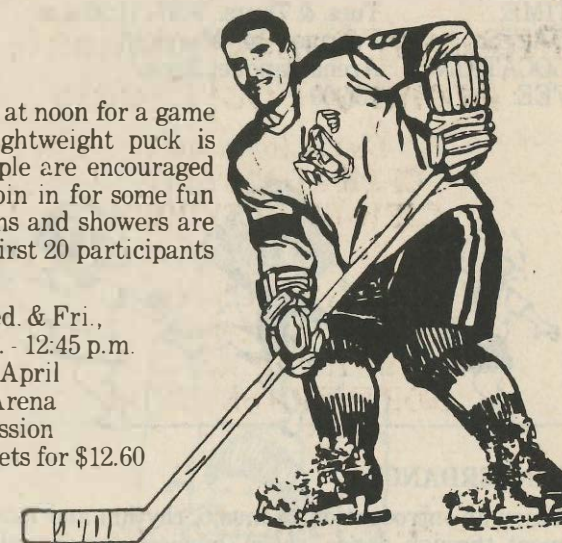
Child	\$ 7.75
Student	9.90
Adult	19.85
Senior Citizen	7.75
Family	29.75

Cost of Season's Passes  
Decreases Every Two Months

## 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 leave their desks and join in for some fun and exercise. Change rooms and showers are available. Limited to the first 20 participants each day.

TIME:	Mon., Wed. & Fri., 11:30 a.m. - 12:45 p.m.
DATES:	October - April
LOCATION:	Terrace Arena
FEE:	\$1.60 a session or 10 tickets for \$12.60



ICE TIMES ARE AVAILABLE FOR PRIVATE BOOKINGS. For more information, apply at the Arena Office.

THE BANQUET ROOM IS ALSO AVAILABLE FOR BOOKINGS. For more information, apply at the Arena Office or phone 638-1174 Monday to Friday, 8:30 a.m. to 4:30 p.m.

Phone 635-9212 for Our 24-Hour Information Line

# Pre-School Programs



## TIME FOR TOTS (for 3 - 5 YEAR OLDS)

This program includes free play, arts and crafts, games, sing-songs, story time and other socializing activities. Parents are asked to assist for 1 duty day.

Maximum: 16 children

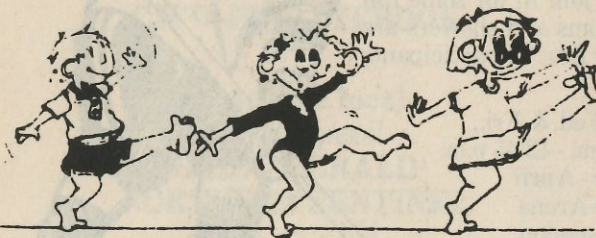
INSTRUCTOR: To Be Announced

### Session I

TIME: Tues. & Thurs., 9:30 - 11:30 a.m.  
 DATES: January 10 - February 9  
 LOCATION: Arena Banquet Room  
 FEE: \$35.00

### Session II

TIME: Tues. & Thurs., 9:30 - 11:30 a.m.  
 DATES: February 14 - March 15  
 LOCATION: Arena Banquet Room  
 FEE: \$35.00



## KINDERDANCE

Enjoy an introduction to music, rhythm and movement through dance, songs, musical games and a craft-related activity. For pre-schoolers 3 to 5 years of age.

INSTRUCTOR: Pat Stone  
 TIME: Friday, 10:15 - 11:30 a.m.  
 DATE: January 13 - March 2  
 LOCATION: Arena Banquet Room  
 FEE: \$16.00

## BABY GYM

Gym fun for 1½ - 2½ year olds. An opportunity to develop co-ordination through exercise, games, tumbling. Parents required to participate. Maximum: 10 participants.

INSTRUCTOR: Eva Komlos

### Session I

TIME: Mon. & Wed., 10:15 - 10:45 a.m.  
 DATES: January 9 - February 8  
 LOCATION: Arena Banquet Room  
 FEE: \$12.00

### Session II

TIME: Mon. & Wed., 10:15 - 10:45 a.m.  
 DATES: February 13 - March 14  
 LOCATION: Arena Banquet Room  
 FEE: \$12.00



## KIDNASTICS

For ages 3½ - 5 years, this is an active session combining gymnastics, games and exercises to aid the child's gross motor development. Maximum 10 participants.

INSTRUCTOR: Eva Komlos

### Session I

TIME: Mon. & Wed., 1:00 - 2:00 p.m.  
 DATES: January 9 - February 8  
 LOCATION: Arena Banquet Room  
 FEE: \$18.00

### Session II

TIME: Mon. & Wed., 1:00 - 2:00 p.m.  
 DATES: February 13 - March 14  
 LOCATION: Arena Banquet Room  
 FEE: \$18.00



**SPECIAL NEEDS INDIVIDUALS**  
 Select any program that interests you.  
 For assistance or information, call 638-1174

# TERRACE PARKS & RECREATION



## TOTS ON ICE

Please check the progression list on page 8 to decide which class your child should attend. Sets I and II are offered on Tuesdays and Thursdays for 4 weeks. Set III is offered Monday only for 8 weeks. All courses are held at the Terrace Arena. CHILDREN MUST WEAR HELMETS.

INSTRUCTOR: Donna Lessard

### SET I January 10 - February 2

SNOWBALLS 9:00 - 9:30 a.m.  
 ICICLES 9:30 - 10:00 a.m.  
 ICECUBES 10:00 - 10:30 a.m.  
 ICECUBES 10:30 - 11:00 a.m.

### SET II February 7 - March 1

SNOWBALLS 9:00 - 9:30 a.m.  
 ICICLES 9:30 - 10:00 a.m.  
 ICECUBES 10:00 - 10:30 a.m.  
 ICICLES 10:30 - 11:00 a.m.

### SET III January 9 - February 27 (MONDAYS ONLY)

ICECUBES 1:00 - 1:30 p.m.  
 ICICLES 1:30 - 2:00 p.m.

LOCATION: Terrace Arena  
 FEE: \$10.00

## PRE-SCHOOLERS' GYM TIME

Developed for 2½ - 3½ year olds, this program builds co-ordination, strength and flexibility through use of gymnastics equipment (balance bar, bar-ladder, mats) and through fun activities and games. Parents required to participate. Maximum: 10 participants.

INSTRUCTOR: Eva Komlos

### Session I

TIME: Mon. & Wed., 11:00 a.m. - 12:00 noon  
 DATES: January 9 - February 8  
 LOCATION: Arena Banquet Room  
 FEE: \$18.00

### Session II

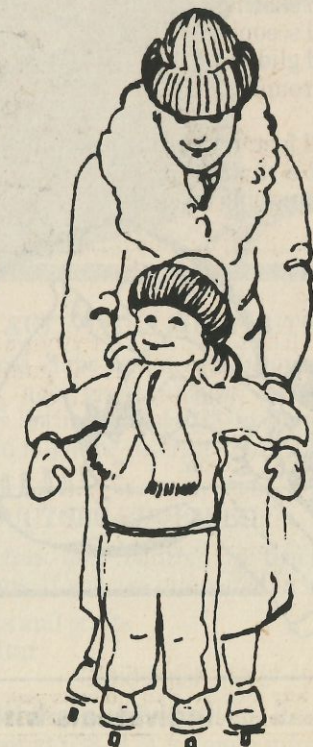
TIME: Mon. & Wed., 11:00 a.m. - 12:00 noon  
 DATES: February 13 - March 14  
 LOCATION: Arena Banquet Room  
 FEE: \$18.00

### Session III

TIME: Mon. & Wed., 2:15 - 3:15 p.m.  
 DATES: January 9 - February 8  
 LOCATION: Arena Banquet Room  
 FEE: \$18.00

### Session IV

TIME: Mon. & Wed., 2:15 - 3:15 p.m.  
 DATES: February 13 - March 14  
 LOCATION: Arena Banquet Room  
 FEE: \$18.00



**Individuals with special needs**  
 — reach out and take part

# Pre-School & Youth Programs

## LEARN-TO-SKATE LESSONS FOR PRE-SCHOOLERS AND CHILDREN

These courses emphasize basic skating skills through progressive levels. Before registering, please check the progression list that is shown below. Children must wear helmets.

### ICE CUBES

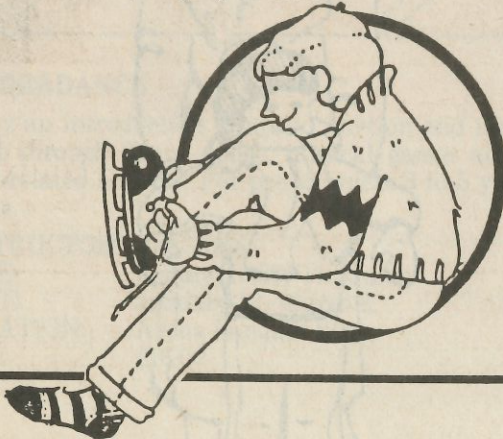
- standing on skates with knees well bent
- walking on ice - take 5 or 6 steps
- falling down on ice, landing on backside
- getting up by themselves
- skating with arms stretched out to the sides
- standing still, touch toes
- lifting one foot and balancing on other for count of 3
- jumping on 2 feet without falling

### ICICLES (Intermediate)

- take 12 steps on ice
- glide on 2 feet
- glide on 2 feet and grab ankles/touch toes
- scooping - both feet
- t-pushoff and glide on 1 foot
- snowplow stop
- jump while moving on ice
- skate width of ice

### SNOWBALLS (Advanced)

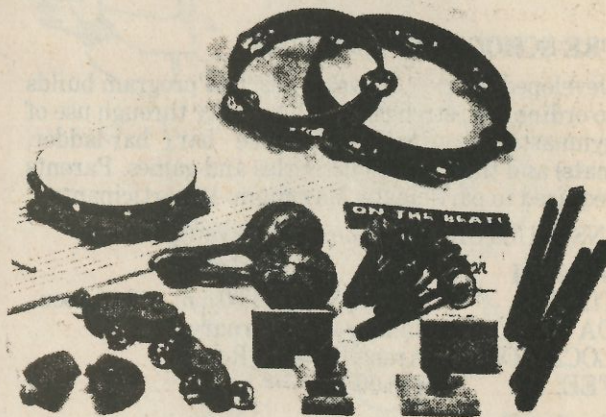
- skate length of ice
- backward skating
- backward scooping
- backward gliding
- skating around cones
- t-stop
- jumping 2 feet, forward to backward
- skating to a rhythm
- forward pumping on circle



## CHILDREN'S SKATING LESSONS

For children from Kindergarten to grade 3, these skating lessons are for non-skaters and beginners, and will follow the progression list. Children must wear helmets.

**INSTRUCTOR:** Donna Lessard  
**TIME:** Thursdays ONLY  
 2:15 - 2:45 p.m. Icecubes  
 2:45 - 3:15 p.m. Icicles  
 3:15 - 3:45 p.m. Icecubes  
 3:45 - 4:15 p.m. Icicles  
**DATE:** January 12 - March 1  
**LOCATION:** Terrace Arena  
**FEE:** \$10.00



## CREATIVE MOVEMENT & MUSIC

For 5 - 7 year olds

Enjoy an introduction to creative movement and music through songs, rhythm instruments, creative movement, dance and music games.

**INSTRUCTOR:** Pat Stone  
**LOCATION:** Arena Banquet Room  
**TIME:** Mon., 3:30 - 4:15 p.m.  
**DATES:** January 16 - March 5  
**FEE:** \$12.00

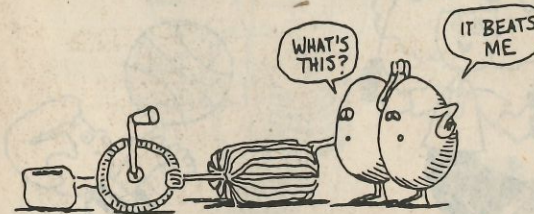
# Youth Programs



## KIDS IN THE KITCHEN

Learn all about mixing ingredients, baking, nutrition and, best of all, eating your own creations. Different recipes are used in each class. For ages 8 - 13. Boys welcome!

**INSTRUCTOR:** Cathy Van Dyk  
**TIME:** Tues., 6:30 - 8:30 p.m.  
**DATES:** January 10 - February 14  
**LOCATION:** Caledonia Sr. Sec., Foods Room  
**FEE:** \$20.00 plus \$12.00 lab fee



## STUFFED TOYS FOR KIDS

8 - 12 year olds will enjoy making stuffed animals or sports items (i.e. soccer ball, monkey). All sewing is done by hand and materials are provided. Samples available at registration, where you can tell us your choice. Fee includes stuffed item.

**INSTRUCTOR:** Cathy Van Dyk  
**TIME:** Tues., 6:30 - 8:00 p.m.  
**DATES:** February 21 - March 13  
**LOCATION:** Caledonia Sr. Sec., Sewing Room  
**FEE:** \$20.00



## OTHER ACTIVITIES FOR YOUTH

Many local clubs and sports groups offer activities for this age group. Check our COMMUNITY GROUPS listing on page 28 to find a club or sport your child might be interested in.

## INSTRUCTORS REQUIRED

Instructors are required to teach children's programs. If you are interested in instructing

- |                 |         |
|-----------------|---------|
| arts and crafts | sports  |
| guitar          | fitness |
| and much more   |         |

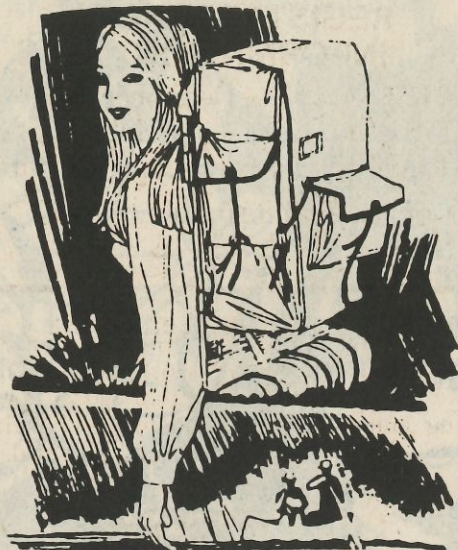
Call the Terrace Parks and Recreation Department at 638-1174 for more information.



Individuals with Special Needs — Reach Out and Take Part

## GIRL GUIDES OF CANADA

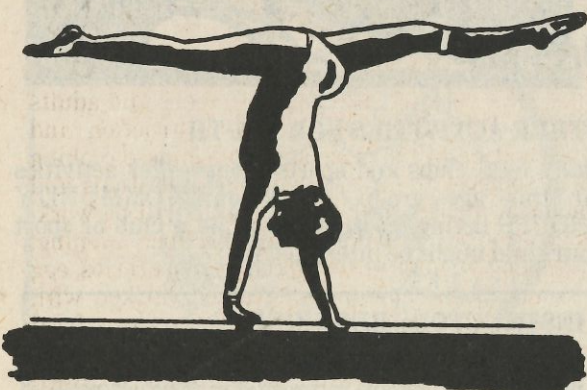
Whether you are new in Guiding or were a Brownie or Guide, you are welcome. Guiding offers you leadership development, enabling you to learn about Guiding and your place in it. For more information on Guiding, call Ethel at 635-5046 or Marg at 638-0609.



## TERRACE PEAKS GYMNASTIC CLUB

Terrace Peaks Gymnastics Club offers training for both boys and girls aged 5 and up at a recreational to competitive artistic gymnastic level.

For more information, call Eva at 635-5798 or Marta at 635-4274.



## TERRACE BLUEBACK SWIM CLUB

For children 7 - 18 who can swim one pool length. Enter your child for regular instruction and coaching. It's excellent conditioning for children active in other sports. Special low rates for novice swimmers. Registration accepted on an ongoing basis. For more information, call Joyce or Skip at 635-5024 or Cathy at 635-7049.



## TERRACE KINETTES BABYSITTING COURSE

Call Gail Wade at 635-9253 for more information.

## TERRACE PARKS & RECREATION

# Cultural, Craft & General Interest

\* Please note: These courses are available to both teens and adults.

## FISHING ROD CONSTRUCTION

Learn how to make your own fishing pole in this 5-week course. Course covers a discussion of possible equipment and where to obtain it, building and shaping the handle, guide selection and installation, finishes for the rod and how to make common repairs for your other rods.

This course will include lecture, demonstration and time for you to make your own rod. Tool list and supply list given out at first class. Cost of supplies is \$45.00 upward, depending on your selection.

INSTRUCTOR: Kevin Sparks  
 TIME: Wed., 7:30 - 9:30 p.m.  
 DATES: February 15 - March 14  
 LOCATION: Skeena Jr. Sec., Woodwork Room  
 FEE: \$25.00



## INTRODUCTORY FLY-TYING

A basic course for the novice fly-tyer. Students will learn how to tie wet, dry, streamer, steelhead and nymph flies. Students are asked not to buy tools and material until after the first class. Maximum: 10.

INSTRUCTOR: Robert Brown  
 TIME: Wed., 7:30 - 9:30 p.m.  
 DATES: January 11 - February 8  
 LOCATION: Skeena Jr. Sec., Woodwork Room  
 FEE: \$25.00

## REGISTRATION INFORMATION

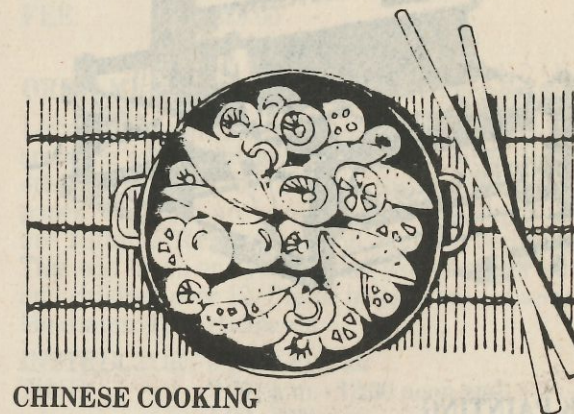
DATE: Sat., December 10  
 TIME: 10:00 a.m. - 1:00 p.m.  
 LOCATION: Arena Banquet Room

For more information, call:  
 638-1174

## STAINED GLASS FOR BEGINNERS

Make your own project under the guidance of an expert. Cost of materials ranges from \$40.00 upward, depending on materials chosen. Bring a 12" ruler to the first class. Proper glass cutters are provided.

INSTRUCTOR: Matt Ehse  
 TIME: Thurs., 7:30 - 9:30 p.m.  
 DATES: January 12 - March 15  
 LOCATION: 4820 Halliwell Avenue  
 FEE: \$30.00 plus cost of supplies



## CHINESE COOKING

For Chinese cooking enthusiasts — teens and adults welcome. This class will include instruction and demonstration of the basic skills of Chinese cooking and in some of the many delicious, nutritious and economical dishes available. Students will be working in groups to make two dishes per evening. Recipes may include — sweet and sour spareribs, egg foo young, pork chow mein, steamed chicken with mushrooms and onions, wonton soup, deep fried wonton and more. Students will be expected to purchase some ingredients while others can be obtained from the instructor (approximate cost \$30.00).

INSTRUCTOR: John Lau  
 TIME: Wed., 7:00 - 9:30 p.m.  
 DATE: February 1 - March 14  
 LOCATION: Caledonia Sr. Sec., Foods Room  
 FEE: \$30.00 plus supplies



Individuals with Special Needs — Reach Out and Take Part

## SPINNING & DYEING FOR BEGINNERS

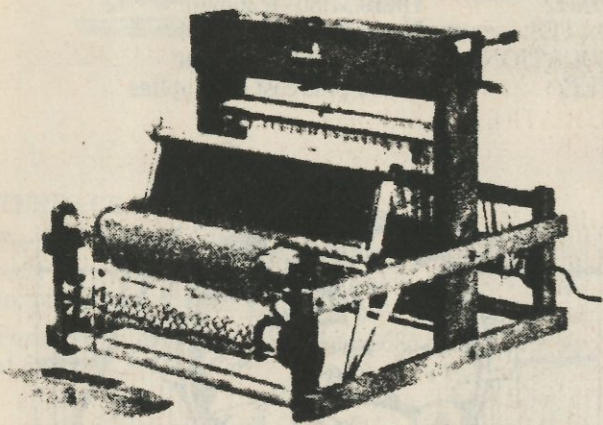
Transform fleece to spun fibres. Discover a world of soft and subtle nature dyes. Participants will be supplied with spinning wheels, carder, wool and basic dyes. You may be asked to bring your own onion skins, coffee grounds, rusty nails, etc., for the dye bath. Maximum: 10.

**INSTRUCTOR:** Lena Chapplow  
**TIME:** Mon., 7:00 - 9:00 p.m.  
**DATES:** January 9 - February 13  
**LOCATION:** To Be Announced  
**FEE:** \$30.00 plus \$15.00 lab fee

## WEAVING WITH A TABLE LOOM

Use one of the Northwest Community College's Dorothy table looms and learn to weave under the expert instruction of Joan Humphrey.

**INSTRUCTOR:** Joan Humphrey  
**TIME:** Thurs., 7:00 - 10:00 p.m.  
**DATES:** January 5 - February 9  
**LOCATION:** Skeena Jr. Sec.  
**FEE:** \$45.00



## SILK PAINTING

Silk painting, first popularized in France some 10 years ago, is now very much in vogue in North America because of the sumptuous appeal of silk and the brilliant colours obtained with the specially formulated acid dyes from France. Several major techniques will be explored: Gutta and Wax Resist, Direct Painting with Salt, Stencilling with Batik.

**INSTRUCTOR:** Joan Humphrey  
**TIME:** Mon., 7:00 - 10:00 p.m.  
**DATE:** February 6 - March 12  
**LOCATION:** Arena Kitchen  
**FEE:** \$35.00

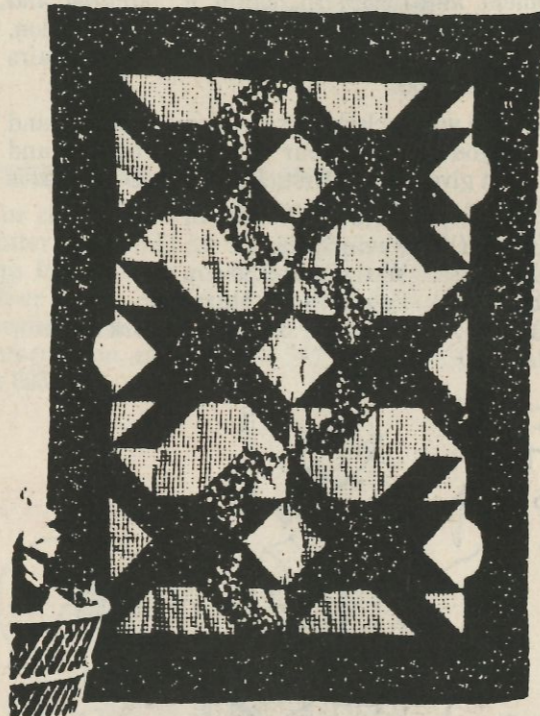


**Individuals with special needs  
— reach out and take part**

## TRADITIONAL QUILTING

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

**INSTRUCTOR:** Sue Nelson  
**TIME:** Wed., 7:30 - 10:00 p.m.  
**DATES:** January 18 - March 7  
**LOCATION:** Skeena Jr. High School Sewing Room  
**FEE:** \$30.00



## CROCHET

Learn to read patterns and crochet basic stitches. Bring some light-coloured wool scraps and a size 4.5 - 6 crochet hook to the first class.

**INSTRUCTOR:** Cathy Van Dyk  
**TIME:** Mon., 7:30 - 9:30 p.m.  
**DATES:** January 9 - January 30  
**LOCATION:** Caledonia Sr. Sec.  
**FEE:** \$20.00

## OFF-LOOM WEAVING

Using hoops, simple frames and found objects, learn how to create "one-of-a-kind" hangings, bags, mats, cushions, etc. Tapestry techniques will be used, plus unusual textural and dimensional effects. Free-form and shape weaving will be included, together with interesting finishing details. Supply cost extra but will be minimal.

**INSTRUCTOR:** Joan Humphrey  
**TIME:** Thurs., 7:00 - 10:00 p.m.  
**DATES:** February 16 - March 8  
**LOCATION:** Skeena Jr. Sec., Sewing Room  
**FEE:** \$25.00

## TERRACE PARKS & RECREATION

### OIL PAINTING FOR PLEASURE

A course designed for adults who do not have time for laborious exercises. New techniques will help you create your own original landscapes, still lifes or seascapes quickly and enjoyably.

**INSTRUCTOR:** Adolphus R. Burton

#### Beginners

**TIME:** Wed., 7:00 - 9:30 p.m.  
**DATES:** January 11 - March 14  
**LOCATION:** Skeena Jr. Sec. Art Room  
**FEE:** \$50.00

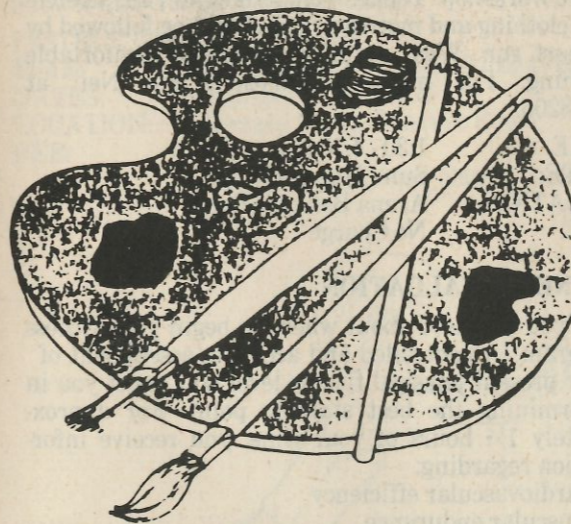
#### Beginners

**TIME:** Fri., 1:00 - 3:30 p.m.  
**DATES:** January 6 - March 9  
**LOCATION:** Arena Banquet Room  
**FEE:** \$50.00

#### Intermediate Level Students

For those who have taken some classes before or have some previous experience.

**TIME:** Mon., 7:00 - 9:30 p.m.  
**DATES:** January 9 - March 12  
**LOCATION:** Skeena Jr. Sec. Art Room  
**FEE:** \$50.00



### TERRACE DOG CLUB

Do you want a more obedient dog? Obedience classes start in early January. For more information, call Sadie at 635-4217.



### KNITTING

If you've always wanted to knit, now is your chance to learn. Bring knitting needles and light-coloured yarn to the first night.

**INSTRUCTOR:** Cathy Van Dyk  
**TIME:** Mon., 7:30 - 9:30 p.m.  
**DATES:** February 6 - March 12  
**LOCATION:** Caledonia Sr. Sec.  
**FEE:** \$25.00

### ORIGAMI — The Japanese Art of Paper Folding

Learn the ancient craft of making snapping puppets, spouting whales, party hats, graceful birds, fish and other ornaments by folding squares of coloured paper. Children are charmed by these items. They are suitable for mobiles and holiday decorations. This will be an enjoyable 1-day workshop for adults and children over 12. Please bring a pair of scissors. Maximum: 15 participants.

**INSTRUCTOR:** Judith Fedrau  
**TIME:** 9:30 - a.m. - 12:00 noon and  
1:00 - 3:00 p.m.  
**DATE:** Sat., February 4  
**LOCATION:** Terrace Arena Banquet Room  
**FEE:** \$15.00 (includes supplies)

### REGISTRATION INFORMATION

**DATE:** Sat., December 10  
**TIME:** 10:00 a.m. - 1:00 p.m.  
**LOCATION:** Arena Banquet Room

For more information, call:  
638-1174

# Fitness & Sport

\* Please note: These classes are open to both teens and adults.

## AIKIDO

Aikido is a non-competitive martial art which stresses personal and spiritual growth as well as physical discipline. Translated literally, Aikido means "way of harmony". Students learn to work with a partner rather than fight against an opponent. Wear loose clothing. Participants will be expected to buy a gi (practice outfit - approximately \$30.00).

**INSTRUCTOR:** Liz Mckinlay  
**TIME:** Tues. & Fri., 6:00 - 7:20 p.m.  
**DATES:** January 10 - March 16  
**LOCATION:** Oddfellows Hall, 3222 Munroe St.  
**FEE:** \$40.00

## BEAT BALLET

From Holland to Terrace, a new type of dance exercise class for Terrace residents. Learn ballet and jazz movements that will strengthen your legs and exercise your body, and put them together into dances to modern music. Wear loose, comfortable clothing. **REGISTRATION DEADLINE:** January 2.

**INSTRUCTOR:** Kar'n Clark-Mol  
**TIME:** Tues., 7:00 - 8:00 p.m.  
**DATES:** January 10 - March 13  
**LOCATION:** Arena Banquet Room  
**FEE:** \$15.00

## HATHA YOGA

Ancient techniques - asanas (physical postures), breathing and concentration, Hatha yoga will promote flexibility, a reduction of stress, and relaxation. Please wear comfortable clothes and bring a pad or towel.

**INSTRUCTOR:** Jo Patterson  
**TIME:** Thurs., 7:00 - 8:00 p.m.  
**DATE:** January 12 - March 15  
**LOCATION:** Arena Banquet Room  
**FEE:** \$15.00



## AFTERNOON FITNESS

A mild, music-filled fitness class that will include strengthening, stretching and muscle toning. An excellent choice for those of you who feel our other classes are too fast-paced.

**INSTRUCTOR:** Jayne Stevens  
**TIME:** Tues. & Thurs., 1:15 - 2:00 p.m.  
**DATE:** January 10 - March 15  
**LOCATION:** Arena Banquet Room  
**FEE:** \$23.00



## INTRODUCTION TO RUNNING

The Skeena Valley Marathoners are conducting this short workshop. Topics include how to run, stretching, clothing and motivation, and will be followed by a short run. Wear running shoes and comfortable clothing. For more information, call Neil at 638-8206.

**TIME:** 1:30 - 4:30 p.m.  
**DATE:** Sun., March 18  
**LOCATION:** Arena Banquet Room  
**FEE:** No Charge

## FITNESS EVALUATION

Are you confused about where to begin your fitness program? A controlled and accurate assessment of your present physical fitness level will assist you in determining the best starting point. For approximately 1½ hours of your time, you receive information regarding:

- Cardiovascular efficiency
- Muscular endurance
- Body flexibility
- Percentage of body fat
- Strength and...

most important, evaluation of the results by a fitness consultant, who will assist you to develop a program to suit your individual needs.

**FOR MORE INFORMATION AND/OR AN APPOINTMENT - CALL 638-1174.**

**FEE:** \$20.00  
**LOCATION:** Terrace Pool

## FUN & FITNESS

A morning fitness class for all of you who want to get away from it all, have fun, and get fit at the same time. Class will include strength, flexibility and aerobic exercises done to music. Babysitting available.

**INSTRUCTOR:** Jayne Stevens  
**TIME:** Mon. & Wed., 9:00 - 10:00 a.m., and Fri., 9:00 - 10:00 a.m. (optional)  
**DATES:** Set I: January 9 - February 10  
 Set II: February 13 - March 16  
**LOCATION:** Arena Banquet Room  
**FEE:** \$15.00 for Mon. & Wed.; \$22.00 for Mon., Wed. & Fri.

## BABYSITTING SERVICE

Babysitting services are available for some of the daytime courses. The children are well supervised and will have an assortment of toys, games and craft supplies to play with.

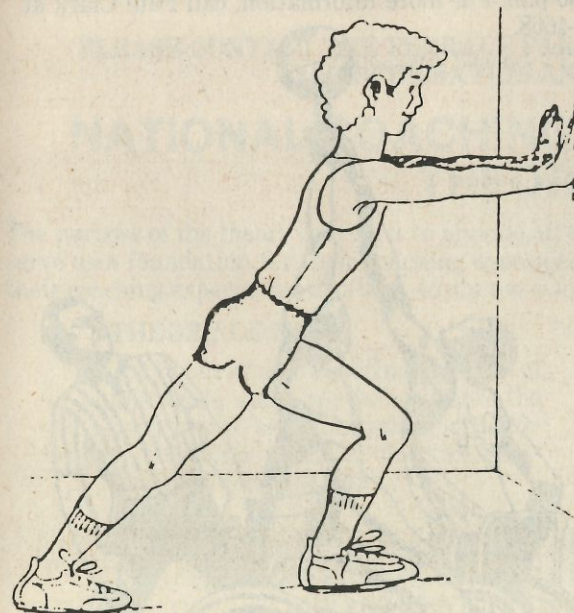
**FEE:** \$1.50 per child per hour;  
 .75 for each additional child

Minimum charge of 1 hour.

## NOON WORKOUT

Keep in shape with a 30-minute program geared to the working person. The program includes strength, flexibility, cardiovascular and cool-down exercises. Shower and change room available.

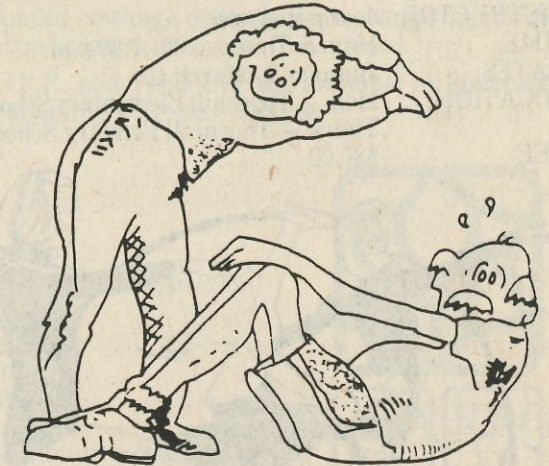
**INSTRUCTOR:** Jayne Stevens  
**TIME:** Mon., Wed. & Fri., 12:15 - 12:45 p.m.  
**DATES:** January 4 - March 16  
**LOCATION:** Terrace Arena Banquet Room  
**FEE:** \$20.00  
 Drop-in fee \$1.00 per class



## FITNESS FOR SENIORS (ELDEROBICS)

Get in shape! Feel good! Exercise to lively music. Lots of fun! Come on a regular basis or drop in when you can.

**INSTRUCTOR:** May McFarland  
**TIME:** Tues. & Thurs., 2:00 - 2:30 p.m.  
**DATES:** From early January on  
**LOCATION:** Happy Gang Centre  
**FEE:** 50¢ per class



## AEROBIC FITNESS (CO-ED)

A moderate to vigorous exercise class for those of you who want to get in top-notch shape. (Fridays - optional.)

**INSTRUCTOR:** Betty Jean Goodwin  
**TIME:** Mon., Wed. & Fri., 5:00 - 6:00 p.m.  
**DATES:** January 4 - March 16  
**LOCATION:** Terrace Arena Banquet Room  
**FEE:** \$30.00 for Mon. & Wed.; \$45.00 for Mon., Wed. & Fri.; Drop-in \$1.50

## AEROBIC FITNESS (CO-ED)

A mild to moderate fitness class for anyone who prefers a late-night fitness class. The class will include flexibility, strength and aerobic exercises done to music.

**INSTRUCTOR:** To Be Announced  
**TIME:** Tues. & Thurs., 8:00 - 9:00 p.m.  
**DATE:** Set I: January 10 - February 9  
 Set II: February 14 - March 15  
**LOCATION:** Arena Banquet Room  
**FEE:** \$15.00

## REGISTRATION INFORMATION

**DATE:** Sat., December 10  
**TIME:** 10:00 a.m. - 1:00 p.m.  
**LOCATION:** Arena Banquet Room  
 For more information, call:  
 638-1174



## WOMEN'S FITNESS (LADIES' KEEP FIT)

All exercise programs involve continuous exercise to taped music and a variety of strength, flexibility, muscle-toner and relaxation exercises.

### Session I

INSTRUCTOR: Betty Ann Story  
TIME: Mon. & Wed., 6:30 - 7:30 p.m.  
DATES: January 9 - March 14  
LOCATION: Uplands Elementary School  
FEE: \$30.00

### Session II

INSTRUCTOR: Jayne Rushton  
TIME: Mon. & Thurs., 6:30 - 7:30 p.m.  
DATES: January 9 - March 15  
LOCATION: Mon. — Thornhill Elementary School  
Thurs. — Thornhill Primary School  
FEE: \$30.00



## MEN'S INDOOR SOCCER

Off-season skill and fitness training for adult soccer players. For more information, call Harry Brown at 635-2381.

## TERRACE KARATE CLUB — CHITO RYU STYLE

Open to anyone 9 years and older (including adults). Those under 19 must have parents' approval in writing to register.

REGISTRATION DATE: December 10  
REGISTRATION TIME: 10:00 a.m. - 1:00 p.m.  
LOCATION: Terrace Arena  
— Downstairs  
FEE: Varies depending upon age

For more information, call Norm at 635-3322.



Individuals with special needs  
— reach out and take part

## BODY SHAPING (CO-ED)

These classes will introduce the participants to the use of a universal gym and free weights.

INSTRUCTOR & CLASS TIMES: To Be Announced



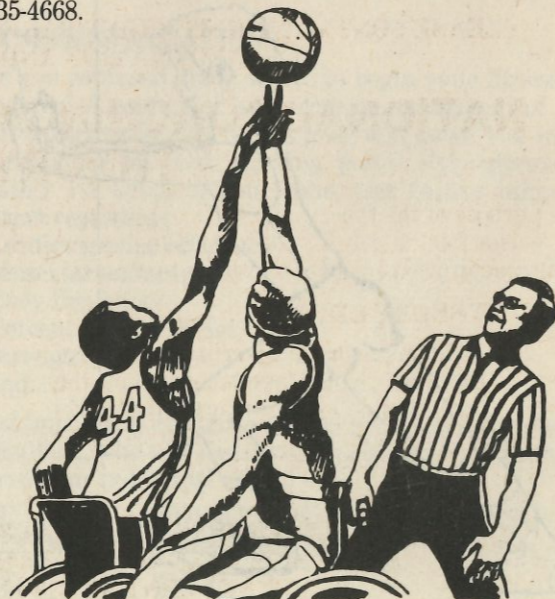
## TERRACE SCRUB VOLLEYBALL LEAGUE

A general meeting and team registration will be held on Wednesday, January 4, at 7:30 p.m. in the Arena Banquet Room. The league is open to all men and women, 19 years and older.

\*Teams must register for the second half of the session. For more information, attend this meeting.

## WHEELCHAIR BASKETBALL

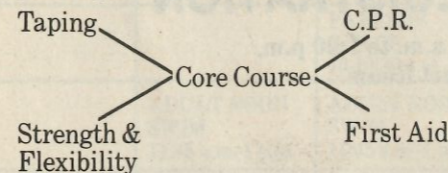
Open to both disabled and able-bodied people, team practices are held twice weekly with wheelchairs supplied. Join us for practices, games and a good time at Caledonia Sr. Sec., Wednesdays from 9:00 - 10:30 p.m. For more information, call Paul Clark at 635-4668.



## TERRACE PARKS & RECREATION

### B.C. SPORTS-AID PROGRAM

The B.C. Sports-Aid Program is for anyone involved in sports, fitness or recreational activities who is concerned about the safety and well-being of others who participate. This program consists of a core course plus 4 specialty modules as shown.



The core course provides a broad background in injury prevention and treatment, and prospective sportaiders should take it first. The entire course is voluntary, so it is obviously not mandatory to complete all 5 modules. The courses do complement one another, however, and together they provide a well-rounded coverage of the topic, so completion of the entire program is strongly encouraged.

\* C.P.R. and First Aid are available at Northwest Community College in Terrace.

### PROGRAM CONTENT

#### CORE COURSE

The Core Course, which is completed in one day, consists of lecture, demonstration and discussion sessions. It covers the following topics:

- Body Basics — a brief overview of basic anatomy and physiology.
- Recognition and control of potentially hazardous situations.
- Injury assessment and handling of life-threatening situations.
- Management of common injuries
- Establishing referral patterns and the effective use of community resources.
- Development of a first-aid kit.
- C.P.R. basics.

A course manual is provided to all registrants. This course must be completed before the specialty modules as it serves as a background and framework for the other courses.

#### TAPING MODULE

This module covers 2 days and includes lecture and demonstration sessions and "hands on" taping experience. It deals with taping procedures for injury prevention, for minimizing the chance of further damage when injury occurs, and for facilitating the healing and repair process.

#### STRENGTH & FLEXIBILITY MODULE

This 1-day course includes lectures, demonstration and practice sessions. The flexibility component considers the proper principles of exercise, recommended and non-recommended exercises, and sample warmup routines. The strength component examines the principles of program design, technique, safety precautions and motivational factors.

PLEASE CONTACT THE TERRACE PARKS & RECREATION DEPARTMENT AT 638-1174 FOR INFORMATION AND DATES OF THESE COURSES.

### NATIONAL COACHING CERTIFICATION PROGRAM THEORY COURSES

The purpose of the theory courses is to provide all coaches with the theoretical principles of coaching which will serve as a foundation for their coaching experience. The course also allows coaches the opportunity to relate their coaching experiences to others, to discuss common concerns and possibly find common solutions.

#### THEORY LEVEL I

A 14-hour course covering the role of the coach, sport psychology, how the body works, skill analysis, sport safety, teaching methods, practice planning, and administration.

#### THEORY LEVEL II

A 21-hour course covering training methods, nutrition, sport psychology, care of sports injuries, advanced teaching skills, seasonal planning, and more on skill analysis and the role of the coach.

THESE COURSES WILL BE OFFERED IN THE WINTER AND SPRING SESSION. PLEASE CONTACT THE TERRACE PARKS & RECREATION DEPARTMENT AT 638-1174 FOR MORE INFORMATION.



**Terrace Swimming Pool**  
 3320 Kalum Street  
 638-1174



**AQUATIC PROGRAM REGISTRATION**

Saturday, December 10, from 10:00 a.m. to 1:00 p.m.  
 at the Terrace Arena Banquet Room

**REGISTRATION PROCEDURES:**

If your child was previously registered in our Learn to Swim Program or if he took lessons through his school, he will have received a Personal Record Card. You **MUST** bring this card to registration in order to proceed quickly to our registration table.

If you forget to bring this card or happen to lose it, it will be necessary for you to proceed to our Master File Table where we will fill out a new Personal Record Card.

If you have not had your child in the new Red Cross Learn to Swim program or if you have lost your card, come to the pool **BEFORE** December 10 and we will transfer your child's information onto a new Evaluation Card.

**REMEMBER:** Not having a Red Cross Personal Record Card will only further increase your time spent at registration and increase the chance of your child not being registered for the class you desire.

**1984 PINEAPPLE CLUB — SWIM TO HAWAII**

Again this year we are giving you the chance to escape (through your imagination) to the waters of Hawaii.

A chart will be posted at the pool. Each Pineapple Club member will record his own progress on the chart. One length will be equivalent to 5 kilometres. 1,020 lengths will get you to Hawaii. You will be more fit when you arrive and if you use the sun solarium regularly when you are at the pool — you'll be tanned as well!

To join you must register in the Pineapple Club. The cost is \$5.00. Those who complete the distance will receive a T-shirt with our 1984 Pineapple Club crest on it.

Come on down to the pool. It all starts January 3 and we will take no registrations after February 3.



**Individuals with Special Needs — Reach Out and Take Part**

**TERRACE PARKS & RECREATION**

**SWIM SCHEDULE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	EARLY BIRD SWIM 6:30-9 a.m.	EARLY BIRD SWIM 6:30-9 a.m.	EARLY BIRD SWIM 6:30-9 a.m.	EARLY BIRD SWIM 6:30-9 a.m.		
		PARENTS & TOTS 10-10:30 a.m.				
	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.	ADULT NOON SWIM 11:45 a.m.-1 p.m.
				PARENTS & TOTS 2-2:30 p.m.	PUBLIC SWIM 1-3 p.m.	FREE PUBLIC SWIM 1-3 p.m.
					FAMILY SWIM 4-6 p.m.	FAMILY SWIM 4-6 p.m.
FAMILY SWIM 7-8 p.m.	PUBLIC SWIM 7-8 p.m.	FAMILY SWIM 7-8 p.m.	PUBLIC SWIM 7-8 p.m.	PUBLIC SWIM 7-8 p.m.	ADULT SWIM 7-8 p.m.	ADULT SWIM 7-8 p.m.
	FITNESS SWIM 8-9 p.m.		FITNESS SWIM 8-9 p.m.			
ADULT SWIM 9:30-10:30 p.m.		ADULT SWIM 9:30-10:30 p.m.				

POOL IS CLOSED ALL STATUTORY HOLIDAYS

POOL IS CLOSED DECEMBER 25, 1983, TO JANUARY 2, 1984

Adult Free Swim: Wednesdays, 9:00 - 10:00 a.m.  
 Post-Natal: Wednesdays, 9:30 - 10:30 a.m.; Fridays, 1:30 - 2:30 p.m.  
 Senior Citizens' Swim: Wednesdays, 9:30 - 10:30 a.m.



**DID YOU KNOW?**

Babysitting is available during the Tuesday and Thursday adult noon hour swim. Mothers can now take advantage of this daytime swim.

**PRIVATE RENTALS**

The pool is available for rent by any club, church group, business or organization. If your group is interested, contact the pool at least one week in advance.

FEE: \$55.25

# Look for These New Swimming Events — One May be Right for You

- An Additional Parent & Tot Recreational Swim every Friday from 2:00 - 2:30 p.m.
- A new time for the adult Free Swim: Wednesday morning, 9:00 - 10:00 a.m.

- Post-Natal Exercise  
Wednesday mornings, 9:30 - 10:30 a.m.;  
Friday afternoons, 1:30 - 2:30 p.m.  
Drop in to either session. Bring your baby along.
- Swimfit — It's fun; it's easy; you'll get in better shape.  
Tuesday & Thursday, 10:00 - 10:45 a.m.



### SPRINGBOARD DIVING FOR BEGINNERS

For any child who can swim in the deep end (maroon level) and who wants to learn to springboard dive. The basic hurdle front and back dive will be taught.

FEE: \$18.00

Tuesday & Thursday,  
4:30 - 5:00 p.m.

Set I: January 3 - February 9  
Set II: February 14 - March 15



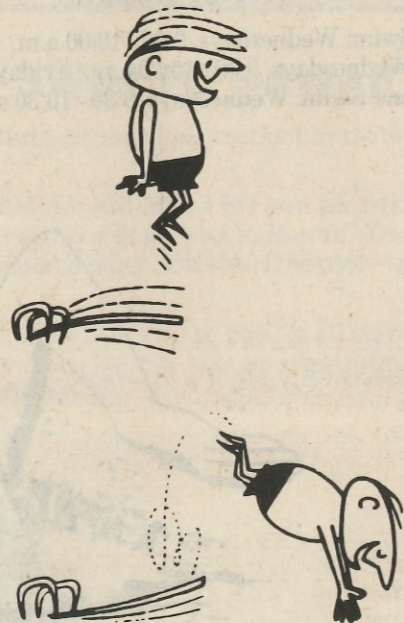
### TEENS

Whether you're just beginning or if you can already swim quite well, this class is for you! It's just for teens who want to enjoy the water and become better swimmers.

FEE: \$18.00

Tuesday & Thursday,  
4:00 - 4:30 p.m.

Set I: January 3 - February 9  
Set II: February 14 - March 15



## Adult Programs

### SWIMMING LESSONS

Learn to enjoy the water. It's never too late! We teach adult classes suitable for any level of swimming ability: scared silly, floaters, swimmers and advanced levels.

SET I January 3 - February 9  
SET II February 13 - March 15  
Mondays & Wednesdays, 8:45 - 9:30 p.m.  
Tuesdays & Thursdays, 11:00 - 11:45 a.m.  
FEE: \$25.00

### PRE-NATAL EXERCISE CLASS

For all mothers-to-be. This is a gentle exercise class which will help keep you fit throughout your pregnancy. The class is held entirely in the water.

Mondays & Wednesdays, 7:45 - 8:45 p.m.  
FEE: \$25.00  
SET I January 4 - February 8  
SET II February 13 - March 14

### TWOSDAY

February 16 & 17 March 5 & 6

Bring along a friend to the class you are registered in.

These are fun days for all adult classes. Bring a friend who hasn't taken lessons before, or your neighbour who is still debating about taking lessons.

\*There is no charge for your friend.

### GET FIT — STAY FIT

At the pool we're into fitness

### AQUASIZES: Exercise in the water

This class is designed for all of you who have been thinking about becoming fit. Get started in an easy and fun way; no swimming skill is necessary. The class is held in the shallow end of the pool.

FEE: \$25.00  
SET I January 3 to February 8  
SET II: February 13 to March 15  
Monday & Wednesday, 8:00 - 8:45 p.m.  
Tuesday & Thursday, 9:15 - 10:00 a.m.  
Please pre-register

### SWIMFIT CLASSES

If you can swim and you want to get fit, this class is for you! Water exercises are combined with length swimming for a great overall workout. Drop in and give it a try.

Tuesday & Thursday, 10:00 - 10:45 a.m.  
SET I January 3 to February 9  
SET II February 14 to March 15  
FEE: \$25.00 or \$2.50 drop-in

### POST-NATAL EXERCISE

For new mothers — a new exercise class!

We will be doing ½ hour of dry land exercises followed by ½ hour of fitness in the water. Babysitting is available, or you can keep your little one with you!

Wednesday mornings, 9:30 - 10:30 a.m.  
Friday afternoons, 1:30 - 2:30 p.m.

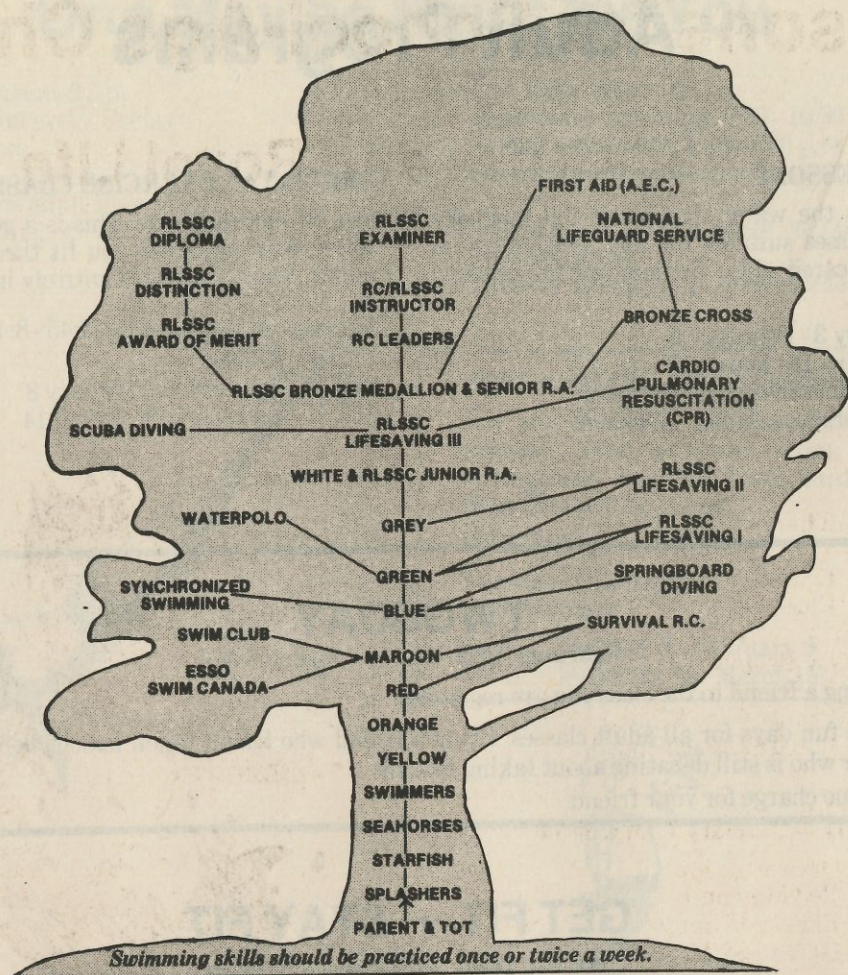
Drop-in \$2.50  
No pre-registration



**SPECIAL NEEDS INDIVIDUALS**  
Select any program that interests you.  
For assistance or information, call 638-1174

# AQUATIC TREE

## LEARN TO SWIM



The Red Cross colour-coded levels are the mainstream of the Terrace Learn to Swim Program. You may also branch out to other aquatic programs such as synchronized swimming, springboard diving, Esso Swim Canada Program, etc.

**PLEASE NOTE** these two important changes in our programming:

1. Maroon level is divided into Maroon 1 and 2  
 Maroon 1: Swimmers taking Maroon for the first time  
 Maroon 2: Swimmers repeating Maroon level
2. L.S. 1 is combined with Blue level.  
 L.S. 2 is combined with Green level.  
 L.S. 3 is combined with Grey/White level.



**Individuals with special needs**  
— reach out and take part



**Esso Swim Canada Program**

These lessons will introduce your child to the skills of competitive swimming. Dive starts, racing turns, lane control, and use of a pacing clock will all be taught. As well, we will teach sound basic mechanics in the four competitive strokes — butterfly, backstroke, breaststroke and freestyle.

These classes are suitable for any child who has completed Maroon level Red Cross lessons. They will provide excellent strength and stroke mechanics training. If your child would like a change from Red Cross lessons, he will enjoy these classes.

**DAYS:** Tues. & Thurs.  
**TIME:** 4:30 - 5:00 p.m.  
**DATES:** SET I January 4 - February 10  
 SET II February 14 - March 16  
**FEE:** \$18.00

# Lessons for School-Age Children

## Red Cross and Royal Life Swim Lessons

All children must be at least 5 years old

SET I January 3 - February 10  
 SET II February 13 - March 16

### Tuesday & Thursday

3:30 p.m. Yellow/Orange/Maroon 1/Red  
 4:00 p.m. Red/Green-LS2/Maroon 1/Teens/Yellow  
 4:30 p.m. Blue-LS1/Red/Esso Swim Canada/Springboard Diving

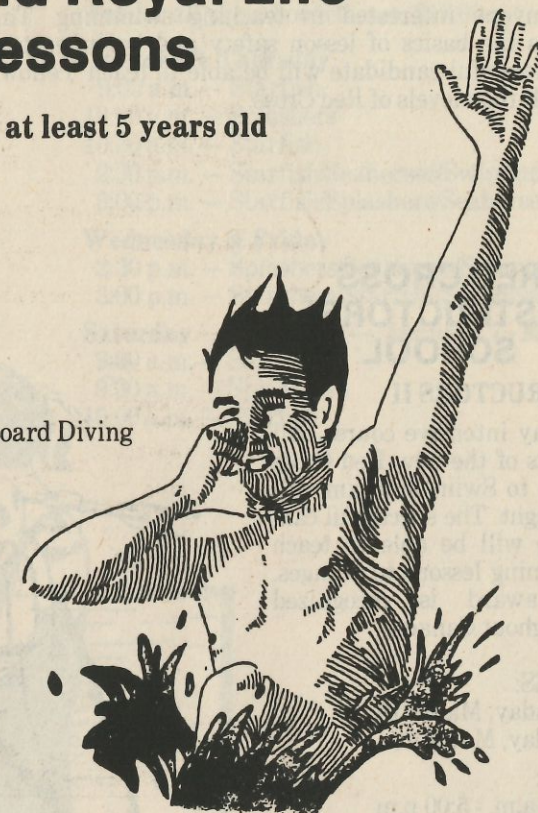
### Wednesday & Friday

3:30 p.m. Yellow/Orange/Maroon 2/Blue  
 4:00 p.m. Orange/Grey-White-LS3/Red/Maroon 1  
 4:30 p.m. Blue-LS1/Red/Yellow

### Saturday —

One set only — January 7 - March 17

9:00 a.m. Orange/Yellow  
 9:30 a.m. Red/Maroon 1  
 10:00 a.m. Blue-LS1/Orange  
 10:30 a.m. Green-LS2/Maroon 2/Red  
 11:00 a.m. Yellow/Red



## HAVE YOU PRE-REGISTERED?



### FEES:

Yellow to Blue	(½-hour classes)	\$18.00
Green	(1-hour classes)	\$25.00
Grey/White	(1-hour classes)	\$25.00
Esso Swim Canada		\$18.00
Springboard Diving		\$18.00
Teen Lessons		\$18.00

# Advanced Aquatic Courses

For more information, call B.J. Goodwin at 638-1174

## INSTRUCTORS I

For anyone interested in teaching swimming. This course teaches the basics of lesson safety and beginner progression. The successful candidate will be able to teach Yellow, Orange, Red, Maroon levels of Red Cross.

DATES: January 14 - March 10  
 TIME: Saturday, 8:00 a.m. - 12:00 noon;  
 Monday, 4:00 - 7:00 p.m.  
 FEE: \$50.00  
 Prerequisite: Age 16; Bronze Medallion

## RED CROSS INSTRUCTORS' SCHOOL

### INSTRUCTORS II

A 5-day intensive course. All aspects of the new Red Cross Learn to Swim program will be taught. The successful candidate will be able to teach swimming lessons to all ages. The award is recognized throughout Canada.

DATES: Monday, March 19 - Friday, March 23

TIME: 8:00 a.m. - 5:00 p.m.

FEE: \$65.00

Prerequisite: 17 years of age; Instructors I Award

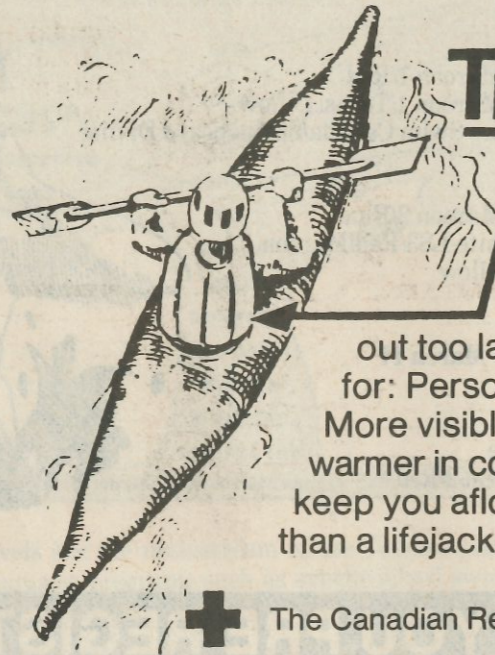
### BRONZE MEDALLION

If you are interested in taking this course, please phone B.J. Goodwin at the pool. We will be starting a course in mid-January if there is sufficient registration!

TIMES: Monday, 4:00 - 7:00 p.m.; Saturday, 9:00 a.m. - 12:00 noon

DATES: January 14 - March 10  
 FEE: \$50.00

Pre-registration is essential.



# THIS IS A P.F.D.

And last year 900 Canadians found out too late what P.F.D. stands for: Personal Flotation Device. More visible from a distance, warmer in cold water, a P.F.D. will keep you afloat more comfortably than a lifejacket. **Play it Safe.**



The Canadian Red Cross Society

### REGISTRATION INFORMATION

DATE: Saturday, December 10  
 TIME: 10:00 a.m. - 1:00 p.m.  
 LOCATION: Arena Banquet Room

For more information, call 638-1174



Individuals with Special Needs — Reach Out and Take Part

# Pre-School Lessons Children Aged 3 - 5 Years

## LEVEL I — SPLASHERS

— designed for children who have little or no experience in the water.

## LEVEL 2 — STARFISH

— designed for children who are able to get in and out of the water by themselves. This level introduces water movement and breath control.

## LEVEL 3 — SEAHORSES

— advanced pre-school. The children will learn front floats and basic propulsion.

## LEVEL 4 — SWIMMERS

— for those who can float and glide.

SET I January 3 - February 10

SET II February 13 - March 16

Fee for all pre-school classes: \$18.00

### Tuesday & Thursday

9:00 a.m. — Starfish

10:00 a.m. — Splashers

10:30 a.m. — Starfish

2:30 p.m. — Starfish/Seahorses/Swimmers

3:00 p.m. — Starfish/Splashers/Seahorses

### Wednesday & Friday

2:30 p.m. — Splashers/Seahorses/Swimmers

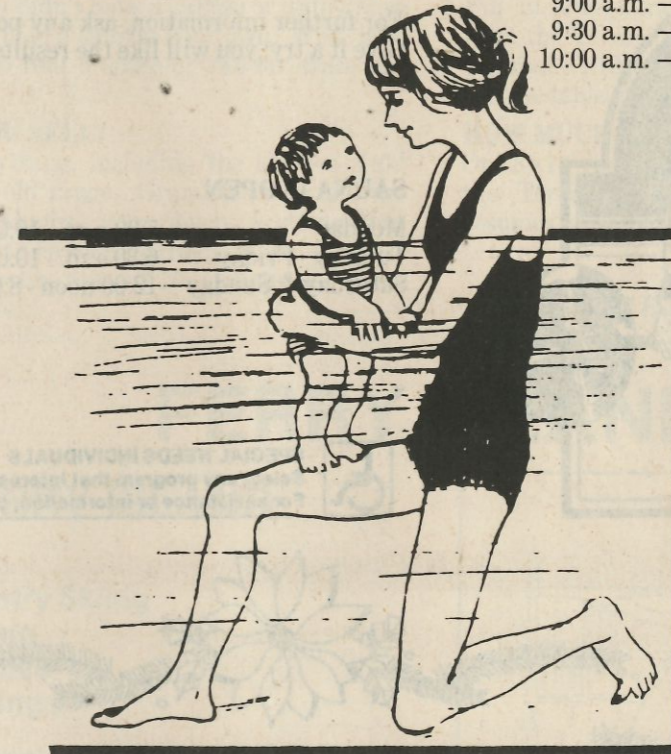
3:00 p.m. — Splashers/Starfish/Seahorses

Saturday — 1 Set only — January 7 - March 7

9:00 a.m. — Seahorses

9:30 a.m. — Splashers

10:00 a.m. — Starfish



### PARENTS & TOTS LESSONS

Teach your toddler to enjoy the water. Parents and children will be taught basic techniques of water orientation.

For children ages 6 months to 3 years and for Moms and Dads.

SET I January 3 - February 10

SET II February 13 - March 16

### Tuesdays & Thursdays

9:30 - 10:00 a.m.

10:00 - 10:30 a.m.

10:30 - 11:00 a.m.

FEE: \$18.00

### PARENT & TOT RECREATIONAL SWIM

Take a break with your toddler. Come swimming.

Wednesday mornings 10:00 - 10:30 a.m.

Friday afternoons 2:00 - 2:30 p.m.

No pre-registration required.

Regular admission

### SENIOR CITIZENS' SWIM

For swimmers and non-swimmers alike. Come to the pool for an hour of socializing, swimming and fitness. Give us a try.

Wednesdays, 9:30 - 10:30 a.m.  
FEE: Drop-in, 65¢

### WEIGHT ROOM HOURS

Monday 5:00 p.m. - 10:00 p.m.  
— closed between 7:30 & 8:00 p.m.  
Tuesday 6:30 a.m. - 9:00 p.m.  
Wednesday 6:30 a.m. - 10:00 p.m.  
— closed between 7:30 & 8:00 p.m.  
Thursday 6:30 a.m. - 9:00 p.m.  
Friday 6:30 a.m. - 8:00 p.m.  
Saturday 12:00 noon - 8:00 p.m.  
Sunday 12:00 noon - 8:00 p.m.



### BABYSITTING

There is babysitting available on Tuesday and Thursday mornings for all those registered in lessons. The children will be well supervised and will have an assortment of games and toys to play with.

FEE: \$1.50 per child for 1 hour;  
.75 per hour for each additional child

### THE SUN SOLARIUM

The sun solarium can give you a dark, beautiful tan after only 10 - 15 regular sessions. It is completely safe. The sun solarium unit cannot burn or dry the skin.

There is no additional charge to use the unit. It is included in the cost of admission to the building. Use it before your swim and in a short while you will have a healthy-looking tan.

For further information, ask any pool staff member. Give it a try; you will like the results.

### SAUNA IS OPEN

Monday 5:00 p.m. - 10:00 p.m.  
Tuesday - Friday 6:30 a.m. - 10:00 p.m.  
Saturday & Sunday 12:00 noon - 8:00 p.m.



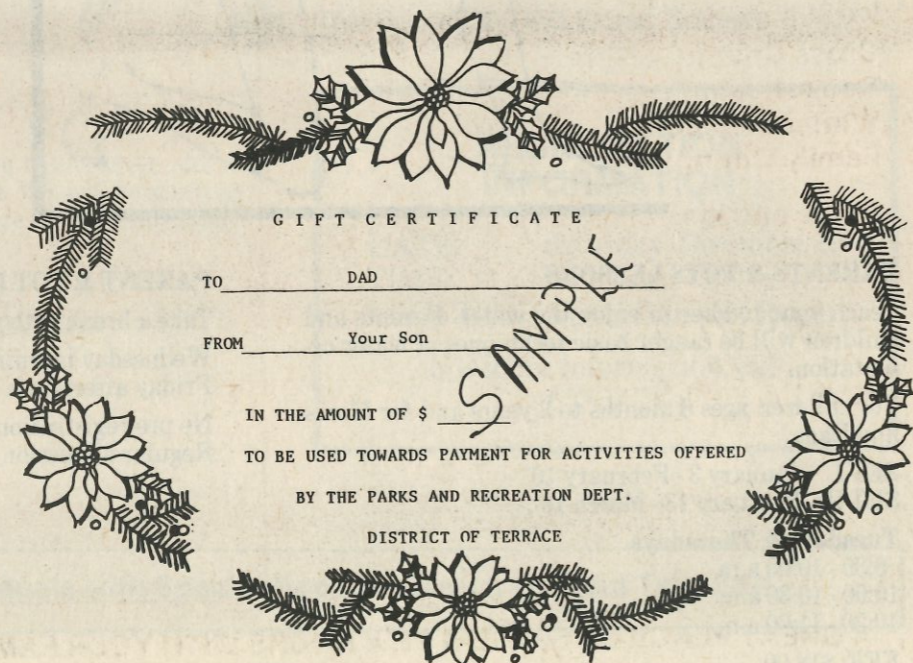
**SPECIAL NEEDS INDIVIDUALS**  
Select any program that interests you.  
For assistance or information, call 638-1174

Terrace  
Parks & Recreation  
Department

## GIFT CERTIFICATES

— the ideal present

Available at the  
Recreation office in the  
Terrace Arena



# THE NEIGHBOURHOOD FLEA MARKET

SATURDAY, APRIL 28, 1984

### WHERE IS IT HAPPENING?

AT THE TERRACE ARENA ON KALUM STREET

### WHEN IS IT HAPPENING?

SET-UP SATURDAY from 7:00 to 9:00 a.m.  
OPEN TO THE PUBLIC SATURDAY from 9:00 a.m. to 9:00 p.m.

### WHAT'S IT ALL ABOUT?

Have you ever wanted to have a Garage Sale and then realized you didn't have a garage or didn't have enough items to hold a sale on your own? Well, here is your chance to rent a space or two (or share one with a friend).

### WHAT CAN YOU SELL?

Just about everything, including the kitchen sink! Bring down the old range...Grandpa's necktie...the kids' outgrown skates...your lovely knitting that didn't really fit anyone...garden tools...books...albums...and what-have-you!! No commercial items or livestock please!

I SAY!  
IT'S A  
COMMUNITY  
AFFAIR



### HOW DO YOU GET YOUR SPACE?

Fill in a registration form which you can obtain from the Terrace Parks and Recreation Office. You can rent 8'x10' spaces (one, two or three) and we supply one table per 8'x10' space.

### HOW MUCH DOES IT COST?

One 8'x10' space costs \$10.00 to rent. Please note that the Terrace Parks and Recreation Department assumes no responsibility for any goods.

FOR MORE INFORMATION: CALL 638-1174

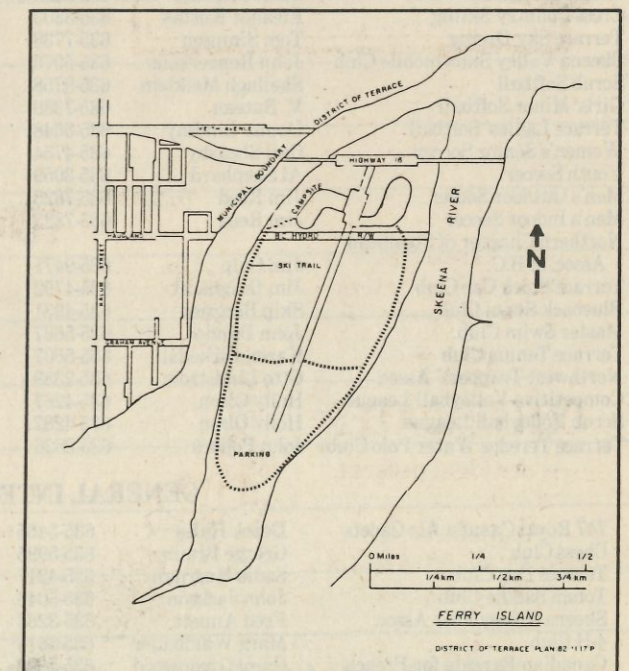
# FERRY ISLAND

## TRY FERRY ISLAND

for

Cross-Country Skiing  
Snowshoeing  
Winter Picnics  
Family Outings

Come and look at our new campsites!



A GREAT PLACE TO SPEND A FEW HOURS WITH YOUR FAMILY AND FRIENDS!

# COMMUNITY ORGANIZATIONS

## SPORT AND OUTDOOR GROUPS

Kermode Archers	Ed Morris	635-5829
Terrace Badminton Club	Diane Jenion	638-1678
Ladies' Drop-in Basketball		638-1174
Men's Basketball League	Albert Olson	635-4287
Wheelchair Basketball	Paul Clark	635-4668
Terrace Boys' Minor Baseball	Earl Peden	635-5940
Terrace Men's Slow Pitch	Glen Thomsen	638-1854
Terrace Men's Fastball	Pete Peterson	635-5186
Terrace B.M.X. Club	Mark Butler	638-1909
Terrace Youth Bowling	Marg Mumford	635-5911
Golden Age Bowling	Mary Lindstrom	635-3128
Five Pin Bowling	June Norby	635-4508
Kermode Boxing	Norman LaRue	635-4906
Recreational Canoeing	Fred Philpot	635-6441
Terrace Contract Bridge	Bonnie Shaw	635-6970
Duplicate Bridge Club	Dave Comfort	635-4875
Terrace Curling Association	Kevin Sparks	635-2982
Timberline Cycle Club	Tom Staebell	635-7564
Terrace Cycle Club	Walter Boser	
	After 3:00 p.m.	635-5774
Springboard Diving	B. Garrett	635-7438
Terrace Figure Skating Club	Sharlene Butler	635-5338
Touch Football League		638-1174
Kermode Fourwheelers	Dan Thickett	635-5867
Terrace Peaks Gymnastics	Joan Brady	638-1884
Skeena Hang Gliders	Dave Toop	635-2723
Terrace Hiking Club	Vicki Kryklywyj	635-2935
Bushleaguers (Hockey)	Jerry Martin	635-6158
Terrace Commercial Hockey	Dave Mallet	635-7134
Recreational Hockey League	Earl Nygaard	638-8793
Terrace Minor Hockey Assoc.	Dick Kilborne	635-6511
Terrace Women's Hockey	Karen Datwiler	635-9699
Northern Academy of Self-Defence (Jui-Jitsu)	Jean Galli	635-9316
Junior Judo Club	Jean Galli	635-9316
Aikido	Liz McKinlay	635-6254
Terrace Karate Club	Norm Goodlad	635-3322
Yellowhead Karate Club	Gilles Bruneau	635-4202
Terrace Chitoyu Club	Peter Dickson	638-1594
Western Academy of Martial Arts	Don Hong	635-4583
Skeena Valley Marathoners	Neil Fleischmann	638-8206
Roadrunners Motorcycle Club	Bob Compton	638-1881
Terrace Northmen Rugby	B. Kormendy	635-9528
Terrace Rod & Gun Club	B. Garrett	635-7438
Terrace Search & Rescue	Roy Tank	635-2030
Kitsumkalum Ski Club	Chris Johnson	635-5596
Cross-Country Skiing	Eleanor Kustas	635-3303
Terrace Sky Diving	Tom Simpson	635-7738
Skeena Valley Snowmobile Club	John Reneerkens	635-5076
Scrub Softball	Sheilagh Meiklem	635-9758
Girls' Minor Softball	V. Buteau	635-7389
Terrace Ladies' Softball	Donna Lindsay	635-3648
Women's Senior Soccer	Gail Sheasby	635-4754
Youth Soccer	Al Shephard	635-3059
Men's Outdoor Soccer	Jim Reed	635-7823
Men's Indoor Soccer	Jim Reed	635-7823
Northern Chapter of Steelhead Assoc. of B.C.	Jim Culp	635-9471
Terrace Stock Car Club	Jim Daignault	635-4792
Blueback Swim Club	Skip Bergsma	635-4931
Master Swim Club	John Dando	635-5637
Terrace Tennis Club	Karen Birkedal	635-5607
Northwest Trappers' Assoc.	Otto Lindstrom	635-2389
Competitive Volleyball League	Holly Olson	635-4287
Scrub Volleyball League	Holly Olson	635-4287
Terrace Teredos Water Polo Club	John Pollock	635-2826

## GENERAL INTEREST GROUPS

747 Royal Canada Air Cadets	Derek Hales	635-5455
Chess Club	George Braun	635-5995
Terrace Dog Club	Sadie Moernan	635-4217
Totem Saddle Club	John Jackson	635-5046
Skeena Valley Fair Assoc.	Fred Annett	635-3263
4-H Club	Marg Waldbauer	635-5615
Canadian Parents for French	Carol Greenwood	635-5693
Kitsumkalum Guide District	Ethel Jackson	635-5048

## CULTURAL & CRAFT GROUPS

Terrace Arts Assoc.	Edna Cooper	635-2760
Northwest Regional Arts Council	John Chen Wing	635-7763
Terrace & District Arts Council	Merry Hallsor	635-7507
Terrace Thornhill Band Parents	Sherry Anderson	635-3052
Terrace Christian Choir	Jim Floris	638-1706
Terrace Coffee House Society	Mel Gellner	635-6836
Terrace Concert Society	Val George	635-4751
Terrace Machine Knitters	Pat Colongard	638-1409
Pacific Northwest Music Festival	Olga Power	635-3833
Terrace Pipes & Drums	Eleanor Halley	635-2456
Terrace-Kitimat Amateur Radio	Glenn Grieve	635-5264
Terrace Little Theatre	Ken Morton	635-7507

## SERVICE CLUBS & COMMUNITY SERVICES

Candy Strippers	Marg Petrick	635-3143
Terrace Cerebral Palsy Assoc.	Margaret Dediluke	635-9388
Terrace Childbirth Education	Margaret Dediluke	635-9388
Terrace & District Community Services	Lorna Copeland	635-3178
Terrace Assoc. for the Mentally Retarded	Francis Sabine	638-8378
Terrace Volunteer Fire Dept.	Jim Stainton	635-2251
Thornhill Volunteer Fire Dept.	Jim Piper	638-1466
Foster Parents' Assoc.	Jackie Strachen	635-6727
Thornhill Community Centre	Betty Piper	638-1466
Kermode Friendship Society	Ian Gordon	635-7271
Terrace View Lodge		635-7314
Terrace Women's Resource Society	Francis or Candy	638-0228
Welcome Wagon	Nancy Gourlie	635-7877
Beta Sigma Phi (Omega Chapter)	Terry Swift	635-9512
Terrace & District Chamber of Commerce	Judy Jephson	635-2063
Order of the Eastern Star	Cathy Lambricht	635-2903
Benevolent & Protective Order of the Elks	Al McGowan	635-2577
P.B.O. Elks Lodge #425	Jim LeCleir	635-6790
Italian Canadian Club	Carlo Stella	635-2732
Terrace Jaycettes	Geri Schultz	
Terrace Jaycees	Ben Smyth	635-4941
International Order of Job's Daughters	Betty Misfelt	635-6927
Kinette Club	Gail Wade	635-9253
Kinsmen Club	Al Young	638-1037
Knights of Columbus	Henry Nuyten	635-3891
Royal Canadian Legion	Ken Austin	635-9445
Royal Canadian Legion Ladies	Linda Fisher	638-1486
Lakelse Lake Lions	Jerri Niemi	798-2549
Terrace Centennial Lions	Wayne Muchowski	635-6945
Terrace Downtown Lions	Al Purschke	635-6051
Terrace Masonic Assoc.	Sandy Marshall	635-7623
Skeena Valley Rebekah Lodge #68	Muriel Michiels	635-2906
B.C. Old Age Pensioners	Irene Hampton	635-5782
Rotary Club	Willy Schneider	635-6146
Order of the Royal Purple	Beatrice Parnell	635-2258
Terrace-Kitimat Shrine Club	John Kemp	635-7028
Variety Club	Bill Young	638-8111
Happy Gang Centre for Seniors		635-9090
Kitelas Lodge Free Masonry	Dave Porter	798-2517
Mothers' Time Off	Gail Turner	635-9019
Independent Order of Oddfellows	Jim McKay	635-3995
Ukrainian Hall	Nancy Van Herk	635-9432
Vocational Support & Living Skills	Pam Dow	635-7863
Skeena View Lodge		635-2265

Skeena District Guides & Brownies	Marg Cooper	638-0609
Scout District Commissioner	Dave Stewart	635-9297
Public Library	Ed Currell	638-8177
Terrace Model Airplane Club	J. Greaves	635-6480
Terrace Model Railroad Club	Ray Hallock	638-0455
Terrace Group for Nuclear Disarmament	George Clark	635-7698

# NOTES



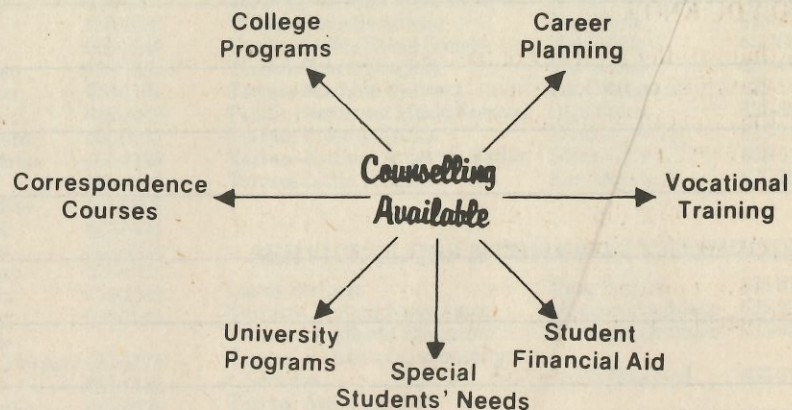
Individuals with Special Needs — Reach Out and Take Part

NEW CLUB NOT LISTED? CALL 638-1174 AND LET US KNOW!

## COUNSELLING CENTRE

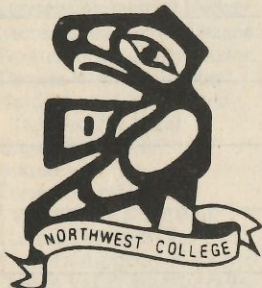
The Counselling Centre has a wide variety of career information and College and University calendars. The Centre also has CHOICES, a computer terminal, helpful in career decision making. We're here to help!

Phone the Counselling Centre, 635-6511, for information.

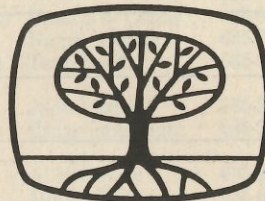


### STUDENTS WITH SPECIAL NEEDS

Any student who feels he/she may require assistance for any need should contact the Adult Special Education Facilitator at 635-6511, local 240.



Learn at home  
**DISTANCE  
LEARNING**



**KNOWLEDGE  
NETWORK**

## NORTHWEST COMMUNITY COLLEGE TELECOURSES

Telecourses are independent study courses which consist of television lessons integrated with texts and a study guide. Some telecourses include personal tutoring by telephone and mail. Consider taking a telecourse in the convenience and comfort of your own home. For information on NWCC telecourses, please call any of the NWCC/KNOW centres listed below.

Education by television can be an exciting and valuable experience. **ENROLL IN A NORTHWEST COMMUNITY COLLEGE TELECOURSE!**

Beginning January 1984, Northwest Community College will support the following telecourses:

**FREEHAND SKETCHING** — 30 episodes to help you develop skills and better understand the techniques of drawing.

**NEEDLECRAFT** — An introductory course on Knitting, Crochet, Needlepoint, Embroidery, Smocking, Quilting, Sewing and Rug Making.

**SEWING POWER** — A course in Wardrobe Management and Construction. Designed to introduce the concepts, vocabulary, tools and skills of an introductory sewing course.

**THE GROWING YEARS** — A course in Child Development as an integrated instructional system to present the interplay of biological factors in human interaction, social structure, and cultural forces in the growing child.

**BUSINESS OF MANAGEMENT 150** (3 credits) — A telecourse intended to produce essential skills in planning and organizing, staffing and directing, controlling, decision-making, motivating, communicating and applying managerial skills. This telecourse, upon completion, can be applied toward the business administration program at Northwest Community College.

DETAILED DESCRIPTIONS, FEES, SCHEDULES AND REGISTRATION INFORMATION WILL BE ANNOUNCED PRIOR TO BROADCAST IN JANUARY 1984.

NWCC/ KNOW CENTRES		Telephone Number	Channel	Telephone Number	Channel
Houston	845-7266	13	New Aiyansh	633-2228	—
Smithers	847-4461	13	Stewart	636-2238	13
Hazelton	842-5291	—	Prince Rupert	624-6054	12
Kitwanga	849-5376	10	Queen Charlotte Islands	559-8471	13
Kitimat	632-4766	12	Port Clements	559-8471	9
Terrace	635-6511	12	Greenville	TBA	—

## ACADEMIC DIVISION

### DO YOU KNOW ...

- that we offer a variety of first- and second-year university courses?
- that these courses are open to everyone, even if they don't have Grade 12?
- that you can take a course for credit, for interest, intellectual stimulation or just to meet new people?
- that we have Career-Technical programs in Early Childhood Education and Human Service Work which lead to a certificate?
- that we offer diplomas and certificates in Arts and Science?
- that we offer Grade 11 and 12 Science and Math courses for upgrading?

Get a start on a university education or career training!  
Pre-register now to ensure you have a place.

**CLASSES COMMENCE JANUARY 9, 1984**

### REFUND POLICY

#### Academic (Part- and Full-Time)

1. A \$10.00 "late registration" charge will be assessed to any student registering after the second class.
2. Withdrawal after second class — 80% of tuition fees less a \$10.00 administration charge.
3. Withdrawal after third class or fourth class — 50% of tuition fee less a \$10.00 administration charge.
4. Withdrawal after fifth class — NO REFUND.

### UNIVERSITY TRANSFER PROGRAM COURSES

#### ANTHROPOLOGY 102-3

##### Introduction to Social and Cultural Anthropology

In this general introduction, we will study how people around the world solve the basic human problems of making a living, organizing, raising children and dealing with the supernatural.

INSTRUCTOR: Paul Sneed

TIME: Wed., 9:00 a.m. - 12:00 noon

Fee: \$46.80

#### BIOLOGY 102-3

##### Introductory Biology II

A continuation of Biology 101. The course covers population genetics, evolution and adaptation, anatomy and physiology, animal behaviour and ecology. The laboratory will cover higher invertebrates, genetics, vertebrate anatomy and ecology. At least one field trip will be included. Techniques will involve culturing of *Drosophila*, use of microscopes, dissection and macro-study of specimens, and use of field equipment.

Prerequisite: Biology 101 or consent of Instructor.

INSTRUCTOR: Jon Shepard

LECTURE: Tues. & Thurs., 8:00 - 9:30 a.m.

LAB I Thurs., 1:00 - 4:00 p.m.

LAB II Fri., 1:00 - 4:00 p.m.

Fee: \$46.80

#### CHEMISTRY 103-1½

##### Chemistry Prep II

A continuation of Chem 082.

Prerequisite: Chem 082 or equivalent.

INSTRUCTOR: Norm Webster

Wed., 7:00 - 10:00 p.m.

Fee: \$23.40

#### CHEMISTRY 102-3

##### Introductory Chemistry II

A continuation of Chemistry 101. Topics will include: Redox Reactions and electrochemistry, acids and bases, pH hydrolysis, buffers, and introduction to organic chemistry.

Prerequisite: Chemistry 101 or permission of the Instructor.

INSTRUCTOR: Norm Webster

LECTURE: Mon. & Thurs., 1:00 - 3:00 p.m.

LAB I Tues., 9:00 a.m. - 12:00 noon

LAB II Tues., 1:00 - 4:00 p.m.

Fee: \$46.80



**Individuals with Special Needs**

— Reach Out and Take Part



**CPSC 112-3**

**Problem Solving with Computers  
(formerly CPSC 152)**

Emphasis in this course will be upon the development of problem solving and computer programming skills. The evaluation and selection of computing equipment.

Prerequisite: CPSC 111 or permission of the Instructor.

INSTRUCTOR: Jim Stone

LECTURE: Thurs., 7:00 - 10:00 p.m.

INSTRUCTOR: Carolyn Williston

LAB I Mon., 7:00 - 10:00 p.m.

INSTRUCTOR: Carolyn Williston

LAB II Tues., 1:00 - 4:00 p.m.

Fee: \$46.80

**CPSC 122-3**

**Numerical Analysis and Data Structures**

An introduction to the techniques of numerical computation in computers. The analysis and organization of information and the implementation of these techniques via programming.

Prerequisite: A minimum grade of B in CPSC 121.

Corequisite: Math 102 or permission of the Instructor.

INSTRUCTOR: Jim Stone

LECTURE: Mon., 7:00 - 10:00 p.m.

LAB Wed., 7:00 - 10:00 p.m.

Fee: \$46.80

**ECONOMICS 201-3**

**Principles of Microeconomics**

This course will be concerned with the functioning of the market system around the activities of individual units (consumer behaviour), theory of the firm and industrial organization. Emphasis will be given to the application of theory to contemporary issues in the private and public sectors.

INSTRUCTOR: Peter Weber

Wed., 1:00 - 4:00 p.m.

Fee: \$46.80

**ENGLISH 102-3**

**Literature and Composition II**

Reading and discussion of modern fiction, essays and poetry. Lectures on grammar and style. Written assignments based on analysis of the literature read, personal experience, and subjects of general interest.

(A) INSTRUCTOR: Jo Patterson

Tues., 9:00 a.m. - 12:00 noon

(B) INSTRUCTOR: George Stanley

Wed., 7:00 - 10:00 p.m.

(C) INSTRUCTOR: George Stanley

Thurs., 1:00 - 4:00 p.m.

Fee: \$46.80

**ENGLISH 204-3**

**Canadian Literature since 1930**

The English literature of Canada from 1930 to the present (with some French literature in translation). Reading, and discussion of works by Gabrielle Roy, Earle Birney, Margaret Laurence, Al Purdy, Margaret Atwood and others. Written assignments based on the works read.

INSTRUCTOR: George Stanley

Thurs., 7:00 - 10:00 p.m.

Fee: \$46.80

**FRENCH 102-3**

**Introductory French II**

This course is a continuation of French 101 with introduction to some original French literature.

Prerequisite: French 101 or equivalent.

INSTRUCTOR: Jo Patterson

Mon., Wed., Fri., 9:00 - 10:30 a.m.

Fee: \$46.80

**HISTORY 106-3**

**Canada Since the 1890s**

In this course we shall analyze the major themes in more recent developments: economic growth and its impact on society (workers, women and aboriginal people), the problem of foreign ownership and its domestic and international repercussions (from the depression in the 1930s to that of today), nationalism, bi-culturalism and multi-culturalism (in a historical context of cohesion of society and federal-provincial relations).

INSTRUCTOR: Gail Emmerson

Tues., 1:00 - 4:00 p.m.

Fee: \$46.80

**MATH. 083-3**

**Math Prep II**

INSTRUCTOR: Sue Springer

Tues. & Thurs., 7:00 - 9:30 p.m.

Fee: \$46.80

**MATH. 112-3**

**College Algebra and Trigonometry I**

The first part of a two-semester course in which the class meets twice per week. The topics covered in Math. 111 and Math. 112 include those in Algebra 12. This course prepares students for Math. 101-Calculus. It is strongly recommended that students taking Chem. 082 or Physics 082 or planning to enter any scientific training take this course. Students should consult the counsellor or the instructor about transfer credit for Math. 111/112.

Prerequisite: Algebra 11 or Math. 082.

INSTRUCTOR: Gary Tupper

Tues. & Thurs., 7:00 - 10:00 p.m.

**MATH. 102-4½**

**Calculus II**

A continuation of Math. 101 in which the basic techniques of INTEGRAL calculus will be studied. INTEGRAL calculus involves determining the function whose rate of change is known and also finding the lengths of curves and the areas and volumes of figures bounded by curves and surfaces. Infinite Series will also be studied in this term.

Prerequisite: Math. 101

INSTRUCTOR: Carolyn Williston

Mon., Wed., Fri., 9:00 - 10:30 a.m.

Fee: \$70.20

**PHYSICS 102-3**

**Electromagnetism, Waves and Atomic Structure**

An investigation of electricity and magnetism. Analysis of the transmission of energy via waves. The wave properties of sound and light. The particle nature of light. An introduction to the structure of matter.

Prerequisite: A grade of C or better in Physics 101.

Corequisite: Students are strongly advised to study Math. 102.

INSTRUCTOR: Jim Stone

LECTURE: Mon. & Thurs.,  
10:30 a.m. - 12:00 noon

LAB Wed., 1:00 - 4:00 p.m.

Fee: \$46.80

**PSYCHOLOGY 102-3**

**Introductory Psychology II**

This is a continuation of Psychology 101. Selected topics include: perception; consciousness; motivation and human sexuality; emotion and cognitive control; personality theory and assessment; deviance, pathology and madness; therapeutic modification of behaviour; social psychology.

(A) INSTRUCTOR: Andre Klingner

Mon., 7:00 - 10:00 p.m.

(B) INSTRUCTOR: Andre Klingner

Thurs., 1:00 - 4:00 p.m.

Fee: \$46.80

**PSYCHOLOGY 202-3**

**Developmental Psychology**

This course is a continuation of Psychology 201. Selected topics will include socialization, child rearing practices, effects of the school system, and personality.

INSTRUCTOR: Andre Klingner

Wed., 7:00 - 10:00 p.m.

Fee: \$46.80

**PSYCHOLOGY 222-3**

**Clinical Psychology and Intervention Methods**

The indications for, appreciation and evaluation of therapeutic interventions, techniques such as behaviour and cognitive behaviour, modification, bio-feedback, psycho/pharmacology, and relaxation training techniques are the focus of this course. The wholistic approach to human life styling and community health code will also be discussed.

INSTRUCTOR: Larry Dickerson

Mon., 1:00 - 4:00 p.m.

Fee: \$46.80



Individuals with Special Needs — Reach Out and Take Part

**HAVE YOU  
PRE-REGISTERED?**

**POLITICAL SCIENCE 102-3**

**Canadian Politics II**

A continuation of Political Science 101. Topics include federalism, foreign policy, provincial governments and politics, and municipal governments and politics.

INSTRUCTOR: Gail Emmerson  
Thurs., 1:00 - 4:00 p.m.

Fee: \$46.80

**SOCIOLOGY 102-3**

**Introductory Sociology II**

An examination of the major institutions of society and some of the major trends of modern society. Religion, law, education, politics, urbanization, industrialization and social movements will form the basis of the course.

INSTRUCTOR: Bill Goodacre  
Thurs., 9:00 a.m. - 12:00 noon

Fee: \$46.80

**SOCIOLOGY 212-3**

**Social Roles and Relationships II**

A continuation of Sociology 211-3. An examination of the changing social roles and relationships of men and women in contemporary society. Topics include: marriage and child rearing practices, work patterns, women's bodies and traditional male role models.

INSTRUCTOR: Gail Emmerson  
Tues., 7:00 - 10:00 p.m.

Fee: \$46.80

**FEMALE SEXUALITY**

An analysis of female physiology, the psychological aspects of female sexuality, common fallacies and sexual dysfunctions in women.

INSTRUCTOR: Gail Emmerson  
LOCATION: NWCC  
DATE: Sat., Feb. 4  
TIME: 10:00 a.m.  
Fee: \$10.00

**CAREER TECHNICAL  
HUMAN SERVICE WORKER PROGRAM COURSES**

For more information on these courses, call the Academic Office, 635-6511, local 255.

**HSW 155**

**Community Services — Introductory**

This course will introduce the student to the range of human services, both private and public, within the community. The development of human services will be examined from the historical context in which they originated and evolved to establish an understanding of the rationale for existing services. It will also look at the ongoing process of change which human services undergo reflecting the changing attitudes and priorities of our society.

INSTRUCTOR: Jake Muller  
Mon., 1:00 - 4:00 p.m.

Fee: \$46.80

**HSW 156**

**Community Services — Advanced**

Agencies and policies of particular significance to this region will be examined: The Ministry of Human Resources and its administration of the GAIN Act; Department of Indian Affairs and Northern Development and its implementation of the Indian Act and local band structures; resources relating to handicapped persons; services to drug and alcohol dependent persons; the Court system and its involvement in family issues are amongst the community services to be studied. The perspective of the human service worker dealing effectively with these community resources will provide the focal point of the course.

INSTRUCTOR: Jake Muller  
Mon., 9:00 a.m. - 12:00 noon

Fee: \$46.80

**HSW 162**

**Communications II**

The continued study of interpersonal communication, with a view to helping students develop an understanding of their own and others' style of communication, especially in the helping situation. Special focus will be on the study of group dynamics and communications within groups. Special emphasis will also be on developing effective techniques of communication within the helping relationship.

INSTRUCTOR: Sara Collinson  
Tues., 1:00 - 4:00 p.m.

Fee: \$46.80

**HSW 166**

**Working on Community Service (Poli Sci 204)**

This course teaches the student about working in community and social organizations. The student will learn about structure and process of organizations, how to work in and with committees and how organizations and agencies relate to the larger community.

INSTRUCTOR: Jake Muller  
Tues., 9:00 a.m. - 12:00 noon

Fee: \$46.80

**HSW 192**

**Practicum II**

The student, in conjunction with instructor and agency supervisor, will choose a setting in which to do a six-week practicum. This will include weekly visits to the placement during the semester and a four-week full-time placement following the completion of the academic semester. This practicum will allow the student to become thoroughly acquainted with the function of the agency and learn to work within that structure in a human service worker capacity. Classroom seminars, workshops will form part of the content of this course, as will sessions with instructor and agency supervisor which will permit individualized feedback and response to each student's personal learning needs.

Prerequisite: Permission of Instructor.

INSTRUCTOR: Sara Collinson  
Wed., 9:00 a.m. - 4:00 p.m.

Fee: \$46.80

**HSW 268**

**Working with Adolescents**

This course will allow students to develop an understanding of the issues and the problems relevant to young people, as well as the intervention techniques that enable human service workers to work effectively with adolescents.

Prerequisite: Level I HSW Certificate (1st year) or permission of Instructor.

INSTRUCTOR: Sara Collinson  
Fri., 9:00 a.m. - 12:00 noon

Fee: \$46.80

**HSW 292**

**Practicum IV**

This course is intended to prepare the student to make the transition from student to worker by examining the skills developed to date and identifying strengths and weaknesses. The student, under the supervision of the instructor and agency personnel, will work within the context of the practicum setting toward achieving both the confidence and competence appropriate to a beginning worker in the human services field. Seminars, workshops and individual supervisory meetings will occur throughout the six-week practicum program which is composed of weekly agency contacts during the spring semester followed by a four-week full-time block placement.

Prerequisite: Permission of Instructor.

INSTRUCTOR: Sara Collinson  
Wed., 9:00 a.m. - 4:00 p.m.

Fee: \$46.80



**HAVE YOU PRE-REGISTERED?**



**Individuals with Special Needs — Reach Out and Take Part**

## EARLY CHILDHOOD EDUCATION PROGRAM COURSES

For more information on these courses, please call 635-6511, local 251.

### EARLY CHILDHOOD EDUCATION 104

#### Health and Nutrition (HSW 163)

Methods of fostering sound health and nutrition practices in the young child. Special emphasis on day care and menu planning. Introduction to first aid and common childhood disorders.

INSTRUCTOR: Rosemarie Goodwin  
Wed., 1:00 - 4:00 p.m.

Fee: \$46.80

### EARLY CHILDHOOD EDUCATION 121

#### Program Development II

History of Early Childhood with emphasis on modern theorists (Piaget, Montessori, Erikson, Skinner, etc.).

INSTRUCTOR: Pam Straker  
Mon., 9:00 a.m. - 12:00 noon  
Tues., 1:00 - 4:00 p.m.

Fee: \$46.80

### EARLY CHILDHOOD EDUCATION 122

#### Curriculum Development II

A continuation of 121 with an emphasis in the curriculum areas of music, science and social studies.

INSTRUCTOR: Rosemarie Goodwin  
Mon., 1:00 - 4:00 p.m.  
Wed., 9:00 a.m. - 12:00 noon

Fee: \$46.80

### EARLY CHILDHOOD EDUCATION 126

#### Practicum II

A five-week practicum as an assistant in a child care setting at the end of Second Semester.

INSTRUCTOR: B. Steinbrenner  
Tues. & Thurs.,  
9:00 a.m. - 12:00 noon;  
Fri., 9:00 a.m. - 4:00 p.m.

Fee: \$46.80

### EARLY CHILDHOOD EDUCATION 225:

#### Practicum IV

A weekly practicum as an assistant in a pre-school setting.

MAY PRACTICUM  
INSTRUCTOR: B. Steinbrenner

Fee: \$46.80



## HEALTH CONTINUING EDUCATION

NWCC offers a service of organizing and delivering continuing education programs for health/human service professionals in all communities in the College region. Preventive health programs for the general public are also offered. To access this service, please contact Emily Rozee, Coordinator, Health Continuing Education, 635-6511, local 239.

# HAVE YOU PRE-REGISTERED?

## VOCATIONAL AND TRADES TRAINING

### FULL-TIME COURSES

### REFUND POLICY

#### Vocational (Full-Time)

1. A \$10.00 "late registration" charge will be assessed to any student registering after the first day of classes in a full-time vocational program.
2. Vocational full-time fees are assessed on a calendar month basis, prorated as necessary in the first and last months:

Entry between:

- 1st - 15th — 100% of monthly fee.
- 16th - 23rd — 50% of monthly fee.
- 24th - 31st — 25% of monthly fee.

Leaving before:

- 1st - 7th — 25% of monthly fee.
- 8th - 15th — 50% of monthly fee.
- 16th - 31st — 100% of monthly fee.

3. Refunds on withdrawal before completion will be 100% of unused tuition (part months prorated as above) less a \$10.00 administration charge. (There will be no administration charge on refunds for students who have completed their program earlier than anticipated when fee payment was made.)

### Training Access Program (TRAC)

(This program replaces some programs formerly known as pre-apprenticeship and pre-employment training programs.)

The Training Access Program (TRAC) is an innovative approach to trades training. TRAC provides students with an exposure to the knowledge and skills common to all the various trade specialties within the program from one level to the next. Continuous entry into the program on a 12-month basis is a further feature of this program. A wait-list system is established whereby students are contacted in advance of their anticipated start date. Two shifts are available: 8:00 a.m. - 3:00 p.m. and 3:00 p.m. - 10:00 p.m.

This program consists of three levels of training.

Each level of training is divided into modules. Each module contains a group of skills. The skills are presented in self-paced learning packages that students will work through at their own individual rate. A realistic time frame will be maintained.

Audio-visual materials with practical assignments supervised by qualified trades persons have been developed.

Students who have had previous training and experience may challenge tests and assignments, and if successful, may move through the program more quickly.

#### 1. LEVEL I — Common Core (approximately 2-3 months)

This level provides students with the necessary skills and knowledge which are common to all trade areas. Competency in common core skills and knowledge must be demonstrated before a student can proceed to one of the occupational core areas which should suit the student's interest and aptitude.

#### 2. LEVEL II — Occupational Core (approximately 2 months)

The second level deals with more specialized skills and knowledge which are common to the following six occupational cores. A student can select one of the following six options:

- Carpentry
- Electrical
- Mechanics
- Metal Fabrication
- Millwright/Machinist
- Piping

Competency in the skill and knowledge in an occupational core is required before moving on to the third level of training — the level of specialty.

#### 3. LEVEL III — Specialty Training (approximately 2 months)

Each of the six occupational cores is divided into several trade specializations. These specialty programs provide the specialized knowledge and skills necessary to become employable at an entry level in a trade area.

At the third level of training, a student will select the specialty within the occupational core that was completed at Level II

### Description of TRAC Programs Offered at Northwest College

	OCCUPATIONAL CORE	SPECIALTY
COMMON CORE (approx. 2-3 mos.)	MECHANICS (approx. 2 mos.)	Automotive (approx. 2 mos.)
		Marine Engine Repair (Approx. 2 mos.)
		Small Engine Repair (approx. 2 mos.)
		Heavy Duty Mechanic (approx. 2-3 mos.)
	CARPENTRY (approx. 2 mos.)	Carpentry (approx. 2 mos.)

## NORTHWEST COMMUNITY COLLEGE COURSES

### Common Core

Common Core: Is designed as an initial training program in approximately 20 trades.

Prerequisite: 1) Grade 10 or equivalent (BTSD Level III)  
2) Successful completion of an English or Math pretest

Length: Approximately 2-3 months  
Dates: Continuous intake.

### Occupational Core

**Mechanics Occupational Core:** This program is designed for students wishing to enter one of the following specialties: automotive mechanics, autobody, marine and small engine repair, or heavy duty mechanics.

Prerequisite: Completion of Common Core  
Length: Approximately 2 months  
Dates: Continuous intake when training spaces are available.

**Carpentry Occupational Core:** This program is designed for students wishing to enter the carpentry, benchwork or joinery specialties.

Prerequisite: Completion of Common Core.  
Length: Approximately 2 months  
Dates: Continuous Intake when training spaces are available

### TRAC Specialties

**Automotive Repair Specialty:** This program is designed to prepare students for employment in the automotive repair trade.

Prerequisite: Completion of Mechanics Occupational Core  
Length: Approximately 2 months  
Dates: Continuous intake when training spaces are available

**Marine & Small Engine Repair Specialty:** This program is designed to prepare students for employment in the marine and small engine repair trade.

Prerequisite: Completion of Mechanics Occupational Core  
Length: Approximately 2 months  
Dates: Continuous intake when training spaces are available

**Heavy Duty Mechanic Specialty:** This specialty prepares students for employment in the heavy duty repair trade.

Prerequisite: Completion of Mechanics Occupational Core  
Length: 2-3 months  
Dates: Continuous intake when training spaces are available

**Carpentry Specialty:** This program is designed to prepare students for employment in the carpentry trade.

Prerequisite: Completion of Carpentry Occupational Core  
Length: Approximately 2 months  
Dates: Continuous intake commencing October 1983

### MODULAR WELDING PROGRAM (Continuous Intake)

This course has been organized into package modules to ensure maximum flexibility for individualized training. Students enter the program on a continuous basis and progress at their own speed.

Module "C" is the first level of training and takes approximately 7 months. Module "B" will begin as soon as provincial materials are available. Please see College Calendar for details.

### ELECTRONICS TECHNICIAN

Two intakes per year: Feb. 6, 1984 - Nov. 29, 1984  
Sept. 3, 1984 - June 1985

This program is designed to provide students with the skills and knowledge necessary to enter a rewarding career in a variety of areas within the electronics field. The core of 26 weeks will provide training in the basics of electrical and electronics theory and related practical assignments. Over the next 16 weeks, the student will receive training in stereo, colour TV, video systems servicing techniques, telecommunications, microprocessors by instructional demonstrations, lectures and practical "hands on" experience. Please see College calendar for details.

### PROFESSIONAL COOK TRAINING (Continuous Intake)

The objective of Professional 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 Program	- 12 months
Camp Cooking Program	- 6 months
Short Order Cooking Program	- 3 months
Upgrading Program	- Up to 3 months

#### FEES

Tuition	\$50.00
Tool or Book Deposit	50.00
Student Association	1.00 per month

### BUSINESS EDUCATION PROGRAMS

#### BUSINESS CAREERS (Continuous Intake)

Courses begin on Mondays as spaces become available beginning Jan. 3, 1984. Courses are offered in:

Clerk-Typist	- 4 - 6 months
Clerk Bookkeeper	- 4 - 6 months
Accounting	- 9 - 11 months
Medical Steno	- 10 months
Legal Steno	- 10 months
Word Processing	- 2 - 4 months
Industrial Records & First Aid	- 5 months

Start date September 6, 1983

#### FEES

Tuition	\$50.00
Book or Tool Deposit	25.00
Student Association	1.00 per month

#### BUSINESS ADMINISTRATION

1-Year Certificate — Start Date January 9, 1984  
9-month program  
2-Year Diploma — Start Date September 4, 1984

#### FEES

Tuition	\$50.00
Student Association	1.00 per month

## NORTHWEST COMMUNITY COLLEGE COURSES

# VOCATIONAL AND TRADES EVENING COURSES

## REFUND POLICY

1. Withdrawals before the second class of a course — 100% of tuition fees less a \$10.00 administration charge.
2. Withdrawal after the second class of a course — NO REFUND.
3. Special registration and refund policies apply to courses labelled as "designated Courses". NO REFUNDS will be made after the pre-registration date unless the space can be sold to another student, in which case the withdrawing student will be refunded 100% of the tuition fee less a \$10.00 administration charge.

## TRADES

### TRAC PROGRAMS

Full-time programs are available in evening classes. The material has been organized into packaged modules to ensure maximum flexibility for individualized training. Students enter the program on a continuous basis and progress at their own speed.

### TRAC PROGRAMS — PART-TIME

Because the TRAC program is modular in nature, many of the modules can be taken through evening study. Modules in welding, small engines, automotive and heavy-duty mechanics are available.

FEES: \$50.00 per month, full- or part-time  
STARTING DATE: Continuous intake as space is available

Classes are Monday to Friday, 3:00 p.m. to 10:00 p.m., full-time or part-time on a pre-arranged basis.

### 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 licence air endorsement. Those taking off-highway exams will be required to pay the Ministry of Transportation an examination fee.

STARTING DATES: Jan. 16, Feb. 13, Mar. 12  
TIME: Mon. & Wed., 7:00 - 10:00 p.m.  
FEE: \$50.00  
PLACE: Room 111, Shops Building  
TOTAL HOURS: 24 each course

### BASIC HOUSE FRAMING

This course covers the basic theory of house framing and includes the knowledge required to lay out floors, walls, rafters, stairs and concrete forms. This is mainly a classroom course and includes limited shop time.

STARTING DATE: Jan. 17  
TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
FEE: \$52.50  
PLACE: Carpentry Classroom & Carpentry Shop  
TOTAL HOURS: 30

FOR MORE DETAILED INFORMATION ON ALL VOCATIONAL COURSES, PLEASE REFER TO THE COLLEGE CALENDAR OR CONTACT THE VOCATIONAL DIVISION



Individuals with Special Needs — Reach Out and Take Part

**ELECTRONICS**

**ELECTRONICS COURSES**

Courses 1 to 7 are Heath Continuing Education self-study programs containing numerous lab experiments and unit tests as well as 33½ rpm introductory records. In some areas, supplementary lessons have been added.

A pre-test for any of the above courses will establish prerequisites. The pre-test and the final exam for each course all consist of 50 multiple-choice questions and require a 70% score to pass. Courses are conducted concurrently and students may study at their highest level of qualifications.

All Electronics Courses

START: Jan. 17  
 TIME: 7:00 - 10:00 p.m.  
 DAYS: Tues. - Thurs.  
 PLACE: Electronics Lab, Shops 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.

FEE: \$87.50  
 TOTAL HOURS: 50

**2. AC ELECTRONICS**

Prerequisites — Course 1 or equivalent knowledge. Discusses waveforms, period, frequency, AC meters, oscilloscopes, series and parallel circuits.

FEE: \$87.50  
 TOTAL HOURS: 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.

FEE: \$87.50  
 TOTAL HOURS: 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.

FEE: \$131.25  
 TOTAL HOURS: 75

**5. ADVANCED DIGITAL TECHNIQUES**

Prerequisites — Courses 1 to 4 or equivalent knowledge. Discusses TTL, ECL, CMOS, PMOS, NMOS integrated circuits, SSI, MSI AND LSI, ROM's, and PLA's microprocessors and microcomputers.

FEE: \$175.00  
 TOTAL HOURS: 100

**6. MICROCOMPUTER AND MICROPROCESSOR**

Prerequisite — Advanced Digital Techniques.

FEE: \$262.50  
 TOTAL HOURS: 150

**7. ELECTRONIC COMMUNICATIONS**

Unit 1: Communication Fundamentals; Unit 2: Amplitude Modulation; Unit 3: AM Receivers; Unit 4: Angle Modulation; Unit 5: Pulse Modulation; Unit 6: Antennas; Unit 7: Communication Systems.

This is a self-study course that will provide you with the fundamentals of basic communication systems. There will be basic bread board experiments in each unit except in Unit 6. Prerequisite — Courses 1 to 5.

FEE: \$131.25  
 TOTAL HOURS: 75

**BUSINESS**

**GENERAL BUSINESS 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 having no business experience complete this course before taking ACCT 101.

STARTING DATE: Jan. 16  
 TIME: Mon. & Wed., 7:00 - 9:00 p.m.  
 FEE: \$70.00 plus books  
 PLACE: Room 113, 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. Also recommended as a pre-computer course.

STARTING DATE: Jan. 16  
 TIME: Mon. & Wed., 7:00 - 9:00 p.m.  
 FEE: \$70.00 plus 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 TYPG 101. Completion carries credit toward a College Certificate. A transcript will also be issued to successful students. Prerequisites — Typing for Beginners or considerable experience to be assessed by the instructor.

STARTING DATE: Jan. 16  
 TIME: Mon. & Wed., 7:00 - 9:00 p.m.  
 FEE: \$70.00  
 PLACE: Room 106, Administration Building  
 TOTAL HOURS: 40

**BOOKKEEPING (ACCT 101)**

This is an introductory course in the fundamentals of bookkeeping. It is identical to our regular day course and requires a considerable number of assignments. Routine profit and loss, balance sheets and payroll calculations are included. Completion of this module carries credit toward a Northwest College Business certificate. Students should have access to a ten-key adding machine.

STARTING DATE: Jan. 17  
 TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$105.00 plus book  
 PLACE: Room 113, Administration Building  
 TOTAL HOURS: 60

**BOOKKEEPING (ACCT 102)**

Students who have previously completed ACCT 101 may enroll for ACCT 102, which is also identical to our day program. Areas of study will include: Accounts Payable, Accounts Receivable, Cash Flow, Bank Reconciliation, Promissory Notes and Adjustments. Completion of this module carries credit toward a Northwest College Business certificate.

STARTING DATE: Jan. 17  
 TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$105.00 plus book  
 PLACE: Room 113, Administration Building  
 TOTAL HOURS: 60

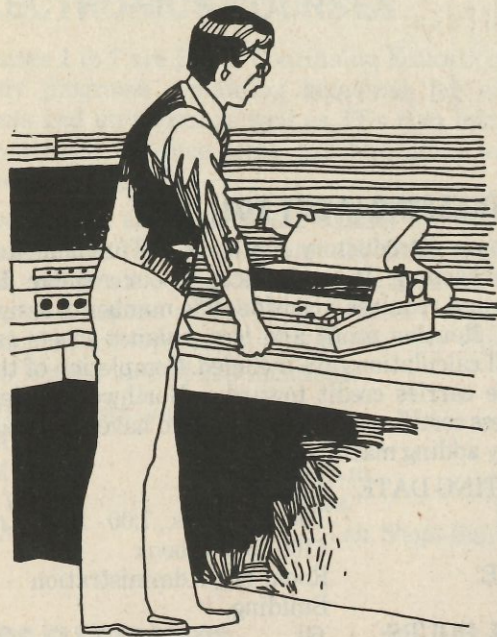
**INTRODUCTORY FINANCIAL ACCOUNTING (ACCT 150/151)**

RIA, CGA College credit.  
 STARTING DATE: Jan. 17  
 TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$105.00 plus book  
 PLACE: Room 113, Administration Building  
 TOTAL HOURS: 60

**HAVE YOU PRE-REGISTERED?**



**Individuals with Special Needs — Reach Out and Take Part**



**BUSINESS DATA PROCESSING (DATA 150)**

This course will provide students with sufficient knowledge of data processing, computers and management information systems to prepare them for a successful working relationship with such systems in their future careers. Specific topics include: principles of data processing, programming in the BASIC language, survey of hardware and software, survey of applications of modern computerized information systems in organizations. Completion of this module carries credit toward a Northwest College certificate, The Society of Management Accountants of B.C. and The Certified General Accountants' Association.

STARTING DATE: Feb. 28  
 TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$120.00 plus books  
 PLACE: Computer Lab, Room 109, Administration Building

ENROLLMENT: 16  
 TOTAL HOURS: 60

**BUSINESS DATA PROCESSING (DATA 151)**

A continuation of DATA 150 with emphasis on advanced programming concepts and advanced features of the BASIC language. These concepts and features include: structured programming, "top down" modular approaches, matrices, virtual displays, internal and user-defined functions, input/output operations. Laboratory assignments are typical business problems which must be coded and documented in accordance with accepted standards. Prerequisite: DATA 150. Completion of this module carries credit toward a College certificate.

STARTING DATE: Nov. 29  
 TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$120.00 plus books  
 PLACE: Computer Lab, Room 109, Administration Building

ENROLLMENT: 16  
 TOTAL HOURS: 60

**COMMERCIAL LAW (BLAW 150/151)**

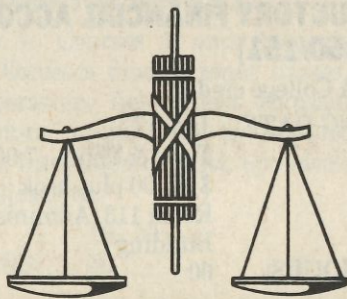
RIA, CGA, College credit.  
 STARTING DATE: Jan. 17  
 TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$105.00 plus book  
 PLACE: Room 217, Administration Building  
 TOTAL HOURS: 60

**INTRODUCTION TO COMPUTERS (OFPR 105)**

This course is intended for people who have little or no experience with computers. The object is to introduce the student to computers, their use and limitations. The student should complete the course with the ability to feel comfortable in a computer environment and to do elementary programming in the BASIC language. The course includes substantial "hands on" computer experience.

STARTING DATE: Jan. 21  
 TIME: Sat., 9:00 a.m. - 1:00 p.m.  
 FEE: \$80.00 plus books  
 PLACE: Computer Lab, Room 109, Administration Building

ENROLLMENT: 16  
 TOTAL HOURS: 40



**COOK TRAINING**

**MEAT CUTTING**

The fundamentals of meat cutting. Includes sharpening and maintenance of various knives, sanitation and the actual cutting of meat. Enrollment is limited to 10 students.

STARTING DATES: Jan. 23, Feb. 27  
 TIME: Mon. & Wed., 7:00 - 10:00 p.m.  
 FEE: \$52.50  
 PLACE: Cafeteria  
 TOTAL HOURS: 30

**CAKE DECORATING**

Covers all basic concepts of cake decorating. Border design, flowers, tube writing, sugar moulds, fundamental decorating techniques, special techniques. Enrollment is limited to 10 students.

STARTING DATES: Jan. 24, Feb. 28  
 TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$67.50 plus supplies  
 PLACE: Cafeteria  
 TOTAL HOURS: 30

**HEALTH**

**FIRST AID PROGRAMS**

**INDUSTRIAL FIRST AID:**

WCB certification.

**Course 1**

STARTING DATE: Jan. 28  
 TIME: Sat. & Sun., 8:00 a.m. - 3:00 p.m.  
 FEE: \$175.00 including books & examination

PLACE: Room 215, Administration Building  
 TOTAL HOURS: 60

**Course 2**

STARTING DATE: Mar. 6  
 TIME: Tues., Wed. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$175.00 including books & examination

PLACE: Room 215, Administration Building  
 TOTAL HOURS: 60

**BASIC FIRST AID**

WCB Survival First Aid ticket and College certificate. 8 hours survival first aid and 10 hours general first aid. 12 students maximum.

STARTING DATES: Jan. 24, Feb. 14  
 TIME: Tues. & Thurs., 7:00 - 10:00 p.m.  
 FEE: \$35.00 including book & examination fee

PLACE: Room 215, Administration Building

**SURVIVAL FIRST AID**

WCB Certification. Courses will be held as names accumulate. Please leave your name and phone number with the College. Fee \$20.00. Minimum 10 students required.

**CPR COURSES**

Cardiopulmonary Resuscitation is one part of the basic cardiac life-support program developed by the Canadian Heart Foundation. It is directed in B.C. by the Emergency Health Services Commission.

**HEARTSAVER**

Four hours minimum. For anyone who has never had CPR instruction. Fee \$22.50.

**CPR 1**

Eight hours minimum. For persons with previous health or CPR training. Fee \$27.50.

**CPR 2**

Fee \$27.50

**CPR 1 & 2 RECERTIFICATION**

Fee \$22.50.

CPR courses will be held as names accumulate. Please leave your name and phone number with the College: 635-6511.

**HAVE YOU PRE-REGISTERED?**



**Individuals with Special Needs — Reach Out and Take Part**

### MARINE SKILLS PROGRAM

Northwest Community College has developed a comprehensive Marine Training Program in the areas of certificate preparation and safety education, as well as practical fishing skills.

The following certificate preparation courses are offered by Northwest Community College in Prince Rupert:

#### COASTAL NAVIGATION

Geared for sport boaters.  
— 10-week course — meeting one evening per week.

DATES: TBA  
FEE: \$50.00

#### CELESTIAL NAVIGATION

For sport boaters. Should have some knowledge of charts.  
— 10-week course — one evening per week.

DATES: TBA  
FEE: \$50.00

#### UPGRADING FOR MARINERS

Certificate preparation course in modular form — continuous intake on a full-time daytime basis.

FEE: \$75.00 per month

#### NET MENDING & HANGING COURSE

Specifically for Gill Netters. This five-week course will meet two evenings a week.

DATES: TBA  
FEE: \$50.00

#### SELF-STUDY CERTIFICATE PREPARATION

The Northwest Community College is currently producing a series of self-study kits which prepare the student for specific MOT examinations. Their examinations are held monthly in Prince Rupert. One module covers one MOT examination.

Each module consists of lecture notes, exercises, answers and assignments. These modules are designed specifically for the mariners who cannot attend full-time day classes because of the nature of their vocation.

Modules available are the 040 Chartwork and Pilotage; 020 Electronic Navigation Instruments; 060 Navigation Safety (Rules of the Road and Regulations); 161 General Seamanship; and 041 Chartwork and Pilotage. Note: Other modules up to Fishing Master II will be made available as they are developed.

Tuition: \$75.00 per module, including the use of the College facilities, tutor and telephone assistance.

**HAVE YOU PRE-REGISTERED?**

### BUSINESS/INDUSTRY SERVICES

The "Management Skills for Supervisors" (12 days — 3 parts over a 4-month period) program is currently being offered throughout the College region. In addition, we offer a broad range of courses in various topics, e.g.:

- "Effective Written Communications" (30 hours)
- "Time Management" (6 hours)
- "Basic Instructional Techniques" (35 hours)

To meet your training needs in computers and their applications, we offer the following fast-moving and time-efficient hands-on courses:

- "Data Processing Concepts for Business and Industry" (35 hours)
- "Intermediate Computing for Business and Industry" (35 hours)
- "Computer Accounting for Business and Industry" (30 hours)

We also offer several 3-hour modules in a wide variety of computing and word-processing topics. They fall into the following categories:

1. Computing Concepts and Development Techniques
2. Financial Software
3. Record Keeping Software
4. Speed Sheet Software
5. Word Processing Software

We can combine topics from these categories, to provide seminars tailored to clients' needs.

Arrangements can be made for seminars and workshops in a variety of topics that will meet employee training requirements in Business, Industry and Government.

Why not call us at 635-6511, local 245, and let us assist in meeting your training needs?

#### **\*\* TRAPPER EDUCATION COURSE \*\***

This practical course meets the licensing requirements of the Federal Government. The key emphasis of this program is the application of knowledge and skills learned.

NWCC will again offer this class in the Winter Term to a maximum of 20 participants. Call us, 635-6511, local 245, for more detailed information.



**Individuals with Special Needs — Reach Out and Take Part**

# ADULT BASIC EDUCATION

**"YOU NEVER STOP LEARNING"**

Improve your basic skills or start right from the beginning.

## ENGLISH, MATH & SCIENCE UPGRADING

### Basic Training & Skills Development BTSD

For adults who did not complete secondary school, these concentrated courses will allow you to acquire the necessary skills to gain grade 10 or 12 standing for entrance into vocational or trades training in the shortest possible time. Work on an individualized program tailored to meet your goals. Students begin at their own level and work 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.

Monday to Friday: 8:00 a.m. - 3:00 p.m. at the College

Fee: \$30.00 per month

Book Deposit (refundable): \$25.00

Student Association Fee: \$1.00 per month.

## BASIC UPGRADING — EVENINGS #6907

This is a BTSD program offered on a part-time basis for students who cannot attend during the day, or who wish to work on only one subject area.

Instructor: Bob Sullivan

Location: NWCC, Room 202

Date: Mon. & Wed., Jan. 9 - Mar. 28

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

Fee: \$19.00

Book Deposit (refundable): \$15.00

## G.E.D. ASSISTANCE COURSES #6872

Qualified teachers will assist you with your study and provide lessons on English, Math, Social Studies and Science.

Instructor: Eila George and Lynn Turner

Location: Caledonia Sr. Secondary

Dates: Tues., Jan. 10 - Mar. 27

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

Fee: \$10.00 plus books

## 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 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.

THE NEXT G.E.D. EXAM IN TERRACE IS APRIL 14, 1984. ENQUIRE AT THE COUNSELLING OFFICE FOR DATES, LOCATIONS IN THE NORTHWEST REGION. YOU MAY PURCHASE TEXTS AT THE COLLEGE BOOKSTORE PRIOR TO CLASS, OR FOR HOME STUDY.

# ENGLISH LANGUAGE TRAINING

PLEASE REGISTER IN ADVANCE AT NORTHWEST COLLEGE.

NEW STUDENTS MAY TAKE A PLACEMENT TEST WHEN THEY REGISTER.

## ADULT ENGLISH CLASSES

成人英語班

ΑΓΓΛΙΚΑ ΜΑΘΗΜΑΤΑ

AIKUISTEN ENGLANNIN LUOKKA

CLASAS PARA ADULTOS

दोड़मः दमः मंठरिनेरीमं नमः

COURS D'ANGLAIS POUR ADULTES

## ENGLISH — BEGINNER/INTERMEDIATE/ADVANCED #6872

Any student who wishes to learn English in the evening should attend this multi-level class.

INSTRUCTOR: Iverna Stradeski

LOCATION: Cassie Hall School

DATE: Tues. & Thurs., Jan. 10 - Mar. 29

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

FEE: \$14.00

**HAVE YOU PRE-REGISTERED?**

# COMMUNITY EDUCATION SERVICES

## REFUND POLICY

1. Withdrawals before the second class of a course — 100% of tuition fees less a \$10.00 administration charge.
2. Withdrawal after the second class of a course — NO REFUND.
3. Special registration and refund policies apply to courses labelled as "Designated Courses". NO REFUNDS will be made after the pre-registration date unless the space can be sold to another student, in which case the withdrawing student will be refunded 100% of the tuition fee less a \$10.00 administration charge.

## ASSERTIVENESS TRAINING #6858

Learn how to express yourself openly and effectively and get your feelings and ideas across while showing consideration for others. You will learn how to understand and set limits that are a part of being yourself.

INSTRUCTOR: Kathleen Whipp

LOCATION: NWCC, Room 208

DATE: Mon. & Tues., Mar. 12 & 13

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

FEE: \$12.00

LAST DAY TO PRE-REGISTER, PRE-PAY IS MAR. 5.

## DARKROOM TECHNIQUES #6859

This course is designed for the serious photographer to develop and expand his/her skills in black and white photo development. 35mm film will be provided.

CLASS ENROLLMENT IS LIMITED TO 10 MAXIMUM.

INSTRUCTOR: Rod Taylor

LOCATION: NWCC, LRC Seminar Room

DATE: Tues., Feb. 7 - Feb. 28

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

FEE: \$50.00

LAST DAY TO PRE-REGISTER, PRE-PAY IS JAN. 30.

## BUYING YOUR OWN EARTH SATELLITE #6860

There are several types of "earth stations" on the market enabling home TV viewers to pick up satellite TV signals and the growing amount of sport, feature films, children's news and public affairs programming. What equipment will best suit your needs? What are the legal issues? What are the comparative costs? If you are thinking about buying and installing a satellite dish, this evening mini-course is for you!

INSTRUCTOR: Terry Urbanowski

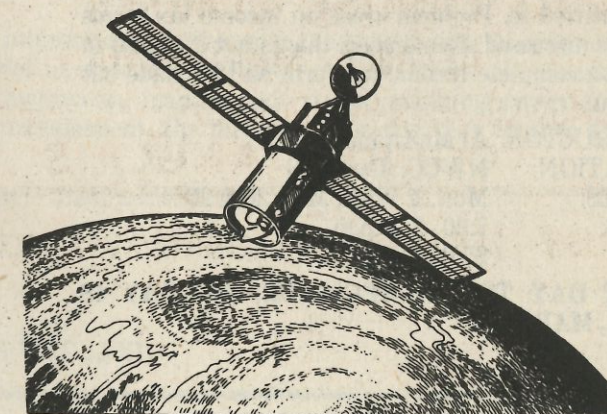
LOCATION: NWCC, Room 206

DATE: Mon., Jan. 9 - Jan. 23

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

FEE: \$10.00

LAST DAY TO PRE-REGISTER, PRE-PAY IS WED., JAN. 4.



Individuals with Special Needs — Reach Out and Take Part



**IMAGE OF LOVELINESS #6868**

Give yourself a new "YOU" inside and out! This 8-week personal improvement course is the perfect gift for yourself or someone special. This outstanding course in self-improvement will help you build a CONFIDENT and SUCCESSFUL life, personally, socially and in your business career.

Based on Christian principles, this course will include: verbal communication, affirmative body language, expression, inner beauty, self-image, happiness and fulfilment, confident living, how to find your own style, wardrobe coordination, how to use what is already in your closet, hair care, skin care, make-up, weight control, nutrition, relating to others, etiquette, hospitality, social success, how others see you and MORE!!

**INSTRUCTOR:** Sharon Gagnon  
**LOCATION:** NWCC, Room 204  
**DATES:** Mon., Jan. 9 - Feb. 27  
**TIME:** 7:30 - 10:30 p.m.  
**FEE:** \$135.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS WED., JAN. 4**

**MICROWAVE COOKING #6867**

Basic principles of microwave cooking. Different ovens will be used for preparation of various foods, from meats to desserts.

**INSTRUCTOR:** Julie Gaunt  
**LOCATION:** Caledonia Foods Room #116  
**DATES:** Mon., Jan. 9 - Jan. 30  
**TIME:** 7:30 - 9:30 p.m.  
**FEE:** \$15.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS TUES., JAN. 3.**

**PERSONAL INCOME TAX #6866**

Bring your personal income tax forms to class and make sure you are receiving all the allowances you are entitled to. Problem areas on income tax forms will be discussed. Remember, this is not a course in which a complete income tax form will be made out for you.

**INSTRUCTOR:** Al McAlpine  
**LOCATION:** NWCC, Room 208  
**DATES:** Mon. & Wed., Mar. 26 & 28  
**TIME:** 7:30 - 9:30 p.m.  
**FEE:** \$7.00

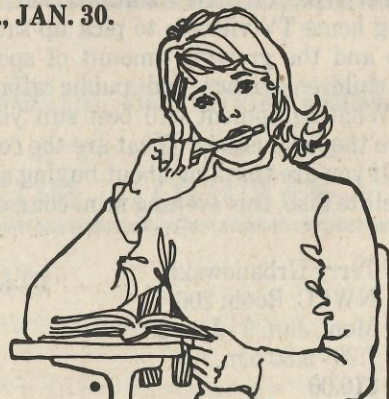
**LAST DAY TO PRE-REGISTER, PRE-PAY IS MON., MAR. 19**

**PRESENTING YOURSELF ON PAPER: THE RESUME #6864**

A two-session course discussion how to present your experience in the best way on paper. You will learn how to organize your talents, work experience and education into a brief and marketable style that stands out from your competition. What not to say and how to handle problem areas such as jumpy job records, fired from a job and lack of experience will be covered. For the second session, an individual meeting will be set up with the instructor to review your own personal resume.

**INSTRUCTOR:** Francis Sabine  
**LOCATION:** NWCC, Room 208  
**DATE:** Mon. & Thurs., Feb. 6 & 9  
**FEE:** \$10.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS MON., JAN. 30.**



**SEWING FOR EVERYONE #6869**

Ideal for those who have never sewn before or those students desiring assistance with more advanced projects. Enrollment is limited to 10 students maximum. Registration in this course would be a perfect holiday gift!

**INSTRUCTOR:** Carol Clark  
**LOCATION:** Caledonia Home Ec Room #114  
**DATES:** Wed., Jan. 11 - Mar. 14  
**TIME:** 7:00 - 9:30 p.m.  
**FEE:** \$35.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS JAN. 4.**



**QUIT SMOKING CLINIC #6865**

Join the Canadian Cancer Society and Northwest Community College for "Cold Turkey" month and register for the course that will enable you to finally "KICK THE HABIT". Films, slides, discussion, group support and HELP are part of this 5-day course to teach you how to control your desire to smoke.

**INSTRUCTORS:** Dr. Dean Burtch, Dr. Dennis Fisher  
**LOCATION:** 200-4619 Park Ave.  
**DATES:** Mon. Through Fri., Jan. 30 - Feb. 3  
**TIME:** 7:00 - 9:00 p.m.  
**FEE:** \$10.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS MON., JAN. 23**

**WOMEN, POWER AND INFLUENCE: AN ORIENTATION TO SUCCESSFUL SUPERVISION AND CAREER ADVANCEMENT #6906**

This 2-day workshop will provide women in, or interested in, first-level management with an overview of the fundamentals of effective supervision as well as steps to career advancement. Topics will include: career obstacles and options, organizational awareness, management styles, handling power imbalances, sexual harassment, time and stress management, the hiring process and performance appraisal.

**INSTRUCTORS:** Susie Walsh, Diane Wilkinson — Justice Institute of B.C.  
**LOCATION:** NWCC  
**DATES:** Feb. 8 & 9  
**TIME:** 9:00 a.m. - 4:30 p.m.  
**FEE:** \$75.00

**LAST DAY TO PRE-REGISTER, PRE-PAY IS WED., FEB. 1**

**HAVE YOU PRE-REGISTERED?**



**Individuals with Special Needs — Reach Out and Take Part**

Emily Carr  
College of Art  
Outreach

Emily Carr College of Art in Vancouver and NWCC are again co-operating to offer a series of top-quality art workshops in different mediums for local residents. Enrollment is limited. Register early.

**WEEKEND WORKSHOP IN PAINTING — WATERCOLOUR/MIXED #6863**

Enrollment limit 20 participants

For all levels

This course consists of painting in mixed media on paper. Each medium contributes something unique to the total image — the energetic drawn line and brilliant colour of oil pastel, the soft transparent wash of watercolour, the weighty strong opaqueness of gouache and, when available, the soft fogginess of airbrush. The final and most important consideration is the painting itself, when and how it stands alone as a piece of artwork quite divorced from how it grew. Working from rough pencil sketches, each student learns to combine the technique with his individualized thoughts and perspectives to create finished paintings utilizing oil pastels, watercolour and gouache.

**Opening Evening:** Discussion; films; slides; preparation for the following two days.

**First Day:** Weather permitting, the morning is spent outdoors sketching the land forms in the vicinity. On returning the studio, discussion with each student examines individual points of view, what it is which each one wishes to communicate through painting, and how to accomplish this. Work begins on the first painting.

**Second Day:** The entire day is an intensive studio in painting; several paintings are worked on by each student, with constant open discussion and technical and aesthetic evaluation.

**ARTIST-TEACHER:** Anne Meredith Barry, Emily Carr College of Art

**LOCATION:** Northwest Community College

**DATES:** Sat. & Sun., Feb. 25 & 26

**TIMES:** 9:00 a.m. - 5:00 p.m. Saturday; 9:00 a.m. - 2:00 p.m. Sunday

**Fee:** \$35.00 plus materials.

**\*\* LOOK FOR THE BCYA EXHIBITION AT THE TERRACE ART GALLERY JAN. 30 - FEB. 11**

**LAST DAY TO PRE-REGISTER, PRE-PAY IS THURS., FEB. 16**

**EMILY CARR WORKSHOPS IN NWCC COLLEGE REGION**

<b>KITIMAT:</b>	Bob Michener PAINTING Mar. 18	BCYA Exhibition Jan. 30 - Feb. 11 Centennial Museum
<b>SMITHERS:</b>	Jan Grove GLAZE APPLICATION Feb. 11 - 12	Printmobile May 3 - 9 (to be confirmed)
<b>PRINCE RUPERT</b>	Ian Thomas PRINTMAKING Feb. 18 - 19	BCYA Exhibition Feb. 14 - 29 Museum of Northern B.C.
<b>QUEEN CHARLOTTE CITY:</b>	Gordon Payne PAINTING Jan. 28 - 29	Jan Grove CERAMICS Mar. 10 - 11
<b>HAZELTON:</b>	Printmobile May 11 - 18 (to be confirmed)	

PLEASE CALL THE COLLEGE FOR MORE INFORMATION: 635-6511, local 238/241.



People's  
Law  
School

**PEOPLE'S LAW SCHOOL SERIES**

**CUSTODY AND ACCESS OF CHILDREN OF DIVORCES #6861**

This informative workshop will explain the factors considered in awarding custody and access; joint custody; court procedures; and enforcing court orders in other provinces.

**LOCATION:** Caledonia Sr. Sec., Room 3

**DATE:** Jan. 30

**TIME:** 7:30 - 9:30 p.m.

**PLEASE PRE-REGISTER BY MON., JAN. 23.**

**ADOPTIONS #6862**

This informative workshop will discuss the rights of natural parents, their access; consent to adopt; adoption procedures; and legal consequences.

**LOCATION:** Caledonia Sr. Sec., Room 3

**DATE:** Feb. 27

**TIME:** 7:30 - 9:30 p.m.

**PLEASE PRE-REGISTER BY MON. FEB. 20.**

**INTRODUCTION TO COMPUTERS #6870**

This basic computer class is designed to introduce the novice to the Apple Computer, familiarize himself with computer terminology, concepts and functions. The course will give the student a better understanding of the implications and future of computer technology in both his personal and professional life.

This 8-week course is ideal for the student who wants the technology and usage of the computer "demystified". Class enrollment is limited to 15.

**INSTRUCTOR:** Rick Giroday

**LOCATION:** Caledonia Computer Classroom #109

**DATE:** Mon. & Thurs., Jan. 9 - Feb. 9

**TIME:** 7:30 - 9:30 p.m.

**FEE:** \$50.00 includes materials

**LAST DAY TO PRE-REGISTER, PRE-PAY IS TUES., JAN. 3.**

**INTRODUCTION TO COMPUTER WORD PROCESSING #6871**

Designed for the first-time computer users who wish to learn how to use computer as a tool in word processing. Course includes word processor comparison, development of skills to use a specific word processor, and word processor programming language.

**INSTRUCTOR:** Rick Giroday

**LOCATION:** Caledonia Computer Classroom #109

**DATES:** Mon. & Thurs., Feb. 20 - Mar. 29

**TIME:** 7:30 - 9:30 p.m.

**FEE:** \$65.00 includes materials

**LAST DAY TO PRE-REGISTER, PRE-PAY IS MON., FEB. 13.**



**Individuals with Special Needs — Reach Out and Take Part**

**COMPUTER ACCOUNTING FOR BUSINESS AND INDUSTRY**

DATES: Mon. & Tues., Feb. 13 & 14; Tues. only, Feb. 21 - Mar. 27  
 TIME: 7:00 - 10:00 p.m.  
 COURSE LENGTH: 24 hrs.  
 PLACE: Caledonia Sr. Sec.  
 CLASS SIZE: 12 maximum

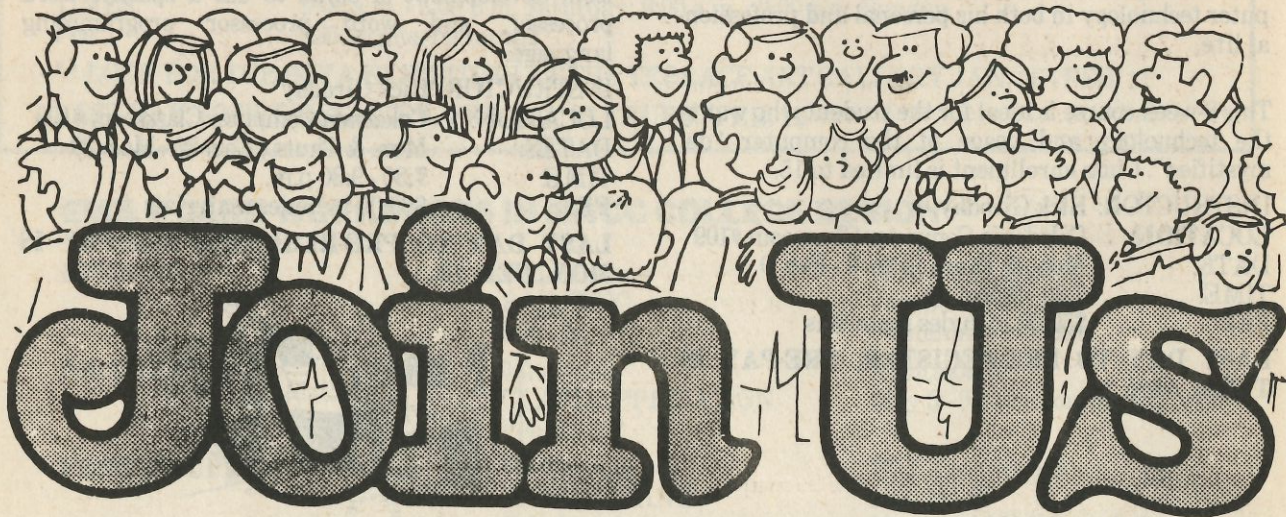
This hands-on course is designed for owners, managers and employees who want to know what accounting is all about in the computer age. No previous knowledge of computers and accounting needed, but would be helpful.

You will learn:

1. The Accounting Cycle
2. To set up and maintain financial records
3. To identify basic internal control procedures
4. How to use the **Micro Computer**
5. How to complete the Accounting cycle, using the micro computer, i.e.
  - a. Journalize source data (cash, cheques, invoices and payroll)
  - b. Post to the general ledger
  - c. Make necessary adjustments
  - d. Prepare profit and loss statement
  - e. Prepare the balance sheet
  - f. Run a month end

FEE: \$135.00 including materials

**LAST DAY TO PRE-REGISTER, PRE-PAY IS MON., FEB. 6**



**HAVE YOU PRE-REGISTERED?**



Federal Business Development Bank / Banque fédérale de développement

The Federal Business Development Bank and Northwest College are co-sponsoring the following seminars.



**BUSINESS MANAGEMENT CLINICS**

A Management Clinic consists of two integral parts: a video cassette and a workbook.

The video portion of each Clinic can be viewed in approximately 15 minutes. It can, however, be stopped at any time, rewound and reviewed. Each tape highlights the selected subject, gives explanations, and shows examples. As well as teaching, the tape leads you to the second part of the Clinic: the Workbook.

Each Workbook reinforces what you have seen in the videotape. Along with instructional text, the workbook states objectives for each step, provides questions with answers, and highlights important information in point form. A number of case studies are included to test yourself on what you have learned from the videotape and the Workbook.

THE FOLLOWING CLINIC WORKSHOPS ARE OFFERED FOR TERRACE SMALL BUSINESS EXCLUSIVELY:

**1. HOW TO START AND MANAGE A SMALL BUSINESS**

Outlines the general skills required in opening and operating a business of your own.  
 - Jan. 9, 1984

**2. EVALUATING A SMALL BUSINESS**

Covers the advantages and disadvantages of starting your own business, buying an existing one, or buying a franchise.  
 - Jan. 16, 1984

**3. FINANCING A SMALL BUSINESS**

Discusses the financial needs of a small business and the types and sources of financing.  
 - Jan. 23, 1984

**4. LEGAL STRUCTURES OF A SMALL BUSINESS**

Outlines the different situations where you would consider a sole proprietorship, a partnership, or an incorporated business.  
 - Jan. 30, 1984

**5. BASIC RECORDS FOR A SMALL BUSINESS**

Explains the types of financial and non-financial records that can help you in managing your business.  
 - Feb. 6, 1984

**6. CREDIT AND COLLECTIONS FOR A SMALL BUSINESS**

Discusses the effective use of credit in your business.  
 - Feb. 20, 1984

**7. MERCHANDISE CONTROL FOR RETAILERS**

Explains the procedures that can be used to maintain effective controls in a retail business.  
 - Feb. 27, 1984

INSTRUCTOR: Expert guidance will be available from FBDB personnel  
 LOCATION: Room 208  
 TIME: 7:30 - 9:00 p.m.  
 FEE: \$10.00 each clinic (includes materials)



**Individuals with Special Needs — Reach Out and Take Part**

**SMALL BUSINESS BOOKKEEPING #3782**

This course will focus on the practical aspects of bookkeeping, with an emphasis on immediate application. The participants will learn how to:

1. Set up journals.
2. Record transactions.
3. Post the general ledger.
4. Prepare financial statements.

INSTRUCTOR: John Campbell  
 LOCATION: NWCC, Room 208  
 DATE: Wed. & Thurs. evenings,  
 Jan. 25 & 26  
 TIME: 7:00 - 10:00 p.m.  
 FEE: \$47.50

**LAST DAY TO PRE-REGISTER, PRE-PAY IS WED., JAN. 18.**

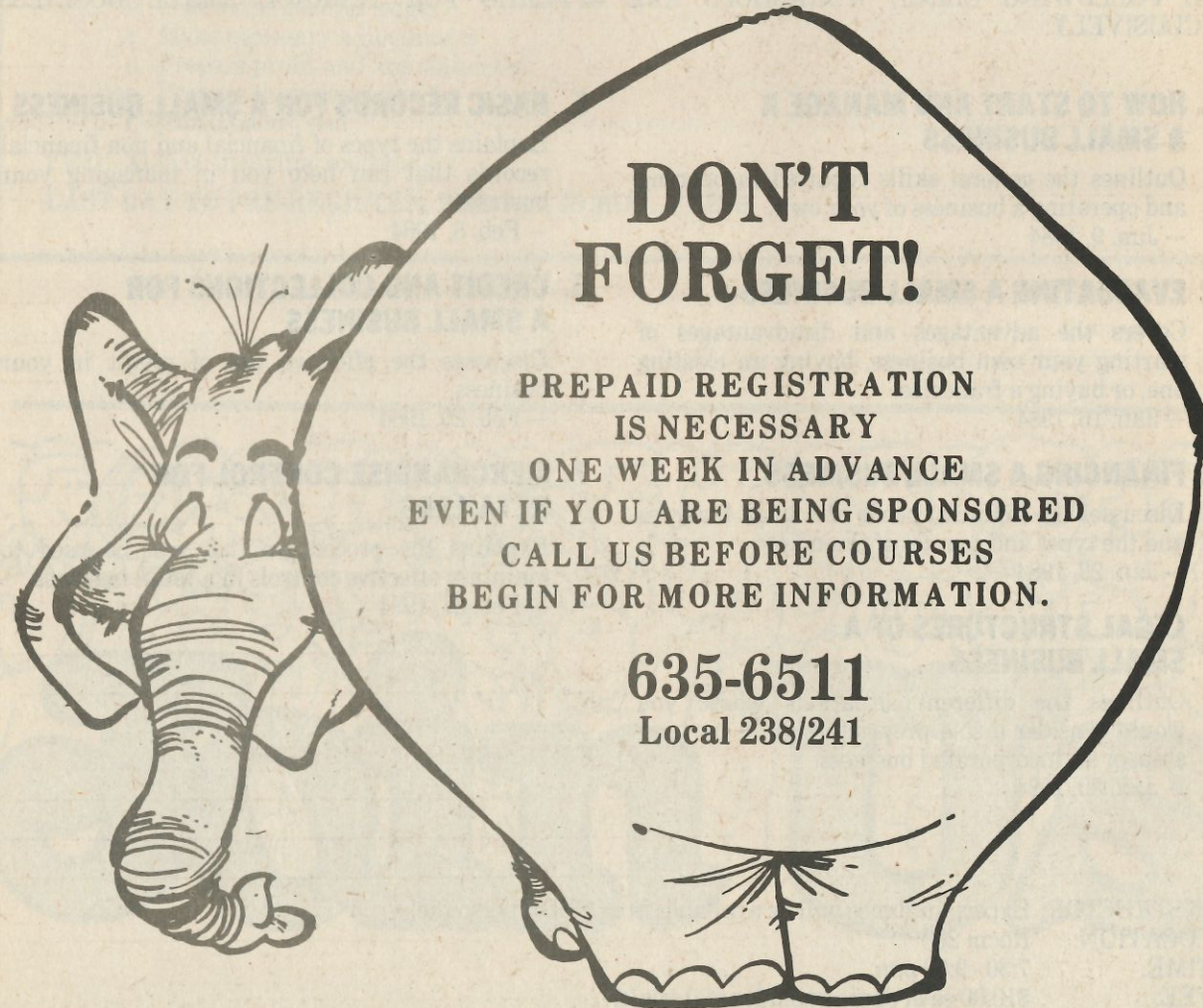
**TAXATION FOR SMALL BUSINESS #3786**

Explains and illustrates the main aspects of taxation and defines the important elements. The participants will learn:

1. Taxation vocabulary.
2. Key provisions of the Tax Act.
3. Implications of the Act as it affects partnerships.
4. Special problems facing the small business person.
5. Latest available information and how it applies to small business.

INSTRUCTOR: John Campbell  
 LOCATION: NWCC, Room 208  
 DATE: Thurs. evening, Feb. 23  
 TIME: 7:00 - 10:00 p.m.  
 FEE: \$26.50

**LAST DAY TO PRE-REGISTER, PRE-PAY IS THURS., FEB. 16.**



**DON'T FORGET!**

**PREPAID REGISTRATION IS NECESSARY ONE WEEK IN ADVANCE EVEN IF YOU ARE BEING SPONSORED CALL US BEFORE COURSES BEGIN FOR MORE INFORMATION.**

**635-6511  
 Local 238/241**

**HAVE YOU PRE-REGISTERED?**

**WE NEED YOUR OPINION**

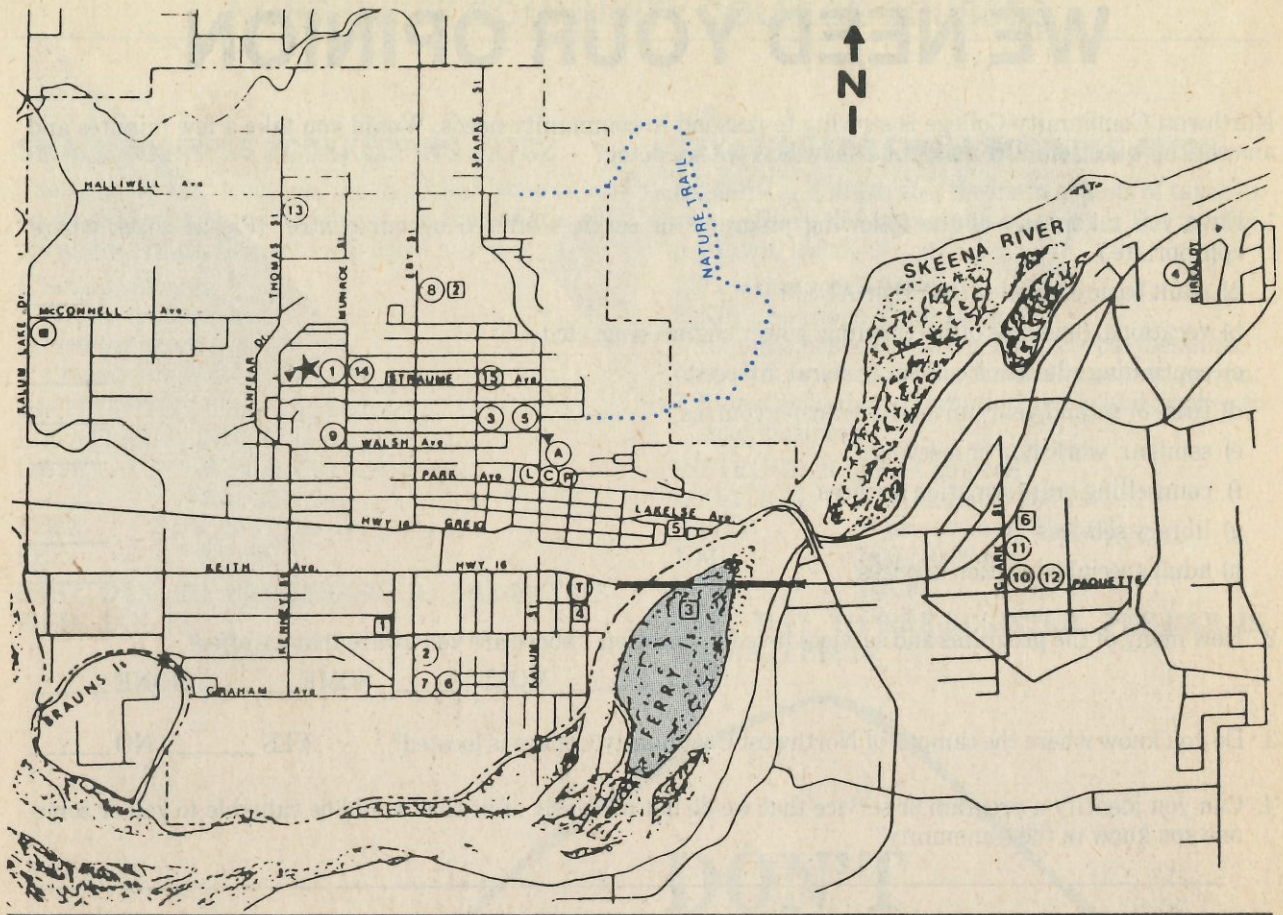
Northwest Community College is striving to respond to community needs. Would you take a few minutes and answer this questionnaire and let us know how we are doing?

1. Have you taken any of the following programs or services offered by our centre? (Please check where appropriate.)
  - a) adult basic education (BTSD or A USP) \_\_\_\_\_
  - b) vocational (business office training, power engineering, etc.) \_\_\_\_\_
  - c) continuing education courses (general interest) \_\_\_\_\_
  - d) first- or second-year university transfer courses \_\_\_\_\_
  - e) seminar, workshop or meeting \_\_\_\_\_
  - f) counselling or information services \_\_\_\_\_
  - g) library services \_\_\_\_\_
  - h) adult special education services \_\_\_\_\_
2. How many of the programs and services listed in question 1 above are you aware that we offer?  
 ALL \_\_\_\_\_ MOST \_\_\_\_\_ SOME \_\_\_\_\_ NONE \_\_\_\_\_
3. Do you know where the campus of Northwest Community College is located? YES \_\_\_\_\_ NO \_\_\_\_\_
4. Can you identify a program or service that we do not presently offer that would be valuable to you or someone you know in the community?  
 \_\_\_\_\_
5. How effective are we in getting information about the College to you (please check one of the following):
  - a) you hear from us often and feel well informed about the College \_\_\_\_\_
  - b) you would like to receive more information from us \_\_\_\_\_
  - c) You rarely, if ever, receive information from us and do not feel well informed about the College \_\_\_\_\_
6. If you are familiar with our facilities in the Northwest, how would you rate them?  
 \_\_\_\_\_  
 \_\_\_\_\_
7. How would you rate the campus of Northwest Community College in a general way for the programs and services it offers?  
 \_\_\_\_\_  
 \_\_\_\_\_
8. Please provide any comments that will assist us in preparing our programs and services.  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
9. What area do you live in in our district? \_\_\_\_\_

THANK YOU FOR TAKING TIME TO COMPLETE THIS QUESTIONNAIRE. PLEASE MAIL IT TO US AT BOX 726, TERRACE, B.C., V8G 4C2, OR DROP IT OFF AT THE CAMPUS OFFICE, 5331 McCONNELL.



**Individuals with Special Needs — Reach Out and Take Part**



## RECREATION ACTIVITY LOCATIONS, TERRACE, B.C.

### SCHOOLS

- ① CALEDONIA Sr. HIGH, 3605 MUNROE ST.  
- ball diamonds, soccer field
- ② CASSIE HALL ELEM., 2620 EBY ST.  
- ball diamond, soccer field
- ③ CLARENCE MICHIEL ELEM., 3430 SPARKS ST.  
- ball diamond, soccer field
- ④ COPPER MOUNTAIN ELEM., 3883 KIRKALDY ST.  
- ball diamond, playground
- ⑤ E.T. KENNEY PRIMARY, 4620 LOEN AVE.  
- ball diamond, playground
- ⑥ JACK COOK, 4720 GRAHAM AVE.  
- playground
- ⑦ KITI K'SHAN PRIMARY, 4730 GRAHAM AVE.  
- playground
- ⑧ PARKSIDE PRIMARY, 3824 EBY ST.  
- ball diamond, soccer field, playground
- ⑨ SKEENA Jr. HIGH, 3411 MUNROE ST.  
- soccer fields, ball diamonds & track
- ⑩ THORNHILL ELEM., 2906 CLARK  
- ball diamond, soccer field
- ⑪ THORNHILL Jr., 3120 HIGHWAY 16 E  
- ball diamond, soccer field
- ⑫ THORNHILL PRIMARY, 3860 PAQUETTE AVE.  
- playground
- ⑬ UPLANDS ELEM., 4110 THOMAS ST.  
- ball diamond, soccer field, playground
- ⑭ VERITAS, 4836 STRAUME AVE.  
- playground

### SCHOOLS

- ⑮ CHRISTIAN REFORMED, 3602 SPARKS  
- ball diamond, playground

### OTHERS

- A ARENA, 3320 KALUM ST.
- C WOMEN'S CENTRE, 4542 PARK AVE.
- L LIBRARY, 4610 PARK AVE.
- P SWIMMING POOL, 4540 PARK AVE.
- T TOURIST INFORMATION, 4511 HIGHWAY 16 W
- ★ R.E.M. LEE THEATRE, 4902 STRAUME AVE.
- 1 TENNIS COURTS, 3320 KALUM ST.  
3614 THOMAS ST.
- 1 AGAR PARK, 4800 BLK. AGAR AVE.  
- 3 ball diamonds, playground
- 2 CHRISTY PARK, 3800 SPARKS ST.  
- ball diamond
- 3 FERRY ISLAND, 4400 HIGHWAY 16 E  
- campground, X-country ski trail
- 4 ROTARY PARK, 2800 CRAMER ST.  
- ball diamond, playground, picnic tables
- 5 RIVERSIDE PARK, 3216 BONSPIEL CRES.  
- ball diamond, BMX track
- 6 LIONS PARK, 3100 BLK. HIGHWAY 16 E  
- rodeo grounds
- N.W. COMMUNITY COLLEGE, 5330 McCONNELL  
- soccer field