

# Continuing & Community Education Services



**SCHOOL DISTRICT 80  
KITIMAT**

IN CONJUNCTION WITH

**NORTHWEST  
COMMUNITY  
COLLEGE**



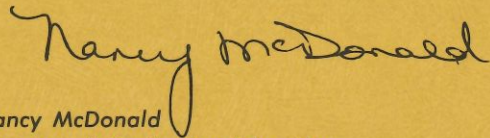
## What is Continuing Education?

Continuing Education is an education program for Adults. It is co-sponsored by School District #80 and Northwest Community College. For the 1978 Fall program, a variety of courses have been organized which we hope will fill the educational requirements of Kitimat residents, both academically and in the general interest and leisure areas.

The fastest growing age group in Education today is adults. It is estimated that by the mid 1980's there will be more adults in the education system than school-aged children!

We invite you to look through our listings and register for as many courses as interest you. Support our efforts with your participation.

Comments and suggestions for additional programs are always welcome. Drop by 9 Drake Street or call 632-4766 or 632-6124.



Nancy McDonald  
Director of Continuing Education

## Your Local Representatives

### SCHOOL DISTRICT # 80

Mrs. Bev Rodrigo  
— Chairman  
Mr. Hans Brown  
Mrs. Marg Gibson

Mr. Noel Halton  
Dr. Chee Ling  
Mr. Hans Wagner  
Mr. Rick Wozney

### COLLEGE COUNCIL - N.W.C.C.

Mr. Hans Wagner

Mr. Don Adams

## TABLE OF CONTENTS

	Page
General Information .....	E2
Northwest Community College Courses:	
Arts and Science Faculty — Academic .....	E4
Special Programs .....	E6
Business Office Training .....	E7
Vocational Training .....	E8
Upgrading .....	E10
Correspondence Courses .....	E11
English Classes .....	E11
School District #80 Courses:	
Arts and Crafts .....	E12
General Interest .....	E13
Home Skills and Improvement courses .....	E15
Language Classes for Children .....	E18
Community Courses .....	E19
Registration Form .....	E20
Combined Index of Courses (Continuing Education and Recreation Department.)	R19 - R20
Recreation Department — Please see reverse side of booklet.	



# GENERAL INFORMATION

## REGISTRATION

FEES are payable in full at time of registration.

### YOU MAY REGISTER

- Registration Day - Saturday, September 9th  
M.E.S.S. from 10:00 AM — 4:00 PM
- By mail (Use form supplied in this  
booklet and enclose fees).
- In person at 9 Drake St., Monday - Friday  
9:00 - 12:00 and 1:00 - 4:30 from Sept. 1st.
- In person — evenings Monday - Thursday  
6:30 - 7:30 PM M.E.S.S. main office  
from September 11th.



## REFUNDS

School District #80 Courses: Fees are not normally subject to refund unless a course is cancelled.

Northwest College Courses: Withdrawal within 2 weeks after commencement of classes — 80% refund.

Withdrawal within 4 weeks — 50% refund.

Withdrawal after more than 4 weeks — NO REFUND

## INCOME TAX DEDUCTIBILITY

Retain fee receipts for income tax return. Receipts totalling over \$25.00 are deductible.

## ADMISSION POLICY

Northwest Community College: We have an "open door" admission policy. You do not have to be a high school graduate to enter college courses. Courses are designed for adults who wish to further their intellectual interests and who may have long since been out of formal schooling, as well as for recent high school graduates. The College promotes the concept of "lifelong learning" and is sensitive to the particular educational needs of women, workers, and native people. Our instructors are aware that many students are on shift work at Alcan and Eurocan, and are prepared to be flexible in this regard.

## COURSE CHANGE/WITHDRAWAL

Northwest Community College: A student wishing to add, drop or change a course must complete the necessary forms available from the Registrar. Changes in programs must be made by the dates specified for these changes in this calendar. A student may withdraw from any course by filing a withdrawal form with the office of the Registrar. After the fourth week, withdrawals will be permitted only under exceptional circumstances, and only with the approval of the instructor. Students who drop a course without officially withdrawing will receive a final grade of F.

## SENIOR CITIZENS

Free registration to School District #80 courses, costs for materials still apply, however.

## CANCELLATION OF CLASSES

Continuing Education reserves the right to cancel any course for which registration does not reach the required minimum, or in which progress is unsatisfactory, or to postpone classes because of inclement weather conditions.

## HOLIDAYS

Classes will not normally be held on Statutory Holidays or when schools are closed.

## ANNOUNCEMENT OF CHANGES AND NEW COURSES

Listen to CFTK for class cancellations and notice of new courses; or turn to Cablevision channel for news bulletin.

# ARTS AND SCIENCE PROGRAM NORTHWEST COMMUNITY COLLEGE

Northwest Community College will be offering in the 1978-81 school year University transferable courses, leading towards completion of the first and second year B.A. program. Please contact Continuing Education office for additional details.



## ENGLISH 201

A survey of English Literature (14th - 20th Century). Special emphasis will be placed on the readings of works by: Chaucer, Shakespeare, Milton, Pope, Blake, and others. Essays will be required. Pre-requisites: English 100 or equivalent, or special permission of the instructor. University transferable.

Location: M.E.S.S. Room 129  
Starting date: September 14  
Length: 45 hours

Instructor: Helmut Brauer 632-6652  
Time: Thursday, 7:00 - 10:00 p.m.  
Fee: \$25.50 plus texts

## PHILOSOPHY 101

An introduction to the main areas of philosophy. Course content includes a study of the following topics: human behavior, mind-body, knowledge and certainty. University transferable.

Location: M.E.S.S. Room 127  
Starting date: September 13  
Length: 45 hours

Instructor: Kathy Hagerman  
Time: Wednesday, 7:00-10:00 p.m.  
Fee: \$25.50 plus text.

## SOCIOLOGY 101

An introduction to the major topics in Sociology. No pre-requisites are necessary.

Location: M.E.S.S. Room 127  
Starting date: September 12  
Length: 45 hours

Instructor: Jake Muller  
Time: Tuesday, 7:00-10:00 p.m.  
Fee: \$25.50 plus text.

## FINE ARTS 101

Art Design (Beginners). Students will learn the basic fundamentals of design such as point, line, shape, plane, form and colour theory. Also the development of designs from these fundamentals using the study of nature as a base. Geometric and man-made forms. Designs will be suitable for hangings, rugs, batik and painting. University transferable.

Location: M.E.S.S. Room 124  
Starting date: September 11  
Length: 45 hours

Instructor: Vivian Antoniw 632-2540  
Time: Monday, 7:30 - 10:30 p.m.  
Fee: \$25.50 plus text.

## FINE ARTS 201

Painting I. Students will learn basic composition, colour mixing, brush handling, using water colours in the first semester; and a choice of watercolours, acrylics, or oils in the second semester. Landscape and still life painting will be taught. This is a studio painting course. University transferable.

Location: M.E.S.S. Room 124  
Starting date: September 13  
Length: 45 hours

Instructor: Vivian Antoniw 632-2540  
Time: Wednesday, 7:30 - 10:30 p.m.  
Fee: \$25.50.

## MATH 081

Prep course. This course designed for those who feel in need of a review of Math 11/ 12, or for people who might later want to take a first year University Math course, or need a good grounding in Math for a trade, career or technical program. Requirements: an ability to handle Math 10 work, and a willingness to spend 6-8 hours per week (including class time) on the material.

Location: M.E.S.S. Room 201  
Starting date: September 12  
Length: 45 hours

Instructor: Ameer Khan 632-3954  
Time: Tuesday, 7:00 - 10:00 p.m.  
Fee: \$25.50 plus text.

## ENGLISH PREP

This course is designed for those people who need review of English composition and grammar skills prior to taking University level English.

Location: M.E.S.S.  
Starting date: September  
Length: 45 hours

Instructor:  
Time:  
Fee: \$25.50 plus text

(This course has not been confirmed at time of printing)

## EDUCATION 383/384 (U.B.C.)

Selection of Learning Materials. Content: Selection and acquisition of print and non-print materials for school libraries, to be held in Terrace on weekends (if enrolment sufficient). Call 632-4766.

## EDUCATION 460 (U.B.C.)

An introduction to Educational Administration - historical, social and conceptual views of administrations, theory, purpose, functions and testing. To be held weekends in Terrace or Kitimat. (If enrolment sufficient) Call 632-4766.

## EDUCATION 312 (U.B.C.)

Introduction to the study of exceptional children. Content includes characteristics, diagnosis and treatment of exceptional children. To be held weekends in Terrace or Kitimat. (If enrolment sufficient). Call 632-4766.

## SPECIAL PROGRAMS

### C01 EARLY CHILDHOOD EDUCATION

Program Development I (dependent upon adequate registrations). An introduction to planning and development of programs for pre-school centers. Topics covered include principles of guidance, use of facilities, equipment, routines of play and roles of adults. A valuable course for teachers and parents.

Location: M.E.S.S. Room 129  
Starting date: September 12  
Length: 50 hours

Instructor: Larisa Tarwick 635-6511  
Time: Tuesday, 7:00 - 10:00 p.m.  
Fee: \$25.50 plus text.

### C02 EARLY CHILDHOOD EDUCATION - WORKSHOP

This workshop examines speech development and communication skills for the young child. Particular attention will be paid to activities and games to help parents promote their children's experiences. A valuable workshop for parents.

Location: Alexander Elementary  
Date: October 28  
Fee: \$5.00

Instructor: Gerry Thompson 635-6511  
Time: Saturday, 9:00 - 3:00 p.m.

### WOMENS STUDIES

A series of workshops will be offered during the coming year centered on women's concerns of employment, labour relations, women and the family unit, women and their place in politics, and the rebirth of women in society.

These workshops will be advertised later. Watch local newspaper and bulletin boards for further information.

### LABOUR STUDIES

Workshops will be offered throughout the year sponsored by the Labour Studies Department of Northwest College. Watch for further information.

### C03 CAREER COUNSELLING

Northwest College's professional career counsellor, Bert Seinen, will be available in Kitimat, by appointment, to discuss career planning, vocational training, post-secondary education and other related topics. Bert will be visiting Kitimat the second Tuesday of every month. Call 632-4766 for an appointment. There is no charge for this service.

### HEALTH PROGRAMS:

#### C04 CARDIO-VASCULAR WORKSHOP FOR R.N.'S

N.W.C.C. is offering a 2 day workshop by Noreen Campbell, R.N., from University of Victoria, in Kitimat. Fee: \$25.00. Contact Barry Blix, Health Programs Co-ordinator 632-4766 for further information.

### C05 PREVENTATIVE MEDICINE AND LIFESTYLE WORKSHOP

Content includes stress control and reduction, diet and nutrition, exercise and body movement, our relationship to ecology. October 13 and 14 in Terrace. Call Barry Blix, N.W.C.C. Health Co-ordinator, 632-4766 to register.

### C06 HEALTH AND FITNESS CERTIFICATE PROGRAM

Simon Fraser University has designed a correspondence program for adults who wish to study in the area of health, physical fitness and nutrition. Contact 632-4766, B. Blix.

## BUSINESS OFFICE TRAINING NORTHWEST COMMUNITY COLLEGE

### C10 TYPING LEVEL 1 (BEGINNERS)

Course designed for students who have had little or no typing experience. Assignments required.

Location: M.E.S.S. Room 108  
Instructor: Phyllis Foley  
Starting date: September 21  
Time: Thursdays 7:00 - 9:00 p.m.  
Practice session: Tuesday, 7:00 - 9:00 p.m.  
Length: 40 hours  
Fee: \$40 plus text.



### C11 TYPING - LEVEL II (ADVANCED)

Course designed for students who have completed beginners course, and wish to build up speed and gain experience on electric typewriters. Pre-requisite: ability to set up business letters. Assignments required.

Location: M.E.S.S. Room 110  
Starting date: Sept. 19 - Feb.  
Length: 20 weeks (40 hours)  
Practice session: Thursdays 7:00 - 9:00 p.m.

Instructor: L. Froess  
Time: Tuesdays 7:00 - 9:00 p.m.  
Fee: \$40 plus text.

### C12 OFFICE PRACTICE

Designed to train student to recognize what is expected of them in an office. Content will include current methods of office procedures, along with a systematic approach to office operation - standards, letters, purchase orders, etc.

Location: M.E.S.S. Room 133  
Starting date: Sept. 18 - Feb.  
Length: 40 hours

Instructor: Hilda Capak 632-2338  
Time: Monday 7:00 - 9:30 p.m.  
Fee: \$40.00 plus text.

### C13 BUSINESS ENGLISH AND COMMUNICATION

Essential for the prospective office worker. Designed to educate and train students in all phases of communication, speaking, writing, listening and reading.

Location: M.E.S.S. Room 133  
Starting date: Sept. 20 - Feb.  
Length: 40 hours

Instructor: Hilda Capak 632-2338  
Time: Wednesday 7:00 - 9:30 p.m.  
Fee: \$40.00 plus text.

### C14 BASIC BOOKKEEPING - LEVEL I

A course covering the complete cycle for small businesses - includes elements of accounting, journalizing postings, financial statements and ledgers.

Location: M.E.S.S. Room 127  
Starting date: September 14 - Dec. 15  
Length: 40 hours

Instructor: Ron Coulter 632-3657  
Time: Thursday, 7:30 - 10:00 p.m.  
Fee: \$40.00 plus text

### C15 BASIC BOOKKEEPING - LEVEL 2

Continuation of Level I course. Pre-requisites: Basic Bookkeeping Level I or previous experience with consent of instructor.

Location: M.E.S.S. Room 112  
Starting date: September 13 - Dec. 15  
Length: 40 hours

Instructor: Shannon Underwood 632-3770  
Time: Wednesday, 7:30 - 10:00 p.m.  
Fee: \$40.00 plus text.

## VOCATIONAL TRAINING NORTHWEST COMMUNITY COLLEGE

### C16 HYDRAULICS

N.W. College has developed a mobile training program in hydraulics, consisting of both mobile and industrial application. The course will include the fundamentals of hydraulics, trouble-shooting and repairing.

Location: M.E.S.S. Room 507  
Dates: Oct. 17, 19, 23  
Oct. 25, 27

Instructor: J. Duerichen,  
Prof. Eng.  
Time: 5 hours per night  
Fee: \$25.00 plus text.

### C17 WELDING

N.W. College has developed a mobile training unit. It will be used for beginners or to assist people who are working in a related occupation. eg. millwrights, mechanics or other equipment operators. This course will be basic and gives students a good working knowledge of oxy-acetylene and arc welding equipment. Day and evening classes. Call 632-4766 for times.



Location: M.E.S.S. Parking Lot  
Dates: Course 1 - (Days) Oct. 2 - Oct. 27 120 hours  
Course 2 - 2 Evenings per week in October 24 hours

Instructor: C. Kent  
Fee: \$40  
Fee: \$24

### C18 AIRBRAKES

Aim of course is to prepare drivers for a written and practical test on "Operation and Maintenance of Air Brakes Systems". Successful completion of course will qualify student to apply for an air brake endorsement on his present licence. Limited registration. Evening classes.

Location: M.E.S.S. Room 507  
Dates: Course 1 Oct. 2 - Oct. 6  
Course 2 Nov. 27 - Dec. 1

Instructor: Bud Hallock  
Fee: \$32.00 (includes text)

### C19 INDUSTRIAL SCIENCE 12 (PART I)

Course designed for those who feel in need of review of physics principles or who need a brush-up before writing pre-apprenticeship tests. Grade 12 B.C. Department of Education equivalent.

Location: M.E.S.S. Room 109  
Starting date: Sept. 19 - Dec.  
Length: 39 hours

Instructor: Tim Underwood  
Time: Tuesday 7:30 - 10:30 p.m.  
Fee: \$40 plus text.

### C20 FRENCH CONVERSATION — (Non-credit course)

This is a basic conversational French course designed to enable the individual to communicate in French in a variety of daily situations, including the workplace. Vocabulary related to vocations will be included. Offered in co-operation with Secretary of State Department.

Location: M.E.S.S. Room 131  
Starting date: October 10  
Length: 50 hours

Instructor: Fay Peraya  
Time: Tuesday, 7:30 - 9:00 p.m.  
Fee: \$35.00

### C21 INDUSTRIAL ELECTRICAL T.Q.

This is a trade qualification upgrading course for individuals who have had previous journeyman experience in the trade, but do not hold a Provincial Ticket. Registrants must have documented proof for the Department of Labor of 4 years or 8,000 hours of journeyman work experience as an Industrial Electrical Tradesman.

Location: M.E.S.S. Room 231  
Starting date: September 19 - Dec. 7  
Length: 60 hours

Instructor: Ray Fleet  
Time: Tues. & Thurs. 7:00 - 9:30 p.m.  
Fee: \$60.00 plus texts

### C22 PERSONNEL MANAGEMENT

Introductory course designed for those who are new in the personnel field or plan to enter it. Examines purpose and role of personnel administration function as practiced generally through business and industry. Topics included: organization and responsibility of the personnel function, recruitment, performance appraisals, wage and salary administration and leadership styles.

Location: M.E.S.S. Career Centre  
Starting date: Sept. 21 - Feb. 15  
Length: 40 hours

Instructor: F.R. Stowell  
Time: Thursday, 7:00 - 9:00 p.m.  
Fee: \$40.00 plus text.

### C23 DATA ENTRY PROCEDURES

Instruction in the operation of 3742 Data Processing Unit, keying and writing documents in computer languages. Limited registration.

Location: Alcan  
Date: Course 1, Sept. 25 - Sept. 29  
Course 2, Oct. 23 - Oct. 27  
Length: 20 hours.

Instructor: Dorothy Ryrle  
Time: Mon. to Fri. 7:00 - 11:00 p.m.  
Fee: \$20.00

### C24 INDUSTRIAL FIRST AID

This intensive program leads to Workers' Compensation Board Certification. Fee includes instruction, texts and course examination. St. Johns Ambulance course.

Location: M.E.S.S.  
Starting date: Sept. 25  
Length: 50 hours

Instructor: Morris Merko  
Time: Mondays & Thursdays 7:00 - 9:30 p.m.  
Fee: \$100.00

## UPGRADING - ADULT BASIC EDUCATION

If you wish to get a grade 12 education, it is possible to upgrade yourself at Northwest College through day, evening, correspondence courses, or self study.

### C25 VAST 3 and BTSD 4 PROGRAM

This is a combined program for individuals who have not completed their grade 10 or 12 education. This is an individualized program where students work at their own pace. Commitment to attend regularly requested. Limited enrolment. Please call for an interview.

Location: 4 Drake Street  
Starting date: September 18  
Fees: \$12.00 per month.

Instructor: to be announced.  
Time: Monday, Tuesday, Wednesday  
6:30 - 9:30 p.m.  
and/or  
Wednesday, Thursday, Friday  
8:30 a.m. - 12:30 p.m.

### C26 GRADE 12 EQUIVALENCY EXAMS (G.E.D. Tests)

The G.E.D. tests, General Educational Development Tests provide an opportunity for many adults who did not graduate from secondary school to acquire an official document stating that they have a Grade XII secondary school equivalency standing. This may assist you in qualifying for a better job, for promotion within your own organization, for admission to post-secondary educational institutions or for your own personal satisfaction.

The tests consist of 5 - two hour exams. Study texts are available from the Continuing Education office. Next testing dates for Kitimat are September 29, 30, 1978 and February 23, 24, 1979. Application forms available.

### C27 CORRESPONDENCE COURSES

Many well recognized institutions and universities across Canada offer courses by correspondence. For those interested in a higher level learning which is not available locally, this may be your opportunity. Listings and further information available 9 Drake Street or make an appointment with the professional counsellor, visiting first Tuesday of every month.

### C28 BASIC TRAINING FOR SKILLS DEVELOPMENT (B.T.S.D. LEVEL 2/3)

This program has been designed to upgrade individuals academically to Grade 10 in as short a period of time as possible to enable them to qualify for employment. Three main areas of study: Communications (English), Applied Math, Basic Science. Daytime program. Students must be capable of concentrated, independent study.

Location: Nechako Center  
Starting Date: Oct. 2 - March 31, 1979  
Length: 6 months

Instructor: Caroline Derksen  
Time: Day Classes - 6 hours  
Fee: \$15.00 per month.

### C29 EMPLOYMENT ORIENTATION FOR WOMEN (E.O.W.)

Training program designed to prepare women who have been out of the work force for a number of years, or who wish to join for the first time, by helping them improve their self-image, increase their confidence, awareness and motivation. Limited enrolment. Interview required.

Location: Nechako Center  
Dates: Oct. 10 - Dec. 15, 1978 - 10 weeks.  
Day Classes - 6 hours

Instructor: Lillian Farkham  
Fee: \$15.00 per month

### C30 ENGLISH CLASSES

Northwest College conducts classes for beginner, intermediate and advanced students who wish to speak, read and write English. Regular attendance encouraged. Canadian Citizenship training included. People who may wish to take part in this program may not be able to read this ad. Please direct them to our office.

#### Classes de Ingles

O Northwest College conduz classes para estudantes principiantes, intermedios e adiantados, que desejam aprender a falar, ler e escrever Ingles. Encoraja-se atendencia regular e esta incluida instrucao para naturalizacao canadiana. As aulas funcionam de manha, da segunda-feira a sexta-feira.

Location: 4 Drake Street  
Instructors:

Beginners: Kathy Hagerman  
Intermediate: Kay Hall  
Advanced: Roberta Bowen

Starting date: September 18  
Times: Monday - Friday  
8:30 a.m. - 12:30 p.m.  
Fees: \$5.00 per month

## ARTS & CRAFTS SCHOOL DISTRICT 80

Samples of Arts and Craft projects which can be made at Night School, are on display the first week of September in Al Crozier's display window, City Centre. Have a look in time for registration day September 9.

### S01 CROCHET

Learn basic crochet stitches and how to read patterns. Course designed for students to complete several projects including oven mitts, granny squares, pillow covers and even a sweater!

Location: M.E.S.S. Room 107  
Starting date: Sept. 21 - Oct. 24  
Length: 6 sessions (12 hours)

Instructor: Donna Bell  
Time: Tuesday, 7:00 - 9:00 p.m.  
Fee: \$15.00 (plus materials)

### S02 MACRAME

Basic knots are taught while making plant hangers, Christmas decorations, wall hangings or purses. Learn to design your own creations.

Location: Spin Inn  
Starting date: Oct. 31 - Dec. 5  
Length: 6 sessions (12 hours)

Instructor: Donna Bell  
Time: Tuesday 7:00 - 9:00 p.m.  
Fee: \$15.00 (plus materials)

### S03 POTTERY

Beginners course based on hand building pottery techniques. Instruction includes preparation of clay, glazing, use of kilns and decoration. Limited registration.

Location: M.E.S.S. Room 124  
Starting Date: Sept. 21 - Nov. 2  
Length: 7 sessions (21 hours)

Instructor: Phyllis Dawson 632-7685  
Time: Thursday, 7:00 - 10:00 p.m.  
Fee: \$21.00 plus materials  
(approx. \$15.00)

### S04 SILKSCREENING

Heidi will be offering an introductory silkscreening course, including how to build a screen. Impress your friends with personalized note paper, T-shirts, place mats, etc. A good course for those interested in making Christmas presents.

Location: M.E.S.S. Room 128  
Starting date: Sept. 18 - Oct. 16  
Length: 4 sessions

Instructor: Heidi Born 632-2587  
Time: Monday 7:00 - 10:00 p.m.  
Fee: \$15.00 plus materials (approx. \$15.00)

### S05 SOFT TOY AND DOLL MAKING

Students with basic sewing abilities can learn to make a soft plush Paddington Bear 19" high and colonial cloth doll with hair, clothes and shoes. Fee includes material and accessories.

Location: M.E.S.S. Room 123  
Starting date: Nov. 1 - Dec. 13  
Length: 7 sessions

Instructor: Shirley Husband  
Time: Wednesday 7:30 - 9:30 p.m.  
Fee: \$30.00

### S06 WOODBURNING

Heidi Born, well-known around town for her woodburning projects, will be teaching her craft Monday nights. Come along and learn how to make your own plaques, designs and name signs.

Location: M.E.S.S. Room 511  
Starting date: Oct. 23 - Nov. 20  
Length: 5 sessions

Instructor: Heidi Born 632-2587  
Time: Monday 7:00 - 10:00 p.m.  
Fee: \$15 plus materials.

## GENERAL INTEREST COURSES SCHOOL DISTRICT 80

### S07 DEFENSIVE DRIVING

A course to teach you how to drive more safely and prevent accidents! Developed by the Canadian Safety Council and endorsed by the British Columbia Motor Vehicle Branch.

Location: M.E.S.S. Room 133  
Starting date: Oct. 10, 12, 17, 19

Instructor: Joe Farina  
Time: Tuesday & Thursday  
7:00 - 10:00 p.m.

Length: 4 sessions

Fee: \$16.00 (includes kit)



### S08 FLORAL AND PLANT CARE

Outline of course includes identification of flowers and plants, plant care and care of cut flowers. Flower arranging is demonstrated and includes arrangement of fresh and artificial flowers.

Location: First class M.E.S.S. Room 131 Instructor: Judy Hunter 632-6622  
all other classes at Unique  
Flower Shop, 191 Haisla Blvd.

Starting date: Sept. 19 - Oct. 26  
Time: Tuesday & Thursday 7:30 - 9:30 p.m.  
Fee: \$20.00 plus cost of materials if student wishes to  
purchase flower/plants for arrangements.

Length: 12 sessions (24 hours)

### S09 RELAXATION TECHNIQUES

Learn the skills to enable you to relax physically and mentally. Course covers breathing, muscle relaxation and autogenics — mind relaxation. Bring pillow and foam pad to class.

Location: M.E.S.S. - Room 101  
Time: Wednesday 7:30 - 9:30 p.m.  
Length: 6 sessions (12 hours)

Instructor: Barry Blix, Registered  
Massage Therapist, 632-4231  
Fee: \$12.00



### S10 GAME BUTCHERING — FROM FOREST TO FREEZER

Take advantage of this 3 session course to learn from professional butchers the art of meat cutting.

Session 1 - Dressing and skinning game

Session 2 - Theory and tips on cutting and storage

Session 3 - Demonstration - dependent upon one participant supplying an animal. Co-sponsored with Kitimat Rod & Gun Club.

Location: Rod & Gun Club

Instructors: Horst Bahls & Garry Beck

Starting date: Sept. 27, Oct. 4, Oct. 11

Time: Wednesday 7:30 p.m.

Fee: \$12.00

### S11 VETERINARY CARE

Veterinarian will be giving a 4 session course on animal care. Topics will include general pet care, first aid, major animal problems, recognition of symptoms, vaccines, parasites, inter-relationship between humans and animals, also hereditary disorders.

Location: M.E.S.S. Room 131

Instructor: Dr. L. Elorza.

Starting date: Oct. 16 - 25

Time: Monday & Wednesday 7:00 - 9:00 p.m.

Length: 4 sessions

Fee: \$10.00

### S12 DOG OBEDIENCE - BEGINNERS

Instruction is given to show how you can train your dog to be a better companion and member of the community. Do not bring your dogs for the first class.

Location: T.B.A.

Instructor: Bill Davis.

Starting date: Sept. 12 - Nov. 14

Time: Tuesday 7:00 - 8:30 p.m.

Length: 10 weeks

Fee: \$12.00

### S13 TRAVEL TIPS

Local travel consultants will be meeting the public to discuss travel tips for vacationers planning trips within and outside Canada. Topics include services of a travel agency, travel documents required, types of flight insurance and air fares available. Also duty-free shopping. Film on Hawaii shown first session. Pre-register please.

Location: M.E.S.S. Room 129

Instructors: B. Campbell & T. Voitchovsky

Wings Travel Service - 632-4733

Dates: Oct. 4, Oct. 11

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

Fee: Donations to M.E.S.S. student travel fund appreciated.

### S14 OPERATION KICK-IT

This is a quit smoking course for adults sponsored by the B.C. Lung Association. Volunteer instructor use a positive, no scare tactics approach. It is an educational program designed to aid in mastering the skills required to quit smoking. Enrolment limited to 15.

Location: M.E.S.S.

Instructor: T.B.A.

Starting date: Late September, 1 night per week for 8 weeks

Fee: \$5.00

### S15 LEGAL EDUCATION SERIES

Continuing Education, in cooperation with the Vancouver People's Law School is sponsoring three free law classes for Kitimat residents. Remember, ignorance of the law is no defense. Please pre-register.

Location: M.E.S.S. Room 127

Time: 7:00 - 9:00 p.m.

Instructors: Rod Donaldson, Jerry Selinger, Rick Wozney.

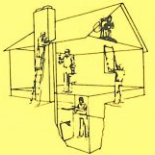
Dates: October 16 - Monday — Landlord and Tenant Law

October 23 - Monday — Consumer and the Law

October 30 - Monday — Land Transactions.



## HOME SKILLS/ IMPROVEMENT COURSES SCHOOL DISTRICT 80



### S16 FOOD DEHYDRATING

Learn how to dehydrate fruits, vegetables, fish and meat at home. Ideal for backpacking, hiking and even leftovers! Topics covered include how to build your own dehydrator, commercial dehydrators, methods of drying, reconstituting and packaging. Fee includes all food costs.

Location: M.E.S.S. Room 119

Instructor: Jean Koe

Starting date: Sept. 18 - Oct. 16

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

Length: 5 sessions.

Fee: \$12.00

### S17 NATURAL FOODS

A new course designed to introduce you to natural foods — what they are, why and how to use them. Tips, recipes and samples are all part of this course. Also included is how to grow vegetables all winter using hydroponic methods. All food costs included.

Location: M.E.S.S. Room 119

Instructor: Rita Stevenson 632-3245

Starting date: Nov. 2 - Dec. 7

Time: Thursday 7:00 - 8:30 p.m.

Length: 6 sessions

Fee: \$12.00

### S18 MICROWAVE COOKING

Demonstration of microwave cooking techniques! Learn how to make the best use of your microwave, leftovers, cooking for two and nutrition. Are you considering buying a microwave? Let this course help you decide.

Location: M.E.S.S. Room

Instructor: Muriel Keller,

Starting Date: Late October

Home Ec. Specialist

Length: 3 sessions

Time:

Fee:

### S19 CHINESE COOKING

Learn the basic principles of Chinese Cooking. Instructor will demonstrate and students will help with preparation of rice, meat and vegetable dishes. Then sample food you have cooked! All food costs included in registration fee.

Location: M.E.S.S. Room 119                      Instructor: Alice Lee  
Starting date: Sept. 20 - Oct. 25              Time: Wednesday 7:00 - 9:30 p.m.  
Length: 6 sessions (15 hours)                Fee: \$25.00

### S20 ENGLISH CLASSES - MOTHERS AND TOTS

Informal classes are offered twice a week in basic English conversation. Bring along your pre-school age child. Babysitting provided at no charge while mother attends class. Locations in Nechako and Kildala area. Fee: Free  
Kildala Class: Maria Raposo - Tuesday & Thursday 1:30 - 3:00 p.m.  
Nechako Class: Diane Quinn — Time: Tuesday & Thursday 1:30 - 3:00

### Classes de Ingles (Maes e crancas)

Estas classes sao oferecidas duas vezes por semana em conversacao de Ingles basico. Traga consigo a sua crianca de idade infantil. Enquanto as maes assistem as classes as crancas estao a conta duma senhora e o servico e gratuito.

### S21 SAFETY ORIENTED FIRST AID

Multi-media course using films and booklets. Geared for laymen. Learn how to handle household emergencies - they may be the most valuable lessons you'll ever take! Enrolment limited to 16. Note: Additional classes may be arranged if enrolment warrants. Sponsored by St. Johns Ambulance.

Location: M.E.S.S. Room 103                      Instructor: Brenda Lavalle  
Starting date: November 1-22                  Time: Wednesday 7:00 - 9:00 p.m.  
Length: 4 sessions (8 hours)                  Fee: \$17.00 (Standard S.J.A. fee)

### S22 TEXTILE CRAFTS IN INTERIOR DECORATING

Course in techniques and application of textile crafts in interior decorating. Students will learn principles of colour schemes, balance, harmony, proportion and structural/ decorative design and how to use this knowledge to make items for the home. Practical knowledge of some crafts desirable.

Location: M.E.S.S. Room 131                      Instructor: Donna Bell 632-2020  
Starting Date: Sept. 21 to Nov. 23              Time: Thursday 7:00 - 9:00 p.m.  
Length: 10 sessions                              Fee: \$20.00

### S23 SIMPLE ELECTRICAL REPAIRS

Electrical contractor will give basic information on simple electrical repairs that can be accomplished by a layman. Course stresses how to work safely with electricity, also changing, installing receptacles and light fixtures.

Location: M.E.S.S. Room 129  
Starting date: Oct. 2 - Oct. 30  
Length: 6 sessions.

Instructor: Lanny Robinson  
Time: Monday 7:30 - 9:30 p.m.  
Fee: \$15.00

### S24 BASIC HOUSEHOLD PLUMBING REPAIRS

A short 3 session course to instruct a householder in the basics of plumbing repair for the home. How to unblock sinks, causes of noisy pipes, changing washers, what to do in an emergency, etc. Bring your questions and problems to class.

Location: M.E.S.S. Room 109                      Instructor: Arthur Hansen  
Dates: Course 1 - Sept. 18, 25, Oct. 2      Time: Monday 7:30 - 9:30 p.m.  
          Course 2 - Oct. 16, 23, 30              Fee: \$8.00

### S25 INSULATING YOUR HOME

Concerned with your high heating bill? Want to know the "how's" of insulating your home? Attend this one evening workshop and learn the relative merits of different insulating materials, methods and the cost of each. Pre-registration required.

Location: M.E.S.S. Room 133                      Instructor: Al Jensen, B.C. Hydro  
Date: Tuesday, October 2 only                Time: 7:00 p.m.  
Fee: \$3.00 (includes information manual).

### S26 SNOWMOBILE AND SNOWBLOWER MAINTENANCE

This 7 week long course will be a general introduction to small engines. It will include operating principles of 2 and 4 cycle engines and trouble-shooting. Emphasis will be on safety, maintenance and care of snowblowers and snowmobiles.

Location: M.E.S.S. Room 503                      Instructor: John Badr  
Starting date: September 21                    Time: Thursday 7:30 - 10:30 p.m.  
Length: 7 weeks                                  Fee: \$21.00

### S27 CAR CARE

A non-technical course for drivers to help them understand how a car runs, the importance of routine maintenance and how to recognize impending trouble. Look under the hood with a qualified mechanic.

Location: M.E.S.S. Room 503 (shop)              Instructor: Randy Gutknecht 632-5936  
Starting date: Sept. 1 - Nov. 1                Time: Wednesday 7:00 - 9:30 p.m.  
Length: 7 sessions (17 1/2 hours)              Fee: \$18.00

### S28 CANNING FISH

One night session, to be held in cooperation with Rod and Gun Club. Demonstration and discussion of how to preserve fish, using canning and bottling methods. (Not confirmed at time of printing).



# REGISTRATION FORM

R20



Mail to:  
 Nancy McDonald,  
 Director of Continuing Education,  
 9 Drake Street, Kitimat, B.C.  
 Phone: 632-6124 or 632-4766

Name ..... Tel. No. ....

Address .....  
 .....

I wish to register for the following courses:

- (1) ..... Code ..... Fee \$ .....
- (2) ..... Code ..... Fee \$ .....
- (3) ..... Code ..... Fee \$ .....

Total Fees \$ .....

Make cheque or money order payable to Continuing Education/Kitimat.

DO NOT SEND CASH IN THE MAIL

Signature: .....



E20

## INDEX OF COURSES (cont.)

- Quilting R11 Toy and Doll Making
- E12
- E14
- E7
- Relaxation Techniques E13 Typing
- Sewing — Beginners R12 Upgrading of B.C.
- E10-E11
- E5
- Sewing — Stretch Sewing R13 University of B.C.
- E12
- Silkscreening R11 Veterinary Care
- E14
- Ski Exercise R14 Volleyball
- Smoking, Operation Kick It E14
- Snowmobile/ Blower Maintenance R14
- Sociology E17 Welding
- Swimming E8
- Textile Crafts E4 Women and the Family
- R6-R7 Women Studies
- E6
- Woodburning E13
- Woodworking - Beginners E18