

Talking 'bout a resolution

It's that time of year again . . . time to admit our vices, our addictions, our nasty habits, and to decide, in a perfect world, what we'd change. I am proud to say, as of press time, I am successfully on **DAY SEVEN** of no chocolate. My theory is to replace every craving with a big Golden Delicious apple, and at this rate I'll be keeping the doctor away for years to come.

Here's what members of the BCIT community had to say about their New Year's resolutions. Thank you for all your help.

— from Crystal Sawyer, resident chocoholic

Brian Gillespie... "To increase external support for BCIT graduates, for BCIT to offer courses on-line over the Internet and to have three collective agreements signed."

Gerry Moss... "My New Year's resolution is to stay out of dunk tanks and Superman costumes!"

Norman Streat... "To go easy on business lunches and to start shaving."

Tom Moore... "To work less and enjoy life more, to be a happier and healthier being, to bring the Housing office into the 21 century before the 21 century. Everything else is perfect!"

Susan Walters... "I just break them all anyway, but this year I resolve to make all my mortgage payments."

Mario Mazziotti... "I hope to spend more time with my friends and family. High on my list are generally enjoying life a lot more, and reading more books that don't have words like "paradigm shift" and "re-engineering."

Shannon Greke... "To eat better, exercise more, lose weight and most importantly to get my Christmas cards out on time next year."

Randy Friesen... "I resolve to end world hunger, bring peace to mankind and cure all diseases . . . and I'm still thinking of stuff to do from February to December. If that doesn't work out, I'm still interested in finding out the Caramilk secret."

Sandy Mooney... "To go to Mexico twice a year instead of once."

Peter George... "I want to exercise more, to lose a bit more weight and to keep a healthier back."

Pat Matthieu... "To eat healthier, to increase my 10km running time and to spend more time on leisure activities and less on house stuff, if this is even possible."

Linda Schroer... "To live life differently and to the fullest. I'm going to change my ways!"

Mary Murray... "More time for fitness, be kinder, take a course, spend more time with my family, save money and buy a home."

Gloria Katnik... "To follow suit to Mary Murray's resolution regarding fitness."

Jim Mitchell... "To become a better listener, to stop talking so much."

Kumal Gill... "To finish my home decorating projects that have been in limbo for the past year!"

Harry Yates... "I resolve not to make a resolution."

Kate Pelletier... "It's too rude to be printed."

George Jacob... "This year I'm going to take the advice of Albert Einstein who said you will be fabulously wealthy if you keep your needs very very small. I'm going to try it for a year and see what happens!"

Joyce Glover... "I gave up smoking this year — it's been ten months, so that was a most important resolution for me. Next year I want to work on my weight and to follow up more on the Seven Skills to Success. I have the tapes but I have to read the book!"

Gloria Mattie... "To contact and visit friends that I haven't seen for years."

Johane Imoo... "To lighten up, not be so serious and to generally become a better person, to be kind, to wing it and to play it by ear."

Don Simpson... "To show people that I'm not such a miserable guy after all!"

Don Pepper... "Now that I am doing my hair differently I have no need for any New Year Resolutions."

Diane Pollock... "I quit smoking four months ago, so next year I'm going to volunteer to facilitate the butt-out group to help them kick their own habit!"



Carol Dion... "To win the 6/49."

David Lick... "To be a little less busy."

Anne Glover... "To clean up my desk and get happy!"

David Harvey... "As of Jan. 15 I plan to give up commuting from Pitt Meadows and move to Burnaby. Life will be so much better!"

Ann Lacey... "I'm going to take my resolution from Eddie Bauer, 'To never confuse having a career with having a life.' That's my motto to live by."

Amar Kshatriya... "I want to just take it easy, to not try to achieve too much, to just hang loose and relax. I want to not only see things around me but also to observe them."

Publication deadline for Fiscal Year

Any department planning to produce a publication using funds from this year's budget should contact Community Relations by Jan. 24, 1997. Call local 8656 for help.

"In order for a publication to be written, designed, printed and then cross-charged before the end of fiscal year, we've got to have the initial client meeting and project specifications by Jan. 24," says Karen McDonald of the

Community Relations department. "This enables staff to ensure the project meets client needs and has received all required approvals before forwarding it to Print Services for printing," she explains.

Artwork for any publication to be billed in the 1996/97 fiscal year must be submitted to Print Services by Feb. 28. Publications received after that date may be billed into the 1997/98 budget.

Don't miss ECO-FAIR '97

On Wednesday, Feb. 5 BCIT's seventh annual environmental fair will turn the Great Hall of the Student Association (SA) Campus Centre in Burnaby into a whirlwind of earth-friendly exhibits. Join us for a glimpse of the \$12 billion Canadian industry.

More BCIT departments than ever are participating, as interest in the environment increases dramatically. Just this month, a new environmental technicians program and an environmental Entrepreneurship program were launched.

This year's ECO-FAIR, coordinated by the Student Association and sponsored by BCIT and the SA, is being planned as an event to stir the five senses. So be prepared for a captivating experience. Besides 30 hot exhibits like Fish & Wildlife's mock-up of a multi-layered forest, a number of electric vehicles, and the latest products from local entrepreneurs, three



presentations are being planned: a forum at 1140 called *Opportunities in the Environment Field*, a forum at 1330 on *The Environmental Entrepreneur*, and a special presentation from CTV's Internet guru Mark Schneider on using the Internet as a career-scaping tool at 1230.

ECO-FAIR will open at 1100 and close at 1800, so there's plenty of

time to wander around and experience some of the leading edge ideas in the world today.

Honorary chair Mal Stelck requests that faculty avoid scheduling exams or field trips that day and encourage students to attend ECO-FAIR '97.

For more information or to get your department involved, call Alison Biggin at 451-7060. See you at ECO-FAIR '97.

— from Greg Helten

Christmas cheer



A unique tree was created this year by Eric Sukkel and his Level C class. The welding students created the recycled tree with welding test coupons. The class wishes everyone belated Season's Greetings.

For all your support, thank you...

Wordprocessing

for their generous support and thoughtful sponsorship of two families of NOW Project students. They created beautiful

packages of food and gifts, which were received with heartfelt thanks by our students. The crew did a fabulous job and

deserve a lot of credit for taking the initiative to reach out to needy students over the holiday season.

School of Business support staff

who initiated the adoption of a family at BCIT. Due to the overwhelming response and generosity of the staff and faculty they were able to raise more than \$600 plus gifts for three BCIT student families. In addition, they made a cash donation to the food bank.

The support staff of the School of Business challenge support staff in other schools to adopt a family next Christmas. This could become a great tradition at the institute.



A great big thank you to all the faculty and staff of the School of Business for being so generous.

everyone on campus

who contributed to the Finance department's raffle, which raised funds to provide a food/paper product/baby clothing Christmas hamper to a local shelter for pregnant teens. This is our third year supporting this cause and it is very much appreciated.



The staff in the Finance department proudly display the Christmas hamper fillings.

Buddy program hits the slopes

If you are a skier who sometimes skies alone for lack of a partner, then read on. It's an opportunity to get together with other staff members who enjoy hitting the slopes.

Mike Thomas of the Automotive department is

offering to operate a staff skiing list. Just register your name and skiing level (beginner, intermediate, advanced intermediate or expert). Indicate whether you are interested in skiing locally or are interested in traveling further afield.

Thomas will operate and administer the list. Any staff finding themselves without a ski partner for the weekend can phone 8240 or profs mthomas for an up-to-date list.

Penny for your thoughts...

The Performance Improvement Centre (PIC) made its inaugural debut at the Canada Quality Fair held at the Vancouver Trade and Convention Centre in October 1996. PIC's presence at the fair was two-fold: the PIC booth and a presentation by Paulo Guedes-Pinto, manager, Quality Resource Center and acting manager, PIC. Guedes-Pinto presented a workshop on *Kanban in Manufacturing & the Implications on Quality Assurance Systems*.

Industry representatives who visited the PIC booth showed keen interest in BCIT's Downtown campus and in our foray into the area of performance improvement. As part of PIC's ongoing market research efforts, industry representatives were invited to share their thoughts on performance issues facing their organization. Key statistics from the *penny for your thoughts* survey are summarized here:

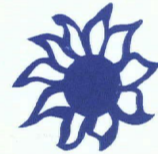
- Sixty-four per cent of the respondents cited training/upgrading in specific job

skills and job tasks/operating procedures as areas for improvement within their organization.

- When asked to identify areas in which their organization was working to close performance gaps, the breakdown was as follows: 67 per cent cited customer satisfaction, 53 per cent cited employee skills, 53 per cent cited teamwork, and 50 per cent cited quality of products and services.
- Thirty-five per cent of the respondents acknowledged that their organization would seek external assistance to close performance gaps. Thirty-two per cent of the respondents identified the design and development of performance solutions as a key area in which they would seek to partner with external vendors.

For detailed survey results, please contact Paulo Guedes-Pinto

— from *Natasha Samagond*



Food for thought

What is healthy eating? How can I eat healthily to cope better with stress? To snack or not to snack? Sample daily foods - including quick, nutritious menu ideas. Nutrition for the family, recommended nutrition resources and recipes.

Susan Hostetler Miller, a Registered Dietitian Nutritionist of Miller Nutrition and Foodservice Management

Consultants, has more than 18 years of professional experience. She will use games, a video and a discussion to answer these questions and provide you with a number of wonderful ideas on how to improve your health, lifestyle and self-esteem, leaving you with *Food for Thought*.

Date: Wed. Jan. 22, 1997
Time: 1230 to 1330
Location: SW1 Room 1015



Science World special offer

Thinking about taking your family or friends to Science World but worried about the cost of admission? Thanks to a corporate membership, organized through the School of Computing and Academic Studies, BCIT employees can now take advantage of Science World exhibits and shows at a low price.

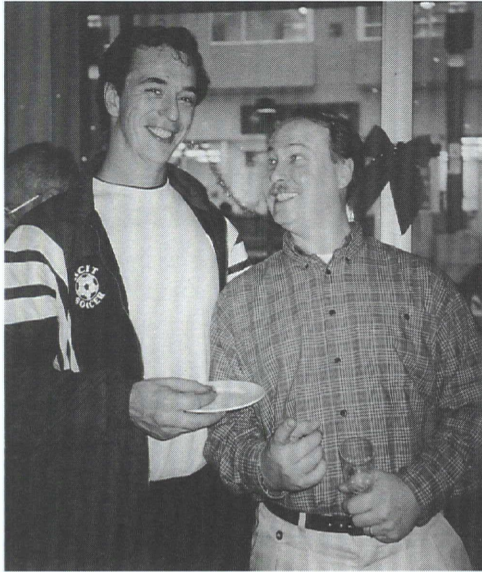
For a \$10 initial payment you can borrow five cards on a first-come, first-serve basis. It more than pays for itself the first time you borrow the cards.

The five cards give you unlimited admission to the exhibits and Omnimax Theatre, \$1 rebate on the \$3.50 parking fee, 10 per cent off at the gift shop, use of the members Express Entrance and a discount on weekend science explorations.

The first four people to sign up will receive a Science World mug. To book the tickets contact Pam Curtis at 6994 or drop by SW2 209.

Wasn't it a party

Members of the institute gathered in the Town Square Cafeteria on Dec. 10 for the annual board of governors and president's Christmas reception.



The Technology Centre's Peter Thomson and Lynne Brisdon enjoyed the festivities.



Human Resources' Colleen Goose, the Registrar's Office Sandy Mooney and Vice President of Education Office's Gail Mitchell enjoyed a glass of holiday cheer.



The two Susan's were having a great time (Ames and Walters).



Print Services' Warren Menegello and the Development Office's Randy Houston were all smiles.

Staff Service and Recognition

In a special recognition ceremony on Dec. 11, BCIT employees were honored for reaching their 10 and 15 year milestones for years of service. Also in attendance were employees who reached 20, 25 and 30 year milestones, who were unable to attend a special ceremony in November.

BCIT president Brian Gillespie and board of governor's member Wendy McDonald are seen here with:



Alison Dewhurst, 10 years, Resource Centre, School of Trades Training.

Brian Beaudet, 15 years, School of Trades Training.



Debbe Dervin, 10 years, Computer Systems.

LRU workshop information

These workshops are funded through the Instructional Development Fund, which was established through an agreement by the institute and the BCIT Faculty & Staff Association in 1989.

Prior Learning Assessment - Session 1

Introduction to PLA at BCIT

When: Jan. 22 1600-1900
Where: Townsquare C

This seminar will establish PLA in the context of its adoption at BCIT. We will look at activities that are similar in nature to PLA and determine how we can use PLA to maximize the benefits to students, faculty and the institute. Participants will examine the new academic policy and operating procedures that establish the framework for the application of PLA at BCIT.

At the conclusion of this seminar participants will be able to:

- differentiate between PLA and Transfer Credit;
- classify assessment practices as PLA where appropriate;
- apply academic policy 4104 - Prior Learning Assessment to subjects, courses and programs at BCIT;
- begin action planning for the introduction of PLA to an existing program.

Sandwiches and refreshments will be provided.

Exposing the Naked Truth: Use and Abuse of the Internet

When: Jan. 23 1130-1300
Where: Townsquare D

What potential problems and controversies await colleges and universities that provide Internet access? Is an institution liable if a student misuses his or her

account? Where can a college draw the line between appropriate and inappropriate use of the Internet, and on what grounds can that line be defended?

This video conference will examine the complex issues that arise when institutions attempt to define policies delineating allowable Internet use, including:

- academic freedom;
- institutional liability;
- freedom of speech;
- censorship;
- the implications of new telecommunications law;
- the role of the Internet in instruction and research.

Panelists will represent a variety of perspectives on this issue and will include legal experts, university administrators and/or faculty and Internet experts.

Cookies and drinks will be provided.

Student Information! What You Can and Can't Do With It

Facilitator:
Diane Fru, Consultant, RDF Management, Ltd.

When: Jan. 29 1200-1400
Where: Rix Club

Q: What B.C. Act, proclaimed in 1994 affects the faculty at BCIT?

A: The Freedom of Information and Protection of Privacy Act

This session will provide faculty with practical information on how to handle the personal information of students - and others - to conform with the requirements of the law. This workshop will specifically address the following:

- brief overview of the concepts and principles of the legislation, including what is covered under the term personal information;

- how is personal information to be collected, used and secured;
- how does the Act apply to specific situations faculty members face.

You will receive an information package prior to attending. If you have specific situations you would like included, contact Phyllis Johnson at 432-8529 in advance of the session to ensure your issues are addressed. This will be a fast-paced, interactive session specifically designed for the faculty at BCIT. Lunch will be provided.

This workshop is co-sponsored through the BCIT Office of Freedom of Information and Protection of Privacy and the Instructional Development Fund.

For more information or a brochure call Karen at 8927.

To register profs develop.

PROFILE

Special projects just part of lifelong learning

To say Special Projects Coordinator Marsh Heinekey is interesting could easily be the understatement of 1997. In fact, I always wish for an extra few minutes with which to stretch a conversation with this former Civil Engineering instructor.

"People relate Special Projects to the Downtown Campus, but really what I do is look at different education focuses that allow BCIT to expand its offerings."

A native of Saltspring Island, Heinekey's graduation from high school was followed by almost a decade working on hydroelectric sites worldwide.

At age 22 Heinekey became a field supervisor for the World Bank, assessing road dams. "In a year I visited about 26 countries, mostly in Africa, South East Asia and the Middle East," he recalls. "I loved being able to work and travel at the same time."

Heinekey credits much of his experience at a young age to having just enough skill, just in time, to take advantage of

unique opportunities. "I was put into the hydro program and got an extra ten cents an hour just because I was the only one who could use a slide rule," he laughs. Within two days his supervisor had quit and he was left with only textbooks to teach himself to take over.

"As the manager of an engineering company in Vancouver I was hiring BCIT graduates because they were best qualified," he says. "My wife said I need some post-secondary education, so I came to BCIT as a part-time student at night."

Little did he know this quest for higher education would lead to a 20-year pin at the institute. "I had made a deal to do my two-year diploma in nine months because I had some experience," he says.

He returned to industry and was in the thick of management. "I found it really exciting, but my wife was a teacher and I could never get the summers off." A job came up at BCIT that seemed to be a good fit, and Heinekey was hired on Nov. 22, 1976.

"Lifelong learning has always been a truism for me," he says. In 1982 he struck a deal with Ryerson Polytechnic Institute to obtain a bachelor of technology in Civil Engineering in just one year.

In June, Heinekey will decide whether to go back to the classroom. "I think BCIT's future when it comes to teaching, delivery and content will change dramatically. Two years is not enough; people must commit to lifelong learning to keep pace with industry."

"I can't overemphasize the importance of having your work

and your external interests be congruent," he says. "When the two are integrated they lead to incredible job satisfaction and personal growth."

— from Crystal Sawyer



Marsh Heinekey with his wife Rose at the Loire Valley in France.

Events to come

Wednesday, Jan. 29

- President's Seminar Series on the Computer Mediated Communications project. From 1200-1300 in the BC Tel Theatre.

Wednesday, Feb. 5

- Eco-Fair '97 in the Student Association Campus Centre from 1100-1800.

Thursday, Feb. 20

- Winter Convocation in the Willingdon Church Conference Centre

Voice mail policy #7521

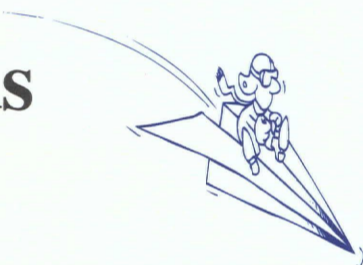
"Personal Greetings" must be recorded – include "press 0 for assistance."

2.2... a choice will always be provided for callers to reach an institute employee.

Manage your mailbox

2.5 Review your mailbox daily. Respond to "urgent messages" immediately. Respond to other messages within 24 hours. Regularly delete old messages.

Classy finds



For Sale: Two-piece cherry veneer buffet. Each piece 2.5 ft wide and 6 ft tall. One with glass shelves and glass door; other with bar unit. Detail moulding throughout, excellent condition. Asking \$325 obo. Call Ingrid at 520-5801.

For Sale: Hot tub: jade six-seater, beachcomber gazebo and four bar stools, four years old. Asking \$1750. Call 465-5974.

For Sale: Like-new Stork Craft white baby crib. Bought in

1994, mattress NOT included. Asking \$100 obo. Call Lynda at 7018.

For Sale: Whirlpool self-cleaning range. Almond with black door, approx. seven years old, excellent condition. Asking \$250. Call Pam at 941-5319.

For Rent: Fully-furnished two-level home in Deer Lake area.

Close to amenities and transit; private yard, parking and sundeck. Upper level: three bedrooms, living, dining, kitchen, one-and-a-half baths. Lower level new self-contained one-bedroom suite, three pc bath, living room/den, natural gas fireplace. No smoking, no pets. Dates negotiable. Available Jan. 15 to July 15, 1997. Asking \$1400+util/whole house; \$1000+util/upper level; \$550/lower suite. Call 299-5424.

Interested in shedding a few pounds?

If you are interested in participating in a Weight Watchers at work program contact Susan Ney at 8899.



New hours at Finance

In order to support the reduction in staff resulting from the Finance department's operational plan, the reception area will be closed twice daily, from 0930-1000 and from 1430-1500, beginning Jan. 2. Regular opening/closing times will remain the same.

Recreational Services

It's registration week for intramural leagues at BCIT (Jan. 13-24).

Where:

Recreation and Athletic Services Office SE 16

Leagues:

Co-ed Volleyball
Wallyball
Non-Contact Floor Hockey
Non-Contact Ice Hockey
Ultimate Frisbee
Co-ed Softball
3 on 3 Basketball

Ski tickets:

Whistler	adult day	\$45
	(reg \$55.64)	
Blackcomb	adult day	\$46
	(reg \$55.64)	
Grouse Mt.	Weekend	\$21
	(reg \$26.75)	

Archery Club

When: Mondays 1630-1730

Where: East gym

Fee: \$1 drop-in to cover equipment cost

Begins: Monday, Jan. 13

Faulty Towers:

Participants use post card size, hard cards and masking tape to construct towers and figures.

When: Wednesday, Jan. 22

Fee: \$20/team before Jan. 19
\$30/team after

Prizes: \$300 based on 24 teams.

Categories:

Tallest engineering \$100
Tallest non-engineering \$100
Most creative \$100

Aerobics

Begins: Monday, Jan. 13

Ends: Friday, May 9

Mon 0705-0750: Step
1140-1210: High/Low
1640-1725: Step

Tue 1140-1210: Step
1640-1725: High/Low

Wed 0705-0750: High/Low
1640-1725: Step

Thu 1140-1210: Step
1640-1725: High/Low

Fri 0705-0750: Step
1140-1210: High/Low

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, libel and accuracy.

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

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