

Northwest Passages

NORTHWEST COMMUNITY COLLEGE



VOLUME 8, No. 7

MARCH 1995

CHANGE OF GROUP INSURERS



Extended Health Benefits

Effective March 1st Extended Health benefits have been transferred to Medical Services Association (M.S.A.). New wallet certificates will follow shortly which will reflect the new policy number.

Claim Submissions:

Expenses incurred up to and including February 28th. Submit as soon as possible to CU&C Health Services for processing.

Expenses incurred on March 1st or later must be submitted to M.S.A. for reimbursement.

If you require a CU&C Health Services claim form for remitting any outstanding claims, please call Linda McMurray at 5450 to get this taken care of ASAP.

1995 Deductible:

In the event you have already satisfied your deductible under CU&C Health Services plan, please attach the relevant statement to your first M.S.A. claim showing that your deductible was paid. Any deductible you have satisfied for 1995 will NOT be deducted a second time by M.S.A.

Still confused? Best to call Linda ASAP!



**Voting for Faculty and Support Staff positions
for the**

COLLEGE BOARD AND EDUCATION COUNCIL

Wednesday & Thursday March 15 & 16th

**Check BCGEU and CUPE Bulletin Boards for
polling station locations and times.**

Campus Doors Officially Open

On Saturday, March 11th the new NWCC building in Houston officially opens its doors. Located at 3221 - 14th Street this 7300 square foot (680 sq. metres) building began construction in the Spring of 1994 and has been occupied since January 1995.

Students, staff, College Board members and dignitaries were on hand at 11:00 am when the Chair of the Board of Governors, Dr. Alan Campbell, Mayor of Houston, Mr. Tom Euverman and the Assistant Director of the Houston Campus, Brenda Andersson, performed a ribbon-cutting ceremony. A tour of the facility commenced after the ceremony, followed by a luncheon hosted by the staff of the Houston Centre.

This new building is also slated to house the "Community Skills Centre" announced last Fall by Dan Miller, Minister of Skills, Training and Labour.



Graduation '95! Saturday, May 13, 1995 - REM Lee Theatre, Terrace.

Central Region

Terrace...

Dr. John Krisinger teaches first and second year biology and organic chemistry at the Terrace Campus.

Look for the following papers that Dr. Krisinger has recently had accepted for publication.

Fan, N.C., Peng, C., KRISINGER, J., Leung, P.C.K. The human Gonadotropin - releasing hormone receptor gene: Complete structure including multiple promoters, transcription initiation sites, and polyadenylation signals. *Molecular & Cellular Endocrinology* 107 (R1-R8), Jan. 1995.

KRISINGER, J., Jeung, E.B., Simmen, R.C.M., Leung, P.C.K. Porcine Calbindin - D9K gene. Expression in endometrium, myometrium and placenta in the absence of a functional estrogen response element in Intron A. *Biology of Reproduction* 52 (1): 115-123, Jan. 1995..

Fan, N.C., Jeung, E.B., Peng, C., Olofsson, J.I., KRISINGER, J. Leung, P.C.K. The human gonadotropin-releasing hormone (GNRH) receptor gene - cloning, genomic organizational and chromosomal assignment. *Molecular & Cellular Endocrinology* 103(1-2): R1 - R6, July, 1994.

KRISINGER, J., Setoyama, T., Leung, P.C.K. Expression of Calbindin D-9K in the early pregnant rat uterus. - effects of RU 486 and correlation to estrogen receptor mRNA. *Molecular & Cellular Endocrinology* 102(1-2) : 15-22., Jun., 1994.

Li, W., Olofsson, J.I., Jeung, E.B., KRISINGER, J., Yuen, B.H., Leung, P.C.K. Gonadotropin - releasing hormone (GNRH) and cyclic amp positively regulate inhibin subunit messenger RNA levels in human placental cells. *Life Sciences* 55(22): 1717-1724, 1994.

Jeung, E.B., Leung, P.C., KRISINGER, J. The human calbindin - D9K gene. Complete structure and implications on steroid hormone regulation. Source: *Journal of Molecular Biology*. 235(4):1231-8, Jan., 1994.

Access Services welcomes *Chris Frederick* who will be replacing *Ian Hamilton* as the Educational Advisor. Chris will be with us until May 26th. You can reach her between 8:30 am - 4:30 pm Monday to Thursday, Tuesdays 7pm - 9 pm and Fridays 8:30 am - 1:30 pm.

Cindy & Rudy Motschilnig would like to thank all staff for their support and gifts upon the arrival of their precious little girl, Tess.

Ouch!



Brian Quinn

Coffee break in the Maintenance department February 21st will be one break Brian Quinn may wish to forget. On that day Tom Yeager gave Brian a **DOUBLE SKUNK** at **CRIBBAGE**.



Graduation '95! Saturday, May 13, 1995 - REM Lee Theatre, Terrace.

A Week to Remember

Jo Patterson, English/French instructor in Terrace has been fortunate to attend the "Oregon Shakespeare Festival" for the past several years. Jo wanted to share her experiences about this festival, as well as her week at Ashland, Oregon with College staff and the community.

Nine plays in a week (Jo and her husband attend during the summer) at the Oregon Shakespeare Festival (OSF) at Ashland - craziness or heaven? Je ne sais pas. This is Jo's description of this marathon of plays and why they keep returning to this little town - fifth visit in six years.

Since becoming members of OSF they buy their tickets in November for the season but Jo indicated that she misses the Ashland ritual of roaming around outside the ticket office, seeking tickets from those holding discreet signs offering tickets for sale or wanting tickets, never scalping. Although tickets are almost always available for performances in the 1200 seat Allen Pavilion (Shakespearean plays) and the 600 seat Angus Bowmer Theatre, the only sure way to get tickets for the 140 seat Black Swan is to become a member. There is not a bad seat in any of the three theatres, all within a few steps of each other in an idyllic setting near beautiful Lithia Park.

It's not just the main theatres and wonderful plays, acting and technical excellence, that attract Jo and her husband to Ashland but also the free Green Show that begins nightly at 7 p.m. This show features Elizabethan music and dance arranged to complement each Shakespeare play of the season. Backstage tours, free with membership, would fascinate TLT types, providing opportunities to meet resident actors. In addition, there is a lecture series, a member's lounge, and many other plays around town. The surrounding area is beautiful, especially the Rogue River, made famous in the recent Meryl Streep film River Wild and summertime in Ashland is most often hot and dry.

Accommodation is no problem. There are over seventy bed and breakfasts and fine dining, but, Jo prefers small cafes or picnics in the park, and the friendly, centrally-located European-style Columbia Hotel. Nice to stroll home in 5 minutes after a play ends near midnight.

The '95 season (Feb. - Oct.), the 60th season for OSF, includes 11 plays:

*Twelfth Night
The Skin of Our Teeth
Pravda
This Day and Age
Blood Wedding
The Cure at Troy*

*Macbeth
Richard II
The Merry Wives of Windsor
Emma's Child
From the Mississippi Delta*

Ticket prices are very reasonable, ranging from \$14.75 - \$28.50 U.S.

Jo would like to know if anyone in the community would be interested in attending this festival, as part of a group, if sponsorship could be arranged through Terrace Little Theatre and the College?

For more information give Jo a call, 635-6511, Ext. 5249.



SUBMISSION DEADLINE
1st Friday in the month

*Help us keep
you informed!
Deliver contributions by
hand, mail or
FAX: 635-3511 to:*

CAROL REYNOLDS,
College Services, Terrace

Eastern Region

Open House Planned

The College in Hazelton will be hosting a "Community Open House" at the Gitanmaax Hall on March 30th from 10:00 am - 4:00 pm. There will be door prizes and everyone is welcome to attend. The theme is "*Education*" and has a full agenda of presentations as well as booths full of information on community organizations. If your campus wishes to set up a display table of programs of what your centre has to offer contact Hazelton at (604) 842-5291 to reserve a spot.

Potluck Lunches a Big Hit on Campus

Career Development students hosted a potluck lunch for friends and Centre staff on February 27th. A wonderful selection of food was provided and enjoyed by all.

Centre staff also had a potluck lunch on March 1st. The theme was "Salads". There is talk of doing this on a monthly basis so if you are in the neighbourhood... please drop in.

Jean Rysstad's fictional works will appear in the Spring '95 issues of Grain, (Saskatchewan) and Windsor Review, published in Ontario. The University of Windsor Alumni Magazine will also publish a feature about her work in its May/June issue. Congratulations, Jean.

Approximately 40 people attended a community meeting, March 2nd, regarding a *Natural Resource Program*. With a turnout like this it appears this type of program would be a welcome addition to NWCC offerings.

Welcome to *Corinee Desgagne* the new cashier/receptionist and *Mary McMillan*, instructor in ECE.

Western Region

Potential NWCC Student

Emilia and Kevin McConville are proud parents of a baby boy, 7 lbs. 2 ozs., born February 22nd and has a very Irish name - Seamus Patrick.

Congratulations.



Graduation '95! Saturday, May 13, 1995 - REM Lee Theatre, Terrace.

Giving the gift of life

KAREN REID gave her husband no less than the gift of life last year.

Al's kidneys had failed from diabetic complications, he was on dialysis and his health was deteriorating.

He had backspasms, frequent vomiting and had no strength to work or walk any distance.

The wait list for a kidney transplant was more than two years long and uncertainties were beginning to build.

So Karen gave him one of hers.

"It seemed to be the right thing to do all the way down the line," she says. "We'd lived together for 18 years. We shared everything else. Why not that?"

Al first told her that she could be tested as a possible match last spring.

"I knew then and there, that this would be my opportunity to help," Karen says. "I just knew it was going to work. We didn't even know if we were the same blood type then."

They went through batteries of tests. Karen underwent psychological tests to ensure her decision wasn't made under duress.

There were dangers to both of them, but they both felt upbeat and confident the transplant would work.

"We had great optimism and faith that we would ride through this," she says. "We looked at all of the what ifs but the possibility of good outshines the probability of bad."

Al and Karen went into surgery on Sept. 26 and the couple sailed through in flying colours.

Almost immediately, Al gained strength and weight. He was soon walking for blocks in Vancouver without getting tired.

"I feel like a new person," he says now.

He got his dialysis tube taken out two weeks ago.

"It's the first time since last April that I haven't had a



KAREN AND AL REID share their life, their love and their kidneys. And now they're asking you to help others with what they've gone through.

bandage on me or a tube in me," he says.

Since then he's been going back periodically for testing to ensure there are no signs of rejection.

The monitoring will continue, as there can be a rejection anytime in the first year after a transplant.

There have been no adverse effects for Karen of going down to just one kidney. It's as if she never needed the second one.

Other patients waiting for kidneys face increasingly long waits.

When Al was in hospital there were 280 other patients

on the waiting list and the average wait for a kidney was 26 months.

That's a long time if you're on dialysis.

Karen says the donor situation is actually getting worse for patients like Al.

Safer cars with features like air bags mean there are fewer head injury deaths, and fewer organs available for transplant.

That makes live donations increasingly important.

The live donation rate for kidney transplants in the U.S. is 50 per cent, she notes. In Canada it's less than five per cent.

A number of other local

people have had kidney transplants, including Terrace Community Band leader Jim Ryan.

And more people will need them in the future.

That's why Karen has undertaken the first-ever Kidney Foundation of Canada fundraising drive here in Terrace in the month of March.

She has 38 volunteers so far and canvassing should begin within a week. They'll also be distributing organ donor stickers to anyone who wants one.

Anyone who wants to help out can call Karen Reid at 638-1018.

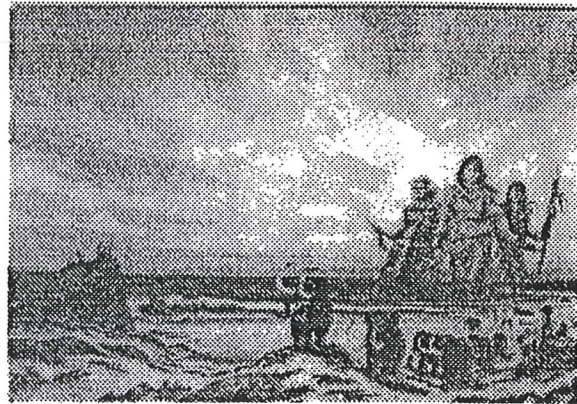
- Courtesy of Terrace Standard, March 1/95

Al Reid is with the College Maintenance Department and is on leave due to his illness.

If you want more information on how to help/donate to this fundraising event give them a call at the phone number listed above.

WOMEN IN TRADES

Women Access is a partnership project between Northwest Community College, the Terrace Women's Centre and the Province of British Columbia's Skills Now initiative. In recognizing some of the barriers faced by women with a trades, technical or non-traditional field as their career choice the Terrace Women's Centre and N.W.C.C. is offering a 16 month training program to assist them.



Braving New Worlds

STEERING COMMITTEE

To assist in the smooth operation of the Women in Trades program, a steering committee has been struck to monitor the program and offer guidance to the staff as well as participants. The committee meets bi-monthly and consists of Jim Bathgate of the Trades Department, Carol Sabo of the Women's Centre, Debbie Taylor and Leslie McCauley, project staff as well as two participants enrolled in the program. The two, Patricia Connaughton and Diane Parnell Jones acting as representatives, bring the voice of the students to the table. As well, they have the added responsibility of assisting in public relations for the project. Their first job - the content for this page. Thanks Patricia and Diane.

Registered apprentices in the Terrace office of Ministry of Skills, Training and Labour in 1994

40	Automotive Mechanic
95	Carpentry
8	Commercial Transport Mechanic
23	Heavy Duty Mechanical Repair
<u>28</u>	Millwright
194	

Number of women included in those numbers - 2!

WITT PARTICIPANTS

Patricia-Ann Connaughton

- ⊙ Avid writer
- ⊙ Photographer
- ⊙ Youth Minister
- ⊙ Scrollsaw woodworker
- ⊙ Advisory member Northwest Alcohol and Drug Services

Diane Parnell Jones

- ⊙ Mother of four
- ⊙ Former Hairdresser
- ⊙ Tree Spacer
- ⊙ Commercial Fisher
- ⊙ Body Builder
- ⊙ Hiker and Camper

WHAT ARE WE DOING ?

March 1st was the first day on the campus. Participants have been attending classes at the Women's Centre and have been certified in First Aid - Level 1 and WHMIS - Workplace Hazardous Materials Information System. Ongoing courses include Life Skills Workshops, Applied Trades Math and Communication Skills. Life Skills have covered topics such as Time Management, Stress Management and Assertiveness Training. Communications classes have covered study skills, research methods and listening skills. Applied Trade Math covers specific areas of Math used in the shops and the trades fields. One interesting fact learned ... *Did you know that by dropping Math, you close the door to 80% of the job market?!*

- 58% of workers entering the work force are women
- 3 out of 4 women graduating from high school today can expect to work an average of 30 years in the paid work force
- there are 1 and a half million mother-led families (with children under 6) in Canada
- 42% of Canadian couples are in relationships in which both partners work for pay

Questions? Information?
Debbie Taylor, local 5296
Leslie McCauley 638-0228

BITS & BYTES



Questions & Answers

Here are some questions that have popped up in the last little while...

Q. I have a number of files in my directory that I can not delete. They look like MAIL\$1234...MAI. How can I get rid of these files?

A. These are files that are associated with a mail message that you received that was quiet large. The default protection that is set on these files is set so you can not delete them. We are trying to change this default but have not been successful as of yet. In the mean time if you want to get rid of these files here are some steps to use as a work around.

1. At your user prompt type the command
SET FILE/PROT=(O:D)MAIL\$*.*
and press return. This will set the protection on your files to allow you the owner of the files, the ability to delete them.

2. To delete the files you should only do so by deleting the mail message from within MAIL itself. If you delete the message from your directory you will probably see an error message in MAIL when you try to read the message that was associated with the MAIL\$1234...MAI file. If you need further help contact us in Computer Services.

Q. I am trying to open or edit a document in Word for Windows and I keep getting a error message indicating that I do not have enough memory. Why?

A. Two things to try are; make sure your hard drive is not full, and if you are editing a file when this happens open an entirely new file and try it. If your hard drive is full delete unnecessary files. If the new file works then the old one was probably corrupt.

USER'S CIRCLE CORRECTION

In the last issue of BITS & BYTES, I indicated that the full screen editor was not available in MAIL. This is not true. In fact it is available by issuing the command SEND/EDIT, or REPLY/EDIT.

Check the online help for more details.

See even the computer guys don't know everything!

DOCUMENTATION AVAILABLE

Documentation sets for Word for Windows v6.0, Word for Windows v2.0 and Excel for Windows v4.0 are available from Computer Services. Price of Word documentation is \$74.85 and Excel documentation is \$73.83. Please forward your requisitions to Todd.

COMPUTER SERVICES

WE CAN BE REACHED AT ...

PAUL - LOCAL 5215 or Email...
PAUL@NORADM.NWCC.BC.CA

TODD - LOCAL 5353 or Email...
TODD@NORADM.NWCC.BC.CA

COLLEAGUE SOFTWARE PROJECT

Since 1993 CASD (Consortium for Administration System Development) and twelve of the Post Secondary Education Institutions in the province, have been putting together a proposal for the purchase of an integrated software package to replace the current systems being used. This year the twelve institutions have purchased an integrated system called Colleague. This package consists of Finance, Human Resources/Payroll and Student Registration. As an integrated system all of these modules are tied together within the software thus requiring any information to be entered only once. Reporting and management of the colleges information system will become more efficient and streamlined. The college has formed and Implementation Team to under take the large scale project of bringing the software online and making the transition to the new system. Over the next two years this team will be involved in all aspects of implementing this software regarding data conversions, procedures, standards, testing and training of all users of the system. Any person that will be using the system will undergo training sessions at such time as needed. Training for members of the Implementation Team has already started. The Implementation Team consists of Patrick Rife - Project Leader, Todd Taylor - Project Manager/Systems Chair, Ron Hastings - Finance Chair, Bev Kealty - Student Chair, Virginia Cooper - Human Resources/Payroll Chair. Status of the project and it's progress will show up in future issues of Bits & Bytes.

**PAUL AND TODD'S
BINDER EMPORIUM IS BACK!
AND WE'VE GONE STARK, RAVING
MAD!**

**BINDERS, DUOTANGS, PAGE DIVIDERS,
5.25" DISK HOLDERS, FLOPPY DISKS
AND WE WANT IT ALL OUTTA HERE**

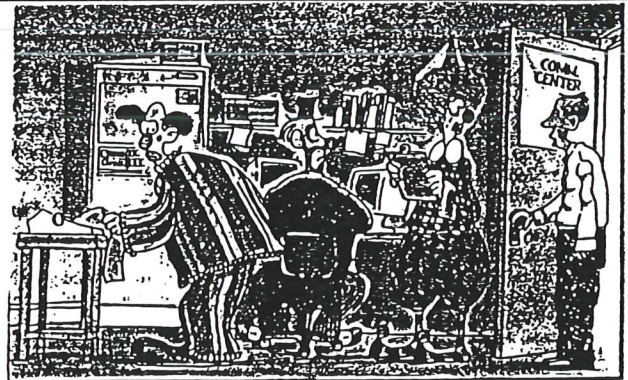
**IT'S INSANE WE KNOW BUT COME ON DOWN AND GET SOME
LOCATED IN COMPUTER SERVICES IN THE
ADMIN. BUILDING**

STAFF AND FACULTY ONLY PLEASE

PHONE TIPS WITH PAUL

In the last issues of Bits & Bytes we showed you how to create a distributions list in your voice mail. Well Paul your friendly neighbourhood phone guy has created some distribution lists that can be accessed by anyone. When sending a message select one of the following for a list number:

- 001 - COLLEGE WIDE
- 002 - TERRACE CAMPUS
- 003 - TERRACE CENTER
- 004 - COLLEGE SERVICES
- 005 - SMITHERS CAMPUS
- 006 - KITIMAT CAMPUS
- 007 - RUPERT CAMPUS
- 008 - HOUSTON CAMPUS
- 009 - UNBC STAFF



"ALRIGHT, WHICH ONE OF YOU CLOWNS IS RESPONSIBLE FOR TUESDAY'S DOWNTIME?"

**YES WE WILL BE SHUTTING THE SYSTEM
DOWN AGAIN. THE VAX WILL NOT BE
AVAILABLE AFTER 10:00 PM ON FRIDAY,
MARCH 17, 1996 THROUGH TILL SUNDAY,
MARCH 19, 1996. THE SYSTEM WILL BE
BACK ON MONDAY, MARCH 20, 1996.
THE SHUT DOWN IS REQUIRED FOR SYS-
TEM SOFTWARE UPGRADES AND IN-
STALLS. SORRY FOR ANY INCONVENIENCE**