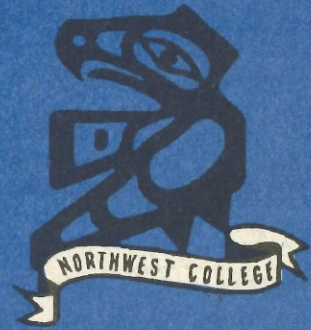


1988 FALL PROGRAMS



"Your Community College"

COME IN - 3411 - 10th Street

OR, GIVE US A CALL 845-7266

FOR REGISTRATION/ INFORMATION

HOUSTON STAFF

Eileen Klassen	Director, Smithers/Houston
Tanya Widmark	Administrative Officer
June Phillips	Clerk
Alice Holm	Instructor, ABE
Mary Ann Isidoro	Instructor, ABE/ESL

Many of the courses described in this brochure were developed at your request. We would like to thank those people who contributed to our Adult Basic Education program by suggesting courses and instructors or by offering to teach courses themselves.

If you have an idea for a course you think might interest others or could teach a course for us, we'd like to hear from you. Your contribution and participation in our program helps us offer a variety of quality courses to the community.

A THANK-YOU . . .

to School District No. 54 for its co-operation and extensive use of school facilities that make the wide variety and number of courses accessible to the residents of Houston and surrounding communities.

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REGISTRATION

Registrations will begin:
September 6, 1988 - Academic Courses
- Vocational/Career Technical
- General Interest

You may register:

IN PERSON

At the College Centre
10th St. & Poulton Ave.
Houston, B.C.

OFFICE HOURS

Days — 12:00 noon - 4:00 p.m.
Monday to Friday

TELEPHONE

845-7266

BY MAIL

A registration form is attached.
Mail-in registrations will only be accepted after availability of space has been confirmed.

MAIL-IN REGISTRATION FORM

**NOTE — PLEASE CONFIRM BY PHONE AVAILABILITY OF SPACE
IN COURSES BEFORE MAILING FEES**

NAME	PHONE (HOME)
ADDRESS	(WORK)
1).....(course)	FEE
2).....(course)	FEE
	TOTAL: \$
Cheque or money order is payable to: Northwest Community College, P.O. Box 1277, Houston, B.C., V0J 1Z0.	
Please no cash.	
Signature	Date

IMPORTANT INFORMATION

ADMISSION & REGISTRATION

Full-time — Students must apply at the College office. In continuous-intake programs, waiting lists will be used. Students are encouraged to apply several months in advance of their desired starting time to avoid disappointment.

Part-time — Registrations begin on September 6 and continue until the course start date. However, if a minimum number of pre-paid registrations are not reached by the pre-registration date, the course will be cancelled. You are encouraged to pre-register and pay the fee by the pre-registration date.

University Transfer — Registrations begin on September 6.

CLASS LIMITS

Most designated courses can only take a limited number of people. Your place in these courses will only be held if you pay the tuition by the pre-registration date.

FEES

Tuition varies and must be paid in full at the time of registration. Payment may be made by cash or cheque.

FEES FOR SENIOR CITIZENS

Senior citizens (aged 65 and over) and registered disabled persons are eligible for tuition-free enrolment in most Northwest College courses on a stand-by basis, provided that space is still available within 24 hours of the commencement of the course. This exemption will not apply to Security or Tool Deposits or to any charges for materials, books and supplies that are levied against other students in the course.

SPONSORED STUDENTS

Students whose fees will be paid by sponsoring agencies are required to present a letter to this effect from the agency concerned when registering.

FINANCIAL AID

Financial aid for education takes many forms. There are loans, scholarships and bursaries. You may borrow money, interest-free, through the Canada Student Loan or B.C. Loan Program. The College provides over \$16,000 each year in non-repayable bursaries. The College also has an Entrance Scholarship program which may pay for your full tuition. For further information, contact the College office.

ENDOWMENT FUND

Corporations, businesses, service clubs, unions and individuals may contribute tax-deductible donations to the fund by contacting the College. Your contribution will remain in the fund permanently and continue to provide student aid money. For information, contact the College office.

INCOME TAX

Some tuitions are income tax-deductible, so keep your receipts. Education Deduction Certificates for income tax claims will be issued ONLY upon presentation of your course receipts.

HOLIDAYS

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

LATE REGISTRATION AND REFUND POLICY

GENERAL CONDITIONS

1. Full refunds will be made only if a course is cancelled by the College or if a student withdraws from a course for medical or bereavement reasons prior to the course start date.
2. Refunds requested prior to the course start will be assessed an administration charge of \$10.
3. There will be no refunds for courses with tuition fees of \$10 or less except for those conditions in General Statement #1.

PART-TIME COURSES

(including all Part-time RES Courses and all Part-time Vocational Courses)

1. Withdrawal before the second class of a course — 100% of tuition fees less a \$10 administration charge.
2. Withdrawal after the second class of a course — NO REFUND.
3. Special registration and refund policies apply to courses labelled as "Designated Courses". NO REFUNDS will be made after the pre-registration date unless the space can be sold to another student, in which case the withdrawing student will be refunded 100% of the tuition fee less a \$10 administration charge.

ACADEMIC

(Part- and Full-time)

1. A \$10 "late registration" charge will be assessed to any student registering after the second class or after the second week in standard semester courses.
2. Withdrawal after second class — 80% of tuition fee less a \$10 administration charge.
3. Withdrawal after third class or fourth class — 50% of tuition fee less a \$10 administration charge.
4. Withdrawal after fifth class — NO REFUND.

VOCATIONAL

(Full-time)

1. A \$10 "late registration" charge will be assessed to any student registering after the first day of classes in a full-time vocational program.
2. Vocational full-time fees are assessed on a calendar month basis, prorated as necessary in the first and last months.
3. Refunds on withdrawal before completion will be 100% of the unused tuition (part months prorated as above) less a \$10 administration charge. (There will be no administration charge on refunds for students who have completed their program earlier than anticipated when fee payment is made.)

TEXTBOOK SALES & REFUNDS

Textbooks will be available at Northwest Community College, 10th and Poulton, Houston, 12:00 noon to 4:00 p.m. Monday to Friday beginning September 6.

REFUNDS: Refunds on textbook purchase will be made:

- (a) When a course has been cancelled by the College and a student returns the textbook purchased for a course to the College in "like-new" and resaleable condition within two weeks of course cancellation, a refund of 100% of the purchase price will be made by the College.
- (b) When a student withdraws from a full-time course during the first two weeks of classes, or from part-time courses on or before the second class, and returns the textbook purchased for the course in "like-new" and resaleable condition within one week following withdrawal, the College will refund 75% of the purchase price of the textbook.
- (c) No refunds will be made in any case without original receipt.
- (d) The determination of "like-new" and "resaleable condition" shall be at the discretion of the College.
- (e) No refunds will be made other than those contemplated in (a) and (b) above.

STATEMENT OF PHILOSOPHY

GENERAL RESPONSIBILITY

Northwest Community College assumes general responsibility for all the valid educational and training services that are beyond the responsibility of the School Districts that exist in the College region.

DECENTRALIZATION

Northwest Community College is committed, wherever it is financially and physically feasible, to decentralize educational training services so that the opportunities are equitably shared by residents of the region. The College believes that access to these services can be facilitated where appropriate by utilization of modern technological developments in education.

PROVINCIAL RESPONSIBILITY

Northwest Community College's primary concern is with serving the needs of residents in its region. However, the College recognizes that, as part of the provincial educational system, it has a responsibility wherever possible to serve needs of residents outside the College region.

ASSESSMENT OF NEEDS

Northwest Community College recognizes its mandate to provide for educational and training needs of all people in the College region by striving to facilitate access to the appropriate educational and training programs and services. To this end, the College actively seeks input from all segments of the community; it is especially responsive to recommendations made by advisory committees established by the College.

RELATIONSHIP WITH OTHER ORGANIZATIONS

When deemed appropriate, Northwest Community College co-operates with other educational and training organizations, both within and outside the region, in order that the best services possible might be provided.

PRESENTATION OF SERVICES

Northwest Community College strives for excellence in all the services it provides. It is committed to development of delivery systems that provide educational and training services for people where they live and work. When considering the delivery systems to be used, the College is concerned not only with cost effectiveness but also with the quality of instruction.

COMMUNITY EDUCATION

Northwest Community College recognizes its responsibility to aid in the development of citizens who can participate fully and effectively in society in general and in their individual communities.

GOVERNANCE OF COLLEGE

The governance and operation of Northwest Community College reflect the legitimate concerns of all elements within the College and in all communities it serves.

ACCOUNTABILITY

Northwest Community College recognizes that it is a public institution utilizing public money for its operation, and that therefore it must be accountable to the public in everything it does. To this end, the operations of the College are open to public scrutiny. The College recognizes its responsibility to ensure that proper evaluation takes place in everything it does and that self-renewal is an ongoing obligation.

TELECONFERENCING COURSES

GENERAL INFORMATION

Audio Teleconferencing links students in Hazelton, Houston, Kitimat, Prince Rupert, Smithers and Terrace with their instructor. Everyone can hear and speak to each other in the 'bridging' of microphones and loudspeaker units. Classes include lectures, audio-visual presentations and interactive seminars. Opportunities will be available weekly for individual discussions by telephone between student and instructor. The following courses start the week of SEPTEMBER 6th, 1988 and run for fifteen weeks. Tuition is \$24.00 per credit plus a \$10.00 registration fee. Continuing courses in each subject will begin in January 1989. A course in MATH (Statistics) is now being developed and should be available in January.

BIOLOGY 110: 3 Credits

A first year university transfer course in Biological Sciences, this course teaches basic concepts in Biology and laboratory techniques. First semester emphasizes the origins of life, biochemical pathways, and structure and function in multicellular organisms. Laboratories are held in Terrace for a maximum of three weekends per semester. As this is an audio teleconferencing course, innovative instructional techniques and methods are utilized to make this an exciting way to learn Biology. (3,3,0)

DATE & TIME:

Mon., 7:00 - 10:00 p.m.
plus labs

INSTRUCTOR:

Dr. Norma Kerby

ENGLISH 100: 3 Credits Literature and Composition I

Reading and discussion of modern fiction, non-fiction and poetry. Written assignments will be based on personal experience, subjects of general interest and responses to the literature read. The instructor will give help where needed on grammar, punctuation, etc. (3,3,0)

DATE & TIME:

Wed., 8:30 - 10:00 p.m.
T.B.A.

INSTRUCTOR:

FRENCH 101: 3 Credits Introductory French I

This is a beginning French course which gives the opportunity to communicate immediately, using materials from the innovative and amusing FRENCH IN ACTION series: videotapes, audio tapes, workbooks, and text. Supplementary reading materials ensure equal emphasis on the four language skills: understanding, speaking, reading and writing. Lab work includes work in a language lab and one immersion weekend. (3,1½,0)

DATE & TIME:

Sat. 10:00 - 11:30 a.m.
plus labs
T.B.A.

INSTRUCTOR:

PSYCHOLOGY 101: 3 Credits Introductory Psychology I

An exciting first year survey course. This term investigates major findings in the areas of lifespan development, the nervous system, perception, learning and memory.

DATE & TIME:

Tues., 6:30 - 8:00 p.m.
Andre Klingner

INSTRUCTOR:

SOCIOLOGY 205: 3 Credits Sociology of the Family I

This course focuses on the family and related social institutions. Topics include the origin and history of the family, marriage and children in Western society.

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

Shannon Mark

EARLY CHILDHOOD EDUCATION COURSES by AUDIO TELECONFERENCING

ECE 101: 6 Credits

Program Development

An introduction to planning and development of programs for preschool centres, principles of guidance, use of materials and equipment and routines of play.

DATE & TIME:

Wed., 6:30 - 8:00 p.m.

INSTRUCTOR:

T.B.A.

ECE 208: 3 Credits

Administrative Skills for ECE Centres

The student will learn administrative skills including: personal supervision, conferencing and reporting, public relations and methods of evaluation. The student will focus these skills on their application in a child care setting:

DATE & TIME:

Tues., 8:30 - 10:00 p.m.

INSTRUCTOR:

T.B.A.

TELECOLLEGE

Northwest Community College and Knowledge Network bring you non-credit courses that you can take at home! Brochures will be circulated at all Northwest Community College offices describing the programs that you can watch on KNOW. These telecourses cover a range of subjects such as planning your retirement, business management, computer literacy, health issues, writing courses, etc.

Students may register directly with the TELECOLLEGE office which will supply text and study guides. Call the Toll Free number: 1-800-972-0379.

TELECOLLEGE

1155 East Broadway,
Box 24785 Station "C",
VANCOUVER, B.C.
V5T 4N5

ADULT BASIC EDUCATION

GENERAL INFORMATION

The Adult Basic Education program gives all adults in the College region a chance to upgrade their skills and knowledge of English, Mathematics and the Sciences. Courses are offered to teach basic Reading and Mathematics through to the Grade 12 level. You may enter this program at any time during the year as space permits. A Math and English assessment is completed at the start to determine your initial placement. Instruction is individualized and self-paced. The time required to complete the course depends on your initial placement and your pace through the course material. You may attend on a full-time or part-time basis, taking as few or as many courses as practical for your needs. An evening program is provided for those unable to attend days. The program is designed to enhance employment opportunities and prepare you for further Vocational Career/Technical programs or University level programs.

ADMISSION

Applicants must have been away from the public school system (high school) for at least one year. They must be capable of concentrated independent study. Admission to persons under 18 years is subject to additional criteria. Details are available at the College Centre.

SPONSORSHIP AND FINANCIAL ASSISTANCE

Bursaries and grants (ABESAP) are also available. Ask for details at the College Centre.

SHIFT WORKERS

May alternate between day and evening upgrading classes to suite work schedules.

BASIC EDUCATION

Would you like to improve your Math, English or Science? If you left school without the requirements for a trades, business or academic program, this course can prepare you for further study. Certificates are awarded for successful completion of the program.

COLLEGE PREPARATION

Selected College Prep courses are available in Houston, such as Physics 040, Chemistry 040, Math 050 and Biology 040.

G.E.D.

This is a course for adults who did not complete secondary school and wish to prepare to write a Ministry of Education Grade 12 Equivalency exam under the General Education Development Program. Adults will study for five tests: English Literature, English Grammar, Science, Social Studies and Mathematics. These classes will help you to prepare for the tests.

G.E.D. EXAMS

The examinations are administered by the College for the ministry of Education. Application forms are available at the College office. Basic requirements are that you must be at least 19 years of age, out of school (high school) for at least one full academic year, and satisfy residency standards. Testing will be held at the Houston College Centre December 9 and 10. Applications must be made by November 11. Examination fee is \$10.50 payable to the Minister of Finance.

DAY PROGRAM

DATES: Mon. - Fri. starting Sept. 6
TIME: 8:30 a.m. - 3:30 p.m.
PLACE: College Centre, Rm. 6
FEE: \$72.00 per month full-time
\$36.00 per month part-time
plus book deposit
plus \$10.00 registration

INSTRUCTOR:

Alice Holm

EVENING PROGRAM

DATES: Mon. & Wed., Sept. 26 - Dec. 14
TIMES: 6:30 p.m. - 9:30 p.m.
PLACE: College Centre, Rm. 6
FEE: \$50.00 per semester
plus book deposit

INSTRUCTOR:

Mary Ann Isidoro

E.S.L.

(English As A Second Language)

DATES: Mon. & Wed. Sept. 26 - Dec. 14 FEE: \$50.00
TIME: 6:30 p.m. - 9:30 p.m. plus book deposit
PLACE: College Centre

This course is for all persons whom English is a second language. You will receive instruction in written and spoken English, based on your personal needs. Beginner or advanced students are welcome. Some Canada Employment sponsorship may be available. If you think you qualify for sponsorship or want more information please contact the local Canada Employment office. Pre-register at the College Centre by September 16. Class limit is 16.

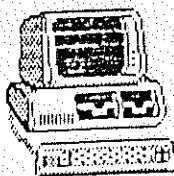
INSTRUCTOR: Mary Ann Isidoro

BASIC LITERACY


Northwest Community College in Houston is now offering BASIC LITERACY TRAINING. The aim of this program is to enable adults who cannot read, to read the English language as quickly and enjoyably as possible. To achieve this, a Volunteer Tutor will work on a one-on-one basis, in the student's home or another suitable environment. The teaching times are flexible and are arranged to suit each individual. The training is free. A THANK-YOU goes out to our present Volunteer Tutors, and we welcome additional tutors. For further information, contact the College Centre.

ADULT BASIC EDUCATION STUDENT ASSISTANCE PLAN

See page 4


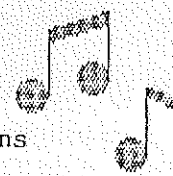


Club's Day Sat. Sept. 10



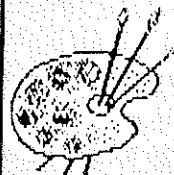

A great opportunity to:

- register for fall courses and activities
- join a new club
- meet the people behind the various organizations
- enjoy the displays and demonstrations

For more information or to register your club, drop in at the InfoCentre or call 845-7640.

At the Houston Mall

Sponsored by the Houston and District Chamber of Commerce

CAREER / TECHNICAL / VOCATIONAL / TRADES

ACCOUNTING 101

EVEN

DATES: Tues., & Thurs., Sept. 27 - Dec. 1 FEE: \$100.00 plus text
TIME: 7:00 - 9:30 p.m. SESSIONS: 20
PLACE: College Centre

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 weekly). Completion of this course carried credit toward a Northwest Community College Business Certificate. Class limit 20. **Pre-registration by Sept. 19 is essential.**

INSTRUCTOR: T.B.A.

ACCOUNTING 102

EVEN

DATES: Tues., & Thurs., Sept. 27 - Dec. 1 FEE: \$100.00 plus text
TIME: 7:00 - 9:30 p.m. SESSIONS: 20
PLACE: College Centre

Prerequisite: Accounting 101 or permission of instructor. An advanced course dealing with cash receipts, cash payments, banking, inventory and the full accounting cycle. Home assignments required (5 - 7 hours weekly). Completion of this course carries credit toward a Northwest Community College Business Certificate. **Class limit 20. Pre-registration by Sept. 19 is essential.**

INSTRUCTOR: T.B.A.

BOOKKEEPING FOR SMALL BUSINESS

EVEN

DATES: Wed., Oct. 12 - 19
TIME: 7:00 - 10:00 p.m.
PLACE: Houston Secondary School
FEE: \$25.00 plus study materials
SESSIONS: 2

At the end of this six-hour seminar you will know how to set up and maintain a set of financial records for a small business by performing all the bookkeeping functions from recording initial transactions to preparing financial statements. **Class limit 16. Pre-registration by Sept. 30 is essential.**

INSTRUCTOR: T.B.A.

PAYROLL FOR SMALL BUSINESS

EVEN

DATES: Wed., Nov. 9
TIME: 7:00 - 9:00 p.m.
PLACE: Houston Secondary School
FEE: \$10.00 plus study materials
SESSIONS: 1

Payroll is a vital and exacting function of every small business. The objectives of this course are to become familiar with the basic procedures of payroll, relevant legislation and reporting procedures. **Class limit 16. Pre-registration by Nov. 1 is essential.**

INSTRUCTOR: T.B.A.

TYPING 101

EVEN

DATES: Mon. & Thurs., Sept. 26 - Dec. 1 FEE: \$100.00 p.us text
TIME: 7:00 - 9:30 p.m. SESSIONS: 20
PLACE: Houston Secondary School

Provides instruction for students who have no knowledge of the typewriter keyboard. Business letters, tabulations and set-up are included in this credit course. Students should have access to a typewriter for practice and homework (3 to 5 hours each week). Successful completion carries credit towards a Northwest Community College Business Certificate. Students must supply typing paper. **Class limit 16. Pre-registration by Sept. 16 is essential.**

INSTRUCTOR: Mavis Smith

BUSINESS EDUCATION

GENERAL INFORMATION

NWCC Business Education programs are designed to prepare students for employment in the business office field. Most new students enrol in the Clerk-Typist or Clerk-Bookkeeper programs which prepare students for entry level jobs in most clerical and bookkeeping occupations; and for advanced training.

HOW TO APPLY

Application forms are available at the College Centre.

STARTING DATES

September 6 and the first day of each month as space is available.

FEES

Full-time \$288.00 per semester (4 months) or \$72.00 per month (plus workbooks and textbook deposits), plus \$10.00 registration.

FINANCIAL AID

Canada Employment Centre sponsorship may be available. Contact the CEIC office. Bursaries are also available, ask for details at the College Centre.

INSTRUCTOR

Hilda Capak, Teacher Certificate (Teacher's College, Montreal).

PRE-EMPLOYMENT PROGRAMS

ADMISSION

Grade 12 graduation or equivalent is preferred for all courses. A minimum of Grade 10, ABE intermediate, or the equivalent is acceptable for Clerk Typist and Clerk Bookkeeper programs. Business experience may be accepted in lieu of formal schooling in some cases. Recommended secondary school prerequisites include Algebra 11, English 12, and business courses. Some secondary school courses may be accepted for credit toward a Northwest Community College certificate.

PROGRAM 1	TYPIST	PROGRAM 2	CLERK-TYPIST
4 - 5 months		4 - 6 months	
Typing	TYPG 101, 102 (50 NWPM)	Typing	TYPG 101, 102 (50 NWPM)
Business English	BENG 102, 103, 104	Business English	BENG 102, 103, 104, 105
Office Practice	OFFPR 101	Office Practice	OFFPR 101
Dictatyping	DICT 101, 102	Dictatyping	DICT 101, 102
Business Computing	BCPT 101, 102	Business Machines	BUSM 101
		Business Computing	BCPT 101, 102
PROGRAM 3	CLERK-BOOKKEEPER	PROGRAM 4	ADMINISTRATIVE SECRETARY
5 - 7 months		8 - 12 months	
Typing	TYPG 101 (30 NWPM)	Typing	TYPG 101, 102, 130 (55 NWPM)
Accounting	ACCT 101, 102	Dictatyping	DICT 101, 102
Business Machines	BUSM 101	Business Machines	BUSM 101
Business English	BENG 102, 103, 104	Office Practice	OFFPR 101
Dictatyping	DICT 101	Business English	BENG 102, 103, 104, 105
Business Computing	BCPT 101, 102	Accounting	ACCT 101, 102
Computer Accounting	BCPT 103	Business Law or	BLAW 150, 151
		Canadian Business	MGTM 250
		Business Computing	BCPT 101, 102
		Word Processing	Program 7E

AIRBRAKES I

DATES: Mon. - Thurs., & Sat., Oct. 17 - Oct. 22
 TIME: 6:30 - 10:30 p.m. weekdays
 9:00 a.m. - 12:00 noon Sat.

FEE: \$100.00
 SESSIONS: 5

PLACE: College Centre

AIRBRAKES II

DATES: Mon. - Thurs., & Sat., Nov. 28 - Dec. 3
 TIME: Mon. - Thurs. 6:30 - 10:30 p.m.
 Sat., 9:00 a.m. - 12:00 noon

FEE: \$100.00
 SESSIONS: 5

PLACE: College Centre

Prepares drivers for a written and practical test on the operation and maintenance of airbrake systems for either on-highway or off-highway vehicles. Participants will be given proof of course attendance and practical examination by instructor in order to take the written test at the Motor Vehicle Branch within 30 days from the completion of the course. Participants must be 18 years of age. **Class limit 16. Pre-registration one week before course start date is essential.**

INSTRUCTOR: Dennis Touhey

COMMERCIAL VEHICLE INSPECTION CERTIFICATION

We are pleased to announce that, in conjunction with the Motor Vehicle Branch, we will be offering training courses in commercial inspection. In future, successful completion of this course and a provincial exam will be required of a person before he/she can be authorized by the Superintendent of Motor Vehicles to inspect commercial vehicles. Participant must be the holder of a B.C. certificate of qualification in automotive mechanical repair or commercial transport mechanical repair or heavy-duty mechanical repair.

NOTE: The deadline for all persons currently authorized by the Superintendent to inspect vehicles to complete a course and pass the examination is MAY 1, 1988.

The course consists of two parts, Administrative Procedures and Practical, as follows:

ADMINISTRATIVE PROCEDURES

Motor Vehicle Act; Motor Vehicle Act Regulations; Commercial Vehicle Inspection Program; Vehicles, Facilities, Inspectors, Inspections, Decals, Repairs to Vehicles, Maintenance, Enforcement, MVD Appointed Agents, Motor Vehicle Licence Officer; Commercial Inspection Manual; Commercial Vehicle Inspection Forms

PRACTICAL

Steering Mechanism; Tie Rod Ends; King Pins; Front Wheel Bearings; Steering Lash; Brake Adjustment; Brake Lining Thickness; Brake Hoses; Drume Hoses; Drum/Disc Wear; Headlamp Adjustment; Trailer Attachment Wear; Tire Wear.

COMMERCIAL VEHICLE INSPECTION CERTIFICATION DAY/EVEN

DATES: Fri., Sat., Sun. Oct. 14 - 16
 TIME: Fri., 4-10 p.m. Sat. 8 a.m.
 PLACE: Houston College Centre

FEE: \$150.00 plus manual
 SESSIONS: 3

Successful applicants will, upon passing the final examination, receive their individual authorization to inspect vehicles required to be inspected under the Commercial Vehicle Inspection (CVI) Program from the Superintendent of Motor Vehicles in the following manner: A Course Completion Card, similar to that used for the Driver Licensing Program's airbrake training, will be issued by the College to all students who successfully complete the course. The card signifies that the student has met the minimum entrance qualifications, has attended all of the classes, and has demonstrated his/her mechanical abilities to diagnose defects in accordance with the (Safety and Repair) Inspection Standards. The student will then present the card to any Motor Licence Officer and write an "Administrative" examination which requires an 80% pass mark. The student, if successful, will then be issued a certificate by the Superintendent of Motor Vehicles, authorizing him/her to examine vehicles pursuant to Section 215.1 of the Motor Vehicle Act. **Class limit 30. Preregistration by Sept. 30 is essential.**

INSTRUCTOR: Dave Dams

DRIVER TRAINING

DATES: Mon. - Fri., Jan 4 - Dec. 31
TIME: 9:00 a.m. - 5:00 p.m.
PLACE: Houston
FEE: \$27.00 per lesson
SESSIONS: 1 - 10

DAY

Do you need a Driver's Licence? Class 5 or Class 4? The road to safe driving starts at B.V. Driving School. Lessons will cover: car controls, acceleration and braking, turning maneuvers (basic and advanced), defensive driving, intersection problems, backing up, lane changing and passing, parallel parking, parking on grades, angle parking, and a whole lot more! Learn to protect yourself against the "other" driver. Learn to "drive defensively". Students may register for one lesson or the full course, depending on individual needs. Students who take the full course may use the training car for the road test with the examiner. **Students must register at the College.**

INSTRUCTOR: Irene Oliver.

B.V. Driving School

BASIC LIFE SUPPORT "A" #1

DAY

DATES: Sat., Oct. 1 **FEE:** \$19.00 plus book
TIME: 8:00 a.m. - 12:00 noon **SESSIONS:** 1
PLACE: Northwest First Aid Training Agency

BASIC LIFE SUPPORT "A" #2

EVEN

DATES: Tues. & Thurs., Oct. 11 & 13 **FEE:** \$19.00 plus book
TIME: 7:00 - 9:00 p.m. **SESSIONS:** 2
PLACE: Northwest First Aid Training Agency

This eight hour course for lay persons with a specific interest in pediatric CPR includes Basic Life Support skills, one rescuer, infant and child resuscitation and management of choking in conscious and unconscious victims. Some reading is necessary in the Basic Life Support Manual prior to course start date. **Class limit 10. Pre-registration one week before course start date is essential.**

INSTRUCTOR: Roger Cloutier

Northwest First Aid Training Agency

FIRST AID - INDUSTRIAL

DAY/EVEN

DATES: Mon., Wed., Sat., Oct. 3 - Nov. 5
TIME: Mon., & Wed., 6:30 - 10:30 p.m.
 Sat., 8:00 a.m. - 5:00 p.m.

PLACE: Northwest First Aid Training Agency
FEE: \$320.00
SESSIONS: 15

Participants will learn theory and practical skills of Basic Life Support. It will include one and two-man CPR, obstructed airway management, rescue breathing, hemorrhage control and oxygen therapy. Upon successful completion, students will be awarded a WCB Industrial First Aid Certificate. **Class limit 20. Pre-registration by Sept. 26 is essential.**

INSTRUCTOR: Roger Cloutier,

Northwest First Aid Training Agency

FIRST AID - INDUSTRIAL (CRASH COURSE)

DAY

DATES: Mon. - Fri., Oct. 24 - Nov. 4
TIME: 8:00 a.m. - 5:00 p.m.
PLACE: Northwest First Aid Training Agency
FEE: \$320.00
SESSIONS: 10

Participants will learn theory and practical skills of Basic Life Support. It will include one and two-man CPR, obstructed airway management, rescue breathing, hemorrhage control and oxygen therapy. Upon successful completion of this two-week course, students will be awarded a WCB Industrial First Aid Certificate. **Class limit 20. Pre-registration by Oct. 17 is essential.**

INSTRUCTOR: Roger Cloutier,

Northwest First Aid Training Agency

MOBILE COMPUTER CENTRE

Northwest Community College offers a wide range of Business Application courses throughout the College region.

With Lap-top computers and a library of software, our Business Instructors travel throughout the region to bring hands-on computer training to you.

CUSTOM TRAINING

Does your organization have special computer training needs?

With our Mobile Computer Centre, we specialize in custom training, tailored to make your employees productive in the shortest possible time. We also design complete training strategies and can develop plans that take advantage of government training funds for industry. All training is delivered at the site most convenient to you — be it your premises or one of our campuses.

Some of the software packages that we can cover from beginning to advanced levels include:

Lotus 1 - 2 - 3	ACCPAC	Wordperfect
Framework	Bedford	VP-Expert
Lotus Symphony	New Views	VP-Planner
Wordstar	Multiplan	Pagemaker
Multimate	First Choice	Autocad
DBase II/III	Smart	and More!

For more information or consultation call: Rainer Giannelia, Terrace Campus 635-6511, Local 225.

GENERAL PUBLIC COURSES

Do you want a computer workshop, but haven't seen the right one advertised? Call the N.W.C.C. campus nearest you.

Ask for ANY topic — leave your name and telephone number. As soon as we get 6 people in your area for that topic, we'll schedule a workshop — within 6 weeks.

INTRODUCTION TO SPREADSHEETS

DAY

DATE: Mon., Sept. 26
TIME: 2 - 5 p.m.
FEE: \$40.00
 Fundamentals of ALL Spreadsheets will be covered, using Lotus 1-2-3 as the package of instruction.

INTRODUCTION TO MS-DOS

EVEN

DATE: Mon., Sept. 26
TIME: 6 - 9 p.m.
FEE: \$40.00
 A guided tour of the IBM - and compatible - Disk Operating System. Fundamentals of both floppy and hard-disk file management will be covered.

INTRODUCTION TO SPREADSHEETS

DAY/EVEN.

DATES: Tues., Sept. 27
TIME: 2 - 9 p.m.
FEE: \$70.00
 Fundamentals of ALL Spreadsheets will be covered, using Lotus 1-2-3 as the package of instruction.

DESK-TOP PUBLISHING WITH FIRST PUBLISHER

DAY/EVEN.

DATE: Wed., Sept. 28
TIME: 2 - 9 p.m.
FEE: \$70.00
 Learn to create attention-getting newsletters, announcements and other short publications — quickly and easily.

COMPUTER ACCOUNTING WITH NEW VIEWS**DAY/EVEN**

DATE: Tues, Oct. 25
 TIME: 2 - 9 p.m.
 FEE: \$70.00

A new and unique accounting program providing complete financial management — New Views is revolutionizing the accounting world. A general overview, including set-up and accounting cycle procedure will be explored.

INTEGRATED SOFTWARE WITH FIRST CHOICE**DAY/EVEN**

DATE: Wed., Oct. 26
 TIME: 2 - 9 p.m.
 FEE: \$70.00

An introduction to the spreadsheet, wordprocessing and data-base features of this popular package.

MS-DOS INTERMEDIATE**DAY**

DATE: Thurs., Nov. 24
 TIME: 2 - 5 p.m.
 FEE: \$40.00

This workshop is for those who have taken an introductory course in MS-DOS and wish to learn more. Concentrating on Hard-Disk management, this course covers: tree command, batch files, pipes and filters and Edlin.

INTERMEDIATE SPREADSHEETS**EVEN**

DATE: Tues., Sept. 27
 TIME: 2 - 9 p.m.
 FEE: \$70.00

For those who have taken an Introduction to Spreadsheets and wish to learn more, this course will cover: graphing, named ranges, cell protection as well as other advanced topics. Lotus 1-2-3 is the package of instruction.

INTRODUCTION TO COMPUTER ACCOUNTING WITH BEDFORD DAY/EVEN

DATE: Friday, Nov. 25
 TIME: 2 - 9 p.m.
 FEE: \$70.00

A popular small business accounting package; aspects of General Ledger set-up and accounting cycle procedures will be covered.

FOODSAFE**EVEN**

DATES: Mon., & Tues., Oct. 17 - 25 FEE: \$35.00
 TIME: 7:00 - 9:00 p.m. SESSIONS: 4
 PLACE: Houston Secondary School

“FoodSafe” is a sanitation program designed to train food handlers on the procedures and conditions necessary for the prevention of foodborne illnesses. It is intended for personnel working in restaurants, cafeterias, hospitals, retirement homes, grocery stores — anywhere that food is processed for service. The program was designed in consultation with the B.C. Restaurant and Food Service Association, the Ministry of Advanced Education and Job Training, and the Capital Regional District Environmental Program. **Class limit 15. Pre-registration by Oct. 11 is essential.**
 INSTRUCTORS: Sheryl Yaremco
 Registered Nurse

HAVE YOU PRE-REGISTERED?**JOB SEARCH & INTERVIEW****DAY**

DATES: Mon. & Wed., Oct. 3 & 5 FEE: FREE
 TIME: 8:30 a.m. - 4:30 p.m. SESSIONS: 2
 PLACE: College Centre

This two day workshop will cover job search techniques. It includes General Market information, making employer contacts, resume preparation, interview techniques and managing a job search. **Class limit 15. Pre-registration by Sept. 19 is essential.**

INSTRUCTOR: Patti LeFrancois
 Canada Employment & Immigration

LEADERSHIP TRAINING**EVEN/DAY**

DATES: Thurs. & Sat. Sept. 29 & Oct. 1 FEE: \$10.00
 TIME: Thurs., 7:00 - 9:00 p.m. SESSIONS: 2
 Sat., 9:00 a.m. - 2:00 p.m.

PLACE: College Centre

The Skills Program is for Volunteer Leaders who work in recreation, sport and cultural organizations. In this course you will learn to develop a leadership style that will help you supervise other volunteers, run a smooth ship and meet people problems more easily. **Class limit 12. Pre-registration by Sept. 19 is essential.**

INSTRUCTORS: Terry Gautron
 Diane Pettit

WORKING WITH VOLUNTEERS**EVEN**

DATES: Tues., Nov. 8 - 22 FEE: \$10.00
 TIME: 7:30 - 9:30 p.m. SESSIONS: 3
 PLACE: College Centre

The Skills Program is for Volunteer Leaders who work in recreation, sport and cultural organizations. In this session you will learn the dynamics of generating enthusiasm in other volunteers as well as how to delegate responsibility effectively; also how to build team spirit and get the commitment you need to run a smooth program. **Class limit 12. Pre-registration by Oct. 31 is essential.**

INSTRUCTOR: Sharon Smith
 Barb Lyotier

SUPERHOST**EVEN**

DATES: Tues., & Wed., Oct. 4 & 5 FEE: \$15.00
 TIME: 7:00 - 10:00 p.m. SESSIONS: 2
 PLACE: College Centre

Tourism is a multi-billion-dollar-a-year industry that touches the lives of all of us. It is a vital source of revenue, jobs and future economic growth, benefits we can all share. Just as importantly, it gives us all a unique opportunity to pull together, to feel a common pride and to share that pride with others. Working together, we can make visitors feel welcome and ensure that their trip is the best it can be. We can encourage them to expect more, see more, spend more and return more often. Topics include: you as a guide to your community and province, the importance of tourism as an industry, remembering names, making conversation, communication and listening skills, and handling complaints. A highly recommended and recognized course for anyone to improve them in the workplace, to improve service and to add to their skills when seeking employment. So let's all become Superhosts and give the most. **Class limit 16. Pre-registration by Sept. 26 is essential.**

INSTRUCTOR: Barb Lyotier

SUPERHOST ENCORE**EVEN**

DATES: Tues., & Wed., Nov. 1 & 2 FEE: \$15.00
 TIME: 7:00 - 9:00 p.m. SESSIONS: 2
 PLACE: College Centre

Superhost Encore was created to meet the more in-depth communications concerns and needs of Superhost graduates. Generally, this program is designed to move the individual from communication basics to communication specifics. The three areas that will be looked into at some length are: effective telephone communication, special needs visitors and first responder. At the end of this training seminar, you will receive the new Encore seal. **Class limit 16. Pre-registration by Oct. 24 is essential.**

INSTRUCTOR: Barb Lyotier

LEARNING OPPORTUNITIES (Non-credit)

Non-credit Certificates are issued to participants who attend 100% of a course or workshop at the request of the instructor.

REFUND POLICY

1. Withdrawal before the second class of a course — 100% of tuition fees less a \$10.00 administration charge.
2. Withdrawal after the second class of a course — NO REFUND.
3. Special registration and refund policies apply to labelled as "CLASS LIMIT" courses. NO REFUNDS will be made after the pre-registration date unless the space can be sold to another student, in which case the withdrawing student will be refunded 100% of the tuition less a \$10.00 administration charge.
4. There will be no refunds for courses with tuition fees of \$10.00 or less.

EXOTIC CUISINE

EVEN

DATES: Wed., Sept. 28 - Oct. 26 **FEE:** \$45.00 plus meat
TIME: 7:00 - 9:00 p.m. **SESSIONS:** 5

PLACE: Houston Secondary School

Enjoy exotic cuisine from Greece to the Far East. Cook different dishes each evening from Greece, East India, Malaysia, Indonesia, the Phillipines, and more. **Class limit 16. Pre-registration by Sept. 19 is essential.**
INSTRUCTOR: Dina Carnie

FASCINATING FEET

DAY

DATES: Sat., Sept. 24 **FEE:** \$25.00
TIME: 9:00 a.m. - 4 p.m. **SESSIONS:** 1
PLACE: College Centre

For thousands of years those in the Orient have believed that health and relaxation can be obtained by working on the feet. In the West we refer to it as Reflexology. Be prepared to work on each other's feet. Bring a bowl (to soak feet), two towels, notebook. **Class limit 16. Pre-registration by September 15 is essential.**

INSTRUCTOR: Barri Blix
 Registered Masseuse

LEARNING TO KNIT ON A BOND KNITTING FRAME

DAY

Beginners & Intermediates

DATES: Sat., Oct. 1 & 8 **FEE:** \$80.00 plus machine rental
TIME: 1:00 - 5:00 p.m. **SESSIONS:** 2

PLACE: Houston Christian School

Open a whole new world of knitting. In this hands-on course, students will complete a long-sleeved boat-neck sweater in a size and colour of their choice, as well as become completely familiar with a Bond Knitting Frame. Kits will be provided but students should bring some practice yarn. Rental of frames can be arranged through Houston Homecraft Sewing Centre. **Class limit 12. Pre-registration by Sept. 23 is essential.**

INSTRUCTOR: Dorothy Reitsma,
 Houston Homecraft Centre

MEATCUTTING

EVEN

DATES: Tues., Sept. 13 **FEE:** \$10.00
TIME: 7:00 - 9:00 p.m. **SESSIONS:** 1

PLACE: Houston Quality Meats

Students will learn basic meatcutting skills. Demonstrating on a side of beef, the instructor will present the basics and tailor-make the course to suit the participants. **Class limit 8. Pre-registration by Sept. 1 is essential.**

INSTRUCTOR: Ed Tams,
 Houston Quality Meats

REFEREES' CLINIC

DAY

DATES: Sun., Oct. 9 **FEE:** FREE
TIME: 8:30 a.m. - 5:00 p.m. **SESSIONS:** 1
PLACE: College Centre

Northwest Community College and Houston Minor Hockey will be co-sponsoring the Referees' Certification Program for Level I and II. All interested students must supply their own skates and helmets. Registration is at 8:30 a.m. on the day of the course. **Class limit 20.**

INSTRUCTOR: Chris Dodds

STRESS MANAGEMENT

EVEN

Co-sponsored by the Mental Health Network

DATES: Mon., Oct. 17 **FEE:** \$5.00
TIME: 7:00 - 9:30 p.m. **SESSIONS:** 1
PLACE: Houston Secondary School

This workshop gives you an opportunity to examine your lifestyle and its effect on your well-being. It will help you recognize your stressors and their effect on your physical and emotional health. The use of massage, breathing exercises, and relaxation techniques to relieve stress will be discussed and demonstrated. **Class limit 20. Pre-registration by Oct. 11 is essential.**

INSTRUCTOR: Marjorie Ford
 Community Development Worker

WOMEN'S CARPENTRY

DATES: Tues., Oct. 4 - Dec. 6 **FEE:** \$50.00 plus supplies
TIME: 7:00 - 10:00 p.m. **SESSIONS:** 10
PLACE: Houston Secondary School

This course is for enthusiastic women who have little or no experience in woodworking. You will be learning the basics of woodworking while constructing a project of your own choice or choose from a vast list of projects (just in time for Christmas). **Class limit 16. Pre-registration by Sept. 27 is essential.**

INSTRUCTOR: George Reid

XMAS CAKE DECORATING

EVEN

DATES: Tues., Oct. 25 - Nov. 8 **FEE:** \$15.00 plus supplies
TIME: 7:00 - 10:00 p.m. **SESSIONS:** 3
PLACE: Houston Secondary School

In this hands-on course, students will learn how to make, bake and decorate attractive Xmas cakes, cookies and yule logs for your holiday entertaining. You will learn different icing techniques using Xmas designs. **Class limit 16. Pre-registration by Oct. 14 is essential.**

INSTRUCTOR: Jean Nordvie

SEWING WITH SERGERS

DAY

DATES: Sat., Sept. 24 **FEE:** \$80.00
TIME: 9:00 a.m. - 5:00 p.m. **SESSIONS:** 1
PLACE: Houston Christian School

In this one day workshop, students will become familiar with their Sergers. Students must bring their own Serger and several types of fabric approximately 8 x 12 inches. Lunch is supplied. "Dorothy Reitsma is a graduate of the Palmer/Pletsch Sewing with Sergers Workshop and is using the Palmer/Pletsch System of Sewing". **Class limit 12. Pre-registration by Sept. 16 is essential.**

INSTRUCTOR: Dorothy Reitsma
 Houston Homecraft Centre

PEOPLE'S LAW SCHOOL

In co-operation with the People's Law School of Vancouver, Northwest Community College will offer FREE workshops on various areas of the law that have an effect on everyday life at some time or other. Sessions are informational, to the point of practical. Local lawyers, business people and government officials who have special knowledge or experience in the areas discussed present these valuable workshops. Plan to attend one or more. Purchase of printed material optional.

PLANNING FOR RETIREMENT

DATES:	Tues., Nov. 22	FEE:	EVEN
TIME:	7:00 - 10:00 p.m.	SESSIONS:	FREE
PLACE:	Houston Secondary School		1

Careful planning is the key to success. This introductory session will help you plan your finances for retirement by learning how to minimize taxes and make the most of your hard-earned dollars through careful financial planning. Some of the topics to be covered are RRSP's, RRIF's, changes to Capital Gains exemptions, and how to decide how much money you need to save. **Class limit 20. Pre-registration by Nov. 14 is essential.**

INSTRUCTOR: People's Law School

WILLS & ESTATES

DATES:	Wed., Oct. 19	FEE:	EVEN
TIME:	7:00 - 10:00 p.m.	SESSIONS:	FREE
PLACE:	Houston Secondary School		1

A will is your opportunity to disperse property and possessions according to your wishes. This class will discuss how to make a will and what should be included in your will; what restrictions exist; the probate of an estate; what forms are necessary; people to contact; where to forward the forms upon their completion; and what happens in the event that there is no will. Our booklets **WILLS AND ESTATES** and **POWER OF ATTORNEY** are available at the College for a nominal fee. **Class limit 30. Pre-registration by Oct. 11 is essential.**

INSTRUCTOR: People's Law School

DON'T FORGET!

**PREPAID REGISTRATION IS NECESSARY
ONE WEEK IN ADVANCE EVEN IF YOU ARE BEING SPONSORED
CALL US BEFORE COURSES BEGIN FOR MORE INFORMATION
845-7266**

EMILY CARR COLLEGE OF ART & DESIGN

Northwest Community College is pleased to co-sponsor these workshops.

PHOTOGRAPHY - LIGHTING

DATES:	Sat. & Sun., Dec. 12 & 13	FEE:	DAY
TIME:	9:00 a.m. - 5:00 p.m.	SESSIONS:	\$45.00 plus supplies
PLACE:	College Centre		2

This workshop will show the students how light is manipulated to suit one's needs or how one can make do with or without correct available lighting. The students will see different types of lighting such as daylight, tungsten and flash. A brief look into colour temperature and its effect on colour retention will be discussed. Students will be given the opportunity to use studio lighting equipment and will learn how to flashfill in outside situations. **Class limit 16. Pre-registration by November 21 is essential.**

INSTRUCTOR: Alex Waterhouse-Hayward

About the Artist — Photographer Alex Waterhouse-Hayward, of Vancouver, came to Canada from Mexico in 1975. He was born in Buenos Aires and moved with his family to Mexico when he was 11. He attended high school in Austin, Texas, where his interest in the camera began, then subsequently returned to Mexico City. He studied engineering for three years at the University of the Americas, where his work as a photographer was recognized by first prize in the annual university exhibition. Since coming to Vancouver his work has been seen regularly in Vancouver magazine and on the CBC network. His corporate clients include CP Rail and Air Canada. For more than 2 years he has been teaching photography at the beginning and intermediate levels.

WORKSHOP ON COLOUR

DATES:	Sat. & Sun., Mar. 4 & 5, 1989	FEE:	DAY
TIME:	9:00 a.m. - 5:00 p.m.	SESSIONS:	\$45.00 plus supplies
PLACE:	College Centre		2

Dealing as it does with the basics of colour theory and practice, this workshop will be of immediate value and interest to all whose professional or leisure activities involve the use of colour. Suitable for the beginner and as a refresher for the more experienced practitioner. **Class limit 16. Pre-registration by February 20 is essential.**

INSTRUCTOR: Nora Blanck

About the Artist — Printmaker Nora Blanck was born in the United States and has been living and working in Canada since 1971. She studied at the Art Students League, New York, on a Ford Foundation Tuition Grant, the New School for Social Research, New York, Pratt Center for Contemporary Printmaking, New York, on a scholarship, Boston Museum School, San Francisco Art Institute and Silvermine College of Art, Westport, Connecticut. Her work has been included in several exhibitions at the Surrey Art Gallery, Vancouver Art Gallery, University of British Columbia Fine Arts Gallery and the Art Gallery of Greater Victoria, and is represented in the Canada Council Art Bank collection, the Vancouver Art Gallery, City of Vancouver collection and in numerous private collections. She has been teaching since 1975 and has conducted Summer School programs at the Vancouver School of Art (ECCA), University of British Columbia and the University of Victoria. Between 1972-76 she received commission grants for the Municipal Collection of Vancouver (including a 70 foot external wall mural, Tillicum Elementary School, Vancouver), and much of this work travelled the province with the Extension Department of the Vancouver Art Gallery and through the Artists Gallery, Vancouver. She received Canada Council grants in 1977 and 1978, and her work has been reviewed and/or reproduced in a number of publications. She has been active in the Central Visual Artists Association, appointed as secretary 1979-80.

YOUTH PROGRAMS

BABYSITTING TRAINING

EVEN

DATES: Mon., Oct. 3 - Nov. 7 FEE: \$5.00 plus text
 TIME: 7:00 - 8:30 p.m. SESSIONS: 5
 PLACE: Houston Secondary School

This approved safety course includes discussion on how to care for and entertain children at various stages of development. It includes fire safety, personal safety, first aid and accident prevention. Instruction will be given by various local community agencies, to include Fire Department and RCMP. Students must be at least 12 years of age. **Class limit 15. Pre-registration by Sept. 23 is essential.**

INSTRUCTOR: Jackie Nault
 Registered Nurse

CARTOONING FOR KIDS - INTERMEDIATE

DAY

DATES: Sat., Oct. 22 FEE: \$10.00 plus supplies
 TIME: 10:00 a.m. - 2:00 p.m. SESSIONS: 1
 PLACE: College Centre

This course is designed for young people aged 8 - 12 who already draw and want to learn different techniques. We will be exploring more complex character drawings and spending time on facial expressions. If time permits, we will also look at painting techniques for illustrations. **Class limit 12. Pre-registration by Oct. 14 is essential.**

INSTRUCTOR: Julie Klatt

COMPUTERS FOR KIDS — INTRODUCTION 7-9 YR. OLDS

DAY

DATES: Thurs., & Sat., Oct. 6 & 8 PLACE: College Centre
 TIME: Thurs. 2:00 - 4:00 p.m. FEE: \$15.00
 Sat., 10:00 a.m. - 12:00 noon SESSIONS: 2

COMPUTERS FOR KIDS — INTRODUCTION 10 - 12 YR. OLDS

DAY

DATES: Thurs. & Sat., Oct. 13 & 15 PLACE: College Centre
 TIME: Thurs., 2:00 - 4:00 p.m. FEE: \$15.00
 Sat. 10:00 - 12:00 noon SESSIONS: 2

This hands-on introduction to computers will teach the beginner the basics of computer operations. **Class limit 8. Pre-registration at least one week in advance of course is essential.**

INSTRUCTOR: TBA

COMPUTERS FOR KIDS — PROGRAMMING 7-9 YR. OLDS

DAY

DATES: Thurs., & Sat., Nov. 10 & 12 PLACE: College Centre
 TIME: Thurs., 2:00 - 4:00 p.m. FEE: \$15.00
 Sat., 10:00 a.m. - 12:00 noon SESSIONS: 2

COMPUTERS FOR KIDS — PROGRAMMING 10-12 YR. OLDS

DAY

DATES: Thurs., & Sat., Nov. 17 & 19 PLACE: College Centre
 TIME: Thurs., 2:00 - 4:00 p.m. FEE: \$15.00
 Sat. 10:00 - 12:00 noon SESSIONS: 2

This hands-on course will give students the opportunity to write their own programs using BASIC. **Class limit 8. Pre-registration at least one week in advance of course is essential.**

INSTRUCTOR: TBA

KIDS' KARPENTRY & KRAFTS

EVEN

DATES: Wed., Nov. 2 - Nov. 30
 TIME: 7:00 - 8:30 p.m. FEE: \$15.00 plus supplies
 PLACE: Houston Secondary School SESSIONS: 5

This course is open to young people aged 8 - 12. Using hand tools only, students will learn how to make several craft items suitable for Xmas gift giving. Miscellaneous sundry supplies will be donated by the 6th Street Crafts of Houston. Parent participation is appreciated. **Class limit 14. Pre-registration by Oct. 26 is essential.**

INSTRUCTOR: Norman Gautron

FUN & FITNESS

All fitness programs are done to music and are designed to improve your cardiovascular health, muscular endurance, strength and flexibility. Some fitness programs are now designed to incorporate fitness levels. In this way, we hopefully can provide a program that will suit the needs of most individuals. Choose wisely. Do not overestimate your abilities!

PLEASE NOTE: IT IS IMPORTANT TO WEAR GOOD RUNNERS. SHOES WORN OUTDOORS MUST NOT BE WORN IN THE GYMS. PLEASE BRING A CHANGE OF FOOTWEAR TO AVOID DAMAGE TO THE GYM FLOORS.

FITNESS LEVELS

MILD

For those participants who are beginning a regular fitness program or just starting back after an injury, illness, etc. Simple low-resistance exercises to music with a maximum of 15 minutes of intermittent cardiovascular work. Exercise variety will be maximized while repetitions are minimized.

MODERATE

For those who participate in regular fitness activities. The number of repetitions increases and the exercises become more complex. The cardiovascular section is increased to a maximum of 20 minutes of exercise varying in intensity.

INTENSE

A real workout . . . a routine with more repetitions increase and the exercises become more complex. The cardiovascular section is increased to a maximum of 20 minutes of exercise varying in intensity.

EVENING FITNESS

EVEN

DATES: Mon. & Wed., Sept. 12 - Dec. 7 FEE: \$45.00
 TIME: 7:00 - 8:00 p.m. SESSIONS: 25
 PLACE: Senior Citizens Activity Centre

NO BOUNCE, LOW INTENSITY. An easy-to moderate paced aerobic workout. Good supportive footwear, comfortable clothing and exercise mat a must. **Class limit 25. Pre-registration by Sept. 6 is essential.**

INSTRUCTOR: Susan Montpetit,

Nationally & BCRA Certified

EVENING FITNESS — CO-ED

EVEN

DATES: Mon., Wed. & Thurs., Sept. 12 - Dec. 8 FEE: \$60.00
 TIME: 6:00 - 7:00 p.m. SESSIONS: 38
 PLACE: Twain Sullivan Gym

THE CONDITIONING WORKOUT — Sweat and shake your blues away with a combination of warmups and aerobics plus toning. A perfect way to work out the tensions. Good supportive footwear, comfortable clothing and exercise mat a must. **Class limit 40. Pre-registration by Sept. 6 is essential.**

INSTRUCTOR: Diane Ophus,

BCRPA Certified

STRETCH, SLIM & TONE

DATES: Mon. & Thurs., Sept. 19 - Dec. 8 **FEE:** \$45.00
TIME: 10:00 - 11:00 a.m. **SESSIONS:** 25
PLACE: Seniors Citizens Activity Centre
 Easy progressive pace class with no-bounce aerobics and great music. Excellent instruction for posture, upper body and strength and tone. We will flatten the abdomen and shape the thighs and buttocks. This class will suit all ages and experience of participants as it will be taught with your utmost safety and care in mind. If you have back problems we suggest you do attend this class. Students must provide exercise mat, two 2 lb. dumbbells or wrist and ankle weights. **Class limit 25. Pre-registration by Sept. 12 is essential.**
INSTRUCTOR: Debbie Sacco,
 BCR & IFA Certified

MORNING FITNESS

DATES: Mon., Wed. & Fri., Sept. 12 - Dec. 9 **FEE:** \$60.00
TIME: 9:00 - 10:00 a.m. **SESSIONS:** 39
PLACE: Royal Canadian Legion
START YOUR DAY THE FIT WAY!! An easy-to-moderate-paced aerobic workout. This will be a class with the beginner in mind. Good supportive footwear, comfortable clothing and exercise mat a must. **Class limit 35. Pre-registration by Sept. 6 is essential.**
INSTRUCTOR: Susan Montpetit,
 Nationally & BCRA Certified

General Interest

BOY SCOUTS OF CANADA

Group Committee Chairman: MaryAnn Isidoro, 845-7088, Box 888. Meetings: Group Committee -irregular - members homes.

BEAVERS

DATE: Wednesday
TIME: 6:00 - 7:00 p.m.
PLACE: Silverthorne Elementary School
CONTACT: Faye Muir 845-7802
OPEN TO BOYS 5-7 YEARS

CUBS

DATE: Tuesday
TIME: 5:30 - 7:00 p.m.
PLACE: Twain Sullivan Elementary School

CONTACT: Doug Watt 845-7916
OPEN TO BOYS 8-11 YEARS

SCOUTS

DATE: Monday
TIME: 7:00 - 8:30 p.m.
PLACE: Silverthorne Elementary School
CONTACT: Rick Alexander 845-3236
OPEN TO BOYS 11-14 YEARS

BUCK CREEK SPINNERS AND WEAVERS

MEETINGS: 3rd Monday of the month
TIME: 7:30 p.m.
PLACE: Goold 'Pioneer' Memorial Library
ADDRESS: Box 1301
CONTACT: Deb Jenks 845-7709

BULD RADIO CONTROLLERS

MEETINGS: Last Sunday of the month
TIME: 1:00 p.m.
PLACE: Houston Airport
ADDRESS: Box 1342
CONTACT: Don Snider 845-7881
 Anybody interested in radio controlled cars, planes, boats, etc.

GIRL GUIDES OF CANADA

District Commissioner: Sharon Smith, Box 10, Site 8, SS1, 845-7372

BROWNIES

MEETINGS: Wednesdays
TIME: 3:30 - 5:00 or 6:00 - 7:30 p.m.
PLACE: St. Anthony's Catholic Church

GUIDES

MEETINGS: Thursdays
TIME: 6:45 - 8:45 p.m.
PLACE: St. Anthony's Catholic Church

PATHFINDERS

MEETINGS: Thursdays
TIME: 7:00 - 9:00 p.m.
PLACE: Elks Hall

RANGERS

MEETINGS: Irregular Schedule

HOUSTON ARTS COUNCIL

MEETINGS: Irregular schedule
PLACE: Irregular schedule
ADDRESS: Box 308
CONTACT: Bonnie Hawley 845-2570

HOUSTON FLYING CLUB

MEETINGS: First Sunday of the month
TIME: 7:30 p.m.
PLACE: Houston Airport
ADDRESS: Box 306
CONTACT: Jack Racz 845-2564
 Open to anyone interested.

HOUSTON LITTLE THEATRE

MEETINGS: Inactive
CONTACT: Pat McKenzie 845-2508
ADDRESS: Box 1153

HOUSTON PLAYGROUPE

MEETINGS: Thursday
TIME: 9:00 a.m. - 11:00 a.m.
PLACE: Legion Hall
ADDRESS: Box 8, Site 4, SS 2
CONTACT: Dawn Drescher 845-7387
 Moms & Tots (0 - 5 years)

RECREATIONAL/GENERAL INTEREST

LADIES BRIDGE CLUB

MEETINGS: Wednesday
 TIME: 1:00 p.m.
 PLACE: Cottonwood Manor, Comp 4,
 Site 4, SS 1
 CONTACT: Audrey Elliot 845-7234

LAKES DISTRICT KENNEL CLUB

MEETINGS: 2nd Sat. of the month
 except July or Aug.
 PLACE: Alternate Houston & Burns Lake
 TIME: Houston: NWCC 7:30 p.m.
 Burns Lake: CNC 7:30 p.m.
 ADDRESS: Box 1595, Houston
 CONTACT: Carmen Blake 845-7988
 or 845-7495

SENIOR CITIZEN'S ASSOCIATION BRANCH 97

MEETINGS: 1st & 3rd Thursday of the month
 TIME: 1st 2:00 p.m. Social
 3rd 2:00 p.m. Business
 PLACE: Seniors Activity Centre
 CONTACT: John Brien Sr. 845-2375
 Nancy Goold 845-2354
 ADDRESS: Box 70, Houston
 Social activities for senior citizens.

STEELHEAD SOCIETY - HOUSTON CHAPTER

MEETINGS: Various
 TIME: 4 general meetings/year
 ADDRESS: Box 593
 CONTACT: Richard Darling 845-7369

TAE KWON DO

MEETINGS: Tues. & Thurs.
 TIME: 6:00 - 8:30 p.m.
 PLACE: Silverthorne Elementary
 School Gym
 ADDRESS: Box 1235, Houston
 CONTACT: Debbie Janning 845-7817
 or 845-7712
 Martial Arts.

TEEN TOWN

MEETINGS: Inactive
 CONTACT: Sandy Blair 845-2342

4-H CLUB (HOUSTON FANTOM FARMERS)

MEETINGS: 1st Sunday of the month
 TIME: 2:00 p.m.
 PLACE: Members' homes
 CONTACT: Bev O'Brien 845-7268
 ADDRESS: Box 1162

TOASTMASTERS

MEETINGS: Wednesday
 TIME &: 2nd & 4th 6:45 a.m. Pleasant
 PLACE: Valley Restaurant/1st & 3rd
 7:30 p.m. Forest Service Boardroom
 ADDRESS: Box 672
 CONTACT: Shirley Hamblin, Pres.
 845-7049 or 845-7712
 Bob Shiack 845-7395 or
 845-2322

RECREATIONAL/GENERAL INTEREST

Sports

BADMINTON

MEETINGS: Tuesday
 TIME: 8:15 - 10:15 p.m.
 PLACE: Houston Secondary
 School Gym
 CONTACT: Ted Kenny 845-2266
 ADDRESS: Box 31, Site 7, SS 1

BASKETBALL - LADIES

MEETINGS: Inactive
 CONTACT: Kate Knappet 845-3104
 or 845-7217 (work)
 ADDRESS: Box 4, Site 5, SS 1

BASKETBALL - MEN

MEETINGS: Inactive
 CONTACT: Rod Kluss 845-7362
 or 845-7121

BITS AND SPURS SADDLE CLUB

MEETINGS: General Meeting 2nd Sunday
 TIME: 7:30 p.m.
 PLACE: Legion - upstairs
 CONTACT: Shorty Krake 845-2545
 ADDRESS: Box 1265, Houston
 Playdays, riding activities for children and adults.

BOWLING

MEETINGS: Various times and dates
 PLACE: Recreation Centre
 2350 Butler Ave.
 CONTACT: Roy Sutherland 845-2887
 or 845-2673 (home)
 ADDRESS: Box 1574

BUCK FLATS TRAIL RIDERS

MEETINGS: Irregular
 PLACE: Kneeland Residence
 Buck Flats Road
 CONTACT: Gloria Kneeland 845-2505
 ADDRESS: Box 471
 Saddle club, trail riding, playdays

COMMERCIAL HOCKEY

MEETINGS: Irregular during hockey season
 PLACE: Members' homes
 CONTACT: Abe Wiens 845-7151
 ADDRESS: Box 760

CURLING CLUB (HOUSTON AND DISTRICT)

LOCATION: 2175 Poulton Ave.
 Curling Club, Box 601
 845-7334
 CONTACT: Arnold Amonson
 845-2132 (home) or 845-7712 (work)
 Kathy Anderson 845-7689
 Marge Messer 845-2931
 LEAGUES: Men's, Ladies' Evening,
 Ladies' Morning, Mixed,
 Family, Junior

FIELD HOCKEY - LADIES

CONTACT: Kate Knappet
 845-3109 (home) or 845-7217 (work)
 ADDRESS: Box 4, Site 5, SS 1

FIGURE SKATING

MEETINGS: General - Sept. and April
 Executive 2nd Monday of the month
 PLACE: Members' homes
 CONTACT: Kelly McCartney 845-2504
 Jocelyn Bell 845-2830
 Elaine Nustad 845-2643
 ADDRESS: Box 895
 Open to children 4 years and up.

FITNESS - SENIORS

MEETINGS: Wednesday
 TIME: 9:45 a.m.
 PLACE: Senior's Activity Centre
 Box 70, Houston
 ADDRESS: Reta Veenstra 845-2277
 CONTACT: Nancy Goold 845-2354

HOUSTON BOY'S BASEBALL

CONTACT: Betty Imrie
 845-7208 or 845-7343
 ADDRESS: Box 362
 Springtime baseball

RECREATIONAL/GENERAL INTEREST

HOUSTON GOLF AND COUNTRY CLUB

CONTACT: Clarence or Alfreda
Chaisson 845-2913

LOCATION: Yellowhead Highway 16 east
ADDRESS: Box 1207
Thursday Ladies' Night, Tuesday Men's Night

HOUSTON MARKSMEN CLUB

MEETINGS: Irregular
PLACE: Frank's Gun Shop
CONTACT: Colin Clarke 845-2950
ADDRESS: Box 487

HOUSTON MINOR HOCKEY

CONTACT: David Willan 845-2275

Eva Keel 845-2525

ADDRESS: Box 53

Open to 5 - 17 year olds.

HOUSTON MINOR SOFTBALL

CONTACT: Leona Wood 845-7514

ADDRESS: Box 1155

Open to boys and girls 5 years and up.

HOUSTON MOTO-CROSS CLUB

MEETINGS: Irregular

ADDRESS: Box 433

CONTACT: Doreen Gerow 845-2287

Don Epps 845-7515

HOUSTON ROPERS ASSOCIATION

CONTACT: Hugh or Jocelyn
Bell 845-2830

Harry Bell 845-2636

ADDRESS: Box 931

HOUSTON SADDLE CLUB

MEETINGS: 3rd Wednesday

TIME: 7:00 p.m.

PLACE: Silverthorne Elementary School

ADDRESS: Box 965

CONTACT: Susan Stringfellow 845-2694

Pleasure and performance riding of horses,
English and Western saddle; continuing education
of equestrian.

HOUSTON SLOWPITCH - MEN'S

MEETINGS: Irregular

CONTACT: Clarence Meints 845-7605

ADDRESS: Box 716

HOUSTON SLOWPITCH - MIXED

MEETINGS: Irregular

CONTACT: Mike Brown 845-7494

ADDRESS: Box 8, Site 2, SS 2

HOUSTON SOCCER CLUB

MEETINGS: Irregular

CONTACT: Glen Farrell -

Manager 845-7541

Paul Doyle -

Coach 845-7135

ADDRESS: Box 1432

INTERIOR PONY RACING

ASSOCIATION

MEETINGS: 2 General Meetings a
year in Prince George

CONTACT: Alec Moore -

Director 845-7805

Cliff Muir 845-7802

ADDRESS: Box 11, Houston

Chariots, chuckwagons, sulky racing for children
and adults.

JACK RABBIT SKI

MEETINGS: Thursday, 2:30 p.m.

PLACE: Twain Sullivan

Elementary School

ADDRESS: Box 610

CONTACT: Carlie Kearns 845-7859

Sheryl Smith 845-7793

Open to children 7 - 14 years old.

MORICE MTN. NORDIC

SKI CLUB

MEETINGS: Irregular in members' homes

CONTACT: Rick Delau 845-7756

or 845-7477 (work)

Sam Wright 845-2664

ADDRESS: Box 1573

RECREATIONAL/GENERAL INTEREST

OLDTIMER'S HOCKEY

MEETINGS: 3 meetings/year

Sept., Jan., April irregular

ADDRESS: Box 904

CONTACT: Rob Payne 845-7646

For men 35 and over.

PLEASANT VALLEY RODEO ASSOCIATION

MEETINGS: Irregular

ADDRESS: Box 931

CONTACT: Rhonda Anderson 845-7599

Jocelyn Bell 845-2830

Organization or a Sanctioned Rodeo.

RINGETTE - HOUSTON RINGETTE

ASSOCIATION

MEETINGS: Once a month at

members' homes 7:30 p.m.

GAMES: Throughout the week

CONTACT: Mike Breisch 845-2553

ADDRESS: Box 1452

Children 5 - 18.

RINGETTE - HOUSTON HOTSHOTS

TIMES: Wednesday 12:00 - 1:00

Shinney Hockey

CONTACT: Jan Tackem 845-7918

Glenda Ferris 845-3177

ADDRESS: Box 975

SNOWMOBILE CLUB

MEETINGS: Yearly meetings in Spring

CONTACT: Melvin Haftner 845-7213

ADDRESS: Box 367

VOLLEYBALL - ADULT

TIMES: Wednesday 8:00 p.m.

High School except Summer

ADDRESS: Box 8

CONTACT: Keith Bruce 845-2368

Mike Toakley 845-2762

Service Clubs

BETA SIGMA PHI

GAMMA BETA

MEETINGS: 2nd & 4th Thursday

8:00 p.m. in members' homes

ADDRESS: Box 1555

CONTACT: Toni Spokes 845-3158

XI DELTA LAMDA:

MEETINGS: 1st & 3rd Thursday

8:00 p.m. in members' homes

ADDRESS: Box 1555

CONTACT: Audrey Elliot 845-7234

BOOSTERS

MEETINGS: First Thursday of the month

TIME: 8:00 p.m.

ADDRESS: Box 798

CONTACT: Shirley Kempf 845-2224

or 845-2214 (home)

Jean Nordvie 845-2341

ELKS CLUB

MEETINGS: 1st & 3rd Wednesday

of the month 8:00 p.m.

LOCATION: Elks Hall 2025 Kanata

CONTACT: Exalted Ruler - Ed Luker

845-7937

ADDRESS: Box 842, Houston

Must be sponsored by a member.

HOUSTON AND DISTRICT CHAMBER OF COMMERCE

MEETINGS: General Dinner meeting

4th Thurs. of the month

CONTACT: President - Lancy Hamblin

845-7740

Secretary - Brenda Anderson

845-2602

Manager - Barb Lyotier

845-7640

ADDRESS: Box 396

RECREATIONAL/GENERAL INTEREST

ROYAL CANADIAN LEGION - LADIES AUXILIARY

MEETINGS: 3rd Monday of the month
PLACE: Legion Hall, 3480 11th Street
TIME: 7:30 p.m.
CONTACT: President - Patti Le Francois
845-2862
Past President - Elnora Smith
845-2466
ADDRESS: Box 719

Must be a Legion member.

ROYAL CANADIAN ARMY CADETS - CORPS #3020

MEETINGS: Thursdays
TIME: 6:30 p.m.
PLACE: Legion (upstairs)
CONTACT: C.O. Lt. Tom McCaw
845-3458
ADDRESS: Box 771

ROYAL CANADIAN LEGION BRANCH 249

MEETINGS: 4th Monday of the month
TIME: 7:30 p.m.
PLACE: Legion Hall
3480 11th Street
CONTACT: President - Jack Fuljames
845-7789
ADDRESS: Box 719

Must be a member or an associate member or fraternal member.

WOMEN'S INSTITUTE

MEETINGS: 2nd Tuesday of the month
TIME: 10:30 a.m.
PLACE: Members' homes
CONTACT: Pres. Trudy Amonson
845-2132
V.P. Georgia Johnson 845-2771
Sec. Elnora Smith 845-2466
ADDRESS: Box 801

Infant car seat rental

HOUSTON LIONS CLUB

MEETINGS: 2nd & 4th Wednesday
of the month
PLACE & TIME: Idylwild 7:00 p.m.
CONTACT: President - Walter Gotzy
845-2828 (home) 845-7217 (work)
Bob Hyde 845-7024 (home)
845-7712 (work)
ADDRESS: Box 812

Must be sponsored by a member.

HOUSTON LIONESSE CLUB

MEETINGS: 2nd & 4th Wednesday
of the month
PLACE: Members' homes
TIME: 7:00 p.m.
ADDRESS: Box 972
CONTACT: Lorna Barton 845-7174
Must be sponsored by a Lions/Lioness member.

MISS HOUSTON SHAMROCK PAGEANT

MEETINGS: 1st & 3rd Monday
TIME: 7:30 p.m.
CONTACT: Chairman - Ann Thiessen
845-2850
Tina Tosfrud 845-2297
ADDRESS: Box 370

Anyone interested in working on the pageant.