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Northwest Community College

**HOUSTON 845-7266**

**TURN OVER FOR SMITHERS**

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# HOUSTON

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Drawings by Jo-Anne Rebinsky  
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## Registration

**PRE-REGISTRATION IS IMPORTANT FOR ALL COURSES. IF WE DO NOT KNOW YOU ARE COMING WE MAY CANCEL YOUR COURSE BECAUSE WE THINK THERE WILL NOT BE SUFFICIENT ENROLLMENT.**

**THREE WAYS TO REGISTER**

1. Come into the Houston College Centre  
Corner of 10th and Poulton  
Office hours noon to 4 p.m., Mon. - Fri.
2. Phone 845-7266, noon - 4 p.m. Mon. - Fri.
3. Mail in the Registration Form.

**CLASS LIMITS - Some courses can only accommodate a limited number of people. Your place in these courses can only be held by pre-registering and pre-paying your fee.**

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### MAIL-IN REGISTRATION

NOTE: Please confirm by phone availability of space in courses WITH CLASS LIMITS before mailing registration fees.

NAME..... HOME PHONE.....

MAILING ADDRESS..... WORK PHONE.....

I wish to register for the following courses:

1..... FEE.....

2..... FEE.....

3..... FEE.....

TOTAL = \$.....

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

Signature.....

**Mail to: NORTHWEST COMMUNITY COLLEGE  
BOX 1277, HOUSTON, B.C. V0J 1Z0**

## Important Information

**FEES** for courses that do not have class limits must be paid by the 2nd class of the course. People are welcome to sample first classes of non-limited long courses. Fees for courses that have class limits must be prepaid to ensure your place. Registration is free of charge to Senior Citizens but material costs, where applicable, still apply. Receipts totalling over \$25.00 are income tax deductible. Please retain fee receipts.

**REFUNDS** - A complete refund is made only when a course is cancelled. A percentage refund is made when students must withdraw from a course because of special circumstances. A no refund policy is imposed on a few courses that can only accommodate limited numbers and are heavily demanded. The College reserves the right to change fees without notice, to limit registrations in any program, or to cancel or revise any of the courses listed.

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



**SHIFTY COURSES** - The course content is straight but the scheduling is flexible to allow shift workers to participate. Watch for courses that show both day and evening classes. You may attend the day sessions when you are working evenings and then change to the evening sessions when you are working days.

**COUNSELLING** - The College Counsellor visits Houston on the first Wednesday evening of every month. He is available to both secondary students and adults, to discuss any questions they may have regarding further education or career plans. Phone the College Centre in Houston to arrange an appointment.

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

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

### SMITHERS COURSES

For information on courses available in Smithers, turn brochure over.

## HOUSTON Adult Basic Education

### ENGLISH, MATH, AND SCIENCE UPGRADING

### AFTERNOON OR EVENING

For adults who did not complete secondary school these concentrated courses will allow them to acquire the necessary skills to gain grade 10 or grade 12 standing for entrance into vocational or trades training in the shortest possible time. Adults work on individualized programs tailored to their goals. Each student begins at his own level and works at his own speed. College certificates are awarded for successful completion of Level 2 (grade 8), Level 3 (grade 10), and Level 4 (grade 12). You may enroll at any time as space permits and attend 2 afternoon or 2 evening classes per week.

TIME: Mon. & Wed., 12:30 - 3:30 p.m.

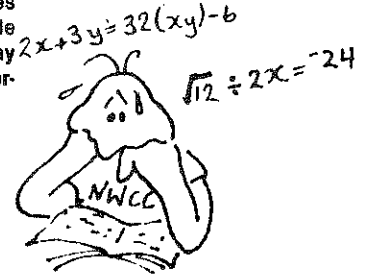
OR 6:30 - 9:30 p.m.

PLACE: College Centre

INSTRUCTOR: Donna Ablin

DATES: Oct. 6 - April 29

FEE: \$15.00 per month



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

### GRADE 12 EQUIVALENCY PREPARATION

### AFTERNOON OR EVENING

For adults who did not complete secondary school and wish to acquire a Ministry of Education Grade 12 equivalency Certificate under the General Education Development Programme. Adults are required to pass five tests: English literature, English grammar, science, social studies, and mathematics. These classes will help you to prepare for the tests. You may enroll at anytime as space permits and attend 2 afternoon or 2 evening classes per week.

TIME: Mon. & Wed., 12:30 - 3:30 p.m.

OR 6:30 - 9:30 p.m.

DATES: Oct. 6 - April 29

FEE: \$15.00 per month

PLACE: College Centre

INSTRUCTOR: Donna Ablin

G.E.D. Examinations will be held on December 5 & 6, 1980, in Houston. Applications are available at the College Centre. Applications must be made by November 5.

## SPOKEN ENGLISH

AFTERNOON OR EVENING

Beginning and advanced classes for foreign-born students who wish to learn to speak English fluently. Reading and writing skills are also taught. **If you know someone who could benefit from this course please pass the word along.**



TIME: Tues. & Thurs., 12:30 - 3:30 p.m.  
OR 6:30 - 9:30 p.m.

PLACE: College Centre  
INSTRUCTOR: Susan Jones  
DATES: Oct. 7 - April 30  
NO FEE

## PREPARATION FOR MOTOR VEHICLE WRITTEN EXAMS

AFTERNOON OR EVENING

Assistance to foreign-born students to understand and express sufficient English to successfully complete the written examination required to operate a motor vehicle in B.C. **If you know someone who could benefit from this course, please pass the word along.**

TIME: Tues. & Thurs., 2:30 - 3:30 p.m.  
OR 8:30 - 9:30 p.m.

PLACE: College Centre  
INSTRUCTOR: Susan Jones

DATES: Oct. 7 - April 30  
NO FEE

## MATH FOR TRADES

AFTERNOON OR EVENING

Applied mathematics for those taking pre-apprenticeship or apprenticeship training. Courses and texts are designed for each particular trade so that students need to learn only the mathematical skills required for the trade they are entering. You may enroll at any time as space permits. **Shift workers may alternate between afternoon and evening classes.**

TIME: Mon. & Wed., 12:30 - 3:30 p.m.  
OR 6:30 - 9:30 p.m.

PLACE: College Centre  
DATES: Oct. 6 - April 29

FEE: \$15.00 per month  
INSTRUCTOR: Donna Ablin

## ENGLISH FOR TRADES

AFTERNOON OR EVENING

Applied English for those taking pre-apprenticeship or apprenticeship training. Courses and texts are designed for each particular trade so that students need to learn only the communication skills for the trade they are entering. You may enroll at any time as space permits. **Shift workers may alternate between afternoon and evening classes.**

TIME: Mon. & Wed., 12:30 - 3:30 p.m.  
OR 6:30 - 9:30 p.m.

PLACE: College Centre  
DATES: Oct. 6 - April 29

FEE: \$15.00 per month  
INSTRUCTOR: Donna Ablin

# Academic Program

## DO YOU KNOW . . .

- that we offer a variety of first and second year university courses in Houston?
- that you can obtain transfer credit to the three B.C. universities by taking these courses?
- that you can study these courses part time and continue working in your own community?
- that we particularly welcome those of you who may have been out of formal schooling for quite some time?
- that you don't have to have a grade 12 education to attend?
- that tuition fees are low (\$25.50 for a course) and that no fees are charged to senior citizens?
- that you may take a course just for interest and determine your own workload?
- and that our library (with audio-visual services and a local history information bank) is open to all residents of the community.



## LITERATURE AND COMPOSITION (ENGLISH 101)

EVENING

Reading and discussion of modern autobiography, fiction, and poetry. Lectures on grammar and style. Written assignments based on analysis of the literature read, personal experience, and subjects of general interest. No pre-requisite. Carries university transfer credit.

TIME: Wed., 7 - 10 p.m.  
PLACE: College Centre  
INSTRUCTOR: Maureen Bostock

1ST CLASS: Sept. 17  
NO. OF SESSIONS: 15  
FEE: \$25.50 plus text

Academic courses may be audited for general interest or may be taken for university transfer credit.

## CANADA - PHYSICAL AND CULTURAL (GEOGRAPHY 241)

EVENING

This course is designed to promote a broader understanding of the physical geography of Canada in terms of how peoples have responded to its characteristics. Emphasis will be placed on the pre-Confederation period.

TIME: Mon., 7 - 10 p.m.  
PLACE: College Centre  
INSTRUCTOR: Ian Anderson

1ST CLASS: Sept. 15  
NO. OF SESSIONS: 15  
FEE: \$25.50 plus text

## CRIMINOLOGY (GENERAL CERTIFICATE PROGRAM)

SELF-STUDY

A certificate-degree program in criminology offered by Simon Fraser University through correspondence courses. A variety of university transfer courses in philosophy, sociology, and psychology may be taken through N.W.C.C. and applied towards this certification. Ask your College Centre for further information.

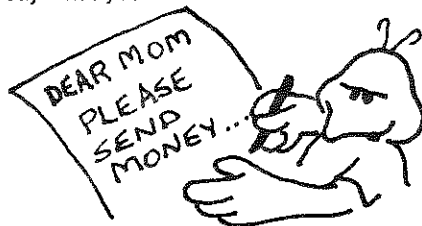
**Bursaries for individual course fees are available from the Faculty Union. Please contact your instructor or the Academic Division. (Terrace 635-6511)**

## Professional Development

### EFFECTIVE WRITTEN COMMUNICATION

A two-day workshop for supervisors and managers who want practical suggestions and useful techniques to improve their on-the-job writing. An opportunity to learn and practice specific skills for writing effective memos, letters, and reports that say exactly what you mean. **Class limit 20. Pre-register!**

TIME: Wed. & Thurs., 9 a.m. - 4 p.m.  
PLACE: College Centre  
INSTRUCTOR: Sherri Heizer (Vancouver)  
DATES: Oct. 29 & 30  
NO. OF SESSIONS: 2  
FEE: \$75.00



### DEVELOPING PERSONAL & GROUP POTENTIAL

WEEK DAY

Will cover all the basic skills for those who wish to become group facilitators. Based on the premise that we all operate at a small percentage of our potential, this workshop will emphasize the building of self-worth in a small group setting. Of particular interest to those involved in client support, counsellor support, or dealing with life transitions or marriage enrichment. **Class limit 20. Pre-register!**

TIME: Tues., 9 a.m. - 6 p.m.  
PLACE: College Centre  
INSTRUCTORS: Roy & Mona Hundleby  
(Victoria Citizens  
Counselling Centre)

DATE: Sept. 30  
NO. OF SESSIONS: 1  
FEE: \$11.00

## Vocational

### RETAIL SALES TRAINING

DAY

Basic training will cover professional ethics, personal appearance and grooming, personality and attitudes, salesmanship, personnel relations, cashiering, display and housekeeping, stock control and records, complaints and adjustments, safety, handling customers, security and liability and telephone courtesy. For those with or without sales experience who would like employment in local stores. **Class limit 16. Pre-register!**

TIME: Mon. - Fri., 8:30 - 4 p.m.  
PLACE: College Centre  
INSTRUCTOR: Bev Davidson

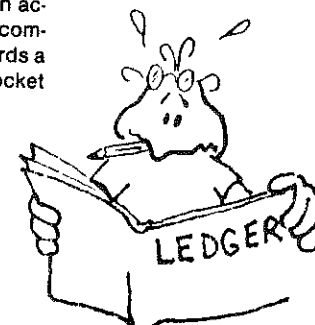
DATES: Sept. 8 - 19  
NO. OF SESSIONS: 10  
FEE: \$15.00

### BOOKKEEPING (ACCOUNTING I)

AFTERNOON

An introductory course into the fundamentals of bookkeeping. Routine profit and loss, balance sheets and payroll calculation are included. Home assignments required (5 - 7 hours homework per week). Classes can accommodate a few Accounting II students who have completed Accounting I. Both courses carry credit towards a Northwest College Business Certificate. Pocket calculators required. **Class limit 16. Pre-register!**

TIME: Tues., 1 - 4 p.m.  
PLACE: College Centre  
INSTRUCTOR: Terrie McCreary  
1ST CLASS: Sept. 23  
NO. OF SESSIONS: 13  
FEE: \$40.00 plus text



### TYPING

EVENING

Instruction 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. Students should have access to typewriter for practice homework. **Class limit 16. Pre-register!**

TIME: Tues., 7:30 - 9:30 p.m.  
PLACE: Houston Senior Secondary  
INSTRUCTOR: Linda Buchfink

1ST CLASS: Sept. 16  
NO. OF SESSIONS: 13  
FEE: \$26.00 plus text

### MEDICAL TERMINOLOGY

SELF STUDY

A self study course to assist health care receptionists and stenographers to understand and spell medical terms. Includes practice in preparing medical reports, case histories, and correspondence. Self study text and audio-cassette tapes. Tests may

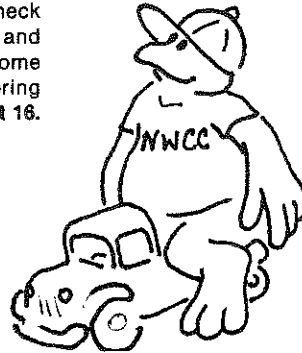
be completed in Houston, but students should spend one or two days at the Terrace campus near the completion of the course.

FEE: \$40.00 per semester plus text

### TRUCK OPERATION

DAY

Employee upgrading in truck operation and basic maintenance will cover: engine and engine support systems, power trains, steering systems, electricity, air brakes, tires and maintenance, pre-trip inspection, post-check and housekeeping, general operation, procedures and principles, employer/employee communications. Some reimbursement of fees may be possible for sponsoring employers through Canada Employment. **Class limit 16. Pre-register!**



TIME: Mon. - Fri., 8:30 - 4:30 p.m.  
PLACE: College Centre  
INSTRUCTOR: Bud Hallock  
DATES: T.B.A.  
NO. OF SESSIONS: 10  
FEE: \$150.00

### AIRBRAKES

EVENING

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

TIME: Tues. - Fri., 6:30 - 10:30 p.m.  
& Sat., 9:30 a.m. - noon  
PLACE: College Centre  
INSTRUCTOR: Bud Hallock

DATES: Nov. 11 - 15  
NO. OF SESSIONS: 5  
FEE: \$32.00

### WELDING

EVENING

Theory and practical instruction in both arc and oxy-acetylene welding techniques, using the equipment on the College Mobile Welding unit. Basic instruction for both beginners and those with welding experience. Times can be adjusted to meet the needs of the class. **Class limit 12. Pre-register!**

TIME: Mon. - Fri., 6 - 12 p.m.  
PLACE: College Centre  
INSTRUCTOR: Peter Haigh

DATES: Oct. 6 - 30  
NO. OF SESSIONS: 19  
FEE: \$51.00

### SAFE USE OF EXPLOSIVES (BEGINNING)

SATURDAY

A six hour workshop with 4 hours in classroom and 2 hours field demonstration that will identify explosives, their hazards and uses. Will include proper techniques for using explosives, legal requirements and new types of explosives. It will provide background material for those wishing to apply for blasting certificates. A must for stump farmers.



TIME: Sat., 8:30 - 3:30 p.m.  
PLACE: College Centre  
INSTRUCTOR: Brian Brown

DATE: Sept. 27  
NO. OF SESSIONS: 1  
FEE: \$10.00

### SAFE USE OF EXPLOSIVES (ADVANCED)

SATURDAY

Preparation to qualify for WCB blasting certificate. Includes information on electrical blasting calculations. Pre-requisite: Safe Use of Explosives (beginning) and 6 months cumulative blasting experience.

TIME: Sat., 8:30 - 12:30 p.m.  
PLACE: College Centre  
INSTRUCTOR: Brian Brown

DATE: Nov. 8  
NO. OF SESSIONS: 1  
FEE: \$8.00

### SURVIVAL FIRST AID

EVENING

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



TIME: Mon. & Wed., 6:30 - 10:30 p.m.  
PLACE: Houston Senior Secondary  
INSTRUCTOR: Larry Lindahl  
DATES: Oct. 20 & 22 OR Nov. 17 & 19  
NO. OF SESSIONS: 2  
FEE: \$12.00

## Self Reliance

### WHAT YOU SHOULD KNOW ABOUT MUNICIPAL GOVERNMENT

EVENING

How your home taxes and utility invoices are derived. Where does your tax dollar go? What does a business license provide? What protection do consumers have? Facts you should know about sub-divisions, zoning, building permits, wells and septic tanks, mobile home permits, election rights and procedures. Handout material provided. Question and answer period on particular concerns included.

TIME: Wed., 7 - 9:30  
PLACE: Houston Senior Secondary  
INSTRUCTOR: John Spanier

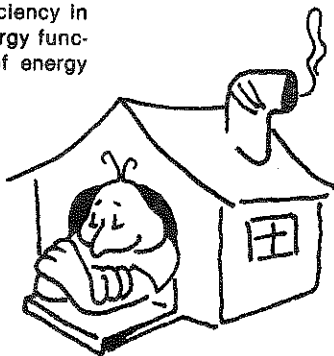
DATES: Oct. 29 & Nov. 5  
NO. OF SESSIONS: 2  
FEE: \$4.00

### PLANNING YOUR HOME TO CONSERVE ENERGY

EVENING

To recognize and reduce heat and energy loss through efficient planning for new homes and treatment methods for better efficiency in old homes. Inexpensive ways to carry out energy functions in your home. Are alternate sources of energy (such as solar and wind power) feasible?

TIME: Mon., 7 - 10 p.m.  
PLACE: Houston Senior Secondary  
INSTRUCTOR: John Mintz  
1ST CLASS: Oct. 20  
NO. OF SESSIONS: 2  
FEE: \$2.00



### DESIGNING HOME INTERIORS I

EVENING

Attention will be given to space planning, use of materials, colour, lighting, accessories, and decorating on a budget. Illustrated lectures, discussion, and work assignments used. This is a general interest course for homemakers. Those who wish a more intensive course for professional development can supplement the classes with guided independent study material.

TIME: Thurs., 7 - 9 p.m.  
PLACE: College Centre  
INSTRUCTOR: Lisa Karells

1ST CLASS: Sept. 25  
NO. OF SESSIONS: 8  
FEE: \$19.00

### C.P.R. - HEARTSAVER

SATURDAY

For anyone who has never had cardiopulmonary resuscitation (C.P.R.) instruction. Includes factors which help and hurt our hearts, signs and symptoms of heart attack and choking, the technique of one-person C.P.R., the technique of managing a conscious or unconscious person who is choking. **Class limit 6. Pre-register!**

TIME: Sat., 9 a.m. - 1 p.m.  
**OR** 2 p.m. - 6 p.m.  
PLACE: College Centre  
INSTRUCTOR: Elizabeth Weaver

DATES: Sept. 13 **OR** Sept. 20  
NO. OF SESSIONS: 1  
FEE: \$15.00

## General Interest

### DEFENSIVE DRIVING

EVENING

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

TIME: Wed., 7 - 9 p.m.  
PLACE: Houston Senior Secondary  
INSTRUCTOR: Don Beddows  
1ST CLASS: Sept. 17  
NO. OF SESSIONS: 4  
FEE: \$15.00



### MAKING THE MOST OF YOUR MARRIAGE

EVENING

This course is designed for couples who intend to marry in the near future or married couples desiring to enrich their relationship. Many resource people will be used to provide information on such subjects as communication, conflict, sexuality, finances, children, and other related topics. **Pre-register!**

TIME: Thurs., 7:30 - 9:30 p.m.  
PLACE: Houston Senior Secondary  
INSTRUCTOR: Brian Baxter

1ST CLASS: Oct. 2  
NO. OF SESSIONS: 8  
FEE: \$32.00 per couple

## INTRODUCTION TO ASTROLOGY

SATURDAY

This workshop is for those who have little or no experience in Astrology and for those who have read a few books but find the subject confusing. There will be many explanations, complete with visual aids and keywords to simplify memorizing. A thorough understanding of the twelve basic principles will be gained through discussion and participation.

**Class limit 15. Pre-register!**

TIME: Sat., 9 a.m. - 4 p.m.  
PLACE: College Centre  
INSTRUCTOR: Marilyn Waram (Terrace)  
DATE: Nov. 1  
NO. OF SESSIONS: 1  
FEE: \$15.00



## SHIATSU ACUPRESSURE WORKSHOP

EVENING

"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. 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. Pre-register!**

TIME: Tues. - Thurs., 6:30 - 10:30 p.m.  
PLACE: Houston Senior Secondary  
INSTRUCTOR: Len Walker of North American Shiatsu Society

DATES: Oct. 14 - 16  
NO. OF SESSIONS: 3  
FEE: \$40.00

## MAKE-UP APPLICATION

EVENING

An insight into the proper application of make-up. Actual demonstrations will be included.

TIME: Thurs., 7:30 - 9:30 p.m.  
PLACE: College Centre  
INSTRUCTOR: Teresa Edmunds

1ST CLASS: Nov. 20  
NO. OF SESSIONS: 3  
FEE: \$10.00

## ACCESS TO LEARNING

MORNING

Access to Learning is for women of all ages . . . married . . . single, newcomers to town . . . with or without children . . . grandmothers, anyone who would like to take a break. You can make new friends and enjoy participating in programs that include

speakers, films, and discussions. We provide opportunity for you to explore new interests with other women, qualified resource speakers and a balanced program of activities. Babysitting is provided.

TIME: Mon. 10 a.m. - noon  
PLACE: Community Hall  
CO-ORDINATOR: Joan Bray

1ST CLASS: Sept. 15  
NO. OF SESSIONS: 13  
FEE: Free

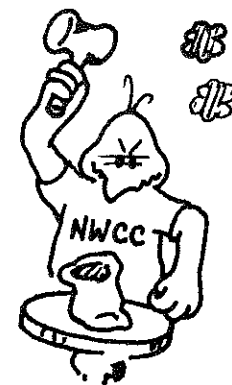
## Arts/Crafts/Hobbies

### CERAMICS (HANDBUILDING AND WHEELTHROWING)

WEEKEND

A workshop to introduce a variety of handbuilding and wheelthrowing techniques: how to "sketch" in clay, use textures and forms. Wheels and materials supplied. **Co-sponsored with Emily Carr College of Art. Class limit 15. Pre-register!**

TIME: Fri., 7 - 10 p.m.  
Sat. & Sun., 9 a.m. - 4 p.m.  
PLACE: College Centre  
INSTRUCTOR: Corrine Boychuk  
(Victoria)  
DATES: Nov. 14 - 16  
NO. OF SESSIONS: 3  
FEE: \$20.00 plus materials



### CERAMICS SHOW AND TALK

EVENING

English artist and teacher, Corrine Boychuk, who now has a studio in Victoria, will present a slide show and talk on ceramics. She will focus on how we limit our creative potential and ways to overcome these limitations. Open to all interested persons at no charge. **Co-sponsored with Emily Carr College of Art.**

TIME: Fri., 7 - 10 p.m.  
PLACE: College Centre  
INSTRUCTOR: Corrine Boychuk  
(Victoria)

DATE: Nov. 14  
NO. OF SESSIONS: 1  
FEE: Free



## FREEHAND SKETCHING

SELF STUDY

Beginning freehand sketching for interested persons with little or no previous art experience. Course progresses through a series of skill levels with emphasis on controlling shapes and directions of three-dimensional objects. Students view video tapes and work through assignments from a study guide and workbook with tutoring supplied face-to-face or by phone. Texts and supplies included in fee.

TIME: Arranged to suit student's convenience  
PLACE: College Centre  
TUTOR: TBA

DATES: Oct. - Dec.  
NO. OF TAPES: 30  
FEE: \$40.00

## DRAWING FOR YOUNG PEOPLE

WEEKEND

For students aged 9 - 13. The objectives of this workshop will be to reveal to each student the joy of creating expressively, to assure each one that their means of expression is valid and to provide inspiration and ways for them to continue developing their artistic aptitudes. Common materials will be used and the workshop will be fun. FRIDAY EVENING TALK AND SHOW OPEN TO PARENTS, TEACHERS AND STUDENTS AT NO CHARGE. Co-sponsored with Emily Carr College of Art. Class Limit 15. Pre-register!

TIME: Fri., 7 - 10 p.m. & Sat & Sun.,  
9 a.m. - 4 p.m.  
PLACE: College Centre  
INSTRUCTOR: Richard Williams  
(Vancouver)

DATES: Oct. 24 - 26  
NO. OF SESSIONS: 3  
FEE: \$20.00 plus materials

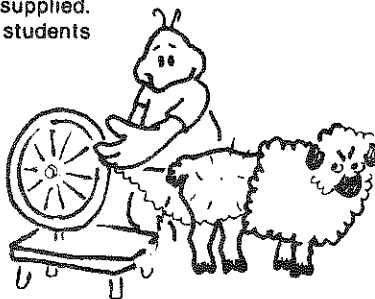
## BASICS OF SPINNING

SATURDAY

Introduction to wheel spinning will include teasing, carding and mixing wool, practice on wheels and troubleshooting student-owned wheels. Four different types of wool and spinning wheels will be supplied. Class limit 12. Pre-register! Wheels loaned to students for 2 weeks of home practise.

TIME: Sat., 9 a.m. - 1 p.m.  
PLACE: College Centre  
INSTRUCTOR: Sheila Peters

DATES: Oct. 11 & Oct. 25  
NO. OF SESSIONS: 2  
FEE: \$28.00



## FOUR HARNESS WEAVING

SATURDAY

A basic course that will show you how to set up a loom and start weaving. It will include a thorough knowledge of the techniques and materials of the craft, terminology and drafting weaver's recipes. Looms, manuals and warp yarn for sample supplied. Students must supply additional yarn. Bring your lunch. Looms loaned to students for 4 weeks of home practice. Class limit 12. Pre-register!

TIME: Sat., 9:30 - 4 p.m.  
PLACE: College Centre  
INSTRUCTOR: Helen Mardiste

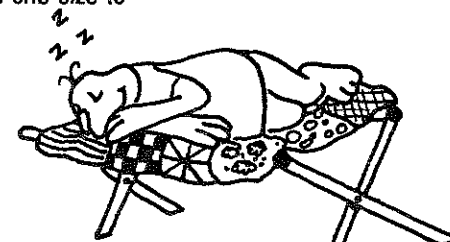
DATES: Sept. 27, Oct. 4 & Oct. 18  
NO. OF SESSIONS: 3  
FEE: \$36.00 plus materials

## QUILTING

AFTERNOON

Learn traditional North American hand quilting. Course covers choosing patterns, cutting templates and pieces, applique or joining, placing work on frame and quilting. Instructor will guide you on sewing machine or hand projects from crib size to queen size. Class limit 12. Pre-register.

TIME: Mon., 1 - 3 p.m.  
PLACE: College Centre  
INSTRUCTOR: Elvira Harding  
1ST CLASS: Oct. 6  
NO. OF SESSIONS: 6  
FEE: \$17.00 plus materials



## SEWING

AFTERNOON

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

- Session 1 - Fully utilizing your machine; making its accessories work for you. Maintenance to keep repair costs down.
  - Session 2 - The right fabric for the style you choose, techniques you need to know to successfully use different fabrics; how to sew some of the new fabrics (e.g. velour); and fabric care.
  - Session 3 - Those finishing touches - seam finishes, use of Interfacings, applying trims.
  - Session 4 - Zipper applications - centered, lapped, fly-front, and invisible.
  - Session 5 - Buttonholes - machine-made and bound.
  - Session 6 - How to alter patterns to fit your figure.
  - Session 7 - Collars, cuffs, and waistbands - different applications and methods.
- Class limit 10. Pre-register!

TIME: Fri., 1 - 3:30 p.m.  
PLACE: College Centre  
INSTRUCTOR: Margaret Listar

1ST CLASS: Sept. 26  
NO. OF SESSIONS: 7  
FEE: Complete course: \$18.00 plus materials.  
Single session: \$4.00

## MACRAME

EVENING

A short course in one of the most popular crafts. Learn the basic techniques; then work on one or more projects of your own: (plant hangers, belts, purses, wallhangings, etc.), under expert guidance.

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

PLACE: Houston Senior Secondary

INSTRUCTOR: Helen Ludditt

1ST CLASS: Oct. 14

NO. OF SESSIONS: 8

FEE: \$21.00 plus materials

## CHINESE COOKING

SATURDAY

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

TIME: Sat., 9 a.m. - noon

PLACE: Houston Senior Secondary

INSTRUCTOR: Dina Carnie

1ST CLASS: Sept. 6

NO. OF SESSIONS: 4

FEE: \$25.00

## BASICS OF BREADMAKING

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. Baking ingredients will be supplied. **Class limit 18. Pre-register!**

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

PLACE: Houston Senior Secondary

INSTRUCTOR: Margaret Listar

1ST CLASS: Oct. 6 **OR** Nov. 3

NO. OF SESSIONS: 3

FEE: \$15.00

## BASIC PHOTOGRAPHY

EVENING

How cameras, films and different lenses work, care and maintenance of equipment, explanation of exposure, depth of field, film speed, lighting and composition will be covered. Techniques of night photography, time exposures, color correction, using filters and macro photography, also explained. Basic darkroom procedures and a practical demonstration of developing film and making prints included. If you don't have a camera one can be supplied. **Class limit 20. Pre-register!**

TIME: Thurs. 8 - 10 p.m.

PLACE: Houston Senior Secondary

INSTRUCTOR: Bill Kent

1ST CLASS: Oct. 2

NO. OF SESSIONS: 5

FEE: \$18.00 plus 2 rolls B & W film

## PHOTOGRAPHY TECHNIQUES

EVENING

For those who have taken basic photography or who have experience using a camera. Will include the zone system for obtaining consistently perfect exposures, picture composition and framing, some advanced dark room techniques, displaying, matting and framing of pictures. **Class limit 12. Pre-register!**

TIME: Thurs., 8 - 10 p.m.

PLACE: Houston Senior Secondary

INSTRUCTOR: Mark Hanley

1ST CLASS: Oct. 2

NO. OF SESSIONS: 5

FEE: \$18.00

# Recreation

## WAXING CROSS COUNTRY SKIS

EVENING

A one evening session that will demonstrate proper techniques for application and removal of wax and explain uses of various waxes for snow conditions. Will also include film and discussion of cross-country ski techniques.

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

PLACE: College Centre

INSTRUCTOR: Olav Skjelbred

DATE: Nov. 4

NO. OF SESSIONS: 1

FEE: \$3.00



## DISCOFIT - MEN AND WOMEN

EVENING

Combines exercise and dance movements to one hour of continuous music for a complete aerobic and muscular workout. **Pre-register!**

TIME: Thurs., 8:45 - 9:45 p.m.

PLACE: Silverthorne Elementary gym

INSTRUCTOR: Ann Harris

1ST CLASS: Oct. 16

NO. OF SESSIONS: 8

FEE: \$10.00

## DANCERCISE

EVENING

This is a fun program designed to shape, tone, and invigorate our bodies. Includes specific warmup techniques such as stretching and strengthening exercises, visual imagery, and musical accompaniments. Bring a skipping rope and wear loose fitting clothes.

TIME: Mon. & Wed., 7 - 8 p.m.

PLACE: Twain Sullivan Elementary gym

INSTRUCTOR: Cherie Hanson

1ST CLASS: Sept. 29

NO. OF SESSIONS: 20

FEE: \$20.00

**BELLY DANCING**

EVENING

A novel way to get in shape! Learn rhythm and creativity of movement while toning up. An enjoyable way to fitness. Dress in loose or unlimited stretch clothes. **Class limit 12. Pre-register!**

TIME: Tues., 7 - 8 p.m.  
PLACE: College Centre  
INSTRUCTOR: Virginia Southwick

1ST CLASS: Sept. 30  
NO. OF SESSIONS: 12  
FEE: \$17.50

**YOGA - MEN AND WOMEN**

EVENING

Through controlled exercise and theoretical discussion, gain mental and physical relaxation, flexibility, general body rehabilitation and maintenance of good health. Dress in loose or unlimited stretch clothes. **Class limit 12. Pre-register!**

TIME: Tues., 8 - 9:30 p.m.  
PLACE: College Centre  
INSTRUCTOR: Virginia Southwick  
1ST CLASS: Sept. 30  
NO. OF SESSIONS: 12  
FEE: \$27.00



**THIS IS YOUR COMMUNITY COLLEGE. LET US KNOW YOUR INTERESTS. WE WOULD LIKE TO PLAN COURSES TO SUIT YOUR NEEDS.**