

insideucc

The University College of the Cariboo's Comprehensive News Magazine

New Faces – Big Places

UCC attracting educators from far and wide

By Dale Baggs, UCC 4th Year Journalism



This time last year Maryanne McNellis was president of the Los Angeles Times national edition, just the kind of fast-paced and high profile position any journalist would love.

Today, the seasoned reporter and newspaper manager is one of several impressive additions to UCC's growing faculty.

McNellis, who joined the UCC journalism department as an instructor in September, says she left the frenzy of L.A. for "a whole different lifestyle" and the slower pace that Kamloops offers, including much shorter commutes.

"In L.A., it can take from 45 minutes up to an hour and a half to commute," she said.

The natural landscape of this area also charmed McNellis who says she was struck by how beautiful the environment is.

McNellis isn't the only one attracted to the Kamloops lifestyle.

Among the new full-time faces this term are other equally impressive educators who bring with them notable lists of credentials any post secondary institution would be proud of.

While the journalism department hired McNellis as its newest instructor, the Computing Science department has seen Maya Rupert's sessional position become a full-time post. Also joining UCC this year is Helen Szwelwo Allen, who accepted the position of Associate Dean and Director of the UCC School of Social Work and Human Service.



Maryanne McNellis



Helen Allen

Hiring and promoting instructors is a common experience for any growing institution, but the exceptional points about these individuals are their depth of credentials and experience gained from around the globe.

McNellis received her Masters of Journalism from the prestigious Columbia School of Journalism. Career highlights include her first job, a reporter for the New York Daily; a foreign correspondent position with the financial magazine Business Week; a founding editor's post at Investor's Business Daily and Financial Post magazine. McNellis later accepted the position of vice-president of news at the Financial Post, and then moved to L.A. to take up a seat at the Times.

Rupert received her Masters in Computing Science in 1994 and a Masters in Statistics in 1998 from the University of Rennes in France. She then completed PhD academic studies in mathematical modeling and scientific software engineering in 1999 at the same institution. In addition to her work at UCC, the 29-year-old is currently doing research work in genetic programming.

Allen began her career by earning an Honours Bachelor of Social Work from Laurentian University in Ontario, then received her Masters in Social Work from McGill University and is completing doctoral work with the Faculty of Education at McGill. She has completed extensive work with refugees for the past sixteen years, including initiating refugee sponsorship programs. Allen also taught for fourteen years at McGill and most recently at UBC. She has served on boards and committees from the local to national level.

With the impressive backgrounds, some may wonder why these educators chose UCC, a relatively small school compared to larger universities across North America.

"I was amazed by the calibre of people here," said McNellis. "I was very impressed with them (other UCC instructors) as a group, their dedication and passion."

For McNellis, Rupert and Allen, the UCC community, staff and students, are the main reasons for coming here.

"It's much more personal and personable here," said Allen. "The people here are incredibly supportive."

Allen pointed to her recruitment as an example. Richard Olesen, former Dean of Professional Schools, sent a personal letter, a vivid job description and booklets not only describing UCC and what it has to offer, but also information about Kamloops and the region.

"It caught my eye because it was personally directed," said Allen.

She noted no other school went to such extremes and she ended up barely glancing at what they sent her.

Rupert said not only are the people of UCC receptive, but all of Kamloops.

"I like Kamloops very much," she said. "The people are so warm, so helpful."

Rupert also pointed to the size of UCC as one of its main benefits. She said relationships between instructors and students are much closer and that is next to impossible to have at larger institutions simply because there are so many people.

Allen agreed noting much more is accomplished on a smaller campus because not as much time is spent on bureaucratic red tape.

"At bigger institutions all you know is your own department. At UBC I really tried to break out of that, but it was hard," Allen said.

"Here, I am amazed. It's easier to access the people you need to and you can talk to the people making decisions. There is a feeling of having a lot more (decision-making) power."

Jane Teed, UCC assistant professor in Social Work for more than ten years, said it is people with tremendous skill and expertise such as Allen that are going to help shape the future of the institution.

"We're moving into a new place and she's helping to move us forward," said Teed.

"She is a tremendous asset to our department."

McNellis also enjoys the closeness as well as the relative youth of UCC.

"It [journalism] is a young program and I can help shape it as opposed to a program that's rigid and fixed," said McNellis. "A young program can be made into a really good program."

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UCC enrollment is up an overall seven per cent from last year.

As of Sept. 20, 2001 there are 7,293 students studying either part-time or full-time, compared to 6,809 in 2000. The biggest increase has been in international enrollment while university degree enrollment has also seen a significant rise, up 14 per cent in years 3 – 5. The only area to see a decrease in enrollment is college preparatory, where numbers declined six per cent.

Program	September 20, 2000	September 20, 2001	% change
Year 1	2454	2235	+10%
Year 2	804	798	+1%
Academic – Upper Level	1563	1373	+14%
TOTAL ACADEMIC	4821	4406	+9%
Career Technical (all years) Total	1078	1049	+3%
College Preparatory	546	583	–6%
Trades and Technology Total	848	771	+10%
GRAND TOTAL (all programs)	7293	6809	+7%
International education (included in program figures above)	645	537	+20%
Williams Lake Campus Total (included in program figures above)	510	534	–4%



president's report

Welcome to the first issue of Inside UCC, where my President's Report will now appear as a regular part of this new publication. I am pleased that the Public Relations Department has decided to produce Inside UCC on a quarterly basis, as this publication should greatly improve internal communications.



I am also pleased that from all corners of the institution, I am told we have enjoyed a smooth and successful start to our 32nd year of providing education and training. My thanks to the entire UCC community for the dedication, effort and personal touch that make this possible. Our reputation as an

institution of the highest quality begins and ends with the personal commitments and caring support we offer students at every stage of their UCC experience.

During this academic year there are four initiatives of which you should be aware. They include: Seeking advice on how to better coordinate services for students; Receiving a report from an external expert concerning First Nations life on campus, with recommendations for future directions; Seeking expert advice on new opportunities and directions for our School of Business and; Receiving recommendations in regard to an Ombuds Office, as outlined in our Strategic Plan. Through these activities, new directions will be defined to build on the excellence UCC has already achieved. These reports are expected by the new year so that they can be considered in our annual planning and budget process.

Over the past several months I have been very involved in two major initiatives that are directly related to the Ministry of Advanced Education and the new government in Victoria. Specifically, these have been responding to requests from our new government and continuing to pursue the important issue of university status for UCC.

Like all other public sectors in British Columbia, the post-secondary education system was asked to respond to the Core Services Review. As part of the strategic efforts of the University College Consortium (UCBC), a collective response to the Core Review was developed. I shared this response with faculty and staff in early October and I am pleased to report that there has

been a favourable response to the single, unified reply from the five university colleges as it demonstrated a strong commitment to working on a system basis.

Clearly, the credibility of UCBC as a differentiated sector in the British Columbia post-secondary education system was enhanced by this action. I expect a continuing dialogue with the ministry and the new government as we work through a number of important issues related to public policy and funding.

During this time I have also committed to talking to groups throughout our region about the issue of a new legislated status for UCC.

Over the past four months I have been privileged to speak to many Rotary Clubs, other service groups and community meetings from Chase to Williams Lake. In talking about our future as an institution, I always stress how important it is for people to first understand the history of growth and development of UCC. It has taken vision and innovation to bring us to where we are today, and in understanding this, it is easier to see how distinctive new legislation can open the doors to many new opportunities.

Without question, I again must emphasize that our efforts are focused on maintaining and enhancing the comprehensive institution we have today, and on providing more opportunities for both learning and economic development across the vast region we serve.

We have achieved a unique and exciting blend of programs across the spectrum of post-secondary education and our future is based on keeping that intact. It is my belief that government is taking these issues seriously, but obviously their most immediate concern is about costs. I expect discussions on a new legislated status for UCC to continue and, I hope that in full cooperation with the new government, UCC can move forward with innovative ideas that will open the doors to new prospects.

These are some of the challenges that we face in the year ahead and I am confident that we can meet them with success. I look forward to keeping you updated.

Regards,

Roger Barnsley

report from the board of governors

UCC Training House Awarded

UCC, in partnership with the Canadian Homebuilders' Association, Kamloops, has been honoured with two Silver Thompson/Okanagan Housing Awards for its 2000/2001 Training House-Y Dreamhome project. The home was recognized in categories of Best Single Detached Home under 1,799 square feet and Best Technical Innovation or Environmental Achievement by a Builder, Renovator, Designer, Subtrade or Manufacturer. Up to five Silver Award winners are chosen from each of 16 categories and out of those five, one gold winner will be announced at a gala ceremony on Jan. 12, 2002 in Kelowna. The UCC/CHBA Training House project has also been entered in the category of Outstanding Contribution to the Housing Industry, which will be announced Jan. 12, as well.

RT Instructor Named President of Provincial Society

UCC Respiratory Therapy Instructor Les Matthews has been named president of the British Columbia Society of Respiratory Therapists. Matthews takes the post after being president elect for the past year. This is the second time he has been president of the society, which has about 400 members across the province.

Curriculum Approved

Mulawarman University in East Kalimantan, Indonesia, has accepted a social forestry curriculum developed with the help of two UCC faculty members, John Karakatsoulis and Kent Watson, both from the Natural Resource Science department. The curriculum was created as a compulsory element for forestry students at that institution as well as an optional course for students in other areas of study. Social forestry aims to harmonize contending forces and develop a better understanding of forestry practices in this area of the world. UCC International has had ongoing relationships with this particular university for the past eight years and was instrumental in developing the Centre for Social Forestry there in 1997, coordinated through Ivan Somlai, associate director, International Contract Services.

UCC Faculty Members Launch Book

UCC faculty members Ginny Ratsoy and Jim Hoffman have selected and edited 17 plays produced in B.C. for a new book titled *Playing the Pacific Province: An Anthology of British Columbia Plays, 1967-2000*. Ratsoy, an instructor in the English and Modern Languages department and coordinator of the Canadian Studies program, and Hoffman, a theatre professor, have included a 6,000-word introduction and have written between 1,000-2,000 words for each play, including interviews. The book is being published by Playwrights Canada Press in Toronto and was launched at a UBC theatre conference October 11.

Theatre Funding Frozen

The provincial government has frozen about \$1.64 million in funding to convert unused space in the Student Street area of Old Main to a black box theatre space. The announcement in September was part of \$42-million deferment of building projects at several institutions throughout B.C. Preliminary work had been completed, however, it's expected the deferment will last at least 18 months.

Science Course Developed

A new chemistry course (CHEM 131) has been developed for introduction in the winter of 2003. The introductory course has been designed for non-science students who have little or no background in Science or Mathematics. The object of the class will be to discuss a variety of issues involving chemistry in today's world including water pollution, air pollution, energy sources and the food and drug industry.

Multi Media Rooms

During the summer UCC Media Services updated 10 rooms with video projectors and multimedia upgrades including OM1611, OM 1330, OM 1331, AE104, AE361, SCI337, SCI232, SCI 273, TT255 and TT219. Training sessions and troubleshooting assistance are available through Media Services.

achievements

Christopher Walmsley

UCC's School of Social Work and Human Service is pleased to announce Dr. Christopher Walmsley successfully defended his dissertation at Laval University in Quebec City, Friday Sept. 28, 2001. His research focused on social work practices in child welfare, specifically focusing on aboriginal child welfare. Walmsley's work will make a significant contribution to social work knowledge about practice and the challenge facing a very important and currently debated area of service delivery.

David Graham

David Graham, a 1987 graduate of UCC's Computer Aided Drafting and Design program (now the Engineering Design and Drafting Technician program), has a connection to the UCC Training House, which received two silver Thompson/Okanagan Housing Awards. Graham, owner of ProCad Designs, designed the home that was honoured in the Best Single Family Detached Home (under 1,799 square feet) category.

Mel Galloway

Mel Galloway, recently retired Director of College and Student Affairs, is the 2000/2001 recipient of the Otis McCready Award for Outstanding Service, given by the Northwest Association for Student Personnel. The professional organization includes representatives from British Columbia, Alberta, Alaska, Washington state, Oregon, Idaho and Montana. Otis McCready was an original founder of the association and Galloway is the first Canadian to receive the honour. Galloway was presented with the award at an annual conference in Oregon in October.

Tom Dickinson

Associate professor of Biology Tom Dickinson is preparing 10 years of research on songbirds in a high elevation forest near Sicamous for the Ecological Society of America as well as several international journals on ecology. Dickinson most recently gave a lecture on the research project at UCC, reiterating the importance of understanding ecosystems and the impact logging has on the forests and wildlife. His work has also been submitted to Forest Renewal B.C., a partner in the research project.

Wayne Hollingshead and Terry Lake

Two instructors in the Animal Health Technology program at UCC are to be congratulated for their work in organizing two successful international animal health conferences hosted in Vancouver this past August. Dr. Wayne Hollingshead was part of an organizing committee for the North American Veterinary Technician Educators Conference at the Coast Inn Stanley Park where 200 delegates attended. Dr. Terry Lake was chair of the convention committee for the World Small Animal Veterinary Congress hosted at the Vancouver Convention Centre, which was attended by 2,000 delegates.

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behind the scenes: computer services a vast tree of technology

By Andrew Stokes-Rees, UCC 4th Year Journalism

In a seldom visited corner of UCC on the third floor of the Old Main building is a surprising scene where hundreds of tiny lights flash, fans whirl and cables of every colour run between circuit boards and computers the size of fridges.

Only a few people are even permitted to enter this guarded room because of the vital role it serves in the work of some 9,000 students and staff. Through it passes their e-mail, telephone calls, registration, records and course work. This is the nucleus of the institution, a room that is referred to by employees as "the hub of UCC's computer network."

For a staff of 20 the responsibility of the Computer and Technical Services Department is immense. Their work encompasses 1,500 computers at campuses from Williams Lake to Merritt, as well as a system of telecommunications, audio-visual equipment, computer facilities and campus networks to rival many in the province. And despite the rapid evolution of technology, their job does not always get easier.

Marlene Domoney is UCC's Director of Computing and Technical Services. She has been working with the department since 1992 when she was hired to manage the implementation of a new student, finance and human resource database for the college.

Domoney describes a poster outside her office, which reads, "I know I'm paranoid, but I'm not paranoid enough," reminding her staff of the importance of security in this part of the campus. She speaks of the 56 buildings that comprise UCC and its satellite facilities, explaining how "absolutely everything on campus is connected to the computer room."

Domoney, along with her staff, has good reason to be so protective of the area.

In one small space about the size of a large dining room, computer services is a system of several hundred complex parts that fuels every aspect of the university. From the Science building computer labs to Clocktower offices every folder, disk space, telephone connection and record is housed in this highly restricted area. Wesley Cole, Manager of Network and Technical Services, is responsible for administering and monitoring the maze.

Still, two of the biggest threats to the computer system are the least visible of all, as Computer Services learned in September when the virus known as Nimba got through the network defenses and damaged computers in one area, leaving at least one instructor without his course materials.

"Most often we have caught things early and have been very lucky," said Domoney. "We did have that one virus get through, which was the worst we've ever had." As Domoney explains, the risk of virus exposure stems from the high volume of information entering the campus system over the Internet.

"The only way we've ever had any viruses is from somebody using Microsoft Outlook, which allows viruses to attach themselves to an address book. We don't usually have that problem because we don't use Outlook."

Ironically, for the Computer Services staff, the same technology that makes their computer network function efficiently is also one of their greatest challenges.

"The challenge is basically Microsoft," said Domoney. "It is absolutely a fact that when they bring out a new operating system they are changing things to require faster hardware and, as an instructional school, we need our students to come out of here with skills based on the latest applications."

In recognition of the huge part computers have on student life, UCC has 36 computer labs, with about 650 PCs. Eleven of the labs at the Kamloops campus are general purpose, 17 are special purpose and usually dedicated to specific programs, and eight of the labs are located at regional campuses including Williams Lake, 100 Mile House, Merritt, Lillooett, Clearwater and Ashcroft.

Bob Clark is the audio-visual and media services co-ordinator on campus and believes networks like the one at UCC are an essential part of campus infrastructure that makes things such as interactive classes (ITV) possible.

Every Tuesday evening an economics class takes place much like any other: its students listen to the lecture, take notes, observe diagrams and discuss topics. But the students of this course aren't gathered in one room – not even one building. They attend the course from three different cities and are brought together by an instant video and audio connection that allows them to see and hear one another.

Clark also manages a high-tech media production lab, which instructors are gradually learning to utilize in their preparation of course material. There are also five employees at the Computer Services Help Desk dedicated to helping instructors with their computer, printer and network problems. They provide troubleshooting, problem resolution, advice on equipment utilization and installations of hardware and software.

"Students today have a lot of high tech equipment at home and expect the same in their learning environment. We assist instructors in planning for it and most often make the editing equipment available," Clark said, referring to video, photography and computing work.

Clark, who works with instructors on multimedia editing, finds it a challenge to make the different media compatible.

"There is an expectation that all media formats

be compatible," said Clark, demonstrating with his hands the meshing of gears together. "In most cases they touch, almost fitting together. But they are not yet compatible and that's just our challenge: to make things work together."

Clark added advancing technology used at universities in general is huge.

"Even traditional teachers who would never have touched the stuff are starting to experiment with Powerpoint presentations and posting their course notes on the network."

Looking toward the future, Domoney said that the Web is going to become a lot more important for everything on campus. According to Domoney and Clark, institutions like UCC are bringing the Web back to its original purpose – making the Internet a basic tool of education.

Instructors at UCC, though not obliged to use it, have access to teaching tools like Web CT, Microsoft Powerpoint and network servers for file posting.

"The technology is being used well by instructors," said Domoney. "It's definitely getting used more because it has a lot to do with the hardware and software becoming more user friendly. As more and more people start to use the technology for teaching, they learn to help each other."

Electronics technicians Murray Doubt and Arnold Boudreau know what its like to be called on to help instructors with problems, as do Karen Kowalski and Susan Lefebvre who provide computer lab support. The giant task they share is to respond to the technical issues on most of the campus equipment. To make their job a little more challenging, their technical work must be scheduled around class times, sometimes forcing them to fit repairs into brief class intervals or during the early morning.

Keeping up with repairs and the changes of computing technology can be an expensive job. Clark refers to the Kamloops campus' 18 multimedia classes where audio-visual installations have a value of \$25,000 to \$30,000 each.

One of the big changes Clark expects to see on campus in the future is the creation of a "24/7 concept," which would allow students continuous study access, both on campus and in their homes. During certain periods in the school year some computer labs are already kept open on a 24-hour basis.

"Five years ago most computer services were utilized on a nine-to-five schedule," recalled Domoney. "When staff went home the systems were idle."

cariboo online

One important aspect of The University College of the Cariboo's Computer Services department is the website www.cariboo.bc.ca.

It's maintained by UCC's Ruth Hughes, but as Marlene Domoney, director of Computer and Technical Services, explains, it is actually a campus-wide production.

"The whole campus designs it and the whole campus maintains it," said Domoney. "We only provide a person to look after the technical aspects of the site. We assist people with their Web pages, provide templates and technical services. But we don't design the pages."

Cariboo went online in 1994, then revamped the Web site in 2000, after an outside firm was recruited to assist with the complete redesign it. Since then, every department and office of UCC has proceeded to add their own pages to the site.

The current Web site features elaborate pages from many of the main programs, which in some cases have been written and designed by people on campus. Unlike simple Web sites, Cariboo online is vast and branches to such pages as the Digital Times news magazine, the library database, and extensive information on all programs.

As an internal service, students are now able to renew library materials, check academic records and chat with their instructors and classmates online. Soon, online registration for courses will be available through the UCC Web site.



www.cariboo.bc.ca



high calibre undergrad research sets UCC apart

By Jennifer Muir, UCC Public Relations

When it comes to scientific research at the undergraduate level, The University College of the Cariboo is holding its own.

In fact, UCC students have undertaken some fascinating work during their undergraduate studies through the years, work that many times is equal in calibre to post graduate research, says Colin James, UCC Dean of Sciences and Health Sciences.

"At UCC, on a per faculty member basis, there are probably more undergraduate students involved in research. The bulk of scientific research at other universities is done at the post graduate level," he said.

"Here, the only opportunity we have to do it as it at the undergraduate level."

If students can find support for a project from a faculty member, the range of topics that can be studied is wide open. The opportunities are as varied as the fields of scientific research, James said. Many science students undertake their research through a Directed Studies course, which provides them academic credits and time in their schedules to complete the work.

Lori Phillips, a fourth year biology student, is a good example.

Phillips became interested in a scientific study at the Berkley Pit in Butte, Montana after reading an article in Discovery Magazine about some extraordinary algae that were able to survive in the water of the giant toxic waste site, located in the town.

She was intrigued by the research that aims to uncover the organisms' ability to live and even clean the water by sequestering toxins in its cell.

"There has been lots of experimentation with plants in the field (of bioremediation) and this is the same sort of thing," said Phillips, who is considering post-graduate work in that specific area.

Her intrigue turned to full participation in the study after she learned the lead researcher in Butte, Dr. Grant Mitman, happened to be a colleague of her UCC biology instructor, Ron Smith, an assistant professor.

"We went to graduate school together," said Smith, who called Mitman and asked if Phillips could aid in the project.

Mitman agreed to send samples of the algae to UCC so Phillips could separate them, then test their ability to cope when materials such as copper, zinc, arsenic, cadmium, lead and aluminum were added to their environment. All those compounds are found at the Berkley Pit where mine tailings and ground water have been stewing for two decades.

The environmental worry, aside from an open pit of toxic waste in the town, is that the water levels could eventually rise high enough to contaminate other sources of water in the area. The U.S. government and the current owners of the site are looking into ways to clean up the pit at the same time the scientific research is going on.

Phillips received the algae from Butte in mid October, and has just completed a methodology plan. Over the next several months she



Lori Phillips

will investigate and record the ability of three to four types of green algae to sequester metals.

The first step will be to isolate organisms and house them in separate flasks that will serve as modified aquaria. Chemicals and minerals will all be introduced to the environment and results will be measured.

Phillips said if the research is successful, the algae could potentially be used in other water bodies where pollution exists. At the end of the year, she must complete a report on her findings and present it to her classmates.

B.Sc. grad credits faculty

UCC courses and research opportunities are making a difference for graduates who go on to study at the postgraduate level. The following testimonial is one of many pieces of feedback professors receive each year from their former students:

"I recently graduated from UCC with a Bachelor of Science in Chemistry and I am now enrolled in a Masters of Science program at the University of Calgary.

In the process of getting paperwork together to apply for scholarships this fall, I was in contact with Dr. Norm Reed regarding letters of reference. Norm was my supervisor for my 448 project and taught me a number of courses since second year. I had the opportunity to talk to him about the graduate courses I am taking and my new research project.

I am taking a Natural Products course at the graduate level, and told him the Natural Products course he taught (Chemistry 422) prepared me quite well for the course I am now taking. Although the one now is a much broader scope, Norm's similar course at UCC has turned out to be quite valuable to me."

Michael Bey, B.Sc., 2001



sleep habits

L.R Matthews RRT (A) MA, UCC Sleep Program Coordinator

Individual needs for sleep vary from four to 10 hours per night and there doesn't appear to be an ideal sleeping pattern that will work the same for everyone.

How much sleep you need may simply be answered by saying, "enough is enough."

If you feel rested upon waking and alert during the day, your needs are being met. If you are unhappy with the quality or quantity of your sleep, it is important for you to seek medical consultation.

As researchers continue to uncover the mysteries of sleep, a number of fundamental principles are beginning to emerge. Researchers recommend the following:

1. Don't stay in bed any longer than needed for sleeping.
2. Don't allow your bed to become a place where you fight to sleep.
3. If you can't sleep get up and engage in a relaxing activity
4. Once you become drowsy return to bed for sleeping
5. Don't clock watch, if you set an alarm set it and then remove it from view.
6. Exercise is best performed at least 6 hours before bedtime.
7. Generally speaking, napping steals from your nighttime sleeping quality so, if possible, try to avoid napping. Individual differences may allow for napping as long as it doesn't interfere with sleep during the night.
8. Heavy smokers experience a reduction in sleep quality when compared to their non-smoking counterparts. Another good reason to quit.
9. Alcohol should not be used to promote sleep onset. Although it may help you fall asleep it will result in more frequent awakenings throughout the night.
10. Avoid caffeinated beverages or food in the later part of the day.
11. Relaxation techniques can be very helpful in improving the quality and quantity of your sleep.
12. Avoid the use of over the counter sleep medication. Although medications can be an effective treatment for sleep disorders they should only be used under the supervision of your doctor. The least amount of drug to attain the desired affect for the shortest period of time is the rule. Side affects are a common problem with drugs designed to help you sleep. In some cases the very medications designed to help you sleep actually disturb both your sleep quantity and quality.

Sleep is no longer considered a passive process. Your mind and body are actively carrying out important physiological and psychological functions. If this part of your life is not functioning adequately, seek medical consultation. Don't give up until you get positive results because your health may depend it.

Les Matthews, RRT (A) MA, is the sleep program coordinator and an instructor in the Respiratory Therapy Program at the University College of the Cariboo. He can be reached at 250-828-5434 or matthews@cariboo.bc.ca.

sleep doctor commits to UCC clinic

Dr. Ron Cridland, a family physician with more than 10 years experience in treating a realm of sleep disorders, joins The University College of the Cariboo's Sleep Disorder Clinic in Kamloops on a regular basis.

As of this term, he will be available to see patients for up to four days every two weeks. Cridland is a resident of Kelowna, but currently shares time practicing in Kamloops and Calgary. He came on board at UCC in May of 2001 and was seeing patients periodically, but had no regular schedule. The change means more clients will have access to his expertise in treating their sleep problems.

"I have always practiced health promotion," said Cridland, a family physician. "It seemed there was a missing link — getting enough quality and quantity sleep."

In the 1980s Cridland started focusing more on sleep disorders within his practice and eventually began lecturing on the topic. He is one of only a small number of physicians in Canada who place much of their focus on sleep medicine, making his arrival to UCC a real benefit to the community.

The Sleep Disorder Clinic, which operates through the Respiratory Therapy program, is also unique to the Interior. UCC is the only institute in the province that offers the Respiratory Therapy program and the clinic provides a practical setting for students to learn. They, under the supervision of their instructors, book

appointments, do pre-assessments and oversee the diagnostic technology used in the office.

The clinic receives patients through doctor referrals and is equipped to diagnose a wide range of sleep-related disorders. Cridland is available to consult with patients and diagnose problems before setting up treatment plans using a variety of interventions.

"I believe we are providing a service that is really helping people. No one else is doing this, in this kind of setting in the Interior," Cridland said.

He estimated that within family medicine, more than 60 per cent of the people who are seen, suffer from some sort of sleep disorder.

He is also an advocate for making sleep disorders a higher priority on medical school curriculums.

Other sleep disorder clinics in the province include ones at UBC and UVIC, but UCC's is distinct in that it's linked into respiratory therapy and covers a full range of sleep-related problems. There are also medical specialists in B.C. who operate sleep disorder clinics, but they tend to focus on specific areas such as neurology and cardiology, said Cridland.

For more information on the UCC Sleep Disorder Clinic, please contact Dr. Ron Cridland at 250-868-6164 (cell), or Les Matthews, Sleep Program coordinator at 250-828-5434.



Dr. Ron Cridland takes student Melissa Stiner's blood pressure

spotlight on science and technology

By Taylor Zeeg, UCC 3rd Year Journalism

Providing an up-close and personal view of some of the wonders of nature, scientific experimentation and technological advances is one of the best ways to pique interest in budding careers.

That's one reason why The University College of the Cariboo's annual Science and Technology Day has seen such wide student interest in its science, computing and technology programs in the past several years.

The public forum that brings several UCC departments in science and technology together to promote wonder and excitement in their fields, drew its largest crowd to date Oct. 13 with more than 1,500 people attending.

In its 12th year, the event had its daytime debut, a move from the traditional Wednesday evening date. Peggy Broad, an enthusiastic faculty member in UCC's Natural Resource Science department, was very pleased with the move to the weekend.

"A lot of people from out of town haven't been able to come in the past," said Broad, who pointed out the beautiful UCC campus would be much better appreciated in the daylight.

The objective of Science and Technology day has been to attract people to the facilities at UCC and increase general awareness of science and technology opportunities for future students. Linda Underwood, co-ordinator of Science and Technology Day, said the event has drawn about 1,000 people in years past. This year's numbers attest to its growing popularity.

"We're focused on every age," said Underwood, "from elementary school kids to adults."

One of the goals this year was to increase attendance with high school students, added Underwood. School District 73 hosted a booth where students could receive Career and Personal Planning (CAPP) hours for spending time at the event. All secondary students must accumulate a certain amount of CAPP hours to graduate.

Both faculty and UCC students were involved in many of the events so visitors could see the UCC education system in action. About 175 volunteers and 80 faculty members worked together to make the day a success.

"The hope is that student's efforts will rub off on future students, getting them excited about Science and Technology. I think it's contagious. The enthusiasm is incredible. The students sell our programs," said Underwood.

"The faculty also put in a lot of time to pull this off. It shows how dedicated they are," she added.

One of the most popular events was the Wonder of Chemistry show. Once again, it drew a sell-out crowd and organizers had to turn people away.

Doug Bickley, chair of physical sciences and engineering, said the show has been running "for a good 12 years," and involves the efforts of two faculty members and the student-run Chemistry/Biochemistry Club.



"We try to get students to do as much as possible. Sometimes they line up and fight to get into the show," joked Bickley.

Participation from students and teachers has been essential to the successful event, but community organizations have also played a huge part in the day's popularity.

One community group that participated this year was Eureka!, a non-profit organization affiliated with UCC, which aims to interest kids in science. Its philosophy is to promote science in a fun way. This past summer Eureka! traveled to Cache Creek for a four-day summer camp and there was so much interest in science that the Cache Creek community sent a busload of youth to attend Science and Technology Day.

Other community organizations that participated in the day included Friends of the Garden, which hosted garden tours; the Thompson-Nicola Paleo Society, which displayed numerous fossils; representatives from the Kamloops Wildlife Park, who brought along some of the resident animals; Valleyview Overlander Lions Club members, who provided food for hungry visitors and; the British Columbia Conservation Foundation, which showcased the Bear Aware program.

Some of the faces that made Science and Technology Day another UCC success include:

Ken Klein, Geology Department

Ken is the president of the Thompson-Nicola Paleo Society and chair of the UCC Institute for Paleo Research. The institute was created so local people could donate their collections of fossils thereby keeping valuable specimens in the Kamloops region. The Paleo Society's display "filled the whole room," and was valued in excess of \$40,000. One of the most exciting displays was the mammoth tusk.



Ken Klein

Denise Dauncey, Eureka!

Denise is the director of Eureka!, an initiative to foster kid's interest in science. Eureka! showcased "wild and wacky experiments," to the delight of all visitors. Denise's goal was to show everyone that "science is fun...science is for everyone."



Denise Dauncey

Norm Reed and Jim Davies, Department of Chemistry

According to Linda Underwood, co-ordinator of Science and Technology day, these guys, "ran the day." Their Wonder of Chemistry show was, to say the least, one of the most popular.



Norm Reed



Jim Davies



Peggy Broad

Peggy Broad, Department of Natural Resource Science

Peggy was very enthusiastic about this year's event, noting the Natural Resource Science department combined the wonder of the natural world with the excitement of technology.



Peter Basson

Peter Basson, Electrical Trades department

Peter would only say his experiment "had the ability to create quite a magnetic field." He really enjoyed the event because it gave him the opportunity to "promote the course like crazy."

no image problems for trades and technology

They're doing fine, thank you very much

By Jennifer Muir, UCC Public Relations

Vanquishing the notion that trades and technology careers are a "second best choice" for students entering post secondary institutions is one of Howard Mayer's greatest missions.

The program development administrator for Trades and Technology at UCC, has been urging young people and parents to consider the fields in the same light as they would consider a university degree for almost as many years as he's been at UCC.

"We have got to get rid of the perception that trades and technology are a second choice. We have to tell the truth about salaries associated with trades and technology," Mayer told a full house crowd at September's Help Wanted conference and trade show hosted in Kamloops.

He captivated the audience with career opportunities and related incomes and hit his point home with several success stories of the departments' graduates. All were making more than \$50,000 annually a year after graduating.

"We don't need someone to improve our image," said Mayer. "We want the best and brightest people."

Mayer believes parents and students need to take a harder look at the opportunities available to them through introductory trades programs such as carpentry, welding, plumbing, power engineering and mechanics, all of which are available through UCC.

The trades and technology programs have traditionally had very high after graduation success rates. Mayer said commercial transport, carpentry, welding and design and drafting had 100 per cent placement, while others have been in the high 80s and mid 90s. He also noted many of the programs

have growing numbers of female students in what were once considered careers for males only.

"What's on the horizon for employers?" Mayer asked the audience. "They want good entry level people that they can mold into their own product. However, training prior to work makes all the difference in familiarizing students for the job ahead."

The conference's theme, the looming shortage of skilled workers in B.C., needs to be recognized on several fronts with government, educational institutions and citizens working together on a variety of fronts, Mayer said.

"The threat of a massive labour shortage points to several key areas that should be addressed," he said.

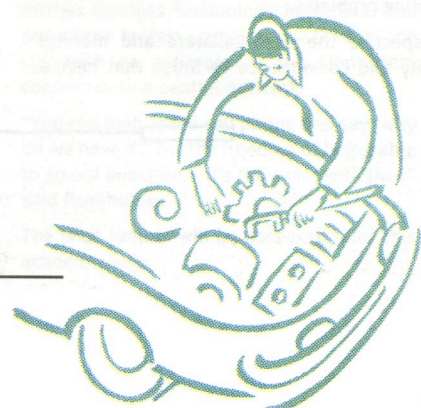


Howard Mayer

One of those is connecting entry-level people with prospective employers.

"Entry level trades and technology programs are the tools to prevent a major skill shortage in B.C. Entry level programs are one of the best kept secrets in Kamloops."

His other suggestions for warding off the shortage that faces the province in the coming years: Remove false perceptions by distributing good and accurate information to teachers, schools and parents. He said finding more vocal role models in the trades and technology occupations would also aid the process.



cac expansion a step closer

Not only will it be a cool place to hang out, the Campus Activity Centre expansion will help to foster a more solidified student community at The University College of the Cariboo, says a student society vice-president.

Jason Meidl, Cariboo Student Society vice-president, Internal Affairs, said the building is an exciting addition to campus, especially since it will be student-owned and operated.

"We need to build on the student community. There is a lot of student apathy that exists and this will help to improve the situation," he said.

It will also help create jobs and provide a place for students to be able to call their own.

The project will be fully funded by students through Cariboo Student Society fees, a portion of which has already been collected over the past three years. UCC has been authorized to borrow the balance of the building costs that will be repaid by the student society.

Because the project is not funded by government grants the expansion was not caught in the most recent provincial government capital projects freeze.

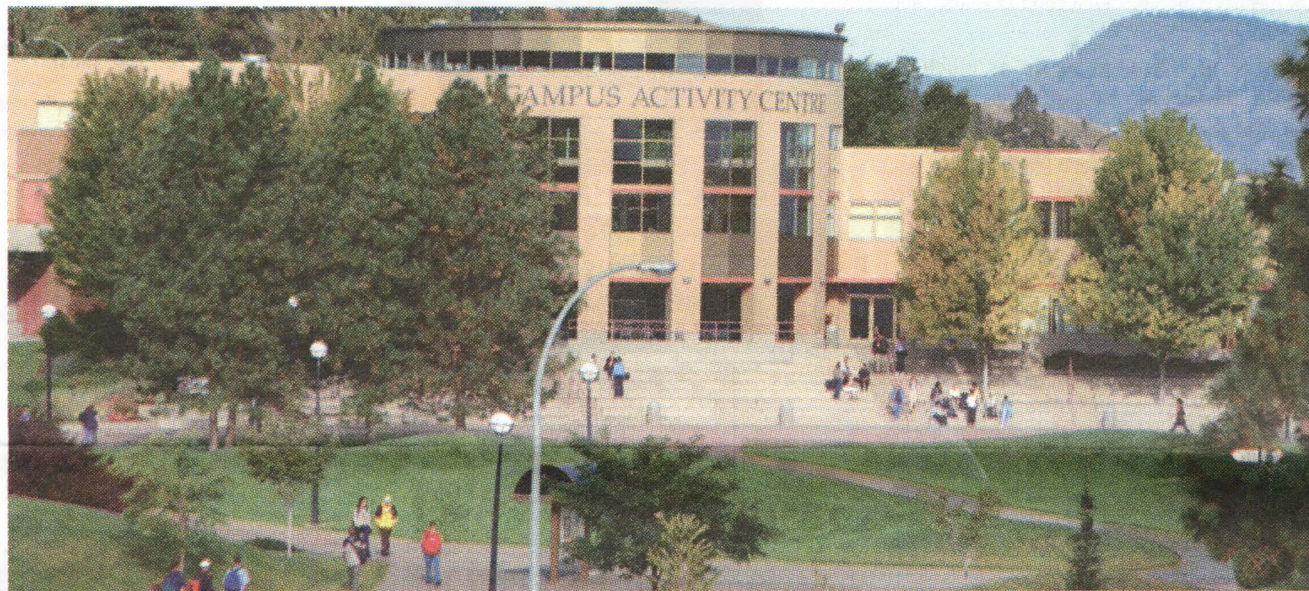
BA Blacktop, a Kamloops company awarded the tender for civil work associated with the expansion, started excavation and ground-leveling work in early October and is expected to complete that part of the project before the full force of winter hits, said Phil Hanmer, manager of capital projects at UCC.

Construction of the 12,000 square-foot building, which will be connected to the Campus Activity Centre, is expected to be complete by the summer of 2002.

The \$1.8 million expansion will include offices for the student society and First Nations Student Association as well as permanent space and storage for UCC clubs. There will also be a student lounge and a huge general-purpose space to host concerts and events. Other features include a large outdoor patio and a glassed-in area that takes advantage of the beautiful Kamloops views.

The society retained Architectura for the expansion, the same architectural firm that designed the Campus Activity Centre. Project architect Steve McFarlane has been responsible for keeping a consistent style between the older building and the new.

A model of the expansion can be viewed in the Cariboo Student Society office and in the Campus Activity Centre.



animal health technology sets sights on new building

One of the best animal health technology programs in the country will no longer be housed in one of the worst facilities.

The University College of the Cariboo moves forward with a new building for the two-year program, the only one of its kind in British Columbia, after awarding a \$1.68 million contract to Mierau Contractors in mid-October. The development will be twice the size of the current facility, a Second World War home that's become unsuitable for instructors and students.

It's a project that has been discussed on and off for the past four to five years, but was forced to move forward because of pressure from the national accrediting body for the program, the Canadian Council of Animal Care.

"It's one of the few projects that has not been caught up in the most recent provincial government freeze on educational institution capital projects," said Josh Keller, public relations director at UCC.

The site already has road and sewer services and construction near the Trades and Technology Centre began in October. It's expected the building will be completed by Summer of 2002.

From a clinical point of view, the facility will be far more functional and user friendly, said Dr. Dave Sedgman, Chair of Agriculture Related Programs at UCC.

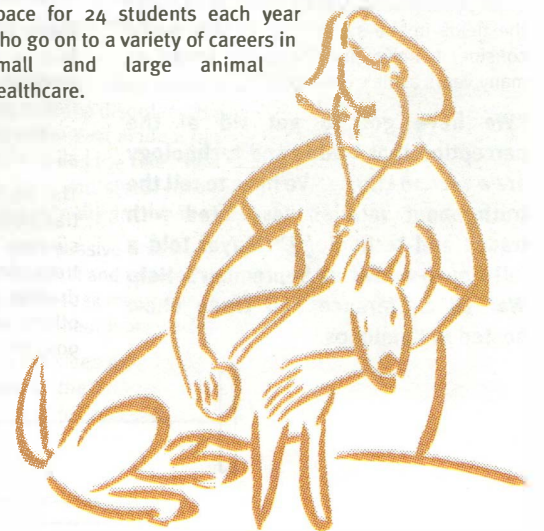
There will be larger kennel and outdoor areas for resident animals, more classrooms and a lab animal colony that will serve as a working model of a large research lab.

"There will be more opportunity to do wet labs and other forms of continuing education instruction for graduate animal health technicians and veterinarians along with our own students because of the larger facility," said Sedgman.

The new building could eventually provide opportunity for a second stream of animal health technology students.

"Our biggest market for students right now is from the Lower Mainland," said Dr. Sedgman. "There is the potential for further instruction through distance education programs using ITV. There is also the possibility of having a summer stream of students who would take the course over three years instead of two. That way, people don't necessarily have to quit their jobs to go back to school."

The two-year diploma program provides classroom and laboratory instruction, field and clinical experience involving small and large animals. It has space for 24 students each year who go on to a variety of careers in small and large animal healthcare.



visually impaired man sees what's needed

By Taylor Zeeg, UCC 3rd Year Journalism Student

Although legally blind for almost two years, Vern Short doesn't live in the dark.

After learning last spring The University College of the Cariboo was to receive \$1 million from the provincial government to upgrade its computer systems, Short seized the opportunity to improve things for visually impaired people.

The Kamloops-based advocate for the visually disabled approached Cathy McGregor, previous MLA for Kamloops, who in turn contacted UCC to see what could be done. UCC decided to install a 39-inch monitor and special software, called Zoom Text, in the campus library for those who are visually impaired.

The software enlarges the font and, coupled with the larger screen, makes reading the text easier.

Nancy Levesque, UCC director of Library and Information Systems, said the new equipment is "meant for those who have eye-deteriorating problems.

From Short's perspective the new software and monitor provide accessibility and convenience to those that have a

disability and use the UCC library. Without them, the visually impaired "wouldn't be able to use the library effectively," said Short.

The 49-year-old is enrolled in the Provincial Instructor Development program at Vancouver Community College, which he takes through UCC. The program educates students on how to structure lesson plans, deliver effective lessons and facilitate learning programs.

Through the program, Short is developing his own program and business called S.A.A.F.E. (Sensitivity Awareness and Accessibility for Everyone). The business will focus on access issues for those with disabilities. Short will target the tourism industry, small business, and corporations. His objective is to promote education awareness and respect for people with disabilities.

Davina Neve, transition planner with the student development division at UCC, said there are a handful of known students attending UCC that will definitely benefit from the library computer upgrade, but added there could be others that would also be helped by it.

The computer is located on the main floor of the library.

training house takes a modern approach

An open floor plan, beautiful views and plenty of privacy are just a few highlights of this year's UCC/Canadian Home Builders Association of Kamloops training house.

A site was selected in the Sun Rivers subdivision in September and work has begun on the craftsman style home that's just down the street from last year's training house.

This newest location is surrounded by ravine on three sides so there is a view from every angle, said Howard Mayer, program development administrator for Trades and Technology at UCC.

The open plan incorporates a great room, kitchen and eating area that look out onto the backyard, a design that follows more modern trends, according to Mayer.

"We are getting away from the formal dining room setting and more into usable space," he said.

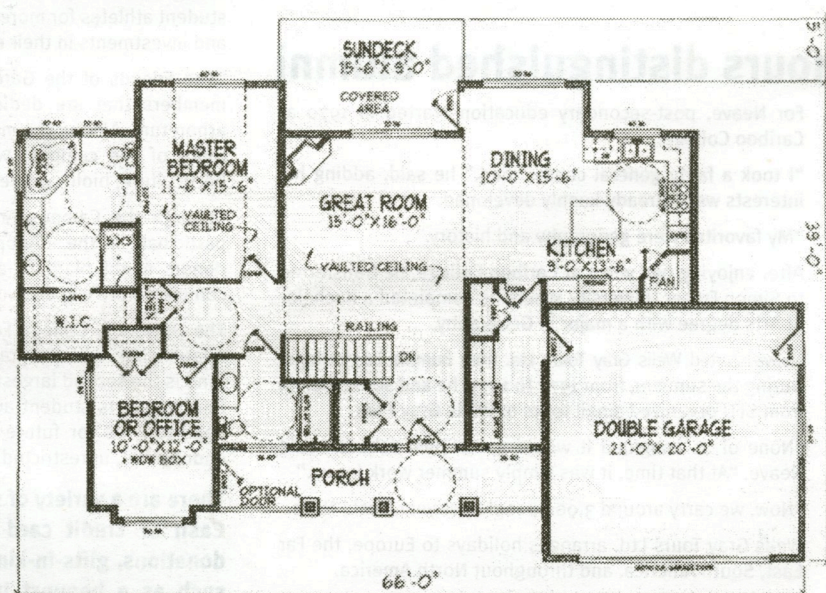
Another focus has been placed on incorporating "flex" into the design to accommodate for potential design changes that homeowners may want to undertake in the future.

This is the 11th year and the 13th house students have been involved in building in the joint training partnership between the homebuilders and UCC. Students in residential construction, electrical trade entry, plumbing trade entry, level C welding, telecommunications technician and horticulture programs all receive hands on experience in the project.

The initiative has made it possible for UCC to give away \$60,000 in bursaries for trades students in the past decade.



FRONT ELEVATION



MAIN FLOOR LEVEL
FINISHED FLOOR AREA = 1448 SQ.FT.



7 • around campus

cologne students get first hand look at ucc



Cologne University students visit UCC

Potential exchange students from Cologne University in Cologne, Germany took in an opportunity to see The University College of the Cariboo first-hand, during a geography trip through Western Canada.

Twenty-six students as well as two professors from Cologne took time out from a tour of the Rockies in the early fall to attend a morning presentation on the cultural and educational benefits of participating in an international student exchange.

Professor Dieter Soye, chair of the Geography Department at Cologne, and Dr. Christian Schwartz, co-ordinator of the Cologne University/UCC Student Exchange program made an informal presentation on the University of Cologne and the exchange.

"This is a great experience from both sides," said Soye, following his talk. "It's a partnership that really seems to work."

Laura Gursky, a UCC student who was part of a Cologne exchange last year, also made a presentation to the group noting the highlights of her year-long experience at the large German university.

"It was an opportunity to learn a lot about the culture," said Gursky, who took several general courses, plus introductory German language. "I did find you had to be quite outgoing."

Gursky, who is enrolled in second year arts at UCC this term, also took a part-time job in Cologne and said the best education came through talking to people in a casual atmosphere on a day-to-day basis.

This is the second year UCC has been involved with the Cologne exchange program. Gursky was one of two recently returned students from a year there and three more people left in September for Cologne. Last semester, UCC hosted two students from Cologne and two more have enrolled for this session.

wireless program improves mobility

The University College of the Cariboo is piloting a wireless communications program to measure its benefits in the classroom.

UCC is using a communications system marketed through Avaya Wireless, which allows users to access the Internet without "plugging in." The system provides service to eight classrooms, seven in the Old Main Building as well as House 10, the Horticulture building.

"Previous to this, these rooms weren't wired for network activity," said Dave Burkholder,

an Electronics Technician at UCC. "Now we have equipment we can test in classrooms and meeting rooms that could ultimately be used in different areas of the campus."

The technology provides access to the World Wide Web in addition to the internal UCC community.

"If an instructor wanted to use a Web site for a presentation in class that does not have network access, he or she could sign out one a multi-media cart that has one of the wireless units," said Burkholder.

A special wireless card is plugged into a PC, which then receives information from a transmitter installed into the ceiling near the room.

"It works something like a cordless telephone or a cell phone, so you can move anywhere," said Burkholder. "Now you don't have to have a wired connection in order to get on the Web."

Its convenience lies in its mobility, he added. Burkholder said this is an important

program because it will allow the UCC community to investigate the benefits of further wireless technology here. UCC has one of the largest computer systems in the city with an estimated 1,500 computers connected to a central network.

"You can look at the cell phone and say 'why do we have it?' For the freedom of being able to go out and about. It's the same with this," said Burkholder.

The pilot project will be assessed later this academic year.



alumni

UCC alumni association honours distinguished alumni

By Kevin Hamilton, UCC 4th Year Journalism Student

Two former students were recently honoured as distinguished alumni during a special UCC Alumni presentation at The University College of the Cariboo.

Jane Rowe, a Bachelor of Social Work graduate (1994), was honoured for her service to the community, while Roland Neave, a university transfer student in 1972, was recognized for his professional achievement in business. He is the owner of Wells Gray Tours Ltd, based in Kamloops. Both were recognized at a luncheon Oct. 18.

Rowe serves as a resource for the less fortunate in the Kamloops community, providing people with information and advocating for their rights. She works at the Legal Services Society helping people get access to the justice system.

"The people who need their rights enforced often don't have a voice," said Rowe.

Her job allows her to advocate for people who live in poverty and have trouble accessing housing, income assistance, disability pensions and employment insurance.

For Neave, post-secondary education started in 1970 at Cariboo College.

"I took a fairly general course load," he said, adding his interests were already keenly developed.

"My favorites were geography and history."

After enjoying two years at Cariboo College, he transferred to Simon Fraser University, where he completed a Bachelor of Arts degree with a major in Geography.

Neave started Wells Gray Tours Ltd. from humble beginnings. During the summer, from 1972 to 1975, he and some friends from SFU organized small tours of Wells Gray Park.

"None of us imagined it would go on past school," said Neave. "At that time, it was simply summer work for us."

"Now, we carry around 3,000 people per year," said Neave.

Wells Gray Tours Ltd. arranges holidays to Europe, the Far East, South America, and throughout North America.

However, Neave never forgot his educational experience at Cariboo College. He, his family and friends have contributed more than \$110,000 to three separate funds set up with UCC Foundation to support geography and tourism students at UCC.

Stella Black – Chair

Fiona Chan – Vice Chair

Ray Sewell – Treasurer

Don Andrews – Secretary

John O'Fee – Annual Campaign Chairman

Roger Barnsley – President

Kris Jensen – Board of Governors Appointee

Denise Harper – Alumni Board Appointee

Brenda Mathews – Faculty Representative

Lorrianna Bennett

Dr. Bas Gowd

John Harper

Cathy McNeely

Len Marchand Jr.

Robert Stewart

Michele Weibe

UCC Foundation: Board Members

ucc foundation

13th annual campaign about to kick off

The UCC Foundation is about to kick off their thirteenth annual campaign for student awards and special program needs. Among the many new initiatives to be unveiled is a major Endowment Fund for the library, created as a legacy by the Chapter 2000 Capital Campaign.

Endowment funds, which create a permanent source of funds, are one of many success stories for the UCC Foundation, which now has over \$4.5 million in funds that provide income to support student awards. Efforts by the UCC Foundation raised \$1.02 million last fiscal year and attracted 345 new donors. Last year the Foundation disbursed \$563,030 to students for awards and programs or project needs at UCC.

The Foundation partners with many groups to support a particular department at UCC. Over the years one of the most beneficial partnerships has been that with the volunteer, community-led Sports Task Force. The STF has been fund-raising for UCC student athletes for more than 20 years and raises over \$40,000 annually for awards and investments in their endowments that are invested with the Foundation.

"The Friends of the Garden" is a new volunteer organization with more than 50 members that are dedicated to supporting the concept of the campus as an arboretum. Among the many interesting initiatives this group undertakes are public tours of the campus, which serves as a living laboratory for students in the horticulture, biology, forestry and Natural Science Resource degree programs.

Through the Campus Arboretum concept there is an opportunity for donors to participate in the "Adopt-a-Tree Program." With three established giving levels, donors might plant or adopt a tree on campus in the name of a loved one to commemorate a special occasion or as a lasting memorial.

The University College Foundation and Alumni Association have been building on relationships with the graduates of all programs at UCC. The UCC Alumni Endowment fund is the second largest funds invested with the Foundation. The income from this fund supports student awards annually. Ongoing Alumni participation will ensure opportunities for future students. Each year alumni make contributions to the endowment, unrestricted needs or back to their program of study.

There are a variety of ways to contribute to the UCC Foundation including: Cash or credit card donations, annual fund gifts, endowment fund donations, gifts-in-kind and planned giving. Establishing a planned gift such as a bequest in a will, life insurance policy, stocks, charitable remainder trust, or any other estate planning option gives a donor the ability to make a significant difference at UCC or for students.

The UCC Foundation is a registered society and can issue charitable donation receipts to all of its donors. A gift to the UCC Foundation is an investment in the future of higher education. The Foundation raises and manages funds to provide scholarships, bursaries and special needs funding to support students in post secondary education and training. This is accomplished by a volunteer Board of Directors, three staff members and significant support from a large complement of dedicated volunteers.

To find out more about how to make a contribution to the Foundation, please contact Kathleen Biagioni, Executive Director at 828-5266 or visit the Web site at http://www.cariboo.bc.ca/about_ucc/sub_pages/ucc-foundation.html

8 • events and accolades

n o v e m b e r

1 & 2 Flu Immunization

November • 9 AM – 1 PM

Old Main, Room OM1461

No appointments necessary for flu immunization shots through Health Services for those who signed up. Please pay \$15 at Finance before proceeding to Health Services. For more information, please call 828-5126.

1, 2, 3 Live Theatre

November 1, 2, 3 • 8 PM

Alumni Theatre, Clocktower

UCC Actors Workshop begins its 18th season with *Staging Memories*, a new play written and directed by UCC theatre instructor David Edwards. Tickets are on sale at bookies or may be purchased at the door the night of the show for \$8. For more information, please contact David Edwards at 828-5216.

2 Lecture

Friday, November 2 • 2 – 5 PM

Desert Gardens, 540 Seymour St.

UCC School of Social Work and Human Service presents Ben Carniol, a professor at the School of Social Work at Ryerson in Toronto. He will speak on anti-oppressive social work practice. The presentation is open to BSW field instructors and current BSW students. To RSVP, please contact Mary Ann Peressini at 828-5364.

2 & 3 Volleyball

November 2 & 3 • 6 & 8 PM

UCC Gymnasium

Sun Demons Women's and Men's teams vs. Capilano College.
Sun Demons Women's and Men's teams vs. Langara College.

6 Tourism Orientation

Tuesday, November 6 • 5 PM

Old Main, OM2621

Session provides details on all one and two-year tourism management programs for admission to the School of Tourism in September of 2002. For more information, please contact Heather Wilson at 828-5132.

6 Puff Daddy DJs

Tuesday, November 6 • 8 PM

Heroes Pub, CAC

Meet friends and groove to the sounds of Puff Daddy DJs Whoo Kid, part of the Cariboo Student Society's Titillating Tuesdays. Tickets are available at the door. For information, please contact Mary Ann Androlick at 851-3866.

7 Foundation Campaign

Wednesday, November 7

Terrace Room, CAC

UCC Foundation hosts the 13th Annual Campaign Kick Off with a breakfast showcasing about a dozen awards and specific projects the foundation has been working on in the past year. Chair John O'Fee will announce this year's total through fund-raising efforts, to conclude the breakfast meeting. For more information, please contact Heather Scollon at 371-5714.

9-11 Badminton

November 9-11 • All Day

UCC Gymnasium

Varsity badminton team hosts open tournament.

9 & 10 Basketball

November 9 & 10 • 6 & 8 PM

UCC Gymnasium

Sun Demons Women's and Men's teams vs. Kwantlen College.
Sun Demons Women's and Men's teams vs. Douglas College.

13 Live Music

Tuesday, November 13 • 8 PM

Heroes Pub, CAC

Retrograde, a Vancouver rock band, entertains. Tickets are available at the door. For more information, please contact Mary Ann Androlick at 851-3866.

14 Breakfast

Wednesday, November 14

• 7:30 AM

Food Training Dining Room

Join UCC President Roger Barnsley for breakfast and discuss information and ideas about the institution. For more information or to book a spot, please contact Arlee Strachan at 371-5740.

15 Live Music

Thursday, November 15 • 12:30-1:30 PM

Alumni Theatre, Clocktower

UCC Cultural Events Committee presents *Swingsonia*, a trio led by Greg Leskiw, one-time member of the Guess Who. There is no admission charge to this event.

16 & 17 Basketball

November 16 & 17 • 6 & 8 PM

UCC Gymnasium

Sun Demons Women's and Men's teams vs. Malaspina.
Sun Demons Women's and Men's teams vs. Camosun.

17 Ice Skating

Saturday, November 17

• 1-3 PM

Ice Box Arena

A UCC recreational skating afternoon. Skate rentals are not available at the Ice Box. Register by Nov. 10. For more information, please call UCC Recreation at 828-5271.

20 Hip Hop DJs

Tuesday, November 20 • 8 PM

Heroes Pub, CAC

Enjoy the sounds from hip hop DJ's, part of the Cariboo Student Society's Titillating Tuesdays. Tickets are available at the door. For information, please contact Mary Ann Androlick at 851-3866.

22 Foundation Awards

Thursday, November 22

Grand Hall, CAC

This exciting afternoon will see more than \$500,000 be awarded to hundreds of UCC students. Donors will have an opportunity to come and present cheques to recipients of the Fall Awards program. For more information, please contact Heather Scollon at 371-5714.

23 & 24 Volleyball

November 23 & 24 • 6 & 8 PM

UCC Gymnasium

Sun Demons Women's and Men's teams vs. COTR.
Sun Demons Women's and Men's teams vs. Okanagan University College.

25 Basketball

Saturday, November 25 • 10 AM

UCC Gymnasium

Three on three recreational tournament. There is a \$30 registration fee with all proceeds toward the UCC Men's Basketball team. For information, please call UCC Recreation at 828-5271.

30 Last Day of Classes

Friday, November 30

Last day of instruction for the fall semester and to withdraw from a fall semester program. Last day for payment of fees for winter semesterized programs.

d e c e m b e r

3-15 Exams

December 3 – December 15

Fall semester exams.

25-1 UCC Closed

December 25 to January 1

Winter Semester—Wednesday, January 2
Commencement of instruction for winter semester programs and for the January intake of Applied Industrial programs.