



UPDATE

The mission of BCIT is to provide British Columbians with world-class, job-ready skills for career success.

VOLUME 2, ISSUE 15



APRIL 10, 1995

BCIT Events to Come

Wednesday, April 26

■ A Lunch and Learn session on holiday home swapping will take place in Town Square B from 1200 to 1300. See article in this Update for more information.

Saturday, April 29

■ The Nautical Institute will sponsor the Ferry Safety Conference, to be held from 1000 to 1600 at HMCS base Malahat on Huron Street in Victoria. Call Captain Jim Arnott at 985-0622 for more information.

Tuesday, May 2

■ The Advisory Committee Reception will take place in the SAC gymnasium from 1730 to 1930.

Saturday, May 6

■ Port Day and Pacific Marine Training Campus Open House will take place at the PMTC site. Watch for next edition of Update for further details.

Thursday, May 11

■ A farewell dinner for Michael Harrison will be held from 1700 to 2100 in the Rix Club. Tickets are \$20 for this buffet dinner with no-host bar. Contact Jennifer Dueck at 8595 for tickets.

Enviro tip

Use alternate cleaning products - baking soda, vinegar & borax— protect water resources! For more information on this week's environmental topic, call 8288 (option 2).



Chuckle

You know that technology has taken over your life when you rotate your screen savers more often than your car tires.

Green Team to take a hike

From April 18 to 28, members of the Green Team will be taking a walk around the Burnaby campus to share information on paper recycling and reuse.

"There are lots of departments where they're doing an exceptional job on recycling and reducing paper waste," explains Terry Milligan, director of Material Management. We'll be able to take their ideas and share them with other areas."

This sharing of practices and ideas is expected to help make people aware that there's something they can do to reduce the amount of paper being used on campus. "Last fiscal year, there was in excess of 32 million sheets of paper that went through our photocopiers. That's an eight percent increase over the previous year," says Milligan.

This translates to \$266,000 spent on paper, and with the 45 percent rise in paper costs, finding ways to reduce the amount of paper we use has never been more important.



The Green Team: Left to Right Johane Imoo, Terry Milligan, Anna-Lisa Jones, Phyllis Johnson, Ron Bushell
Bert Schendel photo

In addition to sharing information on paper recycling and reduction, the Green Team will be asking some basic questions as they do their walkabout. "We'll ask if people have heard about BCIT's Environmental Awareness

committee, and we'll see if they know that there's an environmental policy," says Milligan. "We'll also ask what they think is the best way to communicate to the community on environmental issues."

The Green Team will try to call ahead before they visit, so they don't come at an inappropriate time.

—from Ruth Raymond

My home for yours?

With vacation planning on the minds of many BCIT staff, the next Lunch and Learn session will put a different slant on vacationing. This is an opportunity to learn more about home swapping, an exciting and economical way to travel.

Imagine having access to thousands of homes in more than 50 countries, from Austria to Zimbabwe! And imagine having all the comforts and conveniences of a home away from home.

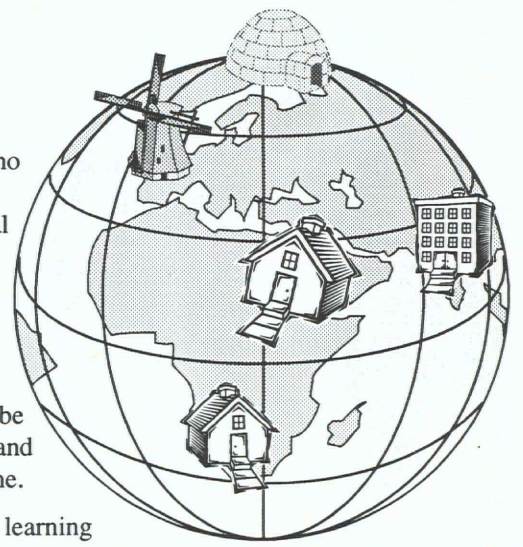
With a holiday house exchange, you can travel with peace of mind knowing your home is securely occupied by a

responsible, caring person. You can have a comfortable base from which you can explore exciting and exotic places. You can visit friends, relatives or grandchildren in another town without burdening them unduly. Perhaps you want to check out a retirement area before making any commitments, or maybe you really want to get off the beaten path. Whatever your passion in travel, there is likely someone interested in home swapping with you.

Each home exchange includes some form of spectacular savings for the families involved, such as no hotel bills or tips, no

caretaker expenses in your home or garden, no extra expenses for eating out, no car rental fees should you choose to exchange cars, and no boarding fees for pets. In short, the total cost of your vacation could simply be your transportation to and from your holiday home.

If you are interested in learning more about holiday house exchanges, come to an informative session Wednesday, April 26 in Town Square B from 1200 to 1300. During this session, Jack Graber of World



Homes Holichange will share his enthusiasm, knowledge, and experiences.

—from Sarah McKee-Wright, Human Resources

PORT DAY '95



FREE HARBOUR CRUISES EXHIBITS AND ENTERTAINMENT

CRUISESHIP TERMINAL CANADA PLACE
WATERFRONT PARK NORTH VANCOUVER
PACIFIC COAST TERMINALS PORT MOODY

It's Family Fun Day at the Port. And best of all, it's free!

Three locations to choose from: Cruise Ship Terminal, Waterfront Park and Pacific Coast Terminals. Free Harbour Cruises, Maritime Exhibits and Entertainment at all sites.

For more information, call the Port Day Information line at 666-7646

Roasted in the Desert

Farewell Gala Dinner for John Watson

Date: Wednesday, May 17

No-host Reception: 6:30 pm

Dinner: 7:30 pm

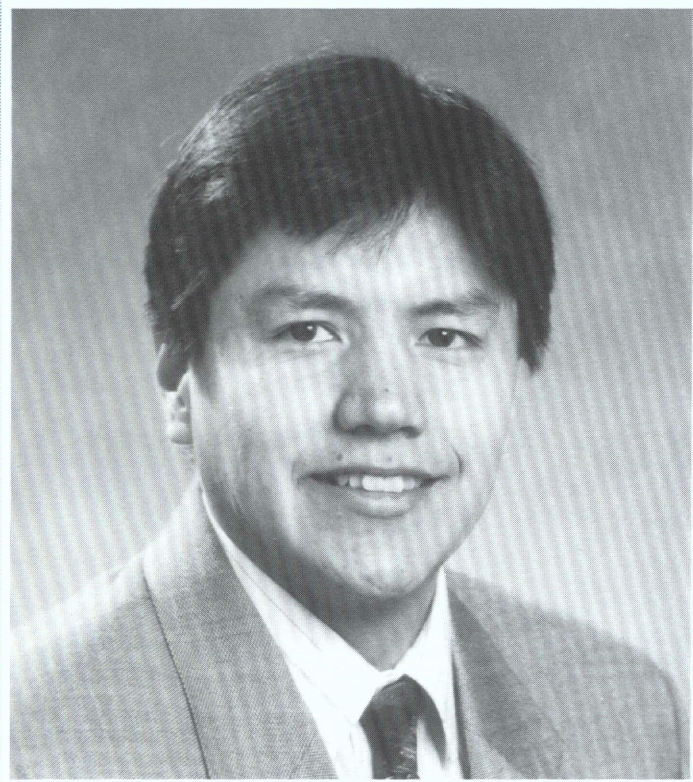
Place: Waterfront Ballroom Waterfront Centre Hotel 900 Canada Place, Vancouver

Tickets: \$100 each

Proceeds from this event will go toward the John Watson Student Leadership Fund in recognition of John's many years of support and service to post-secondary education in B.C.

The Fund will provide achievement awards recognizing academic excellence and community service to BCIT students.

Invitations are available from Carol Dion at local 8865.



First Nations advisor Greg George

Bert Schendel photo

STAFF PROFILE

First Nations advisor develops new perspective on services

First Nations advisor Greg George knows first-hand how helpful BCIT's services can be for students. George graduated from the Marketing Management Technology program in 1992 and credits the services with giving him a well rounded approach to learning.

"Now as an advisor I am developing a whole new perspective on the services we offer," he says. "My job is very rewarding and I can empathise with the students and the issues they are dealing with because I have been through it all myself."

Before returning to BCIT George worked in several contract positions in Marketing and the tourism sector. He began work in Kamloops as an extension of his Directed Studies project in 1992. George was part of the winning team in the tourism class for their segmentation study.

From Kamloops he moved to other contracts, eventually heading up to northern B.C. "I went there to find a job in

tourism, instead," says George, "I got into the fisheries. I became the liaison person for the Carrier Sekani Tribal Council, where I supervised a large group of trainees. I was able to use my organizational skills. Not only did this give me an opportunity to contribute something to the community, but it also gave me a great deal of insight on issues and opportunities for community/economic development."

George, a Wet'suwet'en, grew up in Bulkley Valley located between Burns Lake and Hazelton. He was familiar with northern B.C. and comments that he really enjoyed all of the outdoor activities. In particular George likes to go hiking, camping, boating, canoeing and running.

George describes his first three weeks at BCIT as extremely busy: "I have hardly had a minute to spare since I began, but I really enjoy the work that I am doing."

—from Sheila Rees

Recreation & Athletics

Quintathlon

Start training and get your team together for the Quintathlon on Wednesday, April 26, sponsored by the Chartered Accountants of British Columbia and BCIT Recreation & Athletic Services.

Seven-member, co-ed teams will participate as follows:

- 1 Team Captain (assists Marshalls)
- 2 Canoeists 3.0 km
- 1 Short runner 2.5 km
- 1 Swimmer 0.5 km
- 1 Long runner 4.5 km
- 1 Mountain biker 5.0 km



Blade Runner

Teams of three will consist of:
 Runner—two laps around circuit
 Rollerblade—15 laps around tennis courts
 Mountain bike—three laps around fitness trail

Team fee: \$24

Prizes: \$100 for first place; \$75 for second place; \$25 for third place.



(Personal and Workplace Wellness and Safety)

PAWWS

Guard against injury with the right shoe (and the left one, too!)

Footwear plays an important role in keeping an athlete injury-free. Shoes are designed to provide the following:

- ◆ Protection to the bottoms of the feet
- ◆ Stabilization
- ◆ Shock absorption
- ◆ Energy return.

To receive all these benefits, it's important to buy a shoe that is sport-specific. For example, a basketball shoe is designed with a flat heavy, polyurethane heel with good sole traction and a stiff high top upper. This shoe will provide you good foot and ankle stability, but it wouldn't be much fun to wear out jogging.

Running shoes have lightweight soles designed to provide the runner with good shock absorption and energy return.

Other factors to consider:

Length of shoe: A half inch of extra length is desired from the end of your longest toe.

Break of shoe: Your shoe should bend or break in the same place your foot does.

Width: The ball of your foot should not feel constricted or loose in the shoe. While the majority of athletic shoes are made in "D" width, several shoe companies have begun to make various widths.

Heel fit: The heel should fit snugly to avoid blistering from excess friction-producing movement.

Finally, some tips when heading to the shoe store:

- ◆ Go to a reputable shoe store with a competent staff
- ◆ Take your old shoes with you. They will tell an experienced salesperson a lot about the way you wear your shoes.
- ◆ Take a pair of socks that you might wear with the shoes to get a proper shoe fit.

—from May Sue Gilman, sports therapist with Sports Rehabilitation & Physical Therapy Assoc. Inc. Kansas City, Kansas

Classified

For Sale: 1990 Cavalier Z24, low kilometers, power windows and locks, cruise control, tinted sun roof, 5-speed, standard V6, well maintained. Call Laurie or Alec at 583-5124 or 341-5400.

Country style sitter: Housesitter needed from July 29 to Sept 3. Must like animals as there are 15 ducks, two dogs and seven canaries to take care of. This is an opportunity to breathe a little country air in sunny Surrey (64th Ave. and King George Highway in Newton). We are looking for mature, responsible people with references. You will be rewarded with \$500 for caring for our little kingdom during our absence. Phone Bert Schendel at 8377 or 594-0470.

For Sale: 1992 Dodge Caravan. Seven-passenger, 3.0 litre, V6, automatic, power steering, brakes and locks. Air-cared, air-conditioning, driver-side air bag. White exterior, gray interior. \$12,500 o.b.o. Call Giselle at 8246 or 939-7064.

For Sale: Two bikes in good condition, \$70 each. Raleigh men's 5-speed and Eaton's Road King 10-speed. Call Linda at 6705.

For Sale: Inglis deluxe sterling washer, self-cleaning filter, five cycles, two speeds, six water levels, five water temperature combos, \$250 o.b.o. Call Murray at 6787.

For Sale: Ladies' royal blue bomber-style leather jacket, size small, like new, \$150. Call Gloria at 8287.

For Sale: Large cherry wood double pedestal coffee table, excellent condition, \$200. Also matching sofa table and round table, each \$200. Call Gloria at 8287.

Vacation: Have one time-share week to be used by May 9, 1995. Good for almost anywhere. Call Margo at 8961.

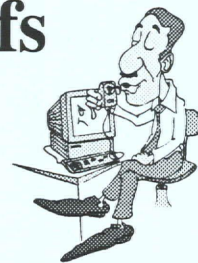
For Sale: 1975 Mercedes 450 SEL, good condition, \$3,000 o.b.o. Call Lui at 255-7307.

Puppy wanted: A lab/golden retriever/whatever cross that is six to 10 weeks old. Call Sheila at 6897.

Private sale: Immaculate 1230 sq. ft. townhouse in Cascade Village. Two bedrooms and living room look out on beautifully landscaped 40 ft. wide patio with mountain view and fountain. Fourteen acre grounds feature natural creek, flowers, shrubs, ornamental and mature trees. Pleasant walk to BCIT campus through Discovery Park. Retirement sale! Please call Michael at 8218 for more information.

For Sale: Nishiki Aero Racing Bike. Mint condition. 1st \$500 takes it! Call Sharon Finnsom local 8787 or pager 645-7173.

News Briefs



Spring computer training schedule

The Client Services training schedule for April, May and June is now available and has been distributed through the mailroom. Copies are also available from the Computer Resources receptionist.

Available courses include:

- ◆ Windows Level 1
- ◆ Word Level 1, 2 & 3
- ◆ Excel Level 1 & 2
- ◆ Powerpoint
- ◆ Introduction to BCIT's LAN

To register or for more information, please call Vesna Cukic at 8818.

Farewell Dinner for Michael Harrison

Date:
Thursday, May 11

No-host Reception: 1700

Dinner: 1800

Place:
Rix Club
BCIT Burnaby campus

Tickets cost \$20 and are available from Jennifer Dueck in the School of Business office at local 8598.

The BCIT UPDATE is published weekly throughout the school year by the Information and Community Relations Department within Marketing and Development. Ideas, tips, fax or written submissions should be forwarded to the editor by **1500 Fridays, ten working days prior** to publication. The editor reserves the right to edit for brevity, libel and accuracy.

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