



## BCIT Events to Come

### Wednesday, February 8

■ Faculty, staff, students and members of the general public are invited to attend BCIT's biggest Enviro-Fair ever. More than 25 exhibits will be on display at the fair on February 8 in Town Square A, B and C.

■ Meeting of Take Pride, BCIT's group for lesbians, gays, bisexuals and gay positive individuals. Meetings are held from 1130 to 1330. For more information, call Gordon (6922) or Mark (8964).

### Friday, February 10

■ Jollean McFarlen will speak about colour psychology in SW9 Rm 110 as part of BCIT's Lunch and Learn series. Bring your lunch and learn about the impact of colour in our home and work environment.

### Monday, February 13 to Friday, February 24

■ BCIT board of governors and Education Council elections

### Wednesday, February 15

■ John Watson will hold an open discussion about BCIT's strategic plan. All staff are invited to participate in this session, which will be held from 1130 to 1230 in SE6, Rm 233 (BCTel theatre).

### Enviro tip

Avoid unnecessary car idling – reduce smog, acid rain & Greenhouse gases! For more information on this week's environmental topic, call 8288 (option 2).

### Today's Chuckle

*"I am a great believer in luck, and I find the harder I work, the more I have of it."*

—Stephen Leacock

## Graduates urged to seize the day



Reaching for a diploma early in life.

Bert Schendel photo

It's the bagpipes that always get the crowd smiling at BCIT Convocations, and the January 26 ceremony was no exception. Held at the Willingdon Convention Centre, the crowd packed the main floor and spilled into the balconies, as Master of Ceremonies Don Pepper announced the opening procession.

Tots were lifted up onto shoulders so they could catch a glimpse of mommy or daddy coming down the aisle. Encouraged by camera flashes and waves from family members, the grads took their places for what they will likely remember as one of the high points of their lives: graduation.

Keynote speaker John Watson shared some of his life's wisdom with the graduates. He assured

them that what they believe to be true at this stage of their lives will probably be less clear as their lives progress. "The things I know to be absolute and unchanging truths are: Never eat at a diner called Mom's; never play cards with a guy called Ace; and never, ever stay at the Twin Pines Motel," he quipped.

Despite Watson's well received levity, it was valedictorian Sherry Cooley who stole the show. With a casual recovery from an errant ice cube, which she nearly swallowed when taking a sip of water, and a brave decision to slap the microphone out of her way mid-sentence, Cooley was a flamboyant and delightful speaker who easily held the audience in the palm of her hand.

"Regardless of our grades, it is a huge accomplishment just to make it through our programs," she observed. "For some, it may have seemed that there were obstacles daily. Now we face the

challenge to use every bit of initiative and creativity we have in order to find a place for ourselves." She ended with a broad wave and the call, "Carpe diem; seize the day!"

—from Ruth Raymond



Valedictorian  
Sherry Cooley  
stole the show.

Bert Schendel  
photo

## Healthy lifestyles of the not-so-famous

BCIT's Human Resource department is launching a new healthy lifestyles program for staff. The program is designed to present different aspects of healthy living through a variety of speakers and information sessions led by both internal and external experts.

"We're bringing together a group of individuals from different areas of the Institute to help manage the program," says Susan Ney, Manager, HR Systems and Benefits, Human Resources.

This committee will include representatives from all three unions, Human Resources, Recreational Services, the Learning Resource Unit, Medical Services, the Student Association, Safety and Security and Information and Community Relations. "We hope to have our



Jim Mitchell and Susan Ney  
join in congratulating Beth  
Brydon – from Medical  
Services (centre), winner of  
the Lunch and Learn series  
topic contest.

committee together by the end of January, and our first meeting in February," says Ney.

Although still in the planning stages, several aspects of the program have taken off. Part of the healthy lifestyles program involves facilitating programs on site at BCIT. For example, the

Weight Watchers "At Work" program has attracted a number of participants who may not have the time or opportunity to join such a group off campus.

To date, four initiatives are underway: Lunch and Learn information sessions (see sidebar), Personal and

Workplace Wellness and Safety (PAWWS) articles in the Update, facilitating programs on site at BCIT and a series of retirement planning information sessions.

"Feedback so far has been encouraging," says Ney. "Rec Services and HR ran a contest looking for ideas for the Lunch and Learn series and received a number of helpful responses. "A number of people suggested back care as something they would like to see addressed, other topics include various exercise programs, nutrition classes, blood pressure management, quit smoking and the advantages of laughter." The contest is over but further suggestions are welcome. Contact Susan Ney, local 8899 or on PROFS sney.

—from Sheila Rees

### The Power of Colour: Colour me red for Valentine's Day

Our guest speaker, Jollean McFarlen, is a BCIT Marketing Grad (1980), was an alumni coordinator (1981-82) and is currently a director of the Alumni Association. A design coordinator and colour therapist by profession, she has won numerous awards in her field. As

a fun introduction to BCIT's Lunch and Learn series and a great way to prepare for Valentine's Day, Jollean has agreed to talk to us about colours: how they help solve daily problems and project happy, healthy and confident images.

Watch Update for information on the March offering of the Lunch and Learn series.

—from Susan Ney



## It's fun to train for the Sun Run



Following is the official Vancouver Sun training schedule, reprinted with the permission of *The Vancouver Sun*.

### Sun Run training schedule

Train on alternate days, three times per week

#### Week 1 (January 16)

Day 1 walk 20 min.  
Day 2 walk 40 min.  
Day 3 walk 60 min.

#### Week 2 (January 23)

Day 1 run 30 sec., walk 4 min. 30 sec., repeat 12 times  
Day 2 run 1 min., walk 4 min., repeat 12 times  
Day 3 run 1 min. 30 sec., walk 3 min. 30 sec., repeat 12 times

#### Week 3 (January 30)

Day 1 run 2 min., walk 3 min., repeat 12 times  
Day 2 run 2 min. 30 sec., walk 2 min. 30 sec., repeat 12 times  
Day 3 run 3 min., walk 2 min., repeat 12 times

#### Week 4 (February 6)

Day 1 run 3 min. 30 sec., walk 1 min. 30 sec., repeat 12 times  
Day 2 run 4 min., walk 1 min., repeat 12 times  
Day 3 run 4 min. 30 sec., walk 30 sec., repeat 12 times

#### Week 5 (February 13)

Day 1 run 30 min.  
Day 2 run 40 min.  
Day 3 run 50 min.

#### Week 6 (February 20)

Day 1 run 40 min.  
Day 2 run 30 min.  
Day 3 run 60 min.

#### Week 7 (February 27)

Day 1 run 30 min.  
Day 2 run 40 min.  
Day 3 run 50 min.

#### Week 8 (March 6)

Day 1 run 3 min., recover 3 min., repeat 4 times  
Day 2 run 30 min.  
Day 3 run 65 min.

#### Week 9 (March 13)

Day 1 run 3 min., recover 3 min., repeat 5 times  
Day 2 run 40 min.  
Day 3 run 70 min.

#### Week 10 (March 20)

Day 1 run 3 min., recover 3 min., repeat 6 times  
Day 2 run 30 min.  
Day 3 run 50 min.

#### Week 11 (March 27)

Day 1 run 5 min., recover 3 min., repeat 3 times  
Day 2 run 40 min.  
Day 3 run 60 min.

#### Week 12 (April 3)

Day 1 run 5 min., recover 3 min., repeat 4 times  
Day 2 run 30 min.  
Day 3 run 70 min.

#### Week 13 (April 10)

Day 1 run 5 min., recover 3 min., repeat 5 times  
Day 2 run 40 min.  
Day 3 run 50 min.

#### Week 14 (April 17)

Day 1 run 2 min., recover 3 min., repeat 4 times  
Day 2 run 30 min.  
Day 3 run 60 min.

#### Week 15 (April 24)

Day 1 run 2 min., recover 3 min., repeat 5 times  
Day 2 run 30 min.

**Day 3 Vancouver Sun Run: Sunday, April 30**

## Skills Now—Innovation Fund 95/96

### Briefing Session

**February 8, Noon—1300**  
**BCIT Boardroom**

Representatives from any BCIT programs, services or departments who intend to submit proposals to the 1995/96 Skills Now—Innovation Fund are encouraged to attend a briefing meeting on February 8.

This one-hour session will reinforce the proposal criteria, guidelines and development process in advance of the deadlines for submitting concept drafts.

The Skills Now—Innovation Fund is a government initiative to revitalize technical and

vocational training in B.C. Its purpose is "to have institutions develop new ways of engaging in education and training which will advance all institutions in the provincial system to new levels of service, effectiveness, efficiency, equity, relevance, responsiveness, and other criteria. BCIT has already received funding from the 1994/95 Skills Now—Innovation Fund for a number of projects.

For more information, please contact Bob Freeman, at 8312 or Gary Morrison, at 6845.

## Deputy Minister visits BCIT

On January 25, approximately 150 staff, faculty and students attended Garry Wouters' presentation in the BCTel Theatre. Wouters, deputy minister of the Ministry of Skills, Training and Labour, discussed his ministry's vision, outlining the challenges that face his ministry and the goals and strategic initiatives designed to meet those challenges.

"We have to re-examine the role of the education system in four particular areas," said Wouters. "First, we have to discover how we can get better access to it, in other words, what is a more affordable way."

*"We have to bring new partnerships to the education community that will answer the questions of access, relevancy, affordability and accountability"*

"Second, there is the question of relevance, how do we give our students employability skills." Wouters said that students lose out when they don't have the relevant work experience that employers demand.

"Third, we must look at affordability for both the student and the taxpayer. This relates to the fourth question of accountability, and this means looking at what is going on inside the institution," he said.

Wouters presented two choices for implementing change. The first choice is expanding and hiring more faculty. The second choice is the voucher or user-pay system. "These choices are the bookends and we must find somewhere in between them. We have to bring new partnerships to the education community that will answer the questions of access, relevancy, affordability and accountability," he concluded.

—from Sheila Rees

## Classified

**For Rent:** Two-bedroom, two-storey townhouse in Whistler Alpine Meadows area available for mid-week rental. Sleeps six. Within walking distance of Meadow Park, swimming pool, ice arena, rec. centre, store and bus route. Easy drive to the Village and ski hills. Fully furnished, park right outside the front door. Only \$150 per night (\$25 each if you have six people). Call Sylvia at 451-6772 to reserve.

**For Rent:** Whistler/Blackcomb large log cabin, two minutes from lifts, \$39 per person per night (some restrictions apply). Call 858-5644, or fax 858-9999.

**For Rent:** Whistler log home for bed and breakfast, \$50 per person per night. Walk to ski lifts. Call Jack at 5108 or 925-1433.

**For Rent:** Beautiful three-bedroom house, 10-min. walk to Coquitlam Centre, close to schools. \$1,250/month. Available immediately. Non smoker, no pets. Call 944-2963.

**For Sale:** Men's top-of-the-line Nordica rear-entry boots, size 28.0 (10 1/2-11 shoe size). Used

weekends by retiring little old man in golf shoes! A steal at \$115. Call Michael at 8218 or 434-7184 to try them on for size.

**For Sale:** Large three-piece sectional couch. Dark grey-black velvet, excellent condition, \$650. Pair of blue/grey authentic sheep skin seat covers, almost new, \$120. Call Lisa at 8431.

**For Sale:** 486DX80 computer. 8 meg RAM, 1-31/2" and 1-51/4" floppy drive, 212 Western Digital-HD, MS mouse, ATI Ultra Plus 2 meg DRAM graphics card, NI SVGA monitor, 2 game ports, 2 serial and 1 parallel port. \$1900 obo. Call Ronaye at 8738 or 922-1295.

## Recreation One, two, three...

Ballroom dancing lessons will begin Tuesday, February 7. The classes run until April 4, and take place in NE1, Rm 334 from 1800 to 2000. The fee is \$27 for eight sessions, and emphasis will be on the fox trot, jive, waltz and some Latin.

### Give yourself a lift

BCIT Recreation and Athletic Services still has lift tickets available at reduced rates. Adult day passes go for \$40 (Whistler); \$41 (Blackcomb); and \$20 (Grouse). Night passes to Grouse are also available for \$16.



## Staff News

### Appointments

Congratulations to Gordon Farrell, who was recently appointed dean, School of Business. His new position will begin on June 1. This is yet another achievement in Farrell's long BCIT career. He has been at the institute since 1966 and was a member of the first graduating class in 1964.

Faculty, staff, students and members of the general public are invited to attend BCIT's biggest Enviro-Fair ever. More than 25 exhibits will be on display at the fair on February 8 in Town Square A, B and C.

Discover the implications of waste management, new environmental technologies and much more as you browse through the displays. BCIT programs on display will include Fish, Wildlife & Recreation, Chemical Sciences, and Civil & Structural.

## All-day Enviro-Fair February 8

The Burnaby Lake revitalization project will be highlighted, and you'll see air pollution monitoring equipment in action, as it measures formaldehyde, carbon monoxide, carbon dioxide and mercury vapor. Civil & Structural's booth will show off their Applied Engineering

Technology program, one of the many programs that offer skills needed to tackle environmental problems.

Ysa Luz, Greater Vancouver Regional District communications officer, will deliver three one-hour presentations on air quality, water quality, and landfill reduction. Limited seating is still available for these presentations, which will be offered from 1130 to 1430 in Town Square C. Call 432-8549 to book your seat.

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