

# WINTER 80



CONTINUING EDUCATION  
NORTHWEST COMMUNITY COLLEGE



HOUSTON

845-7266

# HOUSTON

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Drawings by Jo-Anne Rebinsky

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## Registration

Pre-registration is important for all courses

We must know:

1. If there will be enough participants to hold a class before we bring in an out-of-town instructor.
2. What quantity of supplies to order for each course.

### 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 prepaying your fee.

### 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.

**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.



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

**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.

## 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

2-4 classes per week.

LEVELS - 1, 2, 3, 4 Mon. - Thurs.

OR 12:30 - 3:00 p.m.  
7:30 - 10:00 p.m.

DATES: Jan. 7 - May 31

FEE: \$16.00 per month

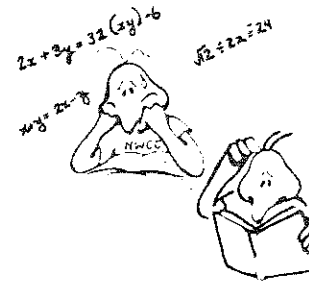
PLACE: College Centre

INSTRUCTOR: John Young

**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 any time as space permits and attend 2-4 classes per week.

TIME: Mon. - Thurs. 12:30 - 3:00 p.m.  
OR 7:30 - 10:00 p.m.

PLACE: College Centre

FEE: \$16.00 per month

INSTRUCTOR: John Young

DATES: Jan. 7 - May 31

GED Examinations will be held on May 9 & 10 in Houston. Applications are available at the College Centre. Applications must be made by April 12.

### 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., Wed., & Thurs.  
10 a.m. - noon

OR Mon., Tues., Wed., & Thurs.  
6:30 - 7:30 p.m.

DATES: Jan. 8 - May 31

FEE: No charge except for texts

PLACE: College Centre

INSTRUCTOR: John Young



Assistance in completing official or business forms, writing or reading letters is available at the College Centre. If you know of anyone who can benefit from this service, please have them drop in or phone 345-7266.

**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.

TIME: Mon. - Thurs.

DATES: Jan. 7 - May 31

12:30 - 3:00 p.m.  
OR 7:30 - 10:00 p.m.

FEE: \$16.00 per month

INSTRUCTOR: John Young

PLACE: College Centre

**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 required for the trade they are entering. You may enroll at any time as space permits.

TIME: Mon. - Thurs.

DATES: Jan. 7 - May 31

12:30 - 3:00 p.m.  
OR 7:30 - 10:00 p.m.

FEE: \$16.00 per month

INSTRUCTOR: John Young

PLACE: College Centre

If you wish counselling or placement testing for Adult Basic Education courses contact the ABE Counsellor at 845-7266.

## Academic-Technical

**CANADIAN LITERATURE - ENGLISH 204**

EVENING

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 following writers: Gabrielle Roy, Margaret Lawrence, Sharon Pollock, Rock Carver, Earle Birney and Margaret Atwood. Students will respond with written assignments. No prerequisite. Course carries university-transfer credit.

TIME: Wed., 7 - 10 p.m. 1ST CLASS: Jan. 9

PLACE: College Centre NO. OF SESSIONS: 15

INSTRUCTOR: George Stanley

FEE: \$26.50 plus texts



These courses may be taken for university transfer credit to the three B.C. Universities or may be audited for general interest. Students desiring university transfer credit will be required to do additional reading and written assignments.

**EARLY CHILDHOOD EDUCATION**

EVENING

The College is prepared to offer an ECE credit course in either Houston or Smithers. Location will be determined by which community has the greater demand. Former ECE students should call the College Centre stating their needs to complete their programs. New students wishing to enter the ECE program may obtain course descriptions from the College Centre.

## Professional Development

**COMMUNICATION WITH THE HEARING IMPAIRED**

DAY

An understanding of hearing loss. The objectives of this workshop are to increase the participants awareness of the physiological, psychological and audiological aspects of hearing loss, to introduce the skill of finger spelling and to generally bring to awareness the problems deaf adults and children face in a hearing world. (Outline available from College Centre)

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

DATE: Feb. 16

PLACE: College Centre

NO. OF SESSIONS: 1

INSTRUCTOR: Carey Denholm (Victoria)

FEE: \$13.00

**SEPARATION AND GRIEF**

DAY

The Process and the Experience. This workshop is designed (a) to teach participants the stages of the process of separation and of grief, (b) to introduce some techniques the instructor has found useful in helping persons through the grieving process, and (c) to allow participants the opportunity to explore their own personal reactions to previous separations. (Outline available from College Centre)

TIME: Fri., 9:00 a.m. - 4:00 p.m.

DATE: May 2

PLACE: College Centre

NO. OF SESSIONS: 1

INSTRUCTOR: Thom Garfat (U. of Vic.)

FEE: \$13.00

**UNDERSTANDING LEARNING PROBLEMS**

AFTERNOON OR EVENING

For parents, teachers and others who work with children. This workshop will explore early recognition, characteristics and symptoms of problems, their effect on school work and social interactions. How home and school can work together to help solve problems. Hyperkinesis - the problems of the "Now Child" will be included. Instructor has 10 years experience as a Learning Therapist and is the parent of children that experienced hyperkinesis and learning problems. Participants may attend one or both sessions of the workshop.

TIME: Thurs., 3:30 - 5:30 p.m.  
7:00 - 10:00 p.m.

DATE: Feb. 21

PLACE: College Centre

NO. OF SESSIONS: 2 FEE: \$5.00

INSTRUCTOR: Barbara Reid

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.

## USING TOPOGRAPHICAL MAPS AND AIR PHOTOS

WEEKEND

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

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

DATE: Feb. 9

PLACE: College Centre

NO. OF SESSIONS: 1 FEE: \$5.00

INSTRUCTOR: Richard Morgan

## COACHING DEVELOPMENT - LEVEL 1

EVENING

For coaches of all sports, (team and individual), Level I is the first course of 5 levels in the National Coaching Development Programme. It covers theory skills and drills and shows coaches how to teach these correctly in the sport of their choice. Full programme outlines available at the College Centre. Carries credit towards a National Coaching Development Certificate. Class dates will be set at first session to suit the convenience of the majority of participants.

TIME: TBA

1ST SESSION: Jan. 23, 7:30 - 9:30 p.m.

PLACE: Houston Secondary School

NO. OF SESSIONS: TBA

INSTRUCTOR: Dave Rasmus

FEE: \$11.00

## MANAGEMENT SKILLS FOR SUPERVISORS - PART 3

DAY

Part 3 - Administrative Skills - This section of the Management Training Programme will deal with Performance Management, Performance Appraisal, On The Job Training Techniques, Writing Effective Letters, Memos and Reports and Managing Your Time Effectively. The course will be given over a three-day period with a one-day reinforcement workshop held approximately 6 weeks later. The program is constructed to be practical and experiential. Class Limit 25. Pre-register!

TIME: Tues, Wed. & Thurs.  
8:30 a.m. - 4:30 p.m.

Reinforcement Workshop - TBA

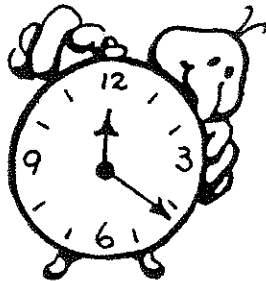
PLACE: College Centre

INSTRUCTOR: Sherrie Heizer (Vancouver  
Management Consultant)

DATE: Jan. 22, 23 and 24

NO. OF SESSIONS: 4

FEE: \$120.00



## Vocational

## WAITER/WAITRESS TRAINING - MORNING

Basic training will cover hospitality, cashiering, equipment use and care, sanitation, personal appearance, courtesy, table set up and service, food and wine service, responsibilities and house policies. For those with little or no previous food service experience who would like employment in local restaurants. Class Limit 16. Pre-register!

TIME: Mon. - Fri., 9:00 a.m. - noon

PLACE: TBA

INSTRUCTOR: TBA

DATES: March 31 - April 25

NO. OF SESSIONS: 20

FEE: \$16.00

## WAITER/WAITRESS UPGRADING - MORNING

For persons with previous food service experience who would like employment in local restaurants and for those presently employed who wish to improve their skills and remuneration. This upgrading course will cover the same subjects as the basic training course in a shorter period of time. Class Limit 16. Pre-register!

TIME: Mon. - Fri. 9:00 a.m. - noon

INSTRUCTOR: TBA

DATE: Jan. 21 - Feb. 1

FEE: \$16.00

PLACE: Midway Motel &amp; Houston Hotel

NO. OF SESSIONS: 10

## AIRBRAKES

EVENING

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

TIME: Tues. - Fri., 6:30 - 10:30 p.m.  
and Sat. 9:30 a.m. - noon

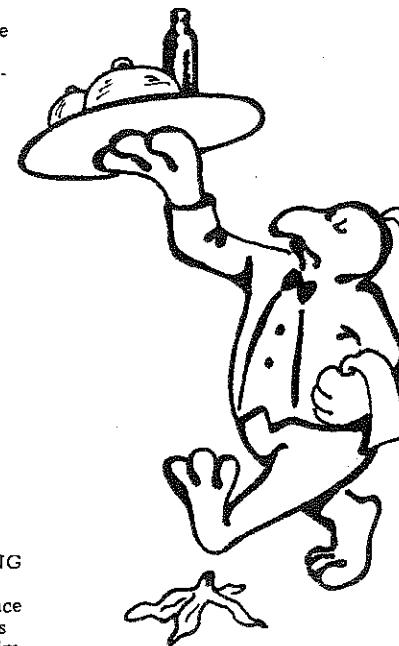
1ST CLASS: Jan. 15 OR April 8

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 5

INSTRUCTOR: Bud Hallock

FEE: \$33.00



**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.      DATES: Jan. 28 & Jan. 30  
 PLACE: Houston Secondary School      NO. OF SESSIONS: 2  
 INSTRUCTOR: Larry Lindahl      FEE: \$11.00

**SAFE USE OF EXPLOSIVES**

EVENING

A two-hour workshop that will identify explosives, their hazards and uses. This illustrated lecture 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: Tues., 7:30 - 9:30 p.m.      DATE: Feb. 5  
 PLACE: College Centre      NO. OF SESSIONS: 1  
 INSTRUCTOR: Brian Brown      FEE: \$2.00

**SAFETY AT WORK AND HOME**

EVENING

How to protect yourself while performing jobs at work and at home. Illustrated lecture with emphasis on eye protection and hearing protection. The parallel between safe work procedures at work and at home will be of interest to both workers and homemakers.

TIME: Tues., 7:30 - 9:30 p.m.      DATE: Feb. 26  
 PLACE: College Centre      NO. OF SESSIONS: 1  
 INSTRUCTOR: Brian Brown      FEE: \$1.00

**BUSINESS ENGLISH**

EVENING

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

TIME: Thurs., 7:00 - 10:00 p.m.      NO. OF SESSIONS: 13  
 1ST CLASS: Jan. 17      PLACE: Houston Senior Secondary  
 INSTRUCTOR: Linda Buchfink      FEE: \$41.00 + 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. **Class Limit 16. Pre-register!**

TIME: Tues., 7:30 - 9:30 p.m.  
 PLACE: Houston Senior Secondary  
 INSTRUCTOR: Sharon Horswell  
 1ST CLASS: Jan. 15  
 NO. OF SESSIONS: 13  
 FEE: \$26.50 & text

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

**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 driver's mistakes. Canada Safety Course approved by E.C. Motor Vehicle Branch. DDC certificate awarded for successful completion. Expert instructor trains annually at performance driving school in Germany. Teenagers welcome.

TIME: Thurs., 7 - 9 p.m.      1ST CLASS: Jan. 24  
 PLACE: Houston Senior Secondary      NO. OF SESSIONS: 4  
 INSTRUCTOR: Don Beddows      FEE: \$16.00

**STRESS AND LIFE STYLING**

EVENING

To help people understand the biology of stress and the life styles that generate stress. Concrete and practical suggestions will be offered to assist in changing communication and life style patterns to effectively eliminate destructive stress from your life.

TIME: Tues., 7:30 - 9:30 p.m.      DATE: Feb. 19  
 PLACE: College Centre      NO. OF SESSIONS: 1  
 INSTRUCTOR: Dr. Brian Finnemore      FEE: \$2.00

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

**SKID CONTROL**

EVENING &amp; SATURDAY

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 in preparation for practical experience at Saturday workshop. Students will be individually guided under safe conditions while they learn techniques of cadence braking, close cornering, emergency avoidance, highway-curve understeer drift and stopping with automatic transmissions. Designed to teach the average driver how to control and correct a skid he has been unable to avoid. Instructor trained under world expert in car control.

TIME: Thurs., 9 - 10 p.m. DATES: Feb. 7  
Sat., 9 a.m. - 4 p.m. Sat. TBA (dependent on weather)

PLACE: Houston Senior Secondary NO. OF SESSIONS: 2

INSTRUCTOR: Don Beddows FEE: \$13.00

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

EVENING

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

TIME: Mon., Tues., Wed., 7 - 10 p.m. DATES: Jan. 21, 22, 23 & 28, 29, 30  
Sat. 9 a.m. - noon Jan. 26 & Feb. 2

PLACE: Houston Sr. Secondary NO. OF SESSIONS: 8

INSTRUCTOR: Tom McCaw FEE: \$16.00

**ACCESS TO LEARNING**

MORNING



An informal series of discussions and activities of interest to women. Since we try to design the course content around the interests of participants, we cannot give you a detailed outline at this time. Past sessions have included: History of Houston, Cake Decorating, Sexism in Advertising, Off-Loom Weaving and a look at Suffrage. Guest speakers, films and discussions will be the format. Child care is provided and transportation can be arranged. Sponsored by the Houston Health and Human Resources Centre, Northwest Community College and The Canadian Mental Health Association.

TIME: Mon., 10 a.m. - noon 1ST CLASS: Jan. 7

PLACE: Basement of Community Hall NO. OF SESSIONS: 16

INSTRUCTOR: Karen Erickson FEE: FREE

**CANADIAN CITIZENSHIP**

EVENING

Offers new Canadians instruction and guidance towards applying for Canadian citizenship. Includes information on the privileges and responsibilities of citizens, our system of government, Canadian culture, society, history and geography, and provides orientation towards our various public institutions and community agencies. Viewing of court examination included.

TIME: Thurs., 7 - 9 p.m. 1ST CLASS: March 20

PLACE: Houston Senior Secondary NO. OF SESSIONS: 6

INSTRUCTOR: George McRae FEE: \$16.00

**METRICS FOR HOMEMAKERS**

EVENING

Learn to think Metric. Everything you buy and use is being converted to metric measure. This short practical course will help you to make the adjustment easily. It will cover volume, weight and linear measure and assist you in shopping and homemaking.

TIME: Tues., 7 - 10 p.m. DATES: Feb. 5 & 12

PLACE: Houston Senior Secondary NO. OF SESSIONS: 2

INSTRUCTOR: Rigmor Pearson FEE: \$7.00 plus text

**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: Mon., Tues., Wed., 6:30 - 10:30 p.m. DATES: March 24, 25, & 26

PLACE: College Centre NO. OF SESSIONS: 3

INSTRUCTOR: Len Walker of North American Shiatsu Society FEE: \$41.00

**AWARENESS AND MIND DEVELOPMENT**

EVENING

For adults who are seeking to learn about themselves and relationships while at the same time developing skills to strengthen self confidence, achieve freedom from tension and set personal goals. Learn to tap your inner resources and focus on issues of greatest concern to you (habits such as smoking, overeating, etc.) Participants will draw upon a synthesis of experiences ranging through awareness techniques, communications, gestalt and mind dynamics. Instructor's background is in human relations training and teaching self-hypnosis as a form of meditation.

TIME: Mon., Tues., Wed., 7 - 10 p.m. DATES: Feb. 11, 12, & 13

PLACE: Houston Senior Secondary NO. OF SESSIONS: 3

INSTRUCTOR: Richard Clarke (Vancouver) FEE: \$31.00

**EXPLORING DREAMS**

EVENING

Bringing your dreams to life, allowing their wisdom to become part of your waking. How to remember your dreams, and then to live those messages out in daily life. Also work with fantasy and meditation as ways of knowing yourself in depth. **Class Limit 15. Pre-register!**

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

1ST CLASS: Jan. 24

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 7

INSTRUCTOR: David Letts

FEE: \$15.00

**NORTHERN 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 basic greenhouse culture for home growing. Special attention will also be given to organic gardening techniques.

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

1ST CLASS: March 3

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 4

INSTRUCTOR: Dave Havard

FEE: \$11.00



## Arts-Crafts-Hobbies

**DESIGNING HOME INTERIORS**

AFTERNOON

Illustrated lectures, discussion and work assignments to introduce the various components that form our home environment. Attention will be given to space planning, use of materials, colour, lighting, accessories and decorating on a budget. 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: Tues., 1 - 3 p.m.

1ST CLASS: Feb. 26

PLACE: College Centre

NO. OF SESSIONS: 10

INSTRUCTOR: Lise Karelis

FEE: \$21.00 plus study materials

**BASICS OF SPINNING**

EVENING

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!**

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

1ST CLASS: April 3

PLACE: College Centre

NO. OF SESSIONS: 4

INSTRUCTOR: Sheila Peters

FEE: \$17.00

**OIL PAINTING**

EVENING

The artist-instructor has a lot to offer both the beginning and experienced painter. Instruction will include some basic design and composition, use of color and texture and encouragement of personal expression. Exercises will be taught to stimulate personal projects or solve problem areas.



TIME: Wed, 7 - 10 p.m.

1ST CLASS: Jan. 23

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 10

INSTRUCTOR: Yoka Loiseau

FEE: \$31.00 plus materials

**SEWING**

EVENING

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

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

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

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

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

SESSION 5 - Buttonholes - machine made and bound.

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

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

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

1ST CLASS: Feb. 5

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 7

INSTRUCTOR: Marie Wassink

FEE: Complete course \$18.00, single sessions \$4.00

**CHINESE COOKING**

EVENING

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

TIME: Mon. &amp; Wed., 7:30 - 9:30 p.m.

1ST CLASS: April 21

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 6

INSTRUCTOR: Vera Heggie

FEE: \$25.00



## PHOTOGRAPHY

EVENING

A basic course that will include: action of single lens - reflex camera, technical problems of exposure, lenses, handling, viewing, focusing, exposure metering, filters and film, use of flash, indoor/outdoor lighting and developing colour reversed film.

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

1ST CLASS: Feb. 13

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 6

INSTRUCTOR: Dan Orienti

FEE: \$13.00

## FLY-TYING

EVENING

Will include practical skills in tying various types of flies and use of fly-fishing equipment. Participants will learn how to construct their own flies and present them to fish. Material and equipment may be ordered at first class. There will be a two-week interval before the next class to allow for delivery of material. The last session will offer a practical outdoor session in fly casting, weather permitting. **Class limit 15. Pre-register!**



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

1ST CLASS: March 13

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 6

INSTRUCTOR: Ralph Smith

FEE: \$13.00

## Recreation and Fitness

## THE Y'S WAY TO A HEALTHY BACK

MORNING

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

TIME: Tues. &amp; Thurs., 9 - 10 a.m.

1ST CLASS: March 4

PLACE: Houston Health Centre

NO. OF SESSIONS: 13

INSTRUCTORS: Daphne Hart and  
Brian Finnemore

FEE: \$21.00

If you want to join or form a recreation participation club call the School District Resource Centre at 847-4255 for further information.

## OUTDOOR EDUCATION

EVENING AND WEEKENDS

This course will encourage use of our surrounding natural recreation area and will include weekend outings to be arranged to suit participants. It will cover Basic Map and Compass work, an introduction to Mountaineering, Rock Climbing and Rope Work, Plant Identification, Outdoor Survival and 1st Aid. **Class Limit 12. Pre-register!**

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

1ST CLASS: May 15

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 6 + field trips

INSTRUCTOR: Ralph Smith

FEE: \$13.00

## WAXING CROSS COUNTRY SKIIS

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

DATE: Jan. 15

PLACE: Houston Senior Secondary

NO. OF SESSIONS: 1

INSTRUCTOR: Olav Skjelbred

FEE: \$2.50



## KEEP FIT WITH DANCE EVENING

A Keep Fit Dance Class. Exercise to music and learn some basic dance techniques while trimming your shape.

TIME: Mon. &amp; Wed., 7 - 8:00 p.m.

1ST CLASS: Jan. 14

PLACE: Twain Sullivan Elem. Gym

NO. OF SESSIONS: 20

FEE: \$21.00

INSTRUCTOR: Cheri Hanson

## 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: Thurs., 8:30 - 10:00 p.m.

1ST CLASS: March 13

PLACE: Silverthorne Elementary

NO. OF SESSIONS: 10

INSTRUCTOR: TBA

FEE: \$16.00

## HATHA YOGA

EVENING

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

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

1ST CLASS: Jan. 24

PLACE: College Centre

NO. OF SESSIONS: 7

INSTRUCTOR: Penny Ludlow

FEE: \$17.00