



UPDATE

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



Mission Responsible

Students take the challenge...

The Tricycle Challenge.

As part of National Collegiate Alcohol Awareness Week (Oct 21-25), BCIT students took the challenge: to think responsibly and safely when they choose to consume.

The awareness week was organized by a group called BACCHUS, Boosting Alcohol Consciousness Concerning the Health of University Students. This is an alcohol education group that holds a warehouse of information of wellness issues for post-secondary students.

One way of getting the message across was to stage the Mission Responsible Tricycle Challenge, where three students consumed enough alcohol to bring them over their driving limit, and then attempted to ride a tricycle through a course.

Indy Car racer Greg Moore kicked off the event and the three riders manoeuvred their

trikes around the indoor race course in the Great Hall.

At the end of the race RCMP Sgt. Don Brown conducted a breathalyzer test on the participants. Also on hand were Rod McInnis, youth spokesperson for the Breweries

Association of Western Canada and Mike Usher, BACCHUS master of ceremonies, to spread awareness about drinking and driving.

— from Krista Dennett



Dave Williams, president of the BCIT Student Association is encouraged by event organizer Krista Dennett.

Indy Car racer Greg Moore watches the race as BCIT student Mark Rose takes the corner.

BCIT celebrates Science and Technology Week

BCIT recently hosted a one-day event, *Discover a "World" of Careers for Women*, as part of British Columbia's eighth annual Science and Technology Week. The week-long celebration of science and technology encourages youth to

explore the link between science and technology and future careers.

This year the institute joined forces with Simon Fraser University to co-host an event to provide valuable information on careers for women.

Counsellors, elementary and high school teachers participated in the day dedicated to learning about the many rewarding careers available to women in science, technology and trades related fields.

The highlight of the morning session at BCIT was a panel discussion featuring women in trades and technology. Panel participants were: Anne St. Eloi, coordinator BCIT Women in Trades; Elizabeth Grey, civil engineer and BCIT instructor; Malanie Morin, BCIT Mechanical Technologies; and Amber Hawes, BCIT student, Trades Exploration for Women.



Participants toured the campus, including a stop at the Automotive department.



BCIT tour guides (Back L-R) Keith Errington, Jackie Grandbois, Tony Barren, Kim Fontaine, Doug Deans. (Front L-R) Jackie Lundman, Jennifer Pritchard, Elaine Wilson.

The lively event was facilitated by Donna McDuff, program head, Physics and Engineering Technology. The Honourable Sue Hammell, Minister of Women's Equality, was the

guest speaker. She enthused over supporting any activity that would support training for women.

A special thanks to BCIT staff who volunteered as tour guides.

Upcoming lunch and learn sessions:

The time of your life (time management)

Living in the turbulent 90s is becoming increasingly demanding, stressful and fast paced. Many people seem to be racing around in a fitful, frantic, frenzied, frenetic fashion. In this thought provoking, leading edge and inspiring look at time

and life management, Greg Campeau of Campeau Learning & Development Inc., will dispel some debilitating myths commonly held about the field of Time Management and help participants discover the vital importance of building high self esteem through successful self management. Participants will have a lot of fun while learning the two key

productivity principles that define working smarter and how to implement these principles into their lives.

Date: Tuesday, Nov. 12
Time: 1200 to 1300
Location: SW3 Room 3615

Self Defense: when you have to fight

You don't need to be a super-human to defend yourself against a physical attack. There are many vulnerable areas of the human body - learn where they are. And learn the effective, simple techniques that can help you take advantage of this knowledge. When confronted

and forced to use physical self-defense, you may have only seconds to respond. Learning and practising just a few of the most effective responses can help to keep you safe.

Date: Thursday, Nov. 21
Time: 1200 to 1300
Location: SW1 Room 1205
Presenter: Donna Gardecki, Pacific Self-Defence and Awareness.

PAWWS

(Personal and Workplace Wellness and Safety)

Here is the recipe for weight loss that made Oprah Winfrey slim:

- ❖ Exercise aerobically, five to seven days each week, preferably in the morning.
- ❖ Exercise in the zone, at a level seven or eight. The intensity of exercise to change your metabolism is usually 70 or 80 per cent of maximum heart rate.
- ❖ Exercise for 20 to 60 minutes each session.
- ❖ Eat a low-fat balanced diet each day.
- ❖ Eat three meals and two snacks each day.
- ❖ Limit or eliminate alcohol.
- ❖ Stop eating two to three hours before bedtime.
- ❖ Drink six to eight glasses of water each day.
- ❖ Have at least two servings of fruit and three servings of vegetables each day.
- ❖ Renew your commitment to healthy living each day.

— from *Make the Connection: Ten Steps to a Better Body - and a Better Life*



The influenza vaccine (flu shot) provided by the Ministry of Health will be available commencing Nov. 4 at Medical Services to the following:

People at high risk:

- Adults with chronic heart or lung disorders severe enough to require regular medical follow-up or hospital care.

Influenza vaccine now available

- People aged 65 years or older.
- Adults with chronic conditions such as diabetes and other metabolic diseases, cancer, immunodeficiency, immunosuppression (including that of transplant recipients), kidney disease, anaemia, etc.

Care Providers:

Individuals potentially capable of transmitting influenza to those at risk should be given the vaccine. This refers to health care and other primary care givers who have **extensive contact** with people in the high-risk groups, including instructors in clinical areas.

For those who do not qualify under the above guidelines, they may get the vaccine at their doctor's office or purchase it themselves. It is supplied in a 10 dose vial (about \$45). Those who wish to, may get a group together and purchase the vaccine from a pharmacy and Medical Services will administer it for them.

Any questions, contact Medical Services at (604) 432-8608 in building SE16.

— from Jan Poersch R.N.

Staff news

Congratulations to Materials Management's **Lynn Byer**, who has been awarded the designation of Certified Professional Purchaser (CPP) by the BC

Institute of the Purchasing Management Association of Canada. The CPP designation is the highest achievement awarded by the BC Institute, recognizing experts across Canada and the rest of the world.

Congratulations to Finance's **Lorna Peacock**, who married her fiancé Jim Horcoff at a ceremony on Oct. 5.

Congratulations to Broadcast Communication's **Brian Antonson**, who became one proud grand-dude on Sept. 9.

Antonson insists on being known as a grand-dude in keeping with the 90s. He proudly shared a story of the baby's first smile for grandpa. Tristin Alexander was eight pounds, three ounces at birth and is growing steadily.



Staff Service and Recognition

Warm smiles and congratulations were in order at the Staff Service and Recognition dinner on Sept. 26.

Staff members celebrating their 20, 25, 30 and 35 year anniversary at the institute were recognized at the dinner.

There were 89 members of the BCIT community at the event, including recipients and their guests.



President Brian Gillespie celebrates 20 years of service with Frank Gruen of Operations Management, who celebrates 30 years of service.

Celebrating 20 years of service (L-R) Rita Richardson and Hi-Chul Han, both with Computer Resources; and Lynn Garner, Office of the Vice President, Student Services, celebrates 30 years of service.



Gerry Moss, Vice President Student Services, and staff members celebrating 20 years of service including (L-R) Elizabeth Gdowski, Library; Mike Gdowski, AV Production; Carol Braden, Medical Services; Ann McNaughton, Program Advising; Hi-Chul Han, Computer Resources; Brian Gillespie, President; and Rita Richardson, Computer Resources.



Gary Norgard, Plumbing, celebrates 25 years and Ron Bushell, Electronics, celebrates 35 years at the institute.



BCIT Staff Service & Recognition 1996

A ceremony will be held on Dec. 10 to recognize staff who have reached 10 and 15 year milestones in 1996. The event will be held in the Rix Club at 1300.

If you should be on the list or you know of someone that should be please contact Special Events at 8398 or e-mail mtraynor.

Name		Years	Name		Years
Susan Ames	Marketing Management	15	Mathew Baxter	Management Systems	10
Douglas Anderson	Maintenance	15	Carol Bennington	Library/Acquisitions	10
Sylvia Ayinde	Marketing Management	15	Norman Cloutier	Automotive	10
Brian Beaudet	School of Trades Training	15	Marcie Cvjetkovic	Student Records	10
Graham Beckett	Maintenance	15	Debbe Gervin	Computer Systems Technology	10
Gary Blidook	Steel Fabrication	15	Brenda Mason	Management Systems	10
David Bruce	Custodial Services	15	Robert Merriam	Industrial Education Teacher Education	10
Ronald Budd	Financial Services	15	Patrick Muldoon	Electronic (Trades)	10
Greg Burke	Machinist	15	Susan Ney	Human Resources	10
Jean Covell	Business, PT Studies	15	Maria Rebelo	Campus Food Services	10
David Cresswell	Computer Resources	15	Sandy Sodom	Automotive	10
Lynn Duncan	Registration	15	Vivian Tang	Medical Laboratory	10
John Eliassen	Carpentry	15	Reina Van Lagen	Advanced Nursing	10
David Emmington	Safety & Security	15	Colleen Varcoe	Advanced Nursing	10
Beverly Florence	Student Records	15	Jerry Adee	Central Stores	10
Vicki Forbes	Marketing Management	15	George Anderson	Financial Aid & Awards	10
Carole Gabbs	Admissions	15	Ed Baye	Safety & Security	10
Jaime Garcia	Computer Resources	15	Yu-Mei Choi	Library Administration	10
James Gascoyne	Electrical & Electronic Technology	15	Donna Conroy	Geomatics	10
Ken Gill	Physical Plant	15	Clark Cook	Communication	10
Tin Goh	Industrial Instrumentation (Trades)	15	Barbara Cowen	Power Engineering	10
Rose Grunow	Metal Industry Training	15	Karen Cresswell	Registrar's Office	10
Donald Guthrie	Renewable Resources	15	Phillipa Dermott	Student Placement Office	10
Randal Hartley	Welding	15	Alison Dewhurst	Resource Centre/School of Trades Training	10
Ronald Hill	Benchwork/Joinery	15	Stela Dumitrescu	Mathematics	10
Donna Hooker	BCIT International	15	Andrew Dunlop	Electrical & Electronic Technology	10
David Huesken	Automotive	15	Ana Ferrinho	Library/Reference	10
Heather Hyde	Counselling	15	Maureen Gerber	Marketing Management	10
Neale Jones	Print Shop	15	Linda Hale	Communication	10
George Jones	Welding	15	Caroline Howe	Advanced Nursing	10
Andrea Labe	School of Health Sciences	15	Dori Kaplun	Medical Radiography	10
Lars Larsson	Occupational Health & Safety	15	Raymond Koronko	Auto Collision	10
Ser Lee	Downtown Campus (DTC)	15	Manfred Mandl	Management Systems	10
Michael Lesperance	Piping (Support)	15	Bob McKenzie	Ancillary Services	10
Judy Lien	External Affairs	15	Tom Moore	Housing	10
Hanne Logan	Financial Aid	15	Paul Morrison	CAD/CAM	10
Carrie MacGregor	Admissions	15	Vincent Murray	Avionics	10
Rob MacGregor	Automotive	15	Enrico Murru	Electrical & Electronic Technology	10
Doreen Marcoux	Avionics	15	David Ney	Automotive	10
John Masse	Plumbing	15	Kenneth Nichol	Inboard-Outboard Mechanic	10
Mario Mazziotti	Institute Research & Planning	15	Bruce Nolan	Small Engine Mechanic	10
Lance McCollum	Electronics (Trades)	15	Glenn Pellegrin	Electrical & Electronic Technology	10
Lorrie McEwan	Mechanical Design	15	Kate Pelletier	School of Trades Training	10
Arvind Mehta	Metal Industry Training	15	Robert Pike	Chemical Sciences	10
Warren Meneghello	Print Shop	15	Janice Pontes	Engineering, PT Studies	10
Mary-Ann Moysiuk	Marketing Management	15	John Porteous	Financial Management	10
Elizabeth Munro	Resource Centre/School of Trades Training	15	Wilf Ratzburg	Management Systems	10
Valarie Nagel	Computer Systems	15	Henk Rienks	Mechanical	10
Nancy Naylor	Resource Centre/School of Trades Training	15	Gary Rosberg	Renewable Resources	10
Carroll Nelson	Marketing Management	15	Melvin Rudeen	Automotive	10
Santa Prasad	Benchwork/Joinery	15	Carmela Santo	Physical Plant	10
Alan Ross	Maintenance	15	Mahnaz Shahrokh	Student Records	10
David Sabo	Mathematics	15	Colin Shaw	Electrical & Electronic Technology	10
Gary Sagar	Operations Management	15	Ewan Sheard	BTSD and Remediation	10
John Sandover	Custodial Services	15	Marilyn Simon	Advanced Nursing	10
Suraj Sewak	Financial Accounting	15	Jean Spence	Counselling	10
Kim Seward	Admissions	15	Alan Spencer	Machinist	10
Jeffrey Skosnik	Electrical (Trades)	15	David Stewart	Sheet Metal	10
Stephan Smolar	Electrical & Electronic Technology	15	Randy Taylor	Broadcast Communications	10
Lucille Sokoloski	Computer Systems	15	Patrick Thomas	Machinist	10
Michael Stewart	Bookstore	15	Mary Thurston	Broadcast Communications	10
Regina Trineer	School of Business	15	Mary Tiberghien	Purchasing	10
Derek Walmsley	AV Services	15	Peter Trant	Industrial Education Teacher Education	10
Edvige Weingand	Institute Support	15	Sherry Vanbeest	Financial Accounting	10
Kathleen Whitham	Nursing	15	Doreen Wilkinson	Bookstore	10
Judith Wright	Safety & Security	15	Stephanie Wilson	Advanced Nursing	10
Jonathan Young	Operations Management	15	Canede Wong	Electronics (Trades)	10
Lawrence Zorz	Library/Administration	15	John Woods	Maintenance	10
			Harry Yates	Computer Resources	10

PROFILE

Broadcast instructor co-hosts BC's newest current affairs program

On Sept. 25, the Knowledge Network launched *Studio BC*, a weekly program offering in-depth discussion on current provincial issues. BCIT Broadcast journalism instructor George Orr co-hosts the live show with Colleen Leung, providing penetrating analysis that goes beyond the reports of commercial program.

In his twenty years as a journalist and broadcast instructor, George Orr has had plenty of time to develop his own ideas of what current affairs programming should be.

"The daily news business is about exploring the crisis of the moment, and not about putting them into context," he says. News programs "masquerade as information but are really a series of stories about the elements in conflict in situations rather than

intelligent explorations of those situations."

As co-host of *Studio BC*, Orr says he "enjoys bringing context to the consumers of information."

...he hopes that his involvement in Studio BC will enable both his students and viewers to learn more about the issues facing us all, so that they can make informed decisions

Orr says he got into journalism because "I'm nosy and I like finding out things for myself." He started his career in 1978 as a news reporter at CKNW, and worked as assignment coordinator at BCTV for three years. He then

moved to CBC, where he worked for nine years as a reporter and producer. His most recent position was producer of CBC News World.

Currently a broadcast journalism instructor at BCIT, Orr says he hopes that his involvement in *Studio BC* will enable both his students and viewers to learn more about the issues facing us all, so that they can make informed decisions.

A member of the Jack Webster Foundation and the Canadian Association of Journalists, Orr is actively involved in the professional development and betterment of the craft of journalism.

Orr lives in North Vancouver with his partner Anne, sons Jordan and Nicholas and daughter Lily.

— from the Knowledge Network



George Orr, a familiar face on the Knowledge Network

President's seminar series

Come and hear all about the **Teamwork Skills Project**, highlighting the need for an institute wide approach to employability skills. The presentation will summarize the results of the two-year training project and present recommendations for maintaining this initiative.

Date: Nov. 20 Time: 1200-1300 Place: SW5 1825



Come along and join the parade:

We're celebrating the grand opening of the new Downtown campus with a parade. Join us at 9:30 on Tuesday, Nov. 26. The parade will start at the old DEC at 549 Howe St. and continue along Dunsmuir St. to BCIT's newest location, 555 Seymour St.

Come and join in the fun with a float, costume or banner; prizes will be awarded for best entries. To enter call 8398 or fax (604) 436-5762 by Nov. 14.

Classy Finds

For Sale: Four used 1 meg/30 pin SIMM 70ns. \$5 each. Call Alf Lee at 432-2014 or 6744 or profs alee2.

For Sale: Grizzly tickets; section, 102 row 8; Portland, Sacramento, Minnesota, Denver. Asking \$95/pair. Call local 7021.

For Sale: One bedroom, top floor corner suite. Exercise, social and workshop facilities. Regents Gate-Polygon Development, Richmond. Asking \$143,900. Call 244-3177 for additional information or viewing.

For Rent: One bedroom condo in Whistler Creek, Tamarisk. Sleeps four, fully equipped, fireplace. Seasonal rates, excellent rates for mid-week rental. Seeking flexible shared rental arrangements for the ski season. Call 222-1022

Wanted: Used Fisher Price activity centres and solid plastic baby toys to be used at parrot refuge for large parrots. Call Su at 8540.

For Sale: Inglis heavy duty washing machine and matching dryer. More controls and options than you'll ever need. Asking \$300. Must sell. Call Tom at 8460 or at 931-7089 evenings.

For Sale: 1989 Ford Taurus GL, six cyl autom, ps/pb, pw, pdl, a/c, v. good condition, very clean, must sell. Asking \$4900. Call 8948 or 421-1794 evenings.

For Sale: Moving sale, everything must go. Hot ticket items include a pecan dining room set (table, chairs, china cabinet and buffet table) asking \$1800; Maytag washer and dryer, asking \$300. For more info on other items call Jennifer at 8803.

The **BCIT UPDATE** is published throughout the school year by the Community Relations Department within External Affairs.

Ideas, tips, fax or written submissions should be forwarded to the editor by **1500 Tuesday, ten working days prior** to publication. The editor reserves the right to edit for brevity, label and accuracy.

UPDATE is produced on Aldus Pagemaker Desktop Publishing software and printed on recycled paper.

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Where am I?

With the introduction of the Global Positioning Systems (GPS) the answer to the question can now happen anytime, anywhere and immediately.

An upcoming seminar conducted by BCIT's Geomatics department on the use of GPS for marine navigation will provide information applicable to surveyors, engineers, renewable resource managers, geologists, prospectors, environmentalists, the RCMP, B.C. Coast Guard, Search and Rescue operations, hikers, cross-country skiers, naturalists, hunters, fishers and all outdoor enthusiasts.

Seminar: SURV 0116 GPS for Marine Navigation

Date: Saturday, November 16, 1996

Time: 0900-1600

Location: BCIT, Burnaby Campus, SW1 Room 1205

Fee: \$125

If you own GPS receivers and are not familiar with their operations, you are welcome to bring them along to the seminar.

Incidentally, another weekend seminar on GPS will be conducted on Nov. 23-24, (Saturday and Sunday) titled GPS

for Aircraft Navigation and is specifically intended for air pilots, navigators and individuals involved in flying aircraft.

Other seminars and workshops on GPS will be offered on an ongoing basis by the Geomatics department. Please look out for future announcements.

For more detail about this seminar please contact Nick Wong of Geomatics Department at (604) 432-8992.

— from Nick Wong

Burnaby campus introduces new phone prefix

The majority of BCIT locals can be accessed directly from outside the institute without passing through the main switchboard. Just following the following directions:

Locals beginning with 74 can be accessed by dialing 412-74**

Locals commencing with 8 can be accessed by dialing 432-8***

Locals commencing with 67, 69, 70 and 71 can be accessed by dialing 451-****

All locals commencing with 5 must be accessed via the main switchboard at 434-5734



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