

Continuing & Community Education Services

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SMITHERS
847-4461

**NORTHWEST
COMMUNITY
COLLEGE**



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REGISTRATION

Three Ways to Register

1. Come into the Smithers College Centre
1070 Main Street (corner of Main & Alfred)
Office hours 8:30 - 4:30
2. Phone 847-4461 on courses **without class limits.**
3. Mail in the Registration Form.

CLASS LIMITS - Some courses can only accomodate a limited number of people. To ensure your place in these classes register early and prepay your fee.

MAIL-IN REGISTRATION

Name: _____

Mailing Address: _____

Street Address _____

I wish to register for the following courses:

1) _____ Fee: \$ _____

2) _____ Fee: \$ _____

3) _____ Fee: \$ _____

TOTAL \$ _____

Home Phone: _____

Work Phone: _____

Please make cheque or money order payable to Northwest Community College.

Signature _____

Mail to: NORTHWEST COMMUNITY COLLEGE,
BOX 3606, SMITHERS, B.C. VOJ 2N0

FEES & REFUNDS

FEES for courses that do not have class limits must be paid by the 2nd class of the course. People are welcome to sample first classes of non-limited long courses. Fees for courses that have class limits must be prepaid to ensure your place. Courses are Free of charge to Senior Citizens.

REFUNDS- A complete refund is made only when a course is cancelled. A percentage refund is made when students must withdraw from a course because of special circumstances.

The College reserves the right to change fees without notice, to limit registrations in any program or to cancel or revise any of the courses listed.

COUNSELLING - The College Counsellor visits Smithers on the first Tuesday of every month. He is available day or evening to both secondary students and adults to discuss any questions they may have regarding further education or career plans. Phone the College Centre at 847-4461 to arrange an appointment.

LEARNING RESOURCE MATERIALS - Northwest Community College Library and Resource Materials are catalogued in the Smithers College Centre and may be ordered by students. Microfiche listings of the Learning Resource Centres of other B.C. post-secondary institutions are also available in the Smithers College Centre. Books and periodical articles may be ordered.

Need a ride? If you would like to attend a course or workshop but lack transportation call the College Centre and we will arrange for other students from your area to pick you up.

SMITHERS ADULT BASIC EDUCATION

ENGLISH, MATH, AND SCIENCE UPGRADING MORNING, AFTERNOON OR EVENING

For adults who did not complete secondary school these concentrated courses will allow them to acquire the necessary skills to gain grade 10 or grade 12 standing for entrance into vocational or trades training in the shortest possible time. Adults work on individualized programs tailored to their goals. Each student begins at his own level and works at his 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 and attend two or four classes per week.

TIME: Mon., Tues., Wed., Thurs.

9-11:30 a.m.

or 1-3:30 p.m.

or 7-9:30 p.m.

PLACE: College Centre

DATES: Oct. 1 - May 31

FEE: \$16.00 per month

INSTRUCTORS: Mary Ann Tierney
and Alex Deas

Shift Workers - Please note that you may alternate between Adult Basic Education day and evening classes to suit your work schedule.

GRADE 12 EQUIVALENCY PREPARATION MORNING, AFTERNOON OR EVENING

For adults who did not complete secondary school and wish to acquire a Ministry of Education Grade 12 Equivalency Certificate under the General Education Development Programme. Adults are required to pass five tests: English Literature, English grammar, science, social studies and mathematics. A GED Testing session will be held in Smithers at the end of April. These classes will help you to prepare for the tests. You may enroll at anytime as space permits and attend two or four classes per week.

TIME: Mon., Tues., Wed., or Thurs.

9-11:30 a.m.

or 1-3:30 p.m.

or 7-9:30 p.m.

DATES: Oct. 1 - May 31

FEE: \$16.00 per month

PLACE: College Centre
INSTRUCTOR: Alec Deas

Mothers - Please note that babysitting can be arranged through a co-operative exchange with other students attending classes at different times. Inquire through the College Centre.

SPOKEN ENGLISH

AFTERNOON OR EVENING

Beginning and advanced classes for foreign-born students who wish to learn to speak English fluently. Reading and writing skills are also taught. If you know

someone who could benefit from this course please pass the word along.
TIME: Mon. and Wed., 1:00-3:30 p.m. DATES: Oct. 1-May 31
or 7:00-9:30 p.m. PLACE: College Centre
INSTRUCTOR: Mary Ann Tierney FEE: No charge except for texts

Assistance in completing official or business forms, writing or reading letters is available at the College Centre. If you know of anyone who can benefit from this service, please have them drop in or phone 847-4461.

MATH FOR TRADES

MORNING, AFTERNOON OR EVENING

Applied Mathematics for those taking pre-apprenticeship or apprenticeship training. Courses and texts are designed for each particular trade so that students need to learn only the mathematical skills required for the trade they are entering. You may enroll at any time as space permits and attend two or four classes per week.

TIME: Mon., Tues., Wed., Thurs.
9-11:30 a.m. DATES: Oct. 1 - May 31
or 1:00-3:30 p.m. PLACE: College Centre
or 7:00-9:30 p.m. FEE: \$16.00 per month
INSTRUCTOR: Alec Deas

ENGLISH FOR TRADES

MORNING, AFTERNOON OR EVENINGS

Applied English for those taking pre-apprenticeship or apprenticeship training. Courses and texts are designed for each particular trade so that students need to learn only the communication skills required for the trade they are entering. You may enroll at any time as space permits and attend two or four classes per week.

TIME: Mon., Tues., Wed., Thurs.
9:00 - 11:30 a.m. DATES: Oct. 1 - May 31
OR 1:00 - 3:30 p.m. PLACE: College Centre
OR 7:00 - 9:30 p.m. FEE: \$16.00 per month
INSTRUCTOR: Alec Deas

If you wish counselling or placement testing for Adult Basic Education courses contact the ABE Counsellor at 847-4461.

COLLEGE PREP. MATH

EVENING

For adults who wish to go on to technical or University science courses. College Prep. Math combines grade 11 and grade 12 academic mathematics. As the course is self-paced students can complete either one or both grades in two semesters. Additional home study required.

TIME: Wed., 7:00-10:00 p.m. 1ST CLASS: Sept. 12
PLACE: Smithers Senior Secondary NO. OF SESSIONS: 15
INSTRUCTOR: TBA FEE: \$26.50 plus text

ACADEMIC - GENERAL INTEREST

LOCAL HISTORY - SMITHERS AND THE BULKLEY VALLEY

EVENING

A history of our area from approximately 1800 to the present time. Topics to be discussed include the fur trade, missionary activity, steam boat days, settler/native relations and the Grand Trunk Pacific Railway. Provincial and Canadian history will also be discussed as it relates to this area. Extensive use will be made of original photos, maps and papers from the Bulkley Valley. Special attention will be devoted to the question of what local history is and how to research it. Detailed outlines available at College Centre.

TIME: Mon., 7:00 - 10:00 p.m. 1ST CLASS: Sept. 10
PLACE: College Centre NO. OF SESSIONS: 15
INSTRUCTOR: Maureen Cassidy FEE: \$26.50 plus texts

B.C. GOVERNMENT AND POLITICS

EVENING

An introduction, outline and discussion of the major concepts of political science and the main conflicting approaches to the study of politics through the medium of B.C. politics. The period covered will be from the first Social Credit victory in 1952 to the re-election of Bill Bennett's government in 1979. The single persuasive theme is that politics, the economy and society are woven together in a complex web of interaction. Much that is characteristic in the pattern of relationships between all three sectors in B.C. can be traced back to the resource producing character of the province's economic base. Detailed outline available at College Centre.

TIME: Tues., 7:00 - 10:00 p.m. 1ST CLASS: Sept. 11
PLACE: Smithers Senior Secondary NO. OF SESSIONS: 15
INSTRUCTOR: Theresa Kerin FEE: \$26.50 plus texts

These academic courses may be audited for general interest or most may be taken for university transfer credit. No prerequisites are required. Students desiring transfer credit will be required to do additional reading and written assignments.

DESIGN FUNDAMENTALS

EVENING

A studio art course that is applicable to all those interested in any area of the visual arts or related craft fields. Students will be introduced to the various elements and principles of design through a wide variety of techniques in drawing, painting, print-making and sculpture. Emphasis will be on basic design techniques, composition and the development of design from the study of nature, geometric and man-made forms. Class Limit 20 - Pre-register!

TIME: Wed., 7:00-10:00 p.m. 1ST CLASS: Sept. 12
PLACE: Smithers Senior Secondary NO. OF SESSIONS: 15
INSTRUCTOR: Forbes Finlayson FEE: \$26.50 plus text

To find out more about these courses meet the academic instructors over coffee at the College Centre on Wednesday evening, Sept. 5th, from 7:30 - 9:30 p.m.

BUSINESS AND TECHNICAL WRITING**EVENING**

An intensive 8-week introductory course in the methods and forms of business and technical communication. Students will study and practise writing letters, resumes and reports. There will also be lectures in the mechanics of English, grammar, punctuation, composition and style. The course is directed towards anyone who wants to improve his/her understanding and ability of employment-oriented writing.

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

FIRST CLASS: No. 1

PLACE: College Centre

NO. OF SESSIONS: 8

INSTRUCTOR: George Stanley

FEE: \$13.25 plus text

PROBLEM LIFE STYLES AND CHEMICAL DEPENDENCY**DAY**

A one day workshop for professionals and paraprofessionals working in the social service field. Instructed by representative of Vancouver Drug and Alcohol Commission.

TIME: Tues., 9:00 a.m. - 5:00 p.m.

DATE: Oct. 16

PLACE: College Centre

NO. OF SESSIONS: 1

INSTRUCTOR: Joanne Pallett

FEE: TBA

ADULTS AS LEARNERS**EVENING AND DAY**

For those responsible for planning learning experiences for other adults, e.g. business or government staff planners or trainers, coordinators of volunteer groups, continuing education instructors. To increase awareness of values and attitudes of adult learners, present current theory in the field of adult education, and examine programme design process with particular emphasis on use of experiential methods which will be the delivery mode of this workshop. Co-sponsored by the University of Victoria. Class Limit 20 - Pre-register!

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

DATES: Sept. 28 and 29

Sat., 9:00 a.m.-4:00 p.m.

PLACE: College Centre

NO. OF SESSIONS: 2

INSTRUCTORS: Andy Farquharson and
Helen Fletcher (Victoria)

FEE: \$11.00

NUTRITION FOR CHILDREN**MORNING**

A workshop for professionals and para-professionals working in the health and child-care fields. Topics will include: how to make people more aware of good nutrition, feeding groups of children, dealing with media advertising and others requested. Instructed by Nutrition Consultant, B.C. Ministry of Health.

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

DATE: Oct. 24

PLACE: College Centre

NO. OF SESSIONS: 1

INSTRUCTOR: Jan Ayer (Victoria)

FEE: \$2.00

VOCATIONAL**BOOKKEEPING (Accounting I)****EVENING**

An introductory course into the fundamentals of bookkeeping. Routine profit and loss, balance sheets and payroll calculation are included. Home assignments required. Completion of this course carried credit towards a Northwest College Business Certificate. Class Limit 16 - Pre-register!

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

1st CLASS: Oct. 1

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 20

INSTRUCTOR: Jane Sacharoff

FEE: \$41.00 plus text

BOOKKEEPING (Accounting II)**EVENING**

An advanced course dealing with cash receipts, cash payments, banking, inventory and the full accounting cycle. Home assignments required. Completion of this course carries credit towards a Northwest College Business Certificate. Class Limit 16. Pre-register!

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

1ST CLASS: Oct. 2

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 20

INSTRUCTOR: Terrie McCreary

FEE: \$41.00 plus text

BUSINESS MACHINES I**EVENING**

An introductory course in the use of calculators. It will cover the basic math functions, fractions, percentages, ratios, discount and mark-up. Completion of this course carries credit towards a Northwest College Business Certificate. Class Limit 16. Pre-register!

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

1ST CLASS: Oct 4

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 10

INSTRUCTOR: Terrie McCreary

FEE: \$21.00

BUSINESS ENGLISH**MORNING**

An Effective Communications course stressing correct English usage, spelling, punctuation, composing various types of business letters, memorandums, reports, telegrams, minutes and news releases, as well as receptionist speaking skills. Completion of this course carries credit towards a Northwest College Business Certificate. Pre-register!

TIME: Tues. & Thurs. 9:30-11:30 a.m.

1ST CLASS: Oct. 9

PLACE: College Centre

NO. OF SESSIONS: 20

INSTRUCTOR: Bev Davidson

FEE: \$41.00 & text

SHORTERHAND (Pitman)**EVENING**

A simplified version of Pitman Classic Shorthand that can be learned more quickly. Upon completion of this course the average adult can attain a speed of 80 words per minute. For beginners and those who wish to refresh their shorthand. Completion of this course carries credit towards a Northwest College Business Certificate.

TIME: Wed. 7-9 p.m.

1ST CLASS: Oct. 3

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 20

INSTRUCTOR: Mary Dawson

FEE: \$41.00 & text

TYPING - BEGINNING**EVENING**

Provides instruction for students who have not mastered the typewriter keyboard and is a prerequisite to college certificate courses. **Class Limit 16. Pre-register!**

TIME: Tues. 7-9 p.m.

1ST CLASS: Sept. 18

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 13

INSTRUCTOR: Bev Davidson

FEE: \$27.00

TYPING - INTERMEDIATE AND ADVANCED**EVENING**

Students progress through individualized programs to improve speed with accuracy, and master typing of letters, forms, reports, tables and other business communication. Prerequisite is basic keyboard skill. Successful completion carries credit toward a Northwest College Business Certificate. **Class Limit 16. Pre-register!**

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

1ST CLASS: Sept. 17

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 13

INSTRUCTOR: Doreen Haslett

FEE: \$27.00 & text

FILING SEMINAR**MORNING**

A morning workshop for business office personnel who need to revise their present filing systems or set up new filing systems. Various systems will be explored and the ideal set-up of an office central filing system demonstrated. Instructed by a Vancouver Office Administration Consultant.

TIME: Thurs. 8:30-12:30 a.m.

DATE: Nov. 8

PLACE: College Centre

NO. OF SESSIONS: 1

INSTRUCTOR: Judy E. Kelly

(Vancouver)

FEE: \$11.00

CLASS LIMITS - Some courses can only accommodate a limited number of people. To ensure your place in these classes register early and prepay your fee.

THE EFFECTIVE SECRETARY**DAY**

A one-day workshop for secretaries, executive assistants and office managers that will make their time and energy pay dividends for themselves and their employers. Efficient office procedure, relations with support staff to improve their effectiveness, methods for researching new ideas, equipment or suppliers, review methods for job responsibilities, paperflow and supplies, and planning ahead for work flow during absences will be offered. Detailed outline of workshop available at College Centre. Instructed by a Vancouver Office Administration Consultant.

TIME: Fri. 9:00 a.m. - 5:00 p.m.

DATE: Nov. 9

PLACE: College Centre

NO. OF SESSIONS: 1

INSTRUCTOR: Judy E. Kelly (Vancouver)

FEE: \$21.00

OPERATING A SMALL BUSINESS**EVENING**

For anyone interested in starting a small business or anyone already operating a new business. This course will cover the importance and construction of a business plan and provide an introduction to the preparation, use and importance of financial statements (prior bookkeeping or accounting not required). It will focus on procedures and techniques for obtaining financing for a business plan.

TIME: Wed. 7:30-10:00 p.m.

1ST CLASS: Oct. 3

PLACE: College Centre

NO. OF SESSIONS: 10

INSTRUCTOR: Richard Kazanowski

FEE: \$26.00 & text

AIRBRAKES**EVENING**

Prepares drivers for a written and practical test on the operation and maintenance of air brake systems for either on-highway or off-highway vehicles. Those taking off-highway exams will be required to pay to the Department of Transport a \$5.00 examination fee. This course can also include young persons who wish to drive air-equipped vehicles. Successful completion will give an air endorsement on the person's licence. **Class Limit 16. Pre-register!**

TIME: Tues. -Fri. 6:30-10:30 p.m.

1ST CLASS: Oct. 9

and Sat. 9:30a.m.-noon

NO. OF SESSIONS: 5

PLACE: Smithers Senior Secondary

FEE: \$33.00

INSTRUCTOR: Bud Hallock

SURVIVAL FIRST AID**WEEKEND**

Designed by the Workers' Compensation Board to give the injured a better chance for survival pending the arrival of more qualified help and is requisite for employees in many industries. Basic techniques for coping with emergencies involving breathing, bleeding, unconsciousness and crushed chests are taught. It is also a useful course for the outdoor recreationist. Successful students will receive a WCB Survival First Aid Certificate. **Class Limit 12. Pre-register!**

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

DATE: Oct. 13

PLACE: College Centre

NO. OF SESSIONS: 1

INSTRUCTOR: Kerry Heathman

FEE: \$11.00

BASIC HOUSE FRAMING**EVENING AND WEEKEND**

Designed for those who would like a refresher or introduction into house framing procedures. Instruction in floor framing, wall framing, framing of openings for doors and windows, simple stair construction and roof framing. Six evening sessions and two all-day workshops.

TIME: Mon 7-10 p.m.

Sat. 9 a.m.-4 p.m.

PLACE: Chandler Park School

INSTRUCTOR: Rick Trowbridge

1ST CLASS: Oct. 1

NO. OF SESSIONS: 8

FEE: \$41.00

ELECTRONICS**HOME STUDY**

Self-study programs, which include lab kits, introductory records, self tests, and text-books are available in the following subjects:

Course	Minimum Hours of Study	Fee
DC Electronics	30	\$51.00
AC Electronics	30	\$51.00
Semiconductor Devices	60	\$51.00
Electronic Circuits	60	\$51.00
Introductory Digital Techniques	30	\$51.00
Advanced Digital Techniques	60	\$76.00

Pre-requisite - grade 12 Math or equivalent.

GENERAL INTEREST**FRENCH CONVERSATION - BEGINNING****EVENING**

Emphasis will be placed on oral expression. Participation in role-playing, books, tapes, films and other audio-visual aids, designed to encourage a creative approach, are used. The course advances quickly into the reading and writing of French and suitable exercises are then used to facilitate understanding and expression.

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

PLACE: Smithers Senior Secondary

INSTRUCTOR: TBA

1ST CLASS: Oct. 1

NO. OF SESSIONS: 10

FEE: \$21.00

FRENCH CONVERSATION - INTERMEDIATE**EVENING**

For adults with basic knowledge of the language or those that have participated in beginning French. A continuation of the above course.

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

PLACE: Smithers Senior Secondary

INSTRUCTOR: TBA

1ST CLASS: Oct. 4

NO. OF SESSIONS: 10

FEE: \$21.00

RUNNING EFFECTIVE MEETINGS**EVENING**

For business or volunteer organizations - for all who would like the meetings they call or attend to function more smoothly and above all be more productive. Leadership and group skills to co-ordinate group effort in completing the tasks of meetings will be demonstrated and participants will be given experiential training in mastering these skills.

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

PLACE: College Centre

INSTRUCTOR: Auden Birkedal

DATE: Nov. 29

NO. OF SESSIONS: 1

FEE: \$5.00

HOW BOOKS ARE BORN**EVENING**

Author of popular and scientific articles, feature films, television shows and such books as, *There's a Seal in My Sleeping Bag*, *The Mighty MacKenzie*, *There's a Raccoon in my Parka*, and *Love Affair with a Cougar*, will discuss her adventures with animals and travel to demonstrate how experience and communication combine in the creative process. This year the author travelled the backroads of B.C., The Yukon, and NWT to the Arctic. She will show slides, discuss these experiences and demonstrate how they will build her current book. She is very informative on the joys and trials of becoming published.

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

PLACE: Smithers Senior Secondary

INSTRUCTOR: Lynn Hancock

DATE: Nov. 14

NO. OF SESSIONS: 1

FEE: \$2.00

ALCOHOL AND DRUG DEPENDENCY**EVENING**

This panel discussion will explore how stress, family problems, peer pressure, financial worries, job unhappiness and other problems may lead to problem life styles and will look at ways to overcome alcohol and drug dependency. Panel will consist of a representative of the Vancouver Alcohol and Drug Commission and local people.

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

PLACE: College Centre

INSTRUCTOR: Joanne Pallet (Vancouver)

DATE: Oct. 16

NO. OF SESSIONS: 1

FEE: FREE

AMATEUR RADIO OPERATION**EVENING**

Instruction on Radio Regulations, Morse Code and Theory of elementary electricity, magnetism, alternating current, vacuum tubes, semi-conductors, power supplies, CW, AM, FM, SSB, radio receivers, basic transmitters, antennas, transmission lines and interference. An examination by the Dept. of Communications is required after completion of the course.

TIME: Tues. and Thurs., 7-10 p.m.

PLACE: Smithers Senior Secondary

INSTRUCTOR: Bruce Cox

1ST CLASS: Oct. 2

NO. OF SESSIONS: 48

FEE: \$36.00

DEFENSIVE DRIVING**EVENING**

A **MUST** for all licensed drivers and those about to apply for their first license. Learn to drive defensively, cope with adverse road conditions and avoid accidents caused by other driver's mistakes. Canada Safety Course approved by B.C. Motor Vehicle Branch. DDC certificate awarded for successful completion. Expert instructor trains annually at performance driving school in Germany. Teenagers welcome.

TIME: Mon, 7-9 p.m. 1ST CLASS: Sept. 17
 PLACE: Smithers Senior Secondary NO. OF SESSIONS: 4
 INSTRUCTOR: Don Beddows FEE: \$16.00

USING TOPOGRAPHIC MAPS AND AIR PHOTOS**EVENING**

Designed to introduce people to reading maps and air photos and to the facilities available from the federal and provincial map and air photo libraries. Course covers how and where to acquire maps and air photos using indexes, the National Topographic System, the most common scales, orientation from a map, contours, stereo-scopic viewing, magnetic declination, radial line plotting, etc. Topographic maps of the Smithers area and protractors supplied.

TIME: Wed., 7:30-9:30 p.m. 1ST CLASS: Nov. 28
 PLACE: Smithers Senior Secondary NO. OF SESSIONS: 3
 INSTRUCTOR: Richard Morgan FEE: \$6.00

FRUITS AND SEEDS OF WILD PLANTS**WEEKEND**

Learn to identify local wild plants by means of their fruits and seeds. Both edible and non-edible fruits and seeds will be examined. Methods of preparing edible fruits for eating and the use of these fruits by native people will be discussed. Course will be held on two consecutive Saturdays with short lectures and slide presentation in the mornings followed by field trips to two different areas. Pack a lunch. **Class Limit 20. Pre-register!**

TIME: Sat. 10 a.m.-4 p.m. 1ST CLASS: Sept. 22
 PLACE: College Centre NO. OF SESSIONS: 2
 INSTRUCTOR: Rosamund Pojar FEE: \$13.00

C.O.R.E. (Conservation and Outdoor Recreation Education)**EVENING**

Developed by the B.C. Fish and Wildlife Branch, this course successfully completed, qualifies applicants for their first hunting licence and will also be of interest to hikers and other outdoor recreationists. It includes ecology, outdoor ethics, gun handling and hunter safety, regulations, animal and bird identification, freshwater fish, survival, and first aid. **Class Limit 20. Pre-register!**

TIME: Tues. & Thurs., 7-9 p.m. 1ST CLASS: Sept. 11
 PLACE: College Centre NO. OF SESSIONS: 9
 INSTRUCTOR: Bob McIntyre & guest speakers FEE: \$16.00

12

FIELD DRESSING OF GAME**EVENING**

Proper field dressing of wild game. This session will cover all the preparations needed before you take your moose, deer, bear, etc., home or to the butcher. Learn how to get the most value from your hunt from an expert.

TIME: Thurs. 7:30-9:30 p.m. 1ST CLASS: Oct. 11
 PLACE: College Centre NO. OF SESSIONS: 1
 INSTRUCTOR: Tom Fraser FEE: \$2.50

THE TOTAL LOOK**EVENING**

How to achieve co-ordinated make-up, hairstyles, fashions, poise and health that enhance your individuality. Healthy skin, good and garbage cosmetics, make-up application, shading and co-ordination with fashion and lighting, hair care and conditioning, hair styling to suit the individual, hair setting, blow drying and curling iron techniques, perms and color will be included.

TIME: Tues. 7:30-9:30 p.m. 1ST CLASS: Oct. 9
 PLACE: Smithers Senior Secondary NO. OF SESSIONS: 7
 INSTRUCTORS: Finn & Carol Mollerup FEE: \$15.00

INTERNATIONAL YEAR OF THE CHILD AND FAMILY**A CHILD'S FIRST YEAR****EVENING**

To give new and prospective parents an understanding of the motor, language, mental and social development of a child during the first year of life. Parents will be encouraged to discuss topics which are important to them and their child. Course will follow the book, **The First Twelve Months of Life**, ed. Frank Caplan. Please read chapters, **The First Week, First Month and Second Month**, prior to first session.

TIME: Mon. 7-10 p.m. 1ST CLASS: Sept. 17
 PLACE: Smithers Senior Secondary NO. OF SESSIONS: 6
 INSTRUCTOR: Barbara Trowbridge FEE: \$16.00

ONE-PARENT FAMILIES**EVENING**

For parents who are facing the formidable task of raising children without the support of a spouse. Some of the effects of raising a family alone and how this influences our social and working lives, and the lives of our children. The course will cover some understanding of the process of separation, death and divorce, as well as looking at ways to minimize problems and maximize the positive aspects of being a single parent. It will also include ways to get help from the community if financial, legal, counselling, and other kinds of services are desired.

TIME: Wed., 7-10 p.m. 1ST CLASS: Nov. 7
 PLACE: Smithers Senior Secondary NO. OF SESSIONS: 6
 INSTRUCTOR: Pauline King FEE: \$19.00

13

CARE OF THE SICK CHILD**EVENING**

What to do about: abdominal pain, colds and coughs, diarrhea, earache, fever, rashes, sore throat, vomiting and other symptoms of childhood illness. Who you can call upon for advice and help. What information you should give and what questions you should ask.

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

DATE: Nov. 5

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 1

INSTRUCTOR: Dr. Michael Kowerninski

FEE: \$1.00

NUTRITION FOR CHILDREN**EVENING**

How much and what kinds of food should children have as they grow through various age levels? Nutrition facts and fallacies. Good vegetarian nutrition, quality bag lunches, and providing attractive alternatives to junk foods. These and other topics will be discussed by the Nutrition Consultant, B.C. Ministry of Health.

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

DATE: Oct. 24

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 1

INSTRUCTOR: Jan Ayer

FEE: \$1.00

TOY MAKING**EVENING**

Creative educational and safe toys for children, from infancy through to five years of age, can be constructed easily and inexpensively. Patterns and instruction for a wide variety of toys for boys and girls provided. You choose which items you wish to make. Pick up material lists from College Centre and bring materials for two toys to first session.

TIME: Mon. 7-10 p.m.

1ST CLASS: No. 5

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 4

INSTRUCTOR: Barbara Trowbridge

FEE: \$13.00

ARTS - CRAFTS - HOBBIES**CLASSICAL GUITAR****EVENING**

Instruction for playing classical guitar will extend from basic finger exercises to playing simple classical guitar favorites. Included are correct playing habits, reading of music and basic understanding of chords.

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

1ST CLASS: Oct. 4

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 8

INSTRUCTOR: Charles Van Gorkum

FEE: \$24.00

FURNITURE MAKING FOR BEGINNERS**EVENING**

Learn to use all shop power tools (radial-arm saw, band saw, table saw, thickness planer, jointer, disc sander, drill press, lathe), through the construction of a small pedestal table. Upon completion of this project students may construct additional project of their own choosing. Preliminary course to shelving construction and cabinet making next semester. Pine stock available from instructor.

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

1ST CLASS: Oct. 3

PLACE: Chandler Park School

NO. OF SESSIONS: 7

INSTRUCTOR: Gary Buchfink

FEE: \$22.00 & materials

CERAMICS SHOW AND TALK**EVENING**

Noted Vancouver potter, Bob Kingsmill, will present a slide exhibition of his work and of his trip to the World Crafts Council in Kyoto, Japan with a discussion and exploration of both topics. His work is both functional and non-functional and includes unglazed stoneware wall plaques, stoneware "soldiers," raku platters and masks, and textured containers. Co-sponsored with Emily Carr College of Art.

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

DATE: Nov. 16

PLACE: College Centre

NO. OF SESSIONS: 1

INSTRUCTOR: Bob Kingsmill

FEE: FREE

CERAMICS WHEEL WORKSHOP**WEEKEND**

Primarily throwing pots, beginning with the making of small functional pieces and concluding with the construction of a wall mural of moderate size. Including tooling of pots, attachment of handles, assembly of slab and thrown pieces, cutting and scoring of wall plaques. Discussion of pots, their quality, work rhythms, work habits, growth of shapes, glazes and decorating techniques will occur throughout the workshop. Co-sponsored with Emily Carr College of Art. **Class Limit 12. Pre-register!**

TIME: Sat. and Sun. 9:00 a.m. - 5:00 p.m. DATES: Nov. 17 and 18

PLACE: Smithers Senior Secondary

NO. OF SESSIONS: 2

INSTRUCTOR: Bob Kingsmill

FEE: \$21.00 plus materials

(Vancouver)

PRINTMOBILE OPEN HOUSE**AFTERNOON**

The Emily Carr College of Art Printmobile (a 45-foot trailer outfitted as a fully equipped print-making workshop) will be in residence in Smithers from Dec. 2-14. It will be staffed by two-artist-teachers who will be instructing courses in woodblock printing and silkscreen printing. The printmobile is equipped for programs in serigraphy (silkscreen, photosilkscreen), relief (woodcut, linocut, collagraph) and lithography.

TIME: Open House - Sun 2-4 p.m.

DATE: Dec. 2

PLACE: College Centre

FEE: FREE

WOODBLOCK PRINTING SHOW AND TALK**EVENING**

Noted B.C. printmaker, Judith Foster, will present an exhibition and discussion of woodblock Printing Co-sponsored with Emily Carr College of Art.

TIME: Sun, 7:30-9:30 p.m. DATE: Dec. 2
 PLACE: College Centre NO. OF SESSIONS: 1
 INSTRUCTOR: Judith Foster (Vancouver) FEE: FREE

WOODBLOCK PRINTING COURSE**DAY**

Using the Printmobile equipment, instruction will include: Introduction to relief making tools, materials and procedures, setting up simple block design, color printing, printing papers, etching lino, and procedures to allow color print to be completed in one stage. Course is designed for people with no or minimal experience in the field. Co-sponsored with Emily Carr College of Art. **Class Limit 8. Pre-register!**

TIME: Mon. to Fri., 9 a.m.-4 p.m. DATES: Dec. 3-7
 PLACE: College Centre NO. OF SESSIONS: 5
 INSTRUCTOR: Judith Foster (Vancouver) FEE: \$30.00 plus materials (\$17)

WOODBLOCK PRINTING WORKSHOP**WEEKEND**

A general introductory course in wood block printing and the various ways of approaching the printing, designed for people who have no or minimal experience in this field, using the Printmobile equipment. It will include tools and sharpening, printing materials, registration, inks, papers and printing procedures. Co-sponsored with Emily Carr College of Art. **Class Limit 8. Pre-register!**

TIME: Fri., 7:30-9:30 p.m. DATES: Dec. 7
 Sat. & Sun., 9 a.m.-4 p.m. Dec. 8 & 9
 PLACE: College Centre NO. OF SESSIONS: 3
 INSTRUCTOR: Judith Foster (Vancouver) FEE: \$20.00 & materials (\$17)

SILKSCREEN PRINTING SHOW AND TALK**EVENING**

Richard Reid, B.C. Artist and Assistant Professor, Fine Arts Dept., UBC, will present an exhibition and discussion of silkscreen printing. Co-sponsored with Emily Carr College of Art.

TIME: Sun., 7:30-9:30 p.m. DATE: Dec. 9
 PLACE: College Centre NO. OF SESSIONS: 1
 INSTRUCTOR: Richard Reid (Vancouver) FEE: FREE

SILKSCREEN PRINTING COURSE**DAY**

Using the Printmobile equipment an introduction to paper stencil, glue and tusche, handcut film and photographic stencils will be offered. It will include use of equip-

ment, construction of frames, paper stencils and printing techniques, direct glue and tusche stencils, and negative glue stencil procedure, procedure for commercial handcut stencils, paper and print conservation editioning. Co-sponsored with Emily Carr College of Art. **Class Limit 8. Pre-register!**

TIME: Mon.-Fri., 9 a.m.-4 p.m. DATES: Dec. 10-14
 PLACE: College Centre NO. OF SESSIONS: 5
 INSTRUCTOR: Richard Reid (Vancouver) FEE: \$30.00 & materials (\$17)

CHINESE COOKING**EVENING**

A very popular course in this type of oriental cooking! Very little fat is used in the cooking process - most food is steamed. Course costs include ingredients (except meat). **Class Limit 18. Pre-register!**

TIME: Wed., 7:30-9:30 p.m. 1ST CLASS: Oct. 17
 PLACE: Smithers Senior Secondary NO. OF SESSIONS: 6
 INSTRUCTOR: Vera Heggie FEE: \$25.00

BARGELLO NEEDLEPOINT**AFTERNOON**

Also called Flame Stitch and Florentine embroidery it is worked with each stitch covering several threads of canvas so that the work is quick and easy with beautiful geometrical pattern results. Learn how to combine bold or subtle colors, and create patterns as you stitch, for cushions, belts or other small articles.

TIME: Fri., 1:30-3:30 p.m. 1ST CLASS: Oct. 5
 PLACE: College Centre NO. OF SESSIONS: 4
 INSTRUCTOR: Hilda Weikle FEE: \$9.00

SEWING**EVENING**

Designed for both beginning and experienced sewers. Beginning students should enroll for the complete program. Those with experience may attend one or more sessions that focus on the particular skill they wish to learn. In depth individual instruction.

Session 1 - Fully utilizing your machine, making its accessories work for you and maintenance to keep repair costs down.

Session 2 - The right fabric for the style you choose, techniques you need to know to successfully use different fabrics, how to sew some of the new fabrics, (e.g. velour) and fabric care.

Session 3 - Those finishing touches - seam finishes, use of interfacings, applying trims.

Session 4 - Zipper applications - centred, lapped, fly-front, and invisible.

Session 5 - Buttonholes - machine made and bound.

Session 6 - How to alter patterns to fit your figure.

Session 7 - Collars, cuffs, and waistbands: different applications and methods.

Class Limit 10. Pre-register!

TIME: Wed. 7:00 - 9:30 p.m.

PLACE: Chandler Park School

INSTRUCTOR: Karen Sanderson

1ST CLASS: Oct. 17

NO. OF SESSIONS: 7

FEE: Complete course \$18.00
Single sessions \$ 4.00

Need a ride? If you would like to attend a course or workshop but lack transportation call the College Centre and we will arrange for other students from your area to pick you up.

RECREATION AND FITNESS

THE Y's WAY TO A HEALTHY BACK

EVENING

An exercise program for people of all ages designed to relieve back pain. The exercises are easy and composed of movements that begin with relaxation, then flexibility, muscle strengthening and returning to muscle relaxation techniques. Approved by the U.S. medical committee of medical consultants. 88% of past participants in the YMCA program have obtained relief. Cassette tapes and manuals supplied for home use.

TIME: Mon. and Wed., 7:30-9:30 p.m.

PLACE: College Centre

INSTRUCTOR: Gary Murdoch

1ST CLASS: Oct. 15

NO. OF SESSIONS: 12

FEE: \$21.00

CROSS COUNTRY SKIING - BEGINNING

EVENING & WEEKEND

Two indoor evening sessions for discussion of equipment, techniques, demonstration of waxing methods and films. Three outdoor day snow sessions for instruction of practical skiing techniques. Conducted by Canadian Alliance Ski Instructor.

TIME: Thurs., 7:30 - 9:00 p.m.

and Sun., 10 a.m.-noon

or 1-3 p.m.

PLACE: Smithers Senior Secondary

INSTRUCTOR: Olav Skjelbred

DATES: Nov. 1 & 8

Dec. 2, 9, & 16

NO. OF SESSIONS: 5

FEE: \$21.00

ADULT FIGURE SKATING

EVENING

A beginner's class that will provide instruction for two groups: non-skaters and skaters who wish to improve their skill. Fee includes arena charge for ice time. **Participants must pre-register at College Centre.**

TIME: Wed., 8:30-9:30 p.m.

PLACE: Smithers Civic Centre

INSTRUCTOR: Pat Thesen

1ST CLASS: Oct. 3

NO. OF SESSIONS: 8

FEE: \$19.00

GET FIT

EVENING

For the out-of-shape who would like a general program of exercises to achieve personal fitness. Specialized exercises added for those preparing for particular sports.

TIME: Tues. and Thurs., 7-8 p.m.

PLACE: Smithers Senior Secondary

INSTRUCTOR: Jim Tayler

1ST CLASS: Oct. 2

NO. OF SESSIONS: 20

FEE: \$21.00

KEEP FIT

EVENING

For past participants of the program and others in good shape who wish to maintain their personal fitness. Specialized exercises added for those preparing for particular sports.

TIME: Tues. & Thurs., 8-9 p.m.

PLACE: Smithers Senior Secondary

INSTRUCTOR: Jim Tayler

1ST CLASS: Oct. 2

NO. OF SESSIONS: 20

FEE: \$21.00

HATHA YOGA

AFTERNOON OR EVENING

For both beginning and intermediate students. Exercise and breathing techniques and techniques leading to deep relaxation included.

TIME: Tues., 1:30 - 2:30 p.m.

or 7:30 - 8:30 p.m.

PLACE: College Centre

INSTRUCTOR: TBA

1ST CLASS: Oct. 2

NO. OF SESSIONS: 10

FEE: \$11.00

DISCO DANCING INTRODUCTION

EVENING

A fun way to exercise while you learn the latest dance steps. Line and partner steps taught by experienced instructor. **Class Limit 20. Pre-register!**

TIME: Thurs. 7-8 p.m. or 8-9 p.m.

PLACE: The Bulkley Disco

INSTRUCTOR: Donna Kerr

1ST CLASS: Sept. 27

NO. OF SESSIONS: 4 plus party

FEE: \$9.00

BRIDGE**AFTERNOON**

A course for beginning and intermediate players. Learn how to bid and play better.
 Basic instruction.
 TIME: Fri., 1:30-3:30 p.m. 1ST CLASS: Oct. 5
 PLACE: College Centre NO. OF SESSIONS: 8
 INSTRUCTOR: TBA FEE: \$17.00

WOMEN'S SELF DEFENSE**EVENING**

A physical program instructing basic defensive movements for women.
 TIME: Mon., 7:30-9:30 p.m. 1ST CLASS: Oct. 1
 PLACE: Walnut Park Gym NO. OF SESSIONS: 10
 INSTRUCTOR: Yvonne Cowden FEE: \$21.00

If you want to join or form a recreation participation club call the School District Resource Centre at 847-4525 for further information.

Recreation

A variety of recreational opportunities are available for you in Terrace.

On Campus:

- ping pong, pool, fuzzleball
- archery and canoeing available
- scrub soccer, football, baseball
- jogging/cross country skiing/exercise track

In Terrace:

- swimming at Terrace pool and Lakeelse Lake
- fishing and hunting
- hiking and mountain climbing
- hang gliding and sky diving
- cross country and downhill skiing
- skating at arena and lakes
- track and field and gymnasium sports



Need further information?

(clip and send to)

**NORTHWEST COMMUNITY COLLEGE,
 BOX 726, TERRACE, B.C. V8G 4C2**

NAME _____

ADDRESS _____

TYPED INFORMATION REQUESTED _____