

Continuing & Community Education Services



WINTER 79



SCHOOL DISTRICT 54

IN CONJUNCTION WITH

**NORTHWEST
COMMUNITY
COLLEGE**



JANUARY IS REGISTRATION MONTH

Registrations are accepted on a first-come, first-served basis. When classes are filled, late registrations are wait-listed for the next class. When there are not enough registrations to form a class, the course is wait-listed until sufficient enrollment is received. Registrants will then be notified of beginning dates.

THREE WAYS TO REGISTER:

1. Mail in the Registration Form (opposite page).
2. Phone Smithers 847-4461 or Houston 845-7266.
3. Drop into the Office of Continuing Education:

Smithers - College Centre
Main Floor, Bowlund Building
1070 Main Street (corner Main & Alfred)
Office hours - 8:30 - 4:30

Houston - College Centre
2nd Floor, Bowlund Building
corner of 10th & Poulton
Office hours - noon - 4 p.m.

REGISTRATION IS IMPORTANT

There is no registration night this semester. Both participants and instructors find it difficult to attend a particular night for the sole purpose of enrolling courses. But early registration is still important. If you do not register, you may not get into the course you wish to take because:

1. the course is full
2. the course was cancelled because there did not appear to be enough people interested in participating.

Where space permits, registrations will be accepted up to the first class of each course. PLEASE REGISTER EARLY!

REGISTER EARLY TO ENSURE YOUR PLACE!

FEES & REFUNDS

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Tuition fees are due and payable at the first session of each class. Tuition fees normally only cover the cost of classroom instruction. If required, texts and materials may be purchased through the instructors. The courses are FREE OF CHARGE to Senior Citizens, but charges for texts and materials still apply. Retain your fee receipts for your Income Tax Return. Receipts totalling over \$25.00 are deductible.

A complete REFUND is made ONLY when a course is cancelled. Classes require a minimum number of participants, usually ten, to be self-supporting. Lack of enrollment or withdrawals can result in cancellation of a course.

Continuing Education 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 Northwest Community College Counsellor visits Smithers and Houston on a regular schedule. He is available to discuss with both secondary students and adults any questions they may have regarding further education (upgrading, vocational, apprenticeship, college and university) or their career plans. Phone the Offices of Continuing Education at 847-4461 or 845-7266 to arrange for an appointment either during the day or in the evening.

NAME _____ HOME PHONE _____
BOX. OR R.R. NO. _____ WORK PHONE _____

I wish to register for the following course (s):

Mail to: Office of Continuing Education

Box 3606 OR Box 1277

Smithers, B.C. Houston, B.C.

NOTE: DO NOT REMIT COURSE FEES WITH THIS FORM!

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SMITHERS

ADULT BASIC EDUCATION

BASIC LITERACY

DAY OR EVENING

Individual tutoring or small group tutoring is available for adults who have minimal or no skills in reading, writing, and arithmetic. Students work at their own speed through a program designed for adults that will bring them up to a grade 6 equivalency standing. Instruction time can be arranged to the student's convenience. To arrange instruction times call 847-4461.

UPGRADING (B.T.S.D. GRADE 12 COMPLETION)

DAY OR EVENING

Would you like to improve your math, English, or science? Would you like a specialized course in reading, spelling or report writing? Would you like to acquire Grade 8, 10, or 12 equivalency in order to gain entrance to trade or vocational training? Would you like assistance in studying for your G.E.D. examination? If your answer is yes to any of the above questions, then this is the course for you. Each student begins at his own level and works at his own speed. The instructor will design a program with each student to suit individual needs. 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.

FULL TIME STUDENTS: Five days per week, six hours per day. Monday to Friday, 9 a.m. - 4 p.m.

FEE: \$15 per month PLACE: College Centre

PART TIME STUDENTS: May attend from one to four evenings per week. Monday to Thursday, 7:30-9:30 p.m. SHIFT WORKERS may alternate between day and evening classes to suit their work schedule.

FEE: \$15 per month PLACE: College Centre

IMPROVE YOUR ENGLISH

AFTERNOON OR EVENING

Beginning and advanced classes for foreign-born students who wish to learn to speak English fluently and improve their reading and writing skills. SHIFT WORKERS may alternate between afternoon and evening classes to suit their work schedule.

AFTERNOON CLASSES

TIME: Beginning - Mon. & Wed., 1-2:30 p.m.

Advanced - Mon. & Wed., 2:30-4 p.m.

PLACE: College Centre 1ST CLASS: Jan. 15

INSTRUCTOR: Vicki Govan FEE: \$15 + text

EVENING CLASSES

TIME: Beginning - Mon. & Wed., 6:30-8 p.m.

Advanced - Mon. & Wed., 8-9:30 p.m.

PLACE: Smithers Secondary 1ST CLASS: Jan. 15

INSTRUCTOR: M. McLauchlin FEE: \$15 + text

UPGRADING READING

EVENING

Don't let underdeveloped reading skills hold you back in your job or studies. Improve your comprehension. Students should be prepared to undertake a considerable amount of home assignments.

TIME: Tues. & Thurs., 7-9 1ST CLASS: Jan. 16

PLACE: College Centre NO. OF SESSIONS: 20

INSTRUCTOR: Mary Ann Tierney FEE: \$25.50

ACADEMIC

The following courses may be audited for general interest or taken for university transfer credit. The only admission requirements are a mature mind and interest in the subject.

Northwest Community College has initiated a new program in Smithers that will allow residents to achieve full first or second year level credit towards a B.A. degree over a period of two to four years. Contact the College Centre at 847-4461 for further information.

PEOPLE IN ADAPTATION - INTRODUCTION TO SOCIAL AND CULTURAL ANTHROPOLOGY - ANTHROPOLOGY 102

EVENING

Why was there a British Empire? Why is the potlatch so important to B.C. native Indians? Why do some people believe in reincarnation? This course will explore the differences and similarities among peoples and cultures with special attention to the rise of colonialism and industrialism in Europe and the effects of these developments on aboriginal peoples throughout the world. It will aid understanding of how nature, people, and culture interact to make humans what they were yesterday, are today and might be tomorrow.

No Prerequisite. Credit-3 units.

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

1ST SESSION: Jan. 10

PLACE: College Centre

NO. OF SESSIONS: 15

INSTRUCTOR: Paul Sneed

FEE: \$25.50 + text

GEOGRAPHY OF BRITISH COLUMBIA

EVENING

GEOGRAPHY 228

The physical and cultural geography of British Columbia will be examined. Of particular concern will be the aboriginal population distribution of the pre-contact period; European settlement patterns; resource development; and the transformation of communications systems. The course will be held in a number of centres (Smithers, Telkwa, Quick, and Houston) over the 15-week period. Transportation will be arranged for students at the first class. No prerequisites. Credit-3 units.

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

1ST SESSION: Jan. 11

PLACE: variable

NO. OF SESSIONS: 15

INSTRUCTOR: Ian Anderson

FEE: \$25.50 + text

CANADIAN LITERATURE

EVENING

ENGLISH 204

A study of English literature of Canada from World War II to the present (with the inclusion of some French literature in translation). The course will include reading and discussion of the
see next page

following writers: Gabrielle Roy, Margaret Lawrence, Sharon Pollock, Sheila Watson, Roch Carrier, Earle Birney and Margaret Atwood. Students will respond with written assignments. No prerequisite. Credit-3 units.

TIME: Thurs., 7-10 p.m. 1ST CLASS: Jan. 11
 PLACE: College Centre NO. OF SESSIONS: 15
 INSTRUCTOR: George Stanley FEE: \$25.50 + text

CANADA SINCE THE 1890's
HISTORY 106

EVENING

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 1930's to that of today), nationalism, bi-culturalism and multiculturalism (in a historical context of cohesion of society and federal-provincial relations). No prerequisite. Credit-3 units.

TIME: Mon. 7-10 p.m. 1ST SESSIONS: Jan. 8
 PLACE: College Centre NO. OF SESSIONS: 15
 INSTRUCTOR: Peter Weber FEE: \$25.50 + text

INTRODUCTORY BIOLOGY
BIOLOGY 102

EVENING

Will examine the major taxonomic groups of plants and animals, their anatomy, physiology, life histories, and evolutionary relationships. Included will be the biology of populations and communities and biological resource management. Prerequisite: Biology 101 or instructor's permission. Credit-3 units.

TIME: Lecture - Mon., 7-10 1ST CLASS: Jan. 8
 Lab - Thur., 7-10 NO. OF SESSIONS: 15
 PLACE: Smithers Secondary FEE: \$25.50 + text
 INSTRUCTOR: Mike Morrell

PROGRAM DEVELOPMENT
EARLY CHILDHOOD EDUCATION 102

EVENING

An introduction to planning and development of programs for pre-school centres that includes current see next page

practices in child care centres, planning the physical environment (including outdoor play space), learning through play, program planning to meet children's needs through curriculum areas which include creative art, music, movement and drama, children's language and literature, science, social studies, and pre-maths. This is a continuation of the course offered in the fall. Prerequisite: E.C.E. 101 or instructor's permission. Credit-3 units.

TIME: Wed., 7-10 p.m. 1ST CLASS: Jan. 10
 PLACE: Smithers Secondary NO. OF SESSIONS: 15
 INSTRUCTOR: Larissa Tarwick FEE: \$25.50

VOCATIONAL

BASIC EMPLOYMENT SKILLS TRAINING (BEST) DAY

A two month program to prepare people to directly enter the labour market or to enter further upgrading or skill training courses. Content will include some basic upgrading in math and English, communication and listening skills, problem-solving skills, work experience, job orientation, and job search techniques. Participants will receive counselling towards attaining their goals.

TIME: Mon. - Fri., 9-3:30 p.m.
 DATES: Jan. 8 - March 2
 PLACE: College Centre
 INSTRUCTOR: Ann Thurlow FEE: \$30.00

GOING BACK TO WORK DAY

Are you thinking of returning to the labour market but uncertain of your skills? Going back to work offers women who have been homemakers and would like to re-enter the labour force a chance to assess their skills, brush up on the old skills and determine what training they need and how to get it. The course is designed to build confidence, and assist women in choosing and preparing for a career. No prerequisite except a willingness to work.

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TIME: Mon.-Fri., 9-3:30 p.m.
 DATES: March 5 - April 20 FEE: \$25.50
 INSTRUCTOR: Ann Thurlow CLASS LIMIT: 16
 REGISTER EARLY! PLACE: College Centre

BUSINESS OFFICE TRAINING REFRESHER DAY

A two-month program for people who have previous office experience but need to refresh or upgrade their skills and for those who have basic typing or bookkeeping but need to broaden their skills to be employable. College certificates will be awarded for successful completion of clerk-typist or clerk-bookkeeper modules. Instruction will be offered in the following subjects:

TYPING	OFFICE PROCEDURES
DICTAPHONE	BUSINESS MACHINES
BUSINESS ENGLISH	BUSINESS ARITHMETIC
FILING	BASIC BOOKKEEPING

TIME: Mon. - Fri., 8:30-3:30 p.m.
 DATES: April 23 - June 15 FEE: \$30
 INSTRUCTOR: Terry McCreary CLASS LIMIT: 16
 REGISTER EARLY! PLACE: College Centre

MANAGEMENT SKILLS FOR SUPERVISORS DAY

A three- part training program covering a broad range of management skills. Offered through three 3-day workshops held 6 weeks apart, along with one-day reinforcement workshops on each part of the course.

PART I - Interpersonal Skills
 PART II - Group Skills
 PART III - Administrative Skills

Constructed to be experiential, the program uses role plays, structured experiences, media experiences, self-scoring inventories and discussions, supported by relevant theoretical concepts. Detailed course outlines are available. Offered at approximately 6 week intervals beginning in January, this program will carry province-wide certification through the Ministry of Education. CLASS LIMIT 25. Preregistration necessary.

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PART I (only) - Interpersonal Skills

TIME: Mon., Tues., Wed., 8:30-4:30 p.m.
 DATES: Jan. 29-31 NO. OF SESSIONS: 3
 PLACE: College Centre FEE: \$120.00
 INSTRUCTOR: Terry Burdeny, Vancouver Management Consultant

TYPING - BEGINNING EVENING

Provides instruction for students who have not mastered the typewriter keyboard and is a pre-requisite to college certificate courses. CLASS LIMIT 16.

TIME: Mon., 7:30-9:30 p.m. 1ST CLASS: Jan. 15
 PLACE: College Centre NO. OF SESSIONS: 13
 INSTRUCTOR: Bev Davidson FEE: \$25.50 + text

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.

TIME: Tues., 7:30-9:30 1ST CLASS: Jan. 16
 PLACE: College Centre NO. OF SESSIONS: 13
 INSTRUCTOR: Doreen Haslett FEE: \$25.50 + 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 the Department of Transport a \$5.00 examination fee. This course can also accommodate young persons who wish to drive air-equipped vehicles. Successful completion will give an air endorsement on the person's license. Classes will be held four hours per day over a six day period (five evenings and one Saturday morning session).

TIME: Mon.-Fri., 6:30-10:30 NO. OF SESSIONS: 5
 1st CLASS DATES: Jan. 29 - Feb. 2
 2nd CLASS DATES: Feb. 19 - Feb. 23
 INSTRUCTOR: Bud Hallock FEE: \$32

WELDING - BASIC AND UPGRADING DAY OR EVENING

Theory and practical instruction in both arc and oxy-acetylene welding techniques, using the equipment on the College Mobile Welding Unit. Basic instruction will be available for beginners. For those who have a minimum of 12 months welding experience and wish to obtain a welding ticket, upgrading and testing can be supplied. CLASS LIMIT 16, for each class.

DAY CLASSES

TIME: Mon. - Thurs., 9-4 p.m. NO. OF SESSIONS: 16
 DATES: April 16 - May 1 FEE: \$51
 PLACE: College Centre

EVENING CLASSES

TIME: Mon. - Thurs., 7-10 p.m. NO. OF SESSIONS: 16
 DATES: April 16 - May 10
 PLACE: College Centre FEE: \$25.50

SURVIVAL FIRST AID

WEEKEND

This course was 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 recreationalist. Successful students will receive a W.C.B. Survival First Aid Certificate. CLASS LIMIT 12. Preregistration required.

TIME: Sat., 9-5 p.m. INSTRUCTOR: Kerry Heathman
 DATE: Feb. 10 - Smithers
 PLACE: College Centre, Smithers
 DATE: Feb. 24 - Telkwa
 PLACE: Fire Hall, Telkwa FEE: \$10

DO-IT-YOURSELFBASIC CABINET CONSTRUCTION

EVENING

Will cover basic construction of kitchen or bathroom cabinets and include construction of drawers and doors

see next page

and the application of arborite materials. Student projects must be portable as storage not available.

TIME: Thurs., 7-10 p.m. 1ST CLASS: Jan. 18
 PLACE: Smithers Secondary NO. OF SESSIONS: 10
 INSTRUCTOR: John Derksen FEE: \$30

WOODWORK PROJECT WORKSHOP

EVENING

Bring an idea with you for a project you would like to build. We can offer advice and guidance. The tools and machines are supplied - you bring the wood and take home the furniture. CLASS LIMIT 15. Be prepared to start work at first class - bring wood and project plans.

TIME: Tues., 7-10 p.m. 1ST CLASS: Jan. 23
 PLACE: Smithers Secondary NO. OF SESSIONS: 7
 INSTRUCTOR: Gordon Piper FEE: \$21

FLY-TYING

EVENING

Will include fly-tying, fly-fishing equipment and methods. Participants will learn how to construct their own flies & present them to fish, and how to imitate movements of real creatures. Required equipment will be outlined at first class.

TIME: Tues., 7:30-9:30 1ST CLASS: Jan. 16
 PLACE: Smithers Secondary NO. OF SESSIONS: 10
 INSTRUCTOR: Harry Coles FEE: \$20 + materials

GENERAL INTERESTDEFENSIVE DRIVING

EVENING

A MUST for all licensed drivers. Learn to drive defensively and avoid accidents. This Canada Safety course is approved by the British Columbia Motor Vehicle Branch and on successful completion of the four two-hour sessions a DDC certificate is awarded.

TIME: Mon., 7-9 1ST CLASS: Jan. 29
 PLACE: Smithers Secondary NO. OF SESSIONS: 4
 INSTRUCTOR: Don Beddows FEE: \$12

SURVIVAL FRENCH - LEVEL II

EVENING

This course is a continuation of the French conversation course presented in the fall. Emphasis on practical conversational vocabulary that would be used for travelling, dining, shopping, etc. Dialogue Canada programmed materials (audio-visual, texts, workbooks, etc.) designed for federal public service employees will be used. New students should have some knowledge of French.

TIME: Thurs., 7:30-9:30 1ST CLASS: Jan. 18
 PLACE: Smithers Secondary NO. OF SESSIONS: 10
 INSTRUCTOR: Robin Scigliano FEE: \$20 + text

ASTRONOMY

EVENING

The major topics of this general interest course are: 1) the night sky and the motion of the planets, including the use of charts and handbooks, 2) the ideas from Ptolemy to Newton and the development of our present idea of the solar system, 3) how stars originate and function. Practical observation nights included.

TIME: Mon., 7-9:30 p.m. 1ST CLASS: Jan. 22
 PLACE: Smithers Secondary NO. OF SESSIONS: 10
 INSTRUCTOR: Alec Deas FEE: \$25.50

NATURAL HISTORY OF THE BULKLEY VALLEY EVENING

Each session of this short course will be presented by the local expert of the particular subject:

Plant Life of the Bulkley Valley
 DATE: Feb. 26 - Jim Pojar (B.C. Forest Service)
 Fishes of the Bulkley Valley
 DATE: March 5 - Mike Whately (B.C. Fish and Wildlife)
 Mammals of the Bulkley Valley
 DATE: March 12 - Dave Hatler (B.C. Fish and Wildlife)
 Birds of the Bulkley Valley
 DATE: March 19 - Mike Morrell (biologist)
 TIME: Mon., 7:30-9:30 p.m. 1ST CLASS: Feb. 26
 PLACE: Smithers Secondary NO. OF SESSIONS: 4
 FEE: \$10 or \$2.50 per session

BOTANY FOR HIKERS AND CAMPERS

EVENING

Learn how to identify native plants encountered on hiking and camping trips. The main characteristics of the common plants of the area including mosses, lower plants, flowering plants, and trees will be studied. Where relevant the use by Native Indians, edibility, economic value, pollination mechanism, and how plants fit into the ecosystem as a whole will be discussed. Field trips included. No previous biology training required. CLASS LIMIT 20.

TIME: Thurs., 7:30-9:30 p.m. 1ST CLASS: May 10
 PLACE: College Centre NO. OF SESSIONS: 8
 INSTRUCTOR: Rosamund Pojar FEE: \$16

WRITING FOR MONEY - IT BEATS BEGGING EVENING

For those interested in factual and creative writing for publication. The course will examine everything from writer's cramp to rejection slips; participants will be expected to suffer both. In conjunction, one of six local writers will speak at each class on his/her forte: novels, short stories, poetry, or articles.

TIME: Thurs., 7:30-10 1ST CLASS: Jan. 25
 PLACE: Smithers Secondary NO. OF SESSIONS: 6
 INSTRUCTOR: Lamont Bassett FEE: \$15

THE CONSERVER SOCIETY

EVENING

The concept of a Conserver Society as an alternate lifestyle that would be ecologically sound and satisfying. How does one move in that direction? What would be the consequences in Canada and B.C. for our economic, political, and social institutions? What effect would it have on individual lifestyles and opportunities? Included will be classes on Jobs and Energy; Garbage - How much we waste; How we can save; and Solar greenhouses for northern climates. Classes held every second

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week.

TIME: Tues., 7-10 p.m. 1ST CLASS: Jan. 23
 PLACE: Smithers Secondary NO. OF SESSIONS: 4
 INSTRUCTOR: Louise Price FEE: \$12

WORKSHOP FOR SINGLE PARENTS

WEEKEND

This weekend session will look at the extra difficulties the one-parent family experiences in child rearing: isolation from other families and adults; 24-hour-a-day-child care; the lack of on-going presence of a male or female role model; and the sheer exhaustion of trying to be a good parent and the financial supporter of the family ALL ALONE. It will offer basic skills and ideas to assist parents in child rearing (especially with regard to discipline and communication) and will discuss an understanding of the normal stages people undergo in a separation, death, or divorce.

TIME: Fri., 7-10 p.m. DATES: Feb. 23-25
 Sat. & Sun., 10 a.m. - 4 p.m.
 PLACE: College Centre FEE: \$15
 INSTRUCTOR: Louise Alden of Vancouver Family Services

HOW WELL DO YOU EAT?

MORNING OR EVENING

Learn to evaluate the nutrient adequacy of your meals and improve your personal eating habits. Learn to assess popular diet literature and nutrition resources. Participants may complete a personal nutrition evaluation form at the first class. This information will be forwarded to a computer in Vancouver that is programmed to relate calorie and nutrient intake to your weight, height, frame, diet, and activity statistics. You will receive a personal print-out of your own diet requirements at the second session.

DATES: March 15 & April 5, Thurs., 9 a.m. - noon
 OR
 March 12 & April 2, Mon., 7-10 p.m.
 PLACE: College Centre NO. OF SESSIONS: 2
 INSTRUCTORS: J. Deas & K. Ramage FEE: \$8

USING NATURAL FOODS

MORNING

What they are, why and how to use them. The course will explore the whole protein question and focus on specific natural foods and their uses. Meal planning, nutritious lunch boxes and recipes for good, cheap and easy meals using natural foods included.

TIME: Fri., 9:30-11:30 a.m. 1ST CLASS: Jan. 26
 PLACE: College Centre NO. OF SESSIONS: 6
 INSTRUCTOR: Louise Price FEE: \$12

SKID CONTROL

EVENING & WEEKEND

A practical short course on how to control your car on icy roads. A one evening lecture will explain the theory of skid control techniques and allow participants to ask questions in preparation for practical experience on a prepared track during the weekend workshop. Students will be individually guided on the track while they learn to operate their cars, using techniques of cadence braking, close cornering, emergency avoidance, highway-curve understeer drift and stopping with automatic transmissions. The course is designed to teach the average driver how to control and correct a skid he has been unable to avoid.

TIME: Wednesday, 7:30-9:30 1ST CLASS: Jan. 17
 Saturday, 10-4 p.m. WORKSHOP: Jan. 20
 PLACE: Smithers Secondary NO. OF SESSIONS: 2
 INSTRUCTOR: Don Beddows FEE: \$10

COASTAL NAVIGATION

WEEKEND

Chart work and navigation for the small boat and pleasure craft owner. It will include use of charts and parallel rules, determining longitude and latitude, calculating tide and wind, and safe navigational practices. Dates to be arranged. Register now and you will be notified.

CANADIAN CITIZENSHIP

EVENING

Instruction and guidance for people who wish to apply for Canadian citizenship. Includes information on: privileges and responsibilities of citizens, society, history and geography, as well as orientation toward public institutions and community agencies.

TIME: Tues., 7:30-9:30 p.m. 1ST CLASS: Feb. 6
 PLACE: Smithers Secondary NO. OF SESSIONS: 5
 INSTRUCTOR: Bill Scigliano FEE: \$10

GARDENING

EVENING

"The Northern Gardener" will offer expert instruction on soil preparation, seed choice, seeding, growing transplants, general garden soil management, pest control, fertilizers and elementary greenhouse culture for home growing. Special adaptation for, and spraying and spacing of vegetables for those interested in commercial growing will be included.

TIME: Wed., 7:30-9:30 p.m. 1ST CLASS: Feb. 7
 PLACE: Smithers Secondary NO. OF SESSIONS: 5
 INSTRUCTOR: Dave Havard FEE: \$10

INTRODUCTION TO SHIATSU

EVENING

(Acupressure Technique)

SHIATSU is a Japanese word, composed of "shi" (finger) and "atsu" (pressure), and is the name of a 4000 year old Oriental touch technique applied to basic acupuncture points and meridians designed to promote the flow of Ki or vital Life Force. Done through the clothing, its revealing effect leaves one sensitive to energy force fields, while sharpening perception and alleviating fatigue. Giving Shiatsu is giving love and joy - gentle and flowing without pain. Students will learn a full body technique in a technical course presentation and will leave with a practical ability to touch and inspire those around them. CLASS LIMIT 20. Preregistration necessary.

TIME: Mon. - Wed., 7-10 p.m. DATES: March 13-15
 PLACE: College Centre NO. OF SESSIONS: 3
 INSTRUCTOR: Len Walker of North American Shiatsu Society FEE: \$40

FILMS FOR BROWN BAGGERS

NOON

Brighten your lunch hour once a week. The Smithers Public Library will be showing a series of documentary films at noon-hour on Wednesdays in the College Centre. Bring your lunch; we supply coffee. The first series of films will look at the culture, art, and concerns of Canadian native peoples. The first film, "At the Caribou Crossing" examines traditional Eskimo life before the impact of Europeans. Series of wildlife and social films to follow.

TIME: Wed., 12:05-12:55 p.m. 1ST SESSION: Jan. 10
 PLACE: College Centre FEE: 50¢ (includes coffee)

ARTS - CRAFTS - HOBBIESCLASSICAL GUITAR - BEGINNING

EVENING

Basic 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: Mon., 7-8:30 p.m. 1ST CLASS: Jan. 15
 PLACE: Smithers Secondary NO. OF SESSIONS: 8
 INSTRUCTOR: C. Van Gorkom FEE: \$30 + text

CLASSICAL GUITAR - INTERMEDIATE

EVENING

This is a continuation of the beginning course offered in the fall. The student's repertoire will be extended to include various classical compositions and focus on improvisation in the classical style. Some classical experience prerequisite.

TIME: Mon., 8:30-10 p.m. 1ST CLASS: Jan. 15
 PLACE: Smithers Secondary NO. OF SESSIONS: 8
 INSTRUCTOR: C. Van Gorkom FEE: \$30 + text

FOLK GUITAR

AFTERNOON

Course will include basic chords, chord structure, basic strumming, an exploration of compositions and the various ways of playing themes.

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TIME: Fri., 1:30-3:30 p.m. 1ST CLASS: Jan. 19
 PLACE: College Centre NO. OF SESSIONS: 8
 INSTRUCTOR: Diane Harman FEE: \$17

SONGWRITING WORKSHOP

WEEKEND

An opportunity for local singers and guitarists to work with one of Vancouver's most well-known musicians. Fred Booker has developed a method of group problem solving directed at the writing of lyrics and music and the particular problems of performance for a singer-guitarist. Attention will also be paid to the business of music, i.e. copyright, recording, promotion, and "how-to-get-a-job" skills.

TIME: Sun., 1-5 p.m. DATE: Jan. 14
 PLACE: College Centre NO. OF SESSIONS: 1
 INSTRUCTOR: Fred Booker FEE: \$5 (includes admission to evening coffee house)

LIFE DRAWING

EVENING

A short definitive course dedicated to intensifying the art of seeing through exploration of the line. For both beginning and experienced students. Models will be available. Participants must supply basic drawing materials; ask for list when registering.

TIME: Wed., 7-10 1ST CLASS: Jan. 24
 PLACE: College Centre NO. OF SESSIONS: 8
 INSTRUCTOR: David Gillespie FEE: \$24 + materials

OIL PAINTING

MORNING

Here is an opportunity to learn to paint a message, to paint with direction, to paint a statement, and not just create a wall decoration. Learn the magic of story painting. The course is suitable for both beginning and intermediate students.

TIME: Wed., 9:30-11:30 a.m. 1ST CLASS: Jan. 17
 PLACE: College Centre NO. OF SESSIONS: 10
 INSTRUCTOR: Don Laird FEE: \$20 + materials

POTTERY - WHEEL WORK

EVENING

Designed to cover all aspects of forming and finishing wheel-made pottery. Pottery wheel and basic equipment supplied to each student. An additional fee for clay will be charged. CLASS LIMIT 8.

TIME: Wed., 7-10 p.m. 1ST CLASS: Jan. 31
 PLACE: Smithers Secondary NO. OF SESSIONS: 8
 INSTRUCTOR: Forbes Finlayson FEE: \$30 + materials

HANDBUILDING/CLAY SCULPTURE WORKSHOP WEEKEND

An opportunity to work with one of Western Canada's most respected ceramic artists. The weekend will include showing of artist's work, slide presentations of past and contemporary ceramics, handbuilding demonstrations, instructed group working sessions, critique and discussion. Co-sponsored with Emily Carr College of Art Outreach Program. CLASS LIMIT 15.

TIME: Fri., 8-10 p.m. DATES: Feb. 16-18
 Sat. & Sun., 9-5 p.m. PLACE: College Centre
 INSTRUCTOR: Sally Michener, Vancouver
 FEE: \$20 + materials

STRETCH AND SEW

AFTERNOON

Special techniques that make sewing with stretch fabrics fast and easy. Experienced instructor will demonstrate basic cutting, stitching, pressing, t-shirt, cardigan, slacks, and skirt construction. Participants will make sample necklines, trim application, fly and buttonhole construction, and zipper insertion. Course suitable for those with some sewing experience.

TIME: Thurs., 1-3 p.m. 1ST CLASS: Jan. 25
 PLACE: College Centre NO. OF SESSIONS: 6
 INSTRUCTOR: Ellen Jackson FEE: \$13

VEGETARIAN COOKING

EVENING

For vegetarians and non-vegetarians who want to experience the possibilities of meals prepared with a variety of wholesome natural foods. Several vege-

see next page

tarian dishes will be prepared at each session and participants will learn how to plan delicious, inexpensive and nutritious vegetarian meals.

TIME: Thurs., 7-9:30 1ST CLASS: Feb. 8
 PLACE: Smithers Secondary NO. OF SESSIONS: 6
 INSTRUCTOR: Joan Deas FEE: \$24

BREAD MAKING

EVENING

Demonstrations and participation in the preparation of a variety of yeast breads and rolls. Sourdough, French, whole wheat and other breads will be included.

TIME: Thurs., 7-10 p.m. 1ST CLASS: Jan. 18
 PLACE: Smithers Secondary NO. OF SESSIONS: 3
 INSTRUCTOR: Joan Deas FEE: \$12

RECREATION

BACKPACKING

EVENING

An introductory course that will cover desirable boots, clothing and equipment, and will give basic instruction in map reading, reading the landscape, first aid and survival, hiking techniques and ethics. If participants wish, an overnight hike may be arranged.

TIME: Tues., 7:30-9:00 p.m. 1ST CLASS: April 10
 PLACE: College Centre NO. OF SESSIONS: 5
 INSTRUCTOR: Tom Parkin FEE: \$5

B.C. Parks Branch REGISTER EARLY!

BRIDGE

A course for beginning and intermediate players. Learn how to bid and play better.

TIME: Wed., 7:30-9:30 p.m. 1ST CLASS: Jan. 24
 PLACE: Chandler Park NO. OF SESSIONS: 8
 INSTRUCTOR: Dorothy Barber FEE: \$16

TAI CHI

EVENING

This soft martial art is more akin to Yoga and Dance than its relative, Kung Fu. The movements are soft, slow and continuous, intended to quiet the mind and make the body aware. The Tai Chi form to be taught will consist of 24 movements in a solo dance.

TIME: Mon. 8:30-10 p.m. 1ST CLASS: Jan. 15
 PLACE: Walnut Park School NO. OF SESSIONS: 10
 INSTRUCTOR: Roy Lovgren FEE: \$15

KEEP FIT

EVENING

A general program of exercises for personal fitness, plus specialized exercises for those who wish to participate in a particular sport.

TIME: Tues. & Thur., 7-8 1ST CLASS: Jan. 16
 PLACE: Smithers Secondary NO. OF SESSIONS: 20
 INSTRUCTOR: Jim Tayler FEE: \$20

BALLET AND MODERN DANCE - LEVEL I

EVENING

For adults with no previous experience. Classes will provide exercises for body awareness, flexibility, fitness, and co-ordination through dance movement.

TIME: Wed., 7-8 p.m. 1ST CLASS: Jan. 17
 PLACE: Walnut Park School NO. OF SESSIONS: 10
 INSTRUCTOR: Monica Kapelar FEE: \$10

BALLET AND MODERN DANCE - LEVEL II

EVENING

A continuation of Level 1 class offered in fall semester. New participants should have some previous experience. More focus on dance.

TIME: Mon., 7-8 p.m. 1ST CLASS: Jan. 15
 PLACE: Walnut Park School NO. OF SESSIONS: 10
 INSTRUCTOR: Monica Kapelar FEE: \$10

HATHA YOGA

DAY OR EVENING

For both beginning and intermediate students. In-

see next page

cluded will be exercise and breathing techniques, and techniques leading to deep relaxation.

TIME: Tues., 9:30-11:30 a.m. 1ST CLASS: Jan. 16
 or 1:30-3:30 p.m. NO. OF SESSIONS: 10
 or 7:30-9:30 p.m. PLACE: College Centre
 INSTRUCTOR: Vicki Govan FEE: \$20

FIGURE SKATING

EVENING

A beginner's class for adults that will provide instruction for two groups: non skaters and skaters who wish to improve their skill. Fee includes arena charge for ice time.

TIME: Wed., 8:30-9:30 p.m. 1ST CLASS: Jan. 17
 PLACE: Smithers Civic Centre NO. OF SESSIONS: 8
 INSTRUCTOR: Laurel Roumieu FEE: \$18

SNOWMOBILING

EVENING

Will cover fun, safety, maintenance, and survival skills. It will include trail riding signals, terrain judgement, cold weather survival, some emergency first aid, machine knowledge and troubleshooting.

TIME: Tues., 7-10 p.m. 1ST CLASS: Jan. 23
 PLACE: Smithers Secondary NO. OF SESSIONS: 2
 INSTRUCTOR: Ron Olsen FEE: \$2 per person
 \$3 per family

CROSS-COUNTRY SKIING - BEGINNERS

WEEKEND

Will include a one evening waxing lecture, two afternoon practical field sessions and a four-hour ski tour.

Waxing - Thurs., Jan. 11, 7:30-9:30, Smithers Secondary
 Field - Sun., Jan. 14 & 21, 9-11 a.m., Golf Course
 Ski Tour - Sun., Jan. 28, 9:30-1:30 p.m., T.B.A.
 INSTRUCTOR: Olav Skjelbred FEE: \$24

CROSS-COUNTRY SKIING - INTERMEDIATE

WEEKEND

For skiers who have mastered the basic techniques of cross-country or downhill skiing and wish to improve their style.

see next page

Waxing - Thurs., Jan. 11, 7:30-9:30, Smithers Secondary
 Field - Sat., Jan. 13 & 20, 9:30-12:30, Instructor's home
 INSTRUCTOR: Olav Skjelbred FEE: \$18

BEGINNERS BADMINTON

EVENING

An introduction to techniques, rules and etiquette for those who would like to play regularly. For beginners only.

TIME: Wed., 8-10 p.m. 1ST CLASS: Feb. 7
 PLACE: Walnut Park NO. OF SESSIONS: 7
 INSTRUCTOR: Barb Trowbridge FEE: \$14

GOLF FOR BEGINNERS

EVENING

An indoor pre-season course to put you in the swing. Basic techniques of golf will be taught along with etiquette and rules. An outdoor practice session will be included, weather permitting. Register early for this popular course. CLASS LIMIT 25.

TIME: Wed., 7:30-9:30 p.m. FIRST CLASS: April 11
 PLACE: Chandler Park NO. OF SESSIONS: 5
 INSTRUCTOR: Golf course representative FEE: \$10

RECREATION CLUBS

The following clubs provide an opportunity to meet with others for fun or fitness. They are open to the community and welcome new members. Informal instruction is offered to beginners.

ARCHERY CLUB

TIME: Tues., 7-10 p.m. REGISTRATION NOT NECESSARY.
 PLACE: Walnut Park Gym FEE: \$5 per semester
 Further information: Larry Lee - 847-9635

BADMINTON CLUB

TIME: Tues. & Thurs., 8-10:30 p.m.
 PLACE: Chandler Park Gym FEE: \$15 per semester
 REGISTRATION NOT NECESSARY.
 Further information: Pat Estabrooks - 847-3571

MUHEIM OPEN GYM

Variety of sports: volleyball, basketball, badminton
 TIME: Mon., 7-9 p.m. REGISTRATION NOT NECESSARY.
 PLACE: Muheim School Gym FEE: \$5 per semester
 Further information: Lucy Gagnon - 847-3261

JOG WITH JOHN

Light exercise, jogging and games
 TIME AND PLACE: T.B.A. REGISTRATION NOT NECESSARY.
 Further information: John Stokes - 847-3309

LAKE KATHLYN OPEN GYM

Variety of sports: volleyball, basketball, badminton
 TIME: Tues., 7-9 p.m. REGISTRATION NOT NECESSARY.
 PLACE: Lake Kathlyn Gym FEE: \$5 per semester
 Further information: Ron Becker - 847-3685

TELKWA OPEN GYM

Variety of sports: volleyball, basketball, badminton
 TIME: Tues. & Thurs., 7:30-9:30 p.m.
 PLACE: Telkwa School Gym FEE: \$10 per semester
 REGISTRATION NOT NECESSARY.
 Further information: Frank McDonald - 846-5397

LADIES' BASKETBALL

TIME: Tues., 8-10, Smithers Secondary
 Thurs., 8-10, Walnut Park
 REGISTRATION NOT NECESSARY. FEE: \$10 per semester
 Further information: Marie Bieker - 847-9550

MEN'S BASKETBALL

TIME: Mon. & Wed., 8-10 REGISTRATION NOT NECESSARY.
 PLACE: Smithers Secondary FEE: \$10 per semester
 Further information: Gus Kantakis - 846-5642

BULKLEY VALLEY SQUARE DANCING CLUB

TIME: every other Sat., beginners, 7:30-9 p.m.
 intermediate, 9-10:30 p.m.
 PLACE: Smithers Secondary FEE: \$10 per semester
 Further information: M. Botten - 847-2308

MEN'S CALISTHENICS AND WEIGHTS

TIME: Mon. & Fri., 7-8:30 p.m. FEE: \$10 per semester
 PLACE: Smithers Secondary REGISTRATION NOT NECESSARY.
 Further information: K. Huffman - 837-9536

THE FOLLOWING TRAVELLING COURSE WILL BE OFFERED
 IN SECTIONS IN SMITHERS, TELKWA, QUICK AND HOUSTON

NORTHWEST STUDIES

EVENING

Will examine Northwest British Columbia in terms of man-land-mind relationships. What were and are the visions that people had of how to live here? How have these notions of living reflected themselves in the land? What actions are presently occurring and how will these actions reveal themselves on the landscape of the future? The course will focus several sessions on each of the following topics: 1) aboriginal peoples - their culture, history, and present day prospects, 2) resource development - forestry, mining and recreation, 3) agriculture - history, present-day problems, and future options, 4) wilderness management - parks, wildlife and habitat protection, 5) urbanization - history, present-day problems, and planning for the future, 6) energy consumption - demands and future options, 7) administration - relationships between local, regional, provincial, and federal authorities, role of advisory councils.

This course can be taken in whole or in parts. Different sections of the course will be offered in different communities: i.e. Smithers, Telkwa, Quick and Houston. Students taking the entire course can arrange transportation at first session. Partial fees will be offered for individual community sessions. Call 847-4461 or 845-7266 for further information.

TIME: Thurs., 7-10 p.m. 1ST CLASS: Jan. 11
 PLACE: variable NO. OF SESSIONS: 15
 INSTRUCTOR: Ian Anderson FEE: \$25.50

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HOUSTON

ADULT BASIC EDUCATION

BASIC LITERACY

DAY OR EVENING

Individual tutoring or small group tutoring is available for adults who have minimal or no skills in reading, writing, and arithmetic. Students work at their own speed through a program designed for adults that will bring them up to a grade 6 equivalency standing. Instruction time can be arranged to the student's convenience. To arrange instruction times call 845-7266.

UPGRADING (B.T.S.D. GRADE 12 COMPLETION)

DAY OR EVENING

Would you like to improve your math, English, or science? Would you like a specialized course in reading, spelling or report writing? Would you like to acquire Grade 8, 10, or 12 equivalency in order to gain entrance to trade or vocational training? Would you like assistance in studying for your G.E.D. examination? If your answer is yes to any of the above questions, then this is the course for you. Each student begins at his own level and works at his own speed. The instructor will design a program with each student to suit individual needs. 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.

FULL TIME STUDENTS: Five days per week, six hours per day. Monday to Friday, 1-4 p.m. and 7-10 p.m.

FEE: \$15 per month PLACE: College Centre

PART TIME STUDENTS: For people who are working and cannot attend full time. Shift workers may attend three hours per day...afternoon or evening depending on their work schedule. Other part-time students may attend classes from 1-4 p.m. or 7-10 p.m., one to five days per week.

FEE: \$15 per month PLACE: College Centre

IMPROVE YOUR ENGLISH

MORNING OR EVENING

Beginning and advanced classes for foreign born students who wish to learn to speak English fluently and improve their reading and writing skills. SHIFT WORKERS may alternate between morning and evening classes to suit their work schedule. If required CHILD CARE for pre-school children will be provided for morning classes.

MORNING CLASSES

TIME: Wed. & Fri., 10-12 noon 1ST CLASS: Jan. 24
 PLACE: College Centre NO. OF SESSIONS: 20
 INSTRUCTOR: Wendy Budde FEE: \$15 + text

EVENING CLASSES

TIME: Mon. & Wed., 7-9 p.m. 1ST CLASS: Jan. 22
 PLACE: Houston Secondary NO. OF SESSIONS: 20
 INSTRUCTOR: Wendy Budde FEE: \$15 + text

ACADEMIC

The following courses may be audited for general interest or taken for university transfer credit. The only admission requirements are a mature mind and interest in the subject.

Northwest Community College has initiated a new program in Houston that will allow residents to achieve full first or second year level credit towards a B.A. degree over a period of two to four years. Contact the College Centre at 845-7266 for further information.

GEOGRAPHY OF BRITISH COLUMBIA
GEOGRAPHY 228

EVENING

The physical and cultural geography of British Columbia will be examined. Of particular concern will be the aboriginal population distribution of the pre-contact period, European settlement patterns, resource development, and the transformation of communications systems. The course will be held in a number of centres (Smithers, Telkwa, Quick and

see next page

Houston), over the 15-week period. Transportation will be arranged for students at the first class. No prerequisite. Credit - 3 units.

TIME: Thurs., 7-10 p.m. 1ST CLASS: Jan. 11
 PLACE: variable NO. OF SESSIONS: 15
 INSTRUCTOR: Ian Anderson FEE: \$25.50 + text

CANADIAN SOCIOLOGY
SOCIOLOGY 210

EVENING

Will examine two major topics - food and women in the context of society. Food: how the food industry developed; what is really in your food; how government regulations influence food in Canada; how Canadian agriculture affects other countries; available alternatives to food production. Women: how have women's positions changed in the last 100 years; equal pay for equal work; laws and regulations governing women; how women are regarded in Canada. No prerequisite. Credit-3 units.

TIME: Wed., 7-10 p.m. 1ST CLASS: Jan. 10
 PLACE: College Centre NO. OF SESSIONS: 15
 INSTRUCTOR: J. Nakonechny FEE: \$25.50 + text

CHILDREN, FAMILIES & SOCIAL CHANGE
PSYCHOLOGY 202

EVENING

Ever wonder why modern families aren't working? Or even where and when families began? Or what childcare looks like in other countries? Why husbands and wives beat each other psychologically and physically? This course may not provide all the answers but at least it asks the questions. No prerequisite. Credit - 3 units.

TIME: Mon., 7-10 p.m. 1ST CLASS: Jan. 8
 PLACE: College Centre NO. OF SESSIONS: 15
 INSTRUCTOR: Jeff Marvin FEE: \$25.50 + text

VOCATIONAL

INDUSTRIAL FIRST AID

DAY OR EVENING

St. John's Ambulance Industrial First Aid classes leading to W.C.B. certification. DAY classes (5 hr. sessions) will be held daily for 2 weeks during spring break-up. Register now and you will be informed of starting date when it is set. EVENING classes will be held 2 nights a week for 10 weeks. Register immediately.

DAY CLASS

TIME: Mon. - Fri., 9-4 p.m. 1ST CLASS: Jan. 16
 PLACE: College Centre NO. OF SESSIONS: 10
 INSTRUCTOR: Bill Bristow FEE: \$135.00

EVENING CLASS

TIME: Tue. & Thurs., 7-9 p.m. 1ST CLASS: T.B.A.
 PLACE: Houston Secondary NO. OF SESSIONS: 20
 INSTRUCTOR: Cliff Smith FEE: \$135.00

SURVIVAL FIRST AID

WEEKEND

This course was 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 recreationalist. Successful students will receive a W.C.B. Survival First Aid Certificate.

TIME: Sat. 9-5 p.m. DATE: Feb. 10
 PLACE: College Centre NO. OF SESSIONS: 1
 INSTRUCTOR: Bob Adami FEE: \$10.00

AIR BRAKES

EVENING

Two consecutive courses will be given to prepare drivers for a written and practical test on the operation and maintenance of air brake systems for either off-highway or on-highway vehicles. Those taking off-highway exams will be required to pay to the Department of Transport a \$5 examination fee.

see next page

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 license. Classes will be held four hours per evening over a five day period.

TIME: Mon.-Fri., 6:30-10:30 1ST COURSE STARTS: Feb. 5
 PLACE: Houston Secondary 2nd COURSE STARTS: Feb. 12
 INSTRUCTOR: Bud Hallock NO. OF SESSIONS: 5
 FEE: \$32

TYPING

EVENING

Identical to the course offered in the Business Career Program at Northwest Community College. Instruction will be available at levels 1, 2 and 3 (Beginning, Intermediate and Advanced). Non-beginners will be tested and placed at their appropriate level of skill and then allowed to progress through an individualized program. Successful completion carries credit towards a Northwest Community College Business Certificate.

TIME: Tues., 7:30-9:30 1ST CLASS: Jan. 16
 PLACE: Houston Secondary NO. OF SESSIONS: 13
 INSTRUCTOR: Sharon Horswell FEE: \$25.50 + text

HOMEMAKER'S ORIENTATION PROGRAM

EVENING

For those who wish to work as professional homemakers or in a related occupation. Topics will include an overview of the Homemaker Service, responsibilities and role of a trained homemaker, personal care, nutrition, home safety, first aid, home management, community services, child care and home nursing. Based on the short course that has been developed provincially.

TIME: Tues., 7-10 p.m. 1ST CLASS: Feb. 6
 PLACE: Houston Secondary NO. OF SESSIONS: 6
 INSTRUCTOR: Marie Parker FEE: \$18

DO-IT-YOURSELF

BEGINNER'S WOODWORKING

EVENING

The basic skills of working with wood will be taught in this introduction to fine furniture construction. Focus on an understanding of wood and its characteristics in the design of simple joints. Mainly hand tools will be used, but some instruction will be included on power tools. No previous experience necessary.

TIME: Tues., 7-10 p.m. 1ST CLASS: Jan. 30
 PLACE: Houston Secondary NO. OF SESSIONS: 10
 INSTRUCTOR: John Dean FEE: \$30

WOODWORK PROJECT

EVENING

Bring an idea with you for a project you would like to make. It could be a simple wooden toy, a fine piece of furniture, or anything in-between. The instructor will offer advice and guidance in putting your ideas together and in operating power and hand tools. The tools and machines are supplied. You bring the wood and take home the completed project. Intermediate to advanced students welcome.

TIME: Mon., 7-10 p.m. 1ST CLASS: Jan. 22
 PLACE: Houston Secondary NO. OF SESSIONS: 8
 INSTRUCTOR: L. Deacon-Rogers FEE: \$24

GARDENING

EVENING

"The Northern Gardener" will offer expert instruction in soil preparation, seed choice and seeding, growing transplants, general garden soil, soil management, pest control, fertilizers, and elementary greenhouse culture. The course is designed for Bulkley Valley soil and climatic conditions.

TIME: Mon., 7:30-9:30 p.m. 1ST CLASS: Feb. 5
 PLACE: Houston Secondary NO. OF SESSIONS: 4
 INSTRUCTOR: Dave Havard FEE: \$10

FLY-TYING FOR BEGINNERS

EVENING

An introduction to entomology, fly tying, fly fishing equipment and methods. Participants will study how to choose appropriate fly, present it to the fish, and make it imitate movements of real creatures. Vises and needle-nose pliers will be ordered at first class. These and all other materials must be purchased or provided by students.

TIME: Wed., 7:30-9:30 p.m. 1ST CLASS: Feb. 14
 PLACE: Houston Secondary NO. OF SESSIONS: 5
 INSTRUCTOR: Ralph Smith FEE: \$10 + materials

GENERAL INTEREST

DEFENSIVE DRIVING

EVENING

This is a must for all licensed drivers. Learn to drive defensively and avoid accidents. This Canada Safety Course is approved by the British Columbia Motor Vehicle Branch and on successful completion of the four two-hour sessions, a D.D.C. Certificate is awarded.

TIME: Thurs., 7-9 p.m. 1ST CLASS: Feb. 1
 PLACE: Houston Secondary NO. OF SESSIONS: 4
 INSTRUCTOR: Don Beddows FEE: \$12

CONVERSATIONAL FRENCH - Level II

EVENING

This course is a continuation of the French conversation course presented in the fall. Emphasis on practical conversational vocabulary that would be used for travelling, dining, shopping, etc. Dialogue Canada programmed materials (audio-visual, texts, workbooks, etc.) designed for federal public service employees will be used. New students should have some knowledge of French.

TIME: Thurs., 7:30-9:30 p.m. 1ST CLASS: Jan. 18
 PLACE: Houston Secondary NO. OF SESSIONS: 10
 INSTRUCTOR: Joy Sheldon FEE: \$20 + text

COLD WEATHER SURVIVAL

WEEKEND

Will cover many aspects of survival in extremely cold weather. Learn how to use what you have on your person and how to take advantage of what is available where you are. Includes warmth, shelter, food, emergency aid, signalling for help, orientation and map reading. Film, lecture, and discussion.

TIME: Sat., 9 a.m. - 4 p.m. DATE: Feb. 24
 PLACE: College Centre NO. OF SESSIONS: 1
 INSTRUCTOR: Bob Adami FEE: \$7.00

MINI-COURSES FOR WOMEN

MORNING

This program offers a smorgasbord of topics for women. You can come once or every session; it is entirely up to you. Some of the topics will be: care of the sick child, women and the law, basic home repairs, setting goals, and women's health. Guest speakers, films, and informal discussions will be the format of the sessions so your interest is the only requirement. Arrangements will be made for the care of pre-school children. Transportation may also be arranged for those interested in attending. This program is being offered through the joint efforts of the Houston Health and Human Resources Centre and Northwest Community College. NO REGISTRATION IS NECESSARY.

FEE: FREE TIME: Mon. 10-12 noon
 PLACE: College Centre 1ST CLASS: Jan. 15
 FOR MORE INFORMATION CONTACT: Karen Erickson 845-2294

BEAUTY COUNSELLING

AFTERNOON

Included in this course are many facets of beauty care: structure of hair and skin; basic chemistry; identifying good and garbage cosmetics; hair care and conditioning; hair styling, blow drying, and curling iron techniques; makeup and application; fashion and poise.

see next page

TIME: Mon., 1-3 p.m. 1ST CLASS: Jan. 15
 PLACE: College Centre NO. OF SESSIONS: 5
 INSTRUCTOR: Teresa Edmunds FEE: \$10

MUSIC FOR YOUNG CHILDREN

DAY

For parents and teachers of pre-school and kindergarten children, a practical workshop in music activities that assist children's development. Included will be ideas on selecting songs and records for children and discussion of needs of children for creative experiences.

TIME: Sat., 9 a.m. - 4 p.m. DATE: Feb. 17
 PLACE: College Centre NO. OF SESSIONS: 1
 INSTRUCTOR: Larissa Tarwick FEE: \$5.00

ARTS - CRAFTS - HOBBIESOIL PAINTING

EVENING

Of interest to those who wish to experiment with oil paints with the accent on enjoyment of the techniques and the medium. Instruction will include some basic design and composition, use of color and texture and encouragement of personal expression. Beginners or those with some experience are welcome. CLASS LIMIT 10.

TIME: Tues., 7-10 p.m. 1ST CLASS: Jan. 16
 PLACE: Houston Secondary NO. OF SESSIONS: 10
 INSTRUCTOR: Yoka Loiseau FEE: \$30

NATURAL DYEING WORKSHOP

EVENING & WEEKEND

Learn to store summer's sunlight in your winter's yarns. The process of mordanting, extracting and dyeing with plant materials will be learned. Both domestic and exotic natural dyes will be used. Most equipment will be supplied with course.
 TIME: Thurs., 7-9 Jan. 18 & Sat., 10-4:30, Jan. 20
 PLACE: Houston Secondary FEE: \$11
 INSTRUCTOR: Wendy Budde

BASIC PHOTOGRAPHY

EVENING

Aimed at the amateur photographer who would like to learn to develop and print his own black and white pictures. Includes: basic use of the camera and equipment; how to take good pictures; developing film; printing; mounting and finishing. CLASS LIMIT 10 so register early. Fee includes all materials but camera and film.

TIME: Wed., 7-9 p.m. 1ST CLASS: Jan. 31
 PLACE: Houston Secondary NO. OF SESSIONS: 5
 INSTRUCTOR: Lutz Budde FEE: \$14

FOLK GUITAR

EVENING

Beginning and intermediate courses in chording, finger picking, and strumming with a variety of rhythms. Students to supply guitars. Some music provided.

BEGINNING TIME: Tue., 8-10 1ST CLASS: Jan. 23
 INTERMEDIATE TIME: Thurs., 8-10 1ST CLASS: Jan. 25
 PLACE: Houston Secondary NO. OF SESSIONS: 10
 INSTRUCTOR: Bill Miller FEE: \$21.00

INTERNATIONAL COOKING

EVENING

This is a demonstration course designed for the person who would like to broaden his or her cooking interests. We will be offering one session in each of the following: Dutch, East Indian, Brazilian, Ukranian, Italian, Japanese and French Gourmet cooking. Recipes for everything will be supplied to students. Please register early for this course.

TIME: Thurs., 7:30-9:30 p.m. 1ST CLASS: Feb. 8
 PLACE: Houston Secondary NO. OF SESSIONS: 7
 CO-ORDINATOR: Lutz Budde FEE: \$18

OFF-LOOM WEAVING

EVENING

An introduction to weaving that will explore Navaho basketry, cardboard, frame, board and nail, inkle, and Salish looms and tapestry techniques. Pile weaves and hoop weaving will also be completed.

see next page

Warp yarn for initial project supplied. Students must supply additional yarns. CLASS LIMIT 15. Come and weave an accent for your home.

TIME: Tues., 7-9:30 p.m. 1ST CLASS: Feb. 20
 PLACE: College Centre NO. OF SESSIONS: 8
 INSTRUCTOR: Wendy Budde FEE: \$22

CRAFTS FOR CHILDREN

AFTERNOON

This course is for mothers, dads, teachers, grandmas, aunts or anyone who spends time with children. Wendy has prepared a potpourri of crafts suitable for children aged 4 and up to learn. Tie-dyeing and weaving are just a sample of the interesting crafts that will be taught. Come to this course and learn how to keep your children busy and happy on rainy days or summer holidays. Most materials supplied.

TIME: Tues., 1-3 p.m. 1ST CLASS: May 1
 PLACE: College Centre NO. OF SESSIONS: 6
 INSTRUCTOR: Wendy Budde FEE: \$14

FOUR HARNESS WEAVING

EVENING

If you don't know a thing about weaving, even if you don't own a loom or aren't sure if you want to buy one, this course is for you. It includes terminology, drafting weaver's "recipes", how to set up a loom and start weaving. A thorough knowledge of the techniques and materials of the craft will be gained. Course will supply looms, manuals, and warp yarns for two projects. Students must supply additional yarns. CLASS LIMIT 12.

TIME: Tues., 7-9 p.m. 1ST CLASS: April 24
 PLACE: College Centre NO. OF SESSIONS: 10
 INSTRUCTOR: Wendy Budde FEE: \$22

MACRAME

EVENING

This is a beginner's course in one of the most popular crafts in Canada. Learn the basic techniques and then work on one or more projects of your own... plant hangers, belts, purses, wallhangings, etc.

see next page

Material for first class will be supplied.

TIME: Tues., 7-9 p.m. 1ST CLASS: Jan. 16
 PLACE: College Centre NO. OF SESSIONS: 5
 INSTRUCTOR: Wendy Budde FEE: \$11

COMMERCIAL ART FOR FUN OR PROFIT AFTERNOON

Instruction will be given in cartooning, commercial art, and gag writing fundamentals. The instructor will explain how to sell completed artwork locally or nationally. A special lesson on adapting your art for your home will be included. Inexpensive materials to be supplied by students. Bring pencils, 8½ x 11 blank paper, an eraser, and your enthusiasm to the first session.

TIME: Thurs., 1-3 p.m. 1ST CLASS: March 1
 PLACE: College Centre NO. OF SESSIONS: 10
 INSTRUCTOR: Kathy Hunter FEE: \$20

QUILTING MORNING

Learn traditional North American hand quilting. Course covers choosing patterns, cutting templates and pieces, appliqué or joining, placing work on frame and quilting. Instructor will guide you on sewing machine or hand projects from crib size to queen size.

TIME: Thurs., 10-12 noon 1ST CLASS: Feb. 1
 PLACE: College Centre NO. OF SESSIONS: 6
 INSTRUCTOR: Ivy Strimbold FEE: \$12

RECREATION

LADIES' KEEP FIT AFTERNOON

A general program of exercises for personal fitness. Exercises are on tape and are very well explained. This will be an ongoing program. Students join at any time, and may come as often as they wish.

TIME: Tues., 2-3 p.m. 1ST CLASS: Jan. 16
 Thurs., 2-3 p.m. for MOMS AND TOTS
 Fri., 2-3 p.m. FEE: 50¢ per session
 PLACE: College Centre

LADIES' KEEP FIT EVENING

This course is a keep fit dance class. Exercise to music and learn some basic dance techniques. Class will progress according to wishes of students.

TIME: Mon. & Wed., 7-8 p.m. 1ST CLASS: Jan. 22
 PLACE: Twain Sullivan School NO. OF SESSIONS: 20
 INSTRUCTOR: Cherie Hanson FEE: \$20

YOGA AFTERNOON

An introductory course to exercise techniques and techniques leading to deep relaxation.

TIME: Wed., 1-2:30 1ST CLASS: Jan. 31
 PLACE: College Centre NO. OF SESSIONS: 8
 INSTRUCTOR: Lynn Brisdon FEE: \$12

CROSS-COUNTRY SKIING WEEKEND

A beginner's one evening waxing lecture, two 2-hour afternoon practical field sessions and a four hour ski tour.

WAXING: Tues., Jan. 9, 7:30-9:30 p.m.
 PLACE: Houston Secondary
 FIELD SESSION: Sun., 1-3 p.m., Jan. 14 & 21
 SKI TOUR: date to be arranged to suit class
 INSTRUCTOR: Olav Skjelbred FEE: \$24

RECREATION CLUBS

The following clubs provide an opportunity to meet with others for fun or fitness. They are open to the community and welcome new members. Informal instruction is offered to beginners.

VOLLEYBALL CLUB

TIME: Tues., 8:30-10:30 REGISTRATION NOT NECESSARY.
 PLACE: Houston Secondary FEE: \$5 per semester
 Further information: Bill Arkinstall - 845-7101

JUDO CLUB

TIME: Sat., 10-12 REGISTRATION NOT NECESSARY.
 PLACE: Silverthorne School Gym FEE: \$5 per semester
 Further information: P. Laroque - 845-7225

SQUARE DANCING CLUB

TIME: Every other Saturday, 7:30-10:30 p.m.
 PLACE: Silverthorne School Gym FEE: \$2.50 per sem.
 REGISTRATION NOT NECESSARY.
 Further information: Sam Wright - 845-2664

BRIDGE CLUB FOR MIXED COUPLES

TIME: 2nd and 4th Fri. of each month, 7:30-10 p.m.
 PLACE: Houston Secondary FEE: \$2 per couple
 REGISTRATION NOT NECESSARY. per evening
 Further information: J. Gustafson - 845-7207

CHESS CLUB

TIME: Tues., 7-10 REGISTRATION NOT NECESSARY.
 PLACE: Houston Secondary FEE: \$5 per semester
 INSTRUCTION WILL BE GIVEN FOR BEGINNERS.
 Further information: Alec Hawkey - 845-2342

BADMINTON CLUB

TIME: Thurs., 8:30-10:30 REGISTRATION NOT NECESSARY.
 PLACE: Houston Secondary Gym
 FEE: \$10 per semester with instruction, \$7.50 without.
 Further information: L. Austin - 845-2317

MEN'S KEEP FIT

TIME: Tues., 8-10, Thurs., 8:30-10
 PLACE: Silverthorne School Gym FEE: \$5 per sem.
 REGISTRATION NOT NECESSARY.
 Further information: Michael Brown - 845-7494

BASKETBALL CLUB

TIME: Mon. & Wed., 8:30-10:30
 PLACE: Houston Secondary Gym FEE: \$10 per sem.
 REGISTRATION NOT NECESSARY.
 Further information: Rob Kluss - 834-7121

COMMUNITY BAND

TIME: Tues., 7:30-10 REGISTRATION NOT NECESSARY.
 PLACE: Twain Sullivan School FEE: \$5 per sem.
 Further information: G. States - 845-7144

DISTANCE EDUCATION

PEOPLE TALKING BACK

TELEVISION

Canada faces uncertainty on many fronts: inflation, unemployment, confederation, national misunderstanding. Join a Canada-wide telethon to examine the issues that concern you. The Canadian Association of Adult Education and the C.B.C. will join forces to present a series of television programs on Canadian concerns, beginning Sunday, February 4, at 5 p.m. The series will be broadcast live and on-air telephone feedback from local discussion groups arranged. Printed background material and group discussion leader kits will be available. Join a discussion group or form your own group. Call your local Office of Continuing Education for further information.

WHAT'S NEW?

KEEP UP TO DATE BY-

READING - the Continuing Education column in the Interior News and Houston Today as well as Northwest Calendar in Northern Times

LISTENING

TO - the Continuing Education program aired on C.F.B.V. daily at 10:05 a.m. and 10:05 p.m.

WATCHING

FOR - Continuing Education posters at :
 shopping malls
 post offices
 libraries
 in Smithers, Telkwa, and Houston

NORTHWEST COMMUNITY COLLEGE FILM SERIES

"OLDIES BUT GOODIES"

These films, plus shorts from the same era, will be presented in Smithers on Sunday evenings and in Houston on Monday evenings.

	<u>Smithers</u>	<u>Houston</u>
TENDER IS THE NIGHT (Jennifer Jones)	Jan. 21	Jan. 22
CAMILLE (Greta Garbo)	Feb. 4	Feb. 5
SHE DONE HIM WRONG (Mae West)	Feb. 18	Feb. 19
DRACULA (Bela Lugosi)	March 4	March 5
CAINE MUTINY (Humphrey Bogart)	March 18	March 19
SHANGHAI EXPRESS (Marlene Dietrich)	April 1	April 2
MALTESE FALCON (Humphrey Bogart)	April 15	April 16

SMITHERS

* The Much Ado Theatre
Chandler Park School
Show time: 7:30 p.m.

HOUSTON

* Drama Room
Houston Secondary School
Show time: 7:30 p.m.

ADMISSION: ADULTS \$2.00
STUDENTS \$1.00
SENIOR CITIZENS ADMITTED FREE

For full descriptions read the Continuing Education column in your local newspaper.