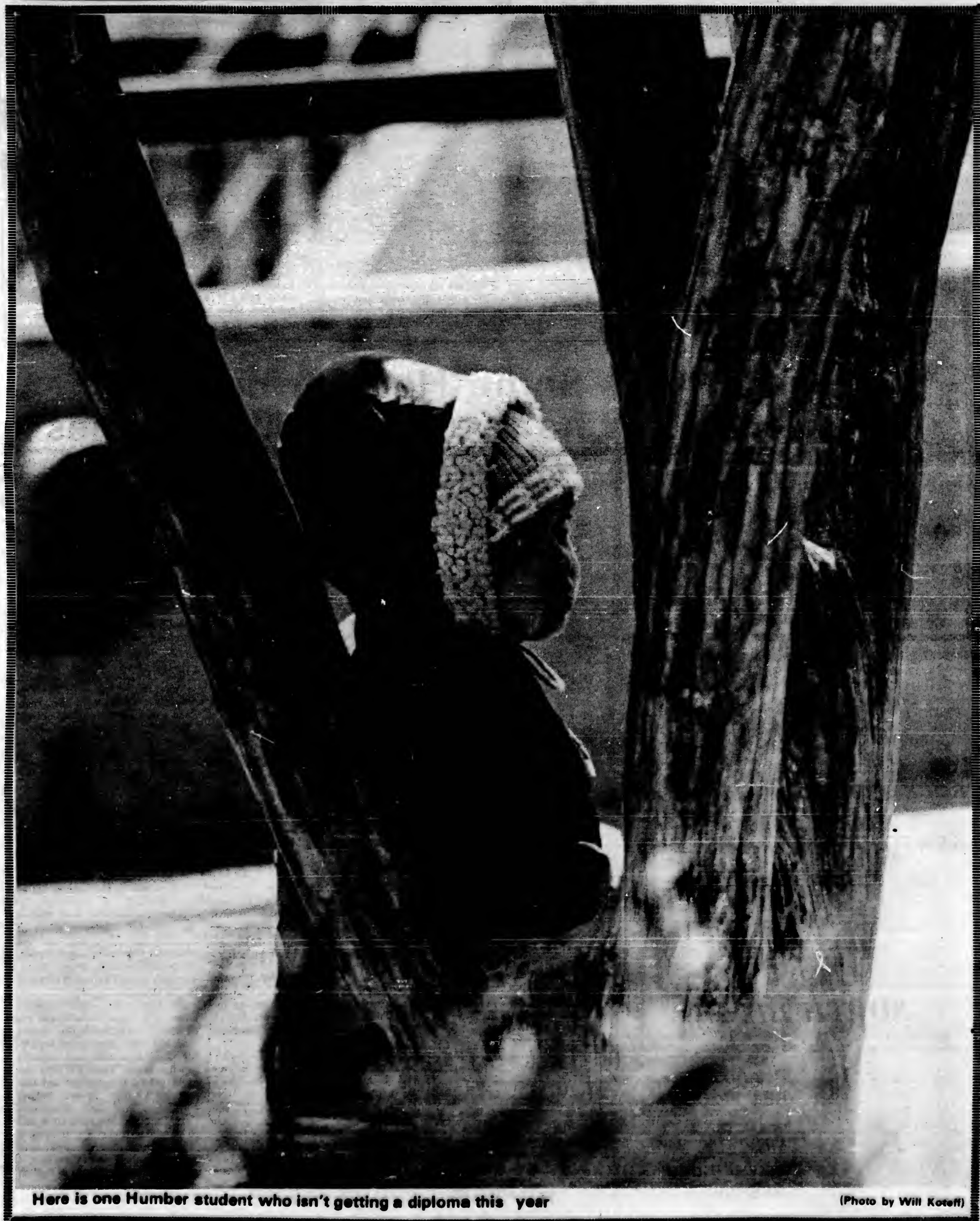


Vol. 6, No. 13
Tuesday,
April 20, 1976

Souvenir Issue



Here is one Humber student who isn't getting a diploma this year

(Photo by Will Kotoff)

Sokur cooks unusual soufflé

by Judi Chambers

Igor Sokur's French soufflé is unusual. Instead of baking it in the oven, Igor cooks his soufflé on a barbecue.

In 1968 Mr. Sokur, Master Chef and co-ordinator for Hotel and Restaurant Management, created the International Patio Gourmet course at Humber College — the first of its kind in Ontario.

The course, offered at night only, teaches students how to prepare foods in advance and cook them on a barbecue using foil wrapping.

"Humber is the only community college in Canada to have a real charcoal barbecue built in the classroom," Mr. Sokur said.

"In my course we use special recipes to barbecue eggs, poultry, fish, seafood, casseroles, fruit

desserts, and even French soufflés. All of these foods are seen a course like mine offered wrapped in foil," he said.

"Simplified summer cooking with no pots to wash."

Mr. Sokur said the course is based on French cuisine because "gourmet cooking is healthy." It uses a lot of vegetables and the menu is well-balanced.

Another of Igor's night courses also centres on French cuisine.

In the International Salad Making course, students are taught the basic techniques of salad making. About four different salads are prepared in each class.

"I teach students how to make Japanese, French, German, and other different kinds of salads," Mr. Sokur said.

"This includes meat, seafood, cheese, poultry, fruit and vegetable."

Another theme of the course is based on French cuisine.

Different salad dressings and oils are made too, Mr. Sokur

added.

"People tell me my salad course is unusual," he said. "I've never seen a course like mine offered anywhere before."

Mr. Sokur has been instructing the course for the past five years.



Robertson Davies' one-act play, *Eros at Breakfast*, delves into the disputes that affect our bodily functions. Aristophanes (Stanford Williams Jr. left) represents the intellect and complains that Parmeno (John

Laliberte, right) has no right to control emotions while Crito (Fred Williams, centre) watches the fun. Humber's Theatre Arts students performed the play on April 13. Photo by Avrom Pozen.

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CLIP COUPON AND SAVE

Some Humber courses not valid for West Indies

by Prudence Sutherland

West Indian students graduating from Humber College and planning to return to the Caribbean are facing a unique problem — applying their Canadian training to life in a West Indian country.

Of the approximately 30 would-be graduates, most feel some modifications to their training will be necessary, while some say courses they have taken will be irrelevant.

Students in the technological programs face the toughest challenges. They are trained at Humber using highly sophisticated equipment that is not even available in the West Indies. Students in Architectural Design will be faced with weather conditions in the West Indies that differ from those in Canada — so their architectural training will be affected.

Janet Mills, in laboratory technology, said: "I am being trained on equipment that is not available in St. Vincent. For me, working back home will mean relying partly on my own judgement."

In Civil Technology and Surveying, the problem is greater. According to Ken Minors, Civil Technology, the student is trained for an office job, while working in the Caribbean will involve outdoor work. "This way," he said, "the student does not get adequate training in the basics."

Photogrammetry — land measurement by aerial measurement — will be irrelevant to the West Indian student, since such a system does not exist in the Caribbean.

In the business division, students may have to worry only about operating on a smaller scale. Most feel that all their courses will be applicable with only minor adjustments.

However, in the Creative Arts programs, Randy Dopwell, Radio Broadcasting, sees himself trying to reach a general audience after training designed to reach specific audiences. In Public Relations, Marva Thomas said: "I do not think my Television course will be applicable in St. Vincent, since we do not have television."

When asked how this problem can be solved, all felt that package programs — programs where all courses apply to the Caribbean experience — may be the answer. Providing the program has enough West Indian students to warrant such a course.

Generally, the students feel they have gained a wider knowledge of human relations. Studying in a multi-cultural community, they say, has provided them with greater skills in communications. But, according to Pat Gordon, Electronics student, "If Humber had a residence for students, interactions between the various cultures would be greater and better understanding between students would be promoted."

Student's picture likely album cover

by Mike Cormier

Photographs taken by Bryan Davies, a student in Humber's IMC technician course, may be used on an upcoming Gino Vannelli album. Mr. Davies shot pictures of Canadian jazz-rock singer Vannelli, at a concert in Chicago last February where Vannelli's manager, Richard Burichart, requested some prints for possible use on future albums.

Mr. Davies said he went to the Chicago concert to visit his friend, Vannelli's drummer, Graham Lear, as a vacation.

When he arrived, Lear introduced him to Gino and his brother Joe, who plays in Gino's band. They granted him an interview and let him photograph the concert.

After the show, Mr. Davies attended an A&M press party where the record company requested pictures for their Chicago office.

Drummer Lear is endorsed by Ludwig drums and their public relations director has also asked Mr. Davies to supply some pic-

tures, these in the form of transparent slides, to be used on a poster. The poster will be used in trade shows in the United States and Canada.

Since Vannelli has been named the official representative of culture and the arts for the Montreal Olympics this summer, the poster could also be used there. Vannelli and his band will perform at the Olympics in July.

Mr. Davies described Vannelli's show as a "total audio-visual experience" and said the crowd vibrated with electrified excitement. He also said that Vannelli taped a Dinah Shore TV show the night before the concert and this put the Chicago concert behind schedule. When their equipment finally arrived, the road crew had to jam four hours of setting-up a stage and arranging sound and lighting equipment into one hour.

Vannelli and his band are now on a world-wide tour during which they will tape a TV show in Amsterdam and a recording session in England.



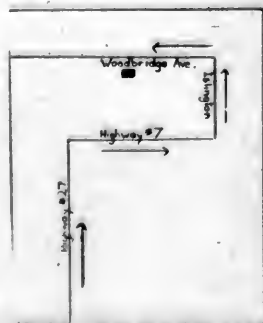
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TEMPORARY OPPORTUNITIES

Profile of a president

by Bonnie Guenther

I was almost ten minutes late for my appointment when I entered his outer office, and I was worried. "He's waiting for you," said his assistant, Doris Tallon. The greying executive was dressed in a tailored-grey suit and I remember noticing how his blue shirt and tie emphasized the blueness of his eyes as I examined his facial expressions for any signs of impatience. To my relief, he was busy glancing through a copy of Hourglass magazine.

Instead of observing him behind the wooden desk at the far end of his office, today he was sitting on an orange and yellow swivel chair next to a round table just inside the door; the back of the chair just in front of the orange drapes that conceal a window.

I took a deep breath and entered the room. My mind quickly returned to other appointments with this man and I recalled that he had always been receptive. His mood had to be the same today. It had not been my intention to keep the president of Humber College's nine campuses waiting for my interview.

I soon realized that there was no reason for my anxiety. He smiled genuinely and gestured for me to sit down. I apologized earnestly, fumbled with my slim reporter's notebook and tried to organize my thoughts. We briefly discussed Hourglass and Coven, then I began to invade the private life of Gordon Wragg.

The best place to start was at the beginning. Gordon Wragg was born in Oshawa in 1916; son of a gardener and one of five children. All of his formal education in public school and high school was obtained in Oshawa. "It took me seven years to get through high school," he told me, grinning all the while. My parents thought a technical course would lead to a job. However, he wanted to take an academic course. This could only be done by starting all over again. Subsequently, it took another five years before he could graduate.

I began to sense the modesty of Gordon Wragg as I watched him through his black-rimmed glasses and found myself becoming very curious about this man's life.

He glanced at several pieces of white paper on his lap, referring to them for facts and dates, and I suddenly became embarrassed feeling that I was interviewing him for a job.

As he relaxed talking about himself, he reminisced about the next phase of his life. In 1939, he entered the Ontario Agricultural College in Guelph and in 1943, earned his Bachelor of Science Agriculture.

"Then came the war." During the summers 1943 and 1944, he attended OCE in Toronto. From here he moved to Chesterville, a town near Ottawa to teach.

Then followed the most interesting periods of his life. He became principal of the Shelburne High School and spent from 1946 to 1952 making several changes.

At this point in our conversation, Mr. Wragg's mood changed slightly and as he spoke, I could detect excitement in his voice. "My fondest memories of Shelburne would be with the school buses. It was a time before buses were used for bringing kids in," he told me. "I went around to service stations trying to get someone to buy a bus — but couldn't. Finally, I bought a second-hand one myself for about \$2,000 and hired a driver."

The bus was used to transport students to and from school as well as being used for numerous outings. "We used to take kids on trips and for seven summers, we took about 15 students on a two week trip. It was a 2,000 mile circuit and we went as far as New York City."

He began to chuckle. "At first the trip was mixed with both boys and girls. But, we had so many problems that we had to separate them. From then on, the boys went one year, the girls the next."

Mr. Wragg summarized his career after Shelburne. He moved to Bancroft as principal of the high school for seven years until 1959, then he became principal of the Institute of Trades, now part of George Brown College. He stayed with the college until his appointment as the first president of Humber College in 1967.



President Wragg with students on summer educational tour circa 1950.

What was the most exciting period of his career? He pondered a few seconds and then answered "Here at Humber. I am working in an environment where motivation isn't a problem. It was a nervous time to go through here, five years ago, when we had Liberation College and Tent City. It was rather dangerous. We didn't know from one minute to the next if we were going to have a riot or not." He continued thoughtfully, "Fortunately, we were successful. I think because we were flexible and had staff and student cooperation. If you had told the students then that you were going to ban smoking, you could have had a riot on your hands."

I looked at my watch and realized that my half-hour interview was almost finished, and I still had a lot of questions to ask. I was trying to reach inward to find another aspect of Gordon Wragg. I asked if he had any hobbies and he grinned. "I get into most anything — music, gardening, growing apples and I like to read," he said.

I wondered to what extent he used his musical talents. "Now that you've asked," he said and proceeded to rise from his chair and walk behind his wooden desk. I had no idea what to expect as he opened a drawer. He took something out and I noticed that he held two photographs.

He walked over to me and put them down on the round table in front of me. "Do you recognize anyone," he asked as he pointed to a uniformed flute-player in a military band, third from the end, in the second row. It was him all right, younger, but definitely recognizable. He told me he had been a member of the Band of Ontario Regiment (Tank) for over five years. The photo was dated 1936. Did he still play the flute? "I still try," he chuckled.

I was still curious about his hobbies and asked him about the apples. "I had always wanted to grow apples

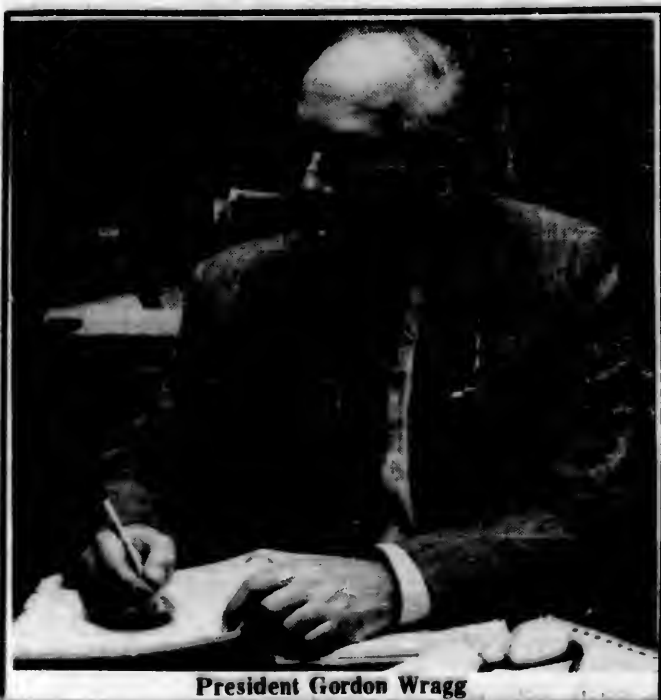
— since I had a desire to steal them on my way home from school. Now it is a reality."

He has 15 acres of apples on his fifty-acre property in Kleinburg. Also ten acres of bush, a greenhouse and one quarter of an acre of prize-winning gladiolas. Being a bit of a green thumb myself, I had to know more about his glads. His modesty really became evident but I did find out that he grows all varieties; he enters three shows in the summer, in Bowmanville, St. Catharines and Toronto and for his effort, he has been winning prizes for ten years.

I had many questions left but only time for one more obvious inquiry. What were his plans for the future. "Well," he said thoughtfully, "I won't be 65 until 1983. I'd like to stay with Humber College long enough to see Complex 5 a reality." His biggest concern is to keep a good rapport between the staff and himself. "When Humber started we were a little family. Then, there was an openness and trust that existed from day one. I want to maintain it and let people feel they are part of the organization."

He seemed a little discouraged as he continued, "As Humber College gets larger, a smaller percentage of the college gets to talk to people directly." He is disappointed that the only communication is often solely by the President's Communique. It is frequently the way he communicates with the over 1,000 employees and 450 academics at all of the campuses.

Well, my personal time was finished and Mr. Wragg had another meeting to attend. I thanked him and as I reluctantly left his office, I realized it was probably for the last time because I am graduating this year. I regret that during my past two years here, I have not spent more time talking with this dedicated gentle man. There is still so much I would like to know about Gordon Wragg.



President Gordon Wragg



President Wragg, second row, third from left in 1936 Band of the Ontario Regiment (Tank)

COVEN

Vol. 6, No. 13
Tuesday
April 20, 1976

Humber College of Applied Arts & Technology

Coven is an independent student newspaper published weekly by the Journalism Department, Humber College of Applied Arts and Technology, Rexdale, Ontario. Member of the Audit Bureau of Circulation.

Established 1971, circulation 3,000.

Publisher: J.I. Smith, Co-ordinator, Journalism Program.

Editor-in-chief Carol Hill
Managing Editor Bob Lee
Assistant Editor Judi Chambers
Assistant Editor Mike Cormier
Features Editor Paul MacVicar
Photo Editor Will Koteff
Staff Advisor Geoff Spark
Advertising Steve Mazur, Bonnie Guenther

College valuable

Education is a paradox. If you don't get a good one, you will work as slave labor for the rest of your life. If you do get one, no one can promise you a job, and you could still work as slave labor for the rest of your life. Yet, education is a necessary part of your life if you have a mind that refuses to sit still and stagnate.

One, two, three or even four years of your life, in a post-secondary institution, is not wasted if you don't let it be. Those who complain that the hours spent in a course are just a waste of time are those who have wasted their time in the course. They have put little in, and get little in return. The whole college system is placed in a position where you can get out of it what you want. Two semesters of "Creative Pipe" really don't make up for 10 subjects.

One, two, three or even four years of your life, spent in an educational institution, is not an exceptionally long time, either. When you are 17, and three years ahead looks like an eternity, it could be. The four years can also be creative in both an educational and social aspect. The friends you make in college can outlast the ones you made in high school primarily because when you grow with people, those people tend to stay with you a long time.

Education should not be used as a scapegoat for working outside. Education should be used because you want to fulfill your life in an area of your own choosing. Don't let anyone else choose for you either, because you are the one who has to live with it.

For the students who have left the system and come back, whether from one or 30 years outside...congratulations! You have a lot of courage. It takes a strong person to return to school and get something out of it. Congratulations if you are over 30. It is not easy to relate to students who have just graduated from high school, and if you are a Senior Citizen, it takes even more courage to go to school with those who could be old enough to be your grandchildren. There is no such thing as a generation gap. It is only a social gap.

Humber College is a unique experience in the social and educational sense. Classes are for those who want to go to school and after a while, the ones who wanted merely to fill in time are filtered out and only the reliable, dedicated people remain.

Community Colleges, with their low student-instructor ratio provide a chance for friendships, no matter what the age.

For those serious students who want an education...good luck in the future. If you seriously want what you came for, you will probably get it. CH

Apocryphal

This last issue of Coven comes at a fortunate time. Not only is this the end of school for many students, but as editor Carol Hill put it, "we can't think of anything else to make up." This attitude is shared by most journalists at Coven, least of whom is Bob Lee.

"Don't quote me on this but nobody ever asks me anything. I wish someone would chisel my words in pillars," he apocryphally said. Bob Lee (a fictitious name) is just one of the many writers that grace these pages.

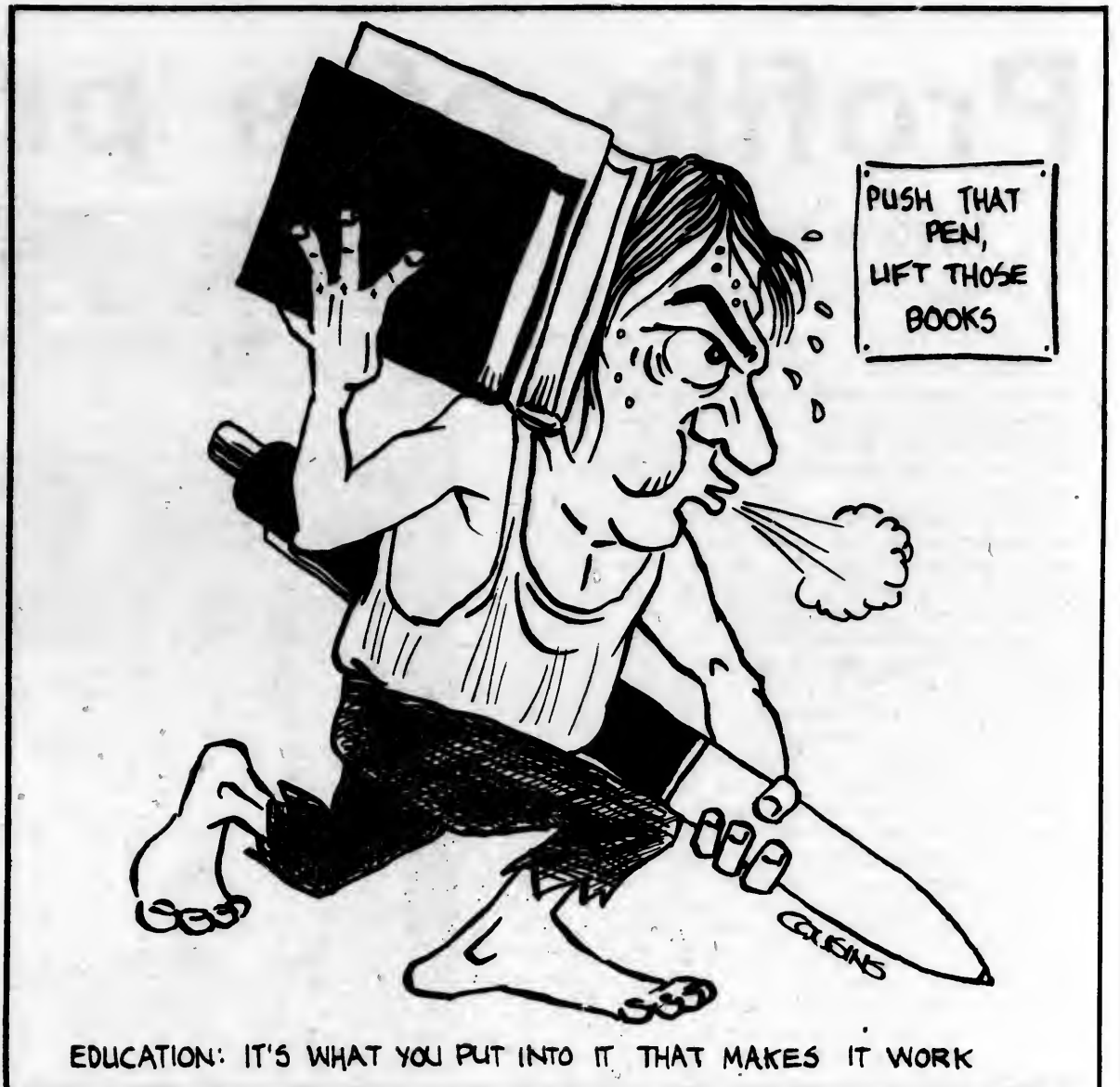
Pinball machines in the Pipe have tilted the wrong way for Elaine Saliva. Ms. Saliva has been studying pinball ever since she came to Humber, four years ago. Now it seems that her credits obtained from the machines will not count towards a degree.

Elain was understandably upset after investing all her babysitting money on her self-made course, Pinball Management. "Credits are almost impossible to get off some of these games," she confided, "but I have a system." System or not, Elaine Saliva will not be allowed to continue because, as one student put it, "She beats the pants off all the wizards."

By popular demand, Intramural girl watching and cigarette butting will commence in the Pipe next week. Hundreds of interested teams have already signed up while many jocks can be seen practicing their chosen sport. A number of injuries including severe neck and eye strain, plus yellow finger disease, have already been reported.

Volunteer girls and ashtrays, with pretty figures, have been asked to join the fun. Smokesman for the intramurals, Nick O'Teen, will be introducing french fry throwing and waitress harassment, when the supply increases.

These events highlight the end of Humber's academic year. On April 31, the college will auction off all frisbees and tennis ball lost or abandoned on the school roof. Revenue from the sales is expected to pay for part of Complex Five, or at least give the project some balls. PS



Soon it will be empty

Bob Lee

We owe it all to Trudeau

Canadian government is in bad shape, and we owe many thanks to the Liberal party. The present government-in-power has not performed in too wondrous a fashion.

Granted, this nation was not born out of lofty ideals. You could say we had nationhood thrust upon us. Faced with the double-barreled problem of a rich U.S. nation looking hungrily on us for more land, and an England that was growing tired of pouring millions of dollars into the North American colonies, independence was the only route.

Yet, Canadian democracy has been in a much healthier condition than it now finds itself.

In fact, the Liberals have dragged down Canadian democracy to a low point. Their irreverence of the Canadian voter, typified in the Trudeau shrug, shows their disrespect.

What we have in Canada is known to political scientists as a top-down system. In such a system, power is concentrated in the executive and bureaucratic branches of government.

Job security and lack of accountability are two major accessories of the top-down

system. This is where the Liberal regime has wreaked the most havoc. A comfortable four to five year existence in the House of Commons, where job security is not a worrisome proposition, leads to loss of allegiance to the people.

We all talk about dictatorships, tyranny and communist governments as though they were a plague on the freedom of man. But the Liberals have ruled Canada 38 of the past 49 years, 43 of the past 54. Is there any other democracy in the world that has been dominated so completely by one party?

Certainly the Liberals have used a different method of locking themselves away in the House of Commons. No military coups, like Franco in Spain. Yet their method is just as successful. In their own way, the Liberals have destroyed the parliamentary system in Canada.

People with common sense and a feel for democratic institutions do not grant themselves 33 per cent wage increases while trying to force down restraints on the rest of us. People with a feel for democratic institutions do not become arrogant once they achieve majority government.

Trudeau is the shining symbol of Liberal

tyranny. It is probably well known to many that Trudeau has passed both John Diefenbaker and Lester Pearson in length of service. This longevity through three elections has been wrought with a cast of smug characters who drift untouched and unaffected through the workings of government. Trudeau's inaction in the recent "Judges Affair", where there was evidence of ministerial tampering in the judicial system, is only one example.

As a result, the "produce or else" threat Trudeau hurled at his cabinet in 1968 is meaningless. And what are we left with in 1976? Men who have long since proven their inability to serve in government. Men who have no business being there.

There are many of them. Rich kid Defense Minister James Richardson; hard-hearted Minister of Indian Affairs Judd Buchanan; Hugh Faulkner, Secretary of State and the man who kicked Time 'Canada' out of the country.

A classic case of Liberal mishandling of the reigns of government is the case of Pierre Juneau. Resigning as CRTC chairman in August 1975, the Liberals parachuted Juneau into a by-election so he could take

over a cabinet post.

(Under parliamentary law, a cabinet minister must be a Member of Parliament.)

Juneau's subsequent defeat did not stop the Liberal machine, however. Juneau was promptly placed in an unspecified position as a 'consultant' in the communications area — at \$50,000 a year.

The Liberals take care of their people.

Most insulting of all was the payoff to Jack Austin, a former principal secretary to the Prime Minister. Austin resigned after only 15 months of service, and was promptly awarded a \$29,300-a-year lifetime holiday in the Senate. Austin is only 43, so he has 22 years of senatorial experience awaiting him. That little piece of patronage will cost the taxpayers close to one million dollars.

The ironic thing about all these events is that Pierre Trudeau came to power in 1968, impressing everyone as the man who would change the face of Canadian government. Instead he has been swallowed whole by the system.

Mr. Trudeau is just another bureaucrat. The system of cabinet security and party patronage has not changed. Hopefully, in 1978, the government will.

Chick Parker

Making a fortune on religion

Well kids, the school year is almost over and you know what that means — summer job time.

I don't know about you, but I hate everything about summer jobs. I hate looking for them, I hate working at them, and I hate the picayune pay I get from them. On a revolting scale of one to ten, summer jobs are a definite twelve. I don't enjoy spending the best months of the year as a waiter or a ditch-digger or a gardener or, like last year, a telephone solicitor.

This summer, however, things will be different. This year I'll be my own boss, I'll do next to nothing and I'll make a fortune.

Too good to be true? It's simple really — all I have to do is start my own religion. Moses David and the Children of God, Guru Maharaj Ji, Reverend Sun Young Moon, Billy Graham — they're all cleaning up. There's good money in soul saving.

And there's really nothing to it. All you

have to do is memorize some ringing rhetoric, recruit a handful of reformed acid-heads for disciples and claim to be on a first-name basis with God. Then sit back and watch the cash roll in.

Of course, appearance is important. I'll have to shave my head (what the hell, my hairline's receding anyway), get my other ear pierced and grow a Fu Manchu moustache. Then I'll visit a costumer for a few elegant robes and the Beachcomber for some suitably ornate tatooing. Top it all off with an impressive title — Master Bay Shun, Lord of the Lingering Light — and I'm all set to lead my hordes of followers in their search for inner peace, eternal life and trouble-free driving. For a small monetary donation, of course.

There are thousands of people out there who are afraid to take the responsibility for their own living and who are more than willing to sign over the ownership of the family car to anyone who offers them an out. It's

no coincidence that the majority of self-characterized who follow the do-it-yourself deities are the same people who were convinced they could solve all their problems by gobbling LSD back in the sixties.

I've even come up with a working doctrine. The First Universal Church of Defeat says that Armageddon is less than a year away (51 weeks, three days, and 14 hours, to be exact) and anyone who wishes to be guaranteed a good place in the hereafter need only pay me \$100 in small bills and make the Church the sole Beneficiary in their will. They are then free to live as sinfully as they want for the next Year (51 weeks, etc.). At the end of that time I will assemble my flock in Atlantic City, New Jersey and march them into the sea like lemmings. The Church collects and I retire. Not bad, eh?

There will also be prayer meetings and meditation sessions where young female members of the congregation will be per-

mitted to demonstrate that their devotion to the Holy Spirit and his humble, earthbound servant is physical as well as spiritual. Those who wish to ensure for themselves an extra-special position in the "choir invisible," or who would just like to improve their earthly lot, may do so by bringing offerings to the temple. Colour television sets, stereos and plastic milk jugs full of pure cocaine are all perfectly acceptable.

So, there you are. How I will spend my summer vacation. Students who are worried about their employment prospects, either for the summer or after graduation, might be well advised to look into religion. After all, you don't see the Pope standing on any headline. Who knows, if this summer goes as well as planned, next year I could apply for a LIP grant and set up a chain of temples across Canada and the U.S. In five years, with any luck, I could be the Macdonald's of organized religion.

Keith Sandy

Soliciting in the courtroom

Ads — What an easy, uncomplicated method of making money. No one told me I had to go to court to sell one.

I approached Steve Mazur, the advertising representative for Coven, and asked him what the chances were of me selling some space in the school newspaper. With the large souvenir edition of Coven coming up, an edition which requires a lot of advertising, Steve welcomed the idea.

That was enough for me and figuring I was hired, off I went to solicit prospective advertisers. I remembered an old buddy of mine who had recently opened up a shop and figured he would be my best bet. At least a beginning, which I thought would be a road to advertising success.

I phoned Dave at the shop, "Hello Dave, it's Keith. How are ya. Listen I've just started a new career in the ad business and I was wondering if you had ever considered advertising in a College newspaper."

Dead silence and then finally, "Gee,

Keith I truly had never thought about it."

Here was my chance to interject and try to sell him on the fantastic possibilities our paper had to offer.

I made it clear to Dave that I had to have the dummy page for the ad no later than Tuesday, April 13. He assured me that would be no problem and he would take care of it. Then it was Wednesday, April 14 and no word from Dave.

I tried to phone him at the shop and he wasn't there. They informed me he was in court. I then had a nervous breakdown and rushed up to the Coven office to find Steve and see what fate was in store. Steve immediately had a nervous breakdown as well and told me that without something from the shop in the form of an advertisement, he would have to run a blank page with the words, "Donated by the shop in mention" and forward a bill for \$224 for the whole page.

Knowing very well Dave would be

somewhat disturbed about that, I had to locate him. I jumped in the car and rushed down to the shop hoping to find him. When I arrived, he wasn't there and the gentleman at the desk told me I would probably find him at the Provincial Court in the waiting room contemplating his up and coming case.

I asked a police officer standing at the door if the proceedings were public and would it be all right if I entered the court room to discuss some urgent business with a friend of mine. No problem, he said the proceedings were public.

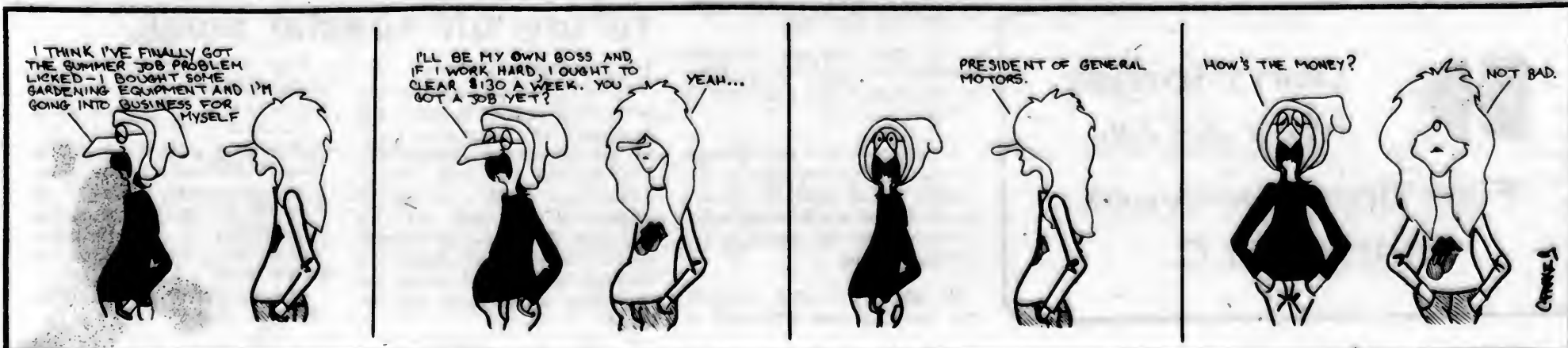
In I went with paper and pen in hand and a large flat (which is a dummy page to layout ads) and immediately focussed on Dave and headed in his direction. I was able to find a seat beside him and somewhat shocked he said, "What the \$!%& are you doing here." I didn't feel he was in the mood to listen so I briefly explained our problem.

He apologized for forgetting about me,

but explained he had been preoccupied. At this point I looked up at the Provincial Judge and by the expression on his face I could see why. I got right down to business with Dave and the reason I think he cooperated was he couldn't believe the whole thing was happening. He told me how he wanted the ad to read and the pictures I was to use. With that I wished him luck and attempted to leave unnoticed. Then a voice boomed, "You Sit Down!" I returned quietly to my seat.

After the defendant before Dave explained why he had beaten his wife and the judge passed sentence, I again proceeded to leave the courtroom. It worked. No one said a thing. I'm sure they were happy to see me go — especially Dave.

By the way, Dave was up on assault charges and I never found out what happened. I just hope he liked the ad. With a pat on the back, Steve assured me that was the ad business and I would work out fine.



Athletics wants Complex 5 cash

by Steven Wilson
If plans for Humber College's Complex 5 go down the drain, Rick Bendera, Director of Athletics and Recreation at Humber, would like to utilise the funds already collected for the complex to build a sports complex.

Humber President Gordon Wragg said that Complex 5 is not dead and although "there's nothing the North Campus needs more than a good athletic complex," it would be very difficult to convince the private sector, from which \$600,000 has already been

collected, to go along with the plan.

The future of Complex 5 lies in the hands of the Ministry of Colleges and Universities which has been asked by the College to grant \$2-million towards the cost of the complex, but none of which the college has seen. Mr. Wragg said that in the event the government does decide to provide the necessary funds, "the province still calls the shots," as to where the funds are spent. He feels the private sector would support the proposed residential learning

centre part of Complex 5 rather than the sports complex proposed by Mr. Bendera.

Mr. Bendera estimated the cost of the sports complex to be about \$2-million but says it will be self-supporting once it is finished. The complex would contain a main building housing an indoor track, squash courts, a fitness room and a large locker space, and an Olympic-size hockey rink.

The need for an Olympic-size hockey rink could become obvious when Canada gets involved in international hockey in the fall. "There are no Olympic-size hockey rinks in Canada," Mr. Bendera said, "so our rink would be in demand." With bleachers, the arena could hold more than 3,500 people, paving the way for the possibility of rock concerts, Mr.

Bendera said. In that event seats could be placed on the floor increasing that number to 5,000.

If the complex were built, Mr. Bendera sees the possibility of tennis courts being built on the roof of the building, and even

bowling alleys underneath. The complex could easily pay for itself, he said, "because it could be used 24 hours a day."

The Bubble, the present athletic structure, could be used for pay-as-you-play tennis in the summer.

Humber crime slight compared to others

About \$6,500 worth of merchandise and money has been stolen from Humber's Bookstore and Student Union over the past year, but Humber's Head of Security, Ted Millard, feels this figure represents only a slight increase over last year in the amount of crime at the college.

The Bookstore has been victimized for about \$6,000 worth of

goods — including numerous calculators and cigarettes.

In the past month, the TTC bus shelter at the front of the college has twice had its windows smashed at a cost of \$900 to the college, but Mr. Millard is quick to point out that this vandalism is not necessarily caused by Humber students. It could be people living in the area, he said.

Pipe to charge more for meals

Dave Davis, Head of Food Services, guarantees that students will still be able to buy a meal for 95 cents to \$1 next semester, but there will also be more expensive food items available.

"It's difficult keeping food prices down for students when staff wages keep rising," Mr. Davis said. Instead of increasing all food item prices, the department will offer a variety of meals, ranging from 95 cents to approximately \$1.25. "Humber College is a bargain if you compare it to restaurants in Toronto where they charge as much as \$2.25 for a hot beef sandwich that we sell for 90 cents," Mr. Davis said. "In fact, we have the cheapest food prices in Ontario's community colleges and universities."

Other colleges in the area are operated by food servicing agencies and Humber runs its own department. At Connestoga and Mohawk Colleges you can purchase a hot meal with meat and two vegetables for \$1.20. The closest to Humber's price range is Sheridan, which charges \$1 for a hot meal, but if you want french fries instead of mashed potatoes it costs an extra 25 cents.

The steakhouse will be converted into the "sandwich shop" in

September with a selection of hot beef, pork, hamburger and turkey sandwiches. Beef-on-a-bun, and corn beef-on-rye will also be available. Mr. Davis said that the reasons for the change are to attract more students at lunch time and to relieve congestion in the main cafeteria. "We also expect more students next year."

There'll be no price increases in the coin-operated vending machine items, but students can look forward to a greater variety of pop, such as grapefruit juice, cream soda and root beer, available in September.

The Hamburger will undergo no changes.

K217 opens doors for some students

by Brenda McCaffery
K217, Humber's faculty and staff lounge, will open its doors to students in September and may undergo an estimated \$15,000 facelift this summer.

Dave Davis, head of Food Services, said that Humber students who are accompanied by a faculty or staff member will be allowed into K217 between 4 and 6 p.m., Monday through Friday.

The new policy for K217 will not interfere with the room being available to only faculty and staff members during lunch hours. The change will affect members of Club K217 who will no longer have an association when their memberships expire in June.

Food and table service will be installed by next fall. According to

Mr. Davis, there are enough part-time students working in his department who can help service the room.

Plans to change the present lounge entails repainting the walls and ceiling, and hanging new drapes to match the modern furnishings and the new decor. Also, a honky-tonk piano and thirty-five tiffany lamps, which were donated by the Pepsi-Cola Company, will help to create an attractive atmosphere.

A display cabinet for beer mugs will stand against the back wall. Anyone who wishes to donate a mug to the college can have it placed in the cabinet with the donor's name and the date it was donated engraved on a plate along with it.

Unprecedented operation at the Equine Centre

by Steve Mazur

An unprecedented eye operation on a horse was the most important achievement this year at the Humber College Equine Centre. The centre has also been used as the headquarters for the Lisa Kowalski search. Events like these are combined with regular studies and horse shows.

Early in November, Foreman of the Equine Centre, Barry Thomson, was roused from his bed early in the morning to round up a horse that ventured from its stable at Woodbine Racetrack.

The horse had been corralled earlier that night, but kicked a young man in the head and escaped.

Finally the horse was captured and put up for the night at the Equine Centre until the horse's trainers, Paul and Rebecca Sweet, came to claim the animal the following morning.

On Sunday, February 8, a historic eye operation was performed at

the Equine Centre's surgery room. The human eye surgery crew from Toronto Western Hospital brought it's equipment to operate on racehorse Rullah's Image. Together with Dr. Neal Mendelson and the rest of the Humber veterinary staff, they operated on the almost blind racehorse.

The surgeons removed a murky substance from the horse's left eye. With a special probe, which moved over the eye, they cut out

the disease. Then a clear liquid was inserted to replace the murky substance.

On the weekend of March 20-21, the students in second-year horsemanship put on a successful horse show, with riders performing from all over Southern Ontario.

The money raised by the show provided a trip for students to study other equine centres and speak to experts in the field.

Competition for secretaries to top off special week

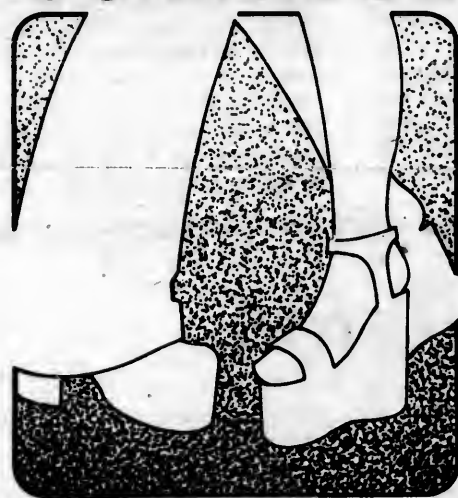
by Debby McAllister

The all-important secretary will be honored on April 21, which has been declared "Secretarial Day" by the Secretarial Department. The special day will be the culmination of a week of competitions and will be highlighted by a buffet luncheon at which Humber's Libby Baker will be guest speaker and awards for the three competitions will be made.

The first of the three competitions open to the secretarial students is a "Complete This Sentence Competition." Students must complete the sentence "Happiness is being a secretary because..." in 25 words or less. The Marketing Department of the Business Division will judge the entries for the top three.

The second competition is for the best typists.

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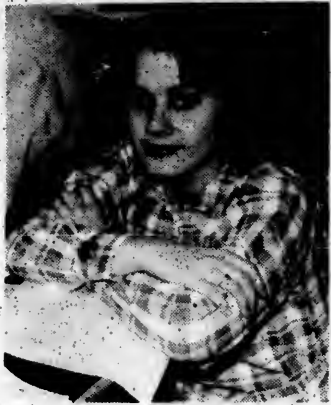
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Judi Chambers relaxing after Coven has gone to bed



It's a cut-throat life for Steve Mazur and Mike Cormier



These are just some of the future journalists who bang on doors to ask embarrassing questions, snoop in your wastepaper baskets, and listen behind the walls to bring you all the news around Humber College, every week in Coven.



Editor Hill giving orders to ad man Steve Mazur



Breaking the big story with Paul "Scoop" MacVicar

have a great summer



Another fun-filled day for photo editor Will Koteff



Bob "Woodward" Lee investigating a story



Editor Fuzzy Hill in one of her quieter moments



Two heads are better than one for Chick Parker & Bev Burrow

Troubled students seek counsel

by Tom Kehoe

"We don't have solutions to every problem. We're not Ann Landers, who seems to know everything. People come here feeling trapped or cornered with no alternatives. We don't have all the answers." Those comments were made by Umesh Kothare, Director of Counselling Services at Humber.

Most of the problems presented to the counsellors are academic or personal problems related to school. He cited fear of exams, fear of speaking up in class and loneliness as three of the problems which draw students to Counselling Services. He feels loneliness can be a harsh reality to a student who has lived his life in a small community and suddenly finds himself at Humber, within the large and cold boundaries of Toronto.

"I'm not so concerned about people coming from other countries," Mr. Kothare said. "Someone coming from Jamaica has made that initial step to leave. He's probably made friends with people from his own community."

"I'm more concerned about the kid from Acton," he continued. "He comes from a small community and finds Humber a lonely place. There are so many cliques here. And let's face it, to a kid from St. Catharines, Humber is a big school. And it is a big school."

The slackest period the counselling service has is towards the end of the school year. By this time, many students who are doing poorly have dropped out. The busiest time is the first couple weeks of school when someone has discovered they are in the wrong

course and needs a new sense of direction.

When asked if people take advantage of Humber's admittance requirements, Mr. Kothare said, "If we didn't have requirements, then we would have to take a look at ourselves."

The requirements for admittance are very basic. In certain courses, payment of tuition and a high school diploma at the grade 12 level are all that is required. And Mr. Kothare admitted, "it's unfair to allow someone to come in and flounder around with low self-esteem."

If someone is having trouble with his course, careful studies are taken to find his right career

Graduate to manage liquor

by Brenda McCaffery

John Mason, who graduated from Humber's Motel and Restaurant Program one year ago, recently joined Humber's Food Services as catering manager. Mr. Mason, who works as Dave Davis' assistant, will eventually be in charge of all liquor licensing in the college, including stocking of licensed areas. He will be responsible for all Seventh Semester bookings, both internally and externally. In Mr. Davis' absence, Mr. Mason will take charge of food services. He is now responsible for the Pipe from 4 p.m. until closing time.

potential. The counsellor will look at the person's strengths and values and try to steer him in new directions.

"The last thing a person wants to hear when he comes here are adjustments," Mr. Kothare said. "We don't make judgements. This is a no-no for us. We listen to the problem and take appropriate action."

He said the aims of the counsellors is not just passive listening but active learning.

Mr. Kothare said the guidelines for helping people are three-fold. First is refining and defining a person's difficulty. Second is assisting a person in exploring alternatives in meeting this difficulty. Third is finding alternatives.

Although Counselling Services does not have a perfect batting average, Mr. Kothare feels he and his staff have a high rate of success in dealing with the problems of the students. "We feel good about our success," he said. "It is very satisfying that we are helping people solve their problems."

Bio-feedback is used by counsellors to help students overcome problems such as fear. The purpose of bio-feedback is to desensitize fear and provide relaxation. The person is told to imagine the fear situation without tension and ultimately the fear will become extinct.

This technique could be used in a situation where a student will have an overwhelming fear of writing an exam, sometimes to the point where he may pass out.

Rap sessions are also part of the Counselling Services objectives in helping students. These rap ses-

sions help people relate to each other and create a climate of trust.

Mr. Kothare said the counselling sessions with students are totally confidential. The counsellors also try to keep in touch with a troubled student's program co-ordinator and instructors.

Lakeshore students united by USAC

by Gord Emmott

Students of the Humber Lakeshore campuses are now united by a single student organization, formed to increase communication and participation between campuses.

The individual Student Unions changed their names to Student Affairs Councils because many of the immigrant students taking English as a second language were confused by the term union. The three SACs, one from Lakeshore 1, one from Lakeshore 2, 3 and Queensland, and one from Keelsdale, have formed a United Student Affairs Council with two members from each elected Student Affairs Council.

USAC was set up on March 24 to control funds from student activity fees so activities and clubs at different campuses could receive equal financial support. Some people had complained the fees were being misguiding or hoarded.

USAC was also devised to handle large social functions involving all five campuses. The first such event was the April 3 formal at the International Trade Centre.

Dave Cahill, president of Lakeshore 1 SAC said, "The formal was the first time all campuses had worked together successfully. Before they were always fighting."

Mr. Cahill originated the idea for USAC and now believes it will give Lakeshore students bargaining power with the administration and Humber North's Student Union.

The executive positions of USAC have not been filled yet but the members are: Tom Rodaro, Dave Cahill, Karl Bogner, Hans Hober, Mark Hannable, and Debbie Walker. On April 20 they will vote to assign the positions of

The goal of Counselling Services is to help a student reach self-actualization, have the student's values conditioned and provide values. By doing this, they hope to develop better citizens who can make a valuable contribution to society.

Chairman, Treasurer, and Director of Public Relations.

The SACs have created a constitution committee which is presently adapting the Humber North constitution to the needs of Lakeshore. Principal Tom Norton is assisting the committee.

USAC is already planning summer concerts, a mid-June picnic and a shinerama to raise money for cystic fibrosis.

The only opposition to the new student organization came from former SAC president of Lakeshore 2,3 and Queensland, Peter Paul. Mr. Paul was pressured out of office by all the SACs including his own. According to USAC officials he was slowing down proceedings by insisting no decisions be made until all class reps were consulted.

The others argued this was impracticable since most students leave at different hours of the day.

Even Peter Paul admitted later in his letter of resignation to the SACs, "The level of student awareness is much sharper now."

Electives mad rush predicted

Registration for electives next fall may continue to produce the kind of confusion and scramble for courses which North Campus students have come to expect.

"We are in a state of confusion regarding this whole matter," said Adrian Adamson, Chairman of Humanities and Social Sciences.

Last September, registration was held in the SU Pub with long lines stretching endlessly along corridors and down the stairs. In January, the Concourse was used and even though things were less confused, students still had to wait long hours in lines.

Dave Buxton, Director of Students Records and Scheduling, said that "due to the short 15 week semester next fall, orientation will be undertaken over two days rather than a week. No advance registration will be held as in the past."

According to Mr. Buxton, students should not have problems if they follow the instructions for registration set out in the new Humber College Handbook. The Handbook will be mailed to students during the summer.

"Registration will only be held for two days, Tuesday 7th and Wednesday 8th, with elective classes beginning on Thursday 9th," he said.

Mr. Buxton also hopes that 2nd and 3rd year students will take advantage of new students by registering under the first-come first-serve basis.

Presently, Mr. Buxton is trying to find students to work as counsellors on the registration program. It is planned to have counsellors work in two separate areas. One area will provide information and help students in choosing an elective. The other area will handle the physical aspects of registration.

Apathy disturbs instructor

by Elizabeth D. Steiss

The burden of student apathy fell heavily on Joe Stern's unsuspecting shoulders last Monday, and as a result next years' students will probably suffer.


Student apathy has dampened the political science instructor's enthusiasm for obtaining guest speakers for the benefit of his students.

Mr. Stern arranged for Jim Fleming to fly in from Ottawa to speak to students. He expected 40 students from his two Political Science classes. Only 19 of his students attended the informal talk.

His embarrassment and disappointment surfaced as he searched the halls for students.

"Where is everyone?" he lamented.

Student apathy did not confine itself only to lack of attendance. Prior to Mr. Fleming's arrival, Mr. Stern asked if someone would drive him from the Airport to the college. He was embarrassed to have to drive Mr. Fleming in his battered 1969 Volkswagen.



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Ron Zeeman 1st yr. Chemistry
"Yes, I guess so. I'm not sure I've learned much...I was in 13 before."



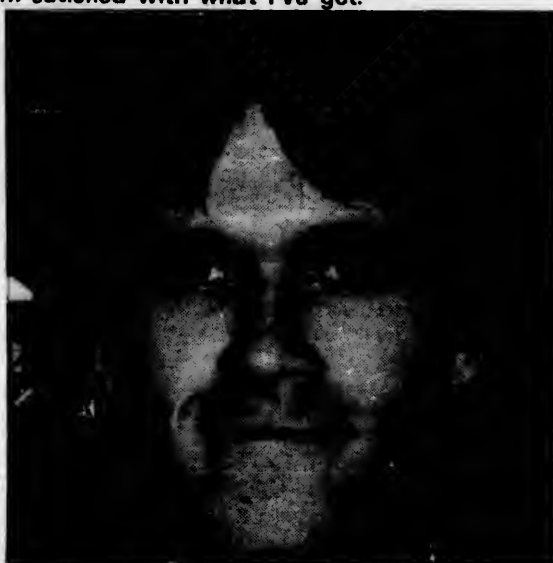
Angela John 2nd yr. Travel and Tourism
"I think it was O.K. It could have been better but I'm satisfied with what I've got."



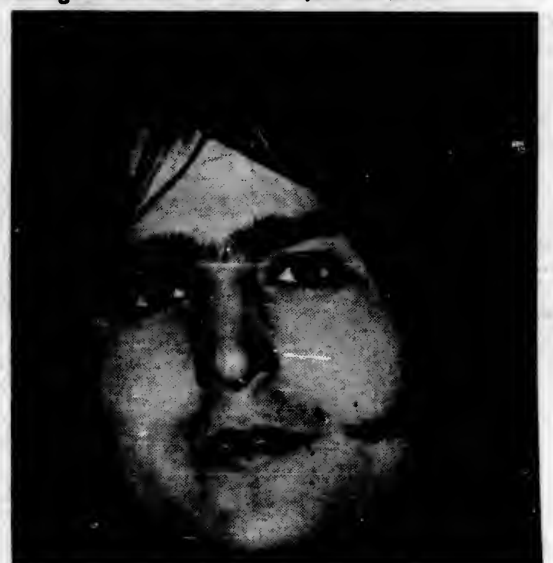
Denys Menard 1st yr. Graphics
"Really, I think so. I learned a lot in Graphics. Nothing in electives and I quit English."



Judy Howard 1st yr. Horsemanship
"Yeah, it has for me. For me because I live in the city and I don't have an opportunity to work with horses so I come to Humber and learn. I don't think I'd learn as much anywhere else."



Walter Lukawiecki 1st yr. Accounting
"As far as the education year goes it's debatable. The social year was great."



Malcolm VanArkadie 2nd yr. Journalism
"No. It's not bad but sometimes I don't like the way it's organized."



Shirley Bishop 2nd yr. Medical Secretary
"Yes. I think I have. I met a lot of people. It was a really interesting course."



Peter Weiler 1st yr. Accounting
"Yeah, I really do. I've learned a lot. It's really a big difference from high school."



Chick Parker 2nd yr. Journalism
"It was all right. Not as good as last year. I was a lot more jaded this year."



Dan Orlowski 1st yr. Chemistry
"First year is a waste. It's too easy. It's the same as in grade 12...but there is more practical work...nothing in academic. I'm hoping its better in 2nd and 3rd year."



John Difelice 1st yr. Electronics
"No, I didn't learn nothing. The teachers don't get the point across. There is too much homework...too many assignments. It's all packed into too little time."



Joe Andriacco 1st yr. Accounting
"Yeah, I'd have to say overall it was...a good atmosphere...just relaxing. Plus the people are friendly here too."

Good music highlights this summer

by Avrom Pezen

Those who leave Toronto may be missing one of the city's best months for musical talent in May.

First there's folksinger Pete Seeger, who three years ago held free concerts from the deck of a sailing ship while protesting pollution along the Hudson River in New York State. He has recently been playing with Arlo Guthrie on tour and will be appearing on his own May 25 at Massey Hall.

Three days later, Harry Chapin, a singer whose best songs never quite fit traditional AM radio formula, returns to Massey Hall with brothers Tom and Steve, and John Wallace whose voice at times

could be mistaken as female.

One performer who has been away from the city for several years is Randy Newman, and he'll be at Massey Hall May 8. The last time he was here, in 1971, the warmup act for Randy was a singer named Jim Croce, who was just breaking a song called "You Don't Mess Around with Jim". Randy is noted more for his lyrics and music than his voice, but his songs have been recorded by Harry Nilsson, Tom Northcott, and Three Dog Night.

Bob Marley and the Wailers, the best of the reggae bands from Jamaica, will be coming on May 5, coinciding with the release of "Rastaman Vibrations" on Island

Records. Reports from several record shops specializing in reggae music say the album will be awarded a gold record before its release. In Canada 25,000 copies of an album must be sold before it is given a gold record.

Albums are reaching the racks faster than record critics write, but some of the past month's new releases are worth listening to.

Chick Corea, one of the premier young jazz pianists in the world, has released a solo album on Polydor Records entitled "The Leprachaun". It is a concept album and his first solo effort since 1974, when his piano improvisations were released on ECM Records. Chick also leads Return to Forever, recently signed by Columbia Records. Their first album for Columbia, "Romantic Warrior", is expected to put the quartet where it was four years ago, when critics around the world ranked them as one of the best jazz groups around.

Weather Report, a jazz quintet also signed to Columbia, hasn't lost its public support yet with their music, based on improvisational and commercial themes. It was this blend of styles that won the group top honors in both the jazz and rock album of the year divisions for "Mysterious Traveller" in the 1974 "down beat" readers' poll. This feat had not been accomplished before. "Mysterious Traveller" was also the last album that bassist Miroslav Vitous recorded with the group. Their new album, released only in the U.S. so far, should do well here.

Billy Cobham, however, hasn't had the same kind of luck. After his departure from the Mahavishnu Orchestra in 1972, he made five albums for Atlantic Records, with each album adding a new dimension to his band. His fifth effort, "A Funky Thide of Sings", didn't add anything to his reputation, and his new album, "Life & Times", is expected to get him back on track. Some critics are comparing this album favorably to his second album "Crosswind".

One act definitely returning to

Toronto is the Brecker Brothers Band. Capitol Records hasn't released the date of the group's next appearance here, but it is expected to be in a more central location than the Queensbury Arms Tavern, which appeared to be one of the complaints lodged by people who came specifically to see them in February. Another jazz giant that is coming this month is bassist Charles Mingus.

Coming later in the summer are the drama festivals at Stratford and Niagara-on-the-Lake, and music festivals in Carlisle, Ontario, and the Toronto Islands.

Stratford's annual Shakespearean Festival begins in the middle of June and continues

through October, with Sundays and Mondays reserved for music in the Festival Theatre. Sundays the Stratford Festival Ensemble takes the stage with guest performers from July 18, while contemporary artists perform Mondays from July 5. The Shaw Festival, at Niagara-on-the-Lake, starts about the same time as Stratford, and finishes in September.

No details have been announced about "Bluegrass '76" in Carlisle, which takes place at the beginning of June. Ticket prices for the Mariposa Folk Festival, coming at the end of June, have been announced. A three-day pass will cost \$22 dollars, while the fare for a single day will cost \$9.50.

New logo designed for Humber's 10th Anniversary

by Steven Wilson

Humber College has a new logo which will be staring you in the face next September. It will be around to remind you that the school is celebrating its 10th Anniversary.

Designed by first-year Graphic Arts student Julie Moss, 20, its shape represents Humber College (the light color), the Humber community (the dark color), and the goals and ambitions of every student who attends Humber College (represented by the arrow — looking to the future). However, in submitting the winning design, chosen from among 240 entries, she is hardly overflowing with joy. In fact a slight bitterness crept into her voice when she explained that recognition was the only reward she received for her design.

The Graphic Arts department is running a contest now for commercial designs to be included in a book explaining Humber College's anniversary, titled Humber At 10. The top prize for the winning submission is \$100.00.

The logo, chosen by Humber's 10th Anniversary Committee, will be used during the anniversary on

letterheads, posters, and promotional material distributed in the community.

Headed by Tex Noble, vice-president of Development, the 10th Anniversary Committee is in charge of approving projects to be carried out during the anniversary. It has been allocated \$50,000 by the school. Up to this point, 15 student and faculty projects have been approved, which John Cameron of Purchasing calls "very encouraging."

The kick-off event for the anniversary will be a picnic, planned for either September 1 or 2, between noon and 4:00 p.m., to be open to all staff, faculty, their families, and "anyone else around the school at that time," Mr. Cameron said.

Other events approved but with dates not finalized are: a social evening involving guidance counsellors coming to Humber from across Ontario, a speakers bureau, a flower week, and a floor covering seminar.

The College will be printing a cookbook and a calendar, pressing a record album produced by the music department, buying college blazers, and building a four-acre arboretum behind the school.



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Law Division offers course to develop management skills

by Bev Burrow

Who says you can't teach an old dog new tricks? Certainly not Humber's Law Enforcement Division.

Starting this September, they will offer an evening course to

police and security officials at the supervisory, middle and senior management levels to help them develop management skills. This is the first course of this kind to be offered in Toronto.

Bill Anderson, co-ordinator of the Law Enforcement program says he thinks a course in management procedures is needed by many police and security executives. He mentioned that many of these people entered the profession after completing only grade twelve. They rose to their positions through the proper promotional channels, but never really had a chance to study management techniques and theories.

"Some of them just coast along by the seat of their pants," Mr. Anderson said.

Mr. Anderson feels the course will go over well because policemen in this area seem really interested in upgrading their education. People who decide to upgrade usually do so on an individual basis but in some cases, the branch or section they work under will contribute some money. Peel Regional Police will usually pay for the students tuition fees and Metropolitan Toronto Police will pay half.

The course in police management is not the only first for the Humber Law Enforcement staff. Bill Anderson designed the Advanced Police Science course presently being used by the college. This course has since been adopted by many other colleges and universities in both Canada and the United States. Humber was the first to introduce a course on race relations to their law enforcement students and was also one of the first to offer a course in Crisis Prevention.

The objective of the new management course will be to assist the senior officials in evaluating current management theories and practices and new theories for the future. It will also try to acquaint them with the problems of personnel development.

The courses to be offered are Theories of Police Management, Organizational Development, Personnel Management and Seminars on Police Administration. The price is \$50 per course and students must complete the four courses plus three from Advanced Police Science to receive a diploma. The starting date is September 13.

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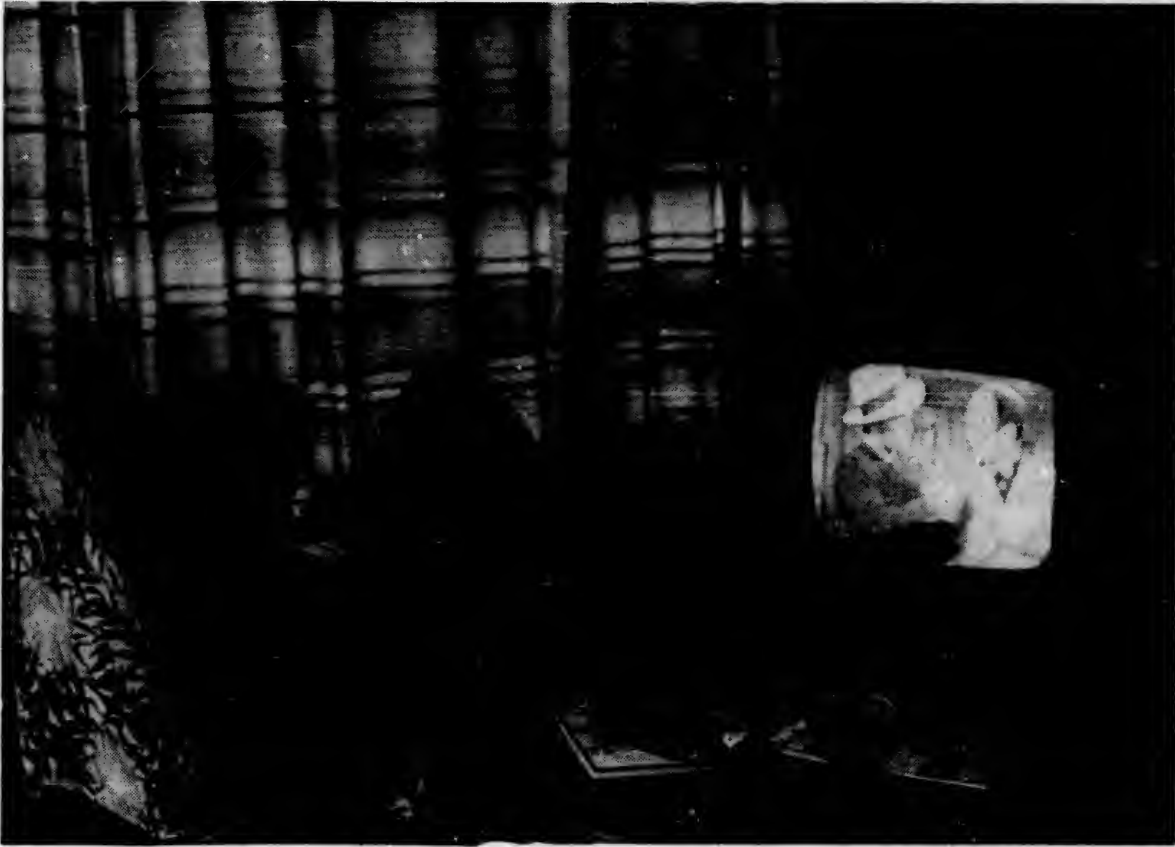
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Too many youngsters only learn how to watch a sport instead of actively participating in it. Jack Eilbeck says it is necessary for everyone to learn how to spend your leisure hours creatively. (Photo by Bev Burrow)

Leisure education a must

by Bev Burrow

Older people with time on their hands often find it unhealthy - even fatal - according to Morry MacLeod, a Sociologist at Humber College.

Studies show that the average male dies within two to five years of retirement because there is nothing left for him to do. He was brought up in a work oriented society which allowed little time for leisure. When his work is taken away from him, he is hard-put to know what to do with his time.

Jack Eilbeck, Senior Program Co-Ordinator of Applied Arts at Humber, says we are entering into an era of leisure. He points out that the 40-hour work week is slowly being replaced by a 30-hour week in many companies. He also says the retirement age has been dropped as low as 50 in companies that use the "30 and out" retirement system.

The system allows for retirement with full pension after thirty consecutive years with the company. A person who starts working at 20 years of age will be retired by 50.

"A woman today lives to be 76 years old and a man 71," said Mr. Eilbeck. "When you consider they don't start working until they are 20, that leaves 40 or more years of time that can be used for leisure. That is over half a lifetime."

Seven hundred companies in Canada today have a four day week. Employees work shifts of ten hours a day, four days a week.

Motorcycle training at Lakeshore campus

by Donna Black

Humber's Lakeshore Campus is again offering a summer motorcycle training program for novice riders. The Canada Safety Council is offering the program through the Ontario Safety League to promote the safe, intelligent operation of motorcycles.

Motorcycles and helmets are supplied for the 20-hour program, which offers weekday or weekend courses. The cost is \$50 for five hours of instruction daily. Lessons include: balancing and braking, correct gear changing, and survival in hazardous situations.

Applicants must be over 16-years-old and those under 18 must have parental consent.

The Ontario Safety League's Chief Motorcycle Instructor, Norm Taub, is training instructors

This way they get the full 40-hour week but have a longer weekend holiday. People are willing to do this so they have more time for leisure, says Mr. Eilbeck.

One bank has tried an experiment of scheduling employees on a three-day work week basis. The bank's employees work shifts of 12 hours a day, three days a week, which gives them only a 36-hour week.

So far the bank's staff has gone along with the pressure of working a 12-hour day, but there are probably many jobs where the pressure would be too great, says Mr. Eilbeck.

One problem we face going into this era of leisure is that people are not being properly prepared for the amount of time they have available for leisure activities, says Mr. MacLeod. He calls the physical education system in the schools sterile and still, and says that the majority of the skills that might be useful after you are finished are never taught.

"I taught physical education in a school in Northern Ontario, where there was an abundance of snow and ice in winter. But, the school system didn't call for snowshoeing, ice skating or even photography to be taught, so our children never got the benefit of that knowledge. That is the type of thing there should be more of, instead of pushing the students to participate in basketball, football, or floor hockey. Most people never pick up another basketball after they are finished school."

for this course at Humber and Sheridan Colleges and the Ontario Cycle School.

The Canada Safety Council is making the course available in the hope that the formal training will reduce the accident rate among novices. The Council's statistics show that most cycle injuries occur during the first months of riding. The statistics also show that after the first six months of riding, the novice is less likely to be in an accident.

The Department of Transport test may be taken using the college's equipment, after successful completion of the program.

Persons wishing further information or registration should contact the Lakeshore 1 Campus at 252-5571.

Mr. Eilbeck feels the school system is starting to improve and that there is more awareness now of the need to teach children other ways of spending leisure time. But, the system still has a long way to go when you consider the small amount of time allotted to physical education in many schools.

A large segment of society identifies sports and leisure as synonymous. This is partly the fault of the school system and partly the fault of society, says Mr. Eilbeck. "A boy who wants to take ballet is usually frowned upon by other males and probably by his father as well. Many people might think there was something odd about a boy wanting to cook and sew, or a girl wanting to play professional football."

Mr. Eilbeck points out that leisure activities needn't be physical and that people can become limited by holding this kind of attitude.

Another problem which inhibits people from actively participating in leisure activities they enjoy is the spectator syndrome. Too many people would rather enjoy an event vicariously than participate themselves. Mr. Eilbeck thinks this type of feeling can be dispelled by teaching children early to join in games for fun instead of for competition.

We are reaching a point where leisure is going to have to start satisfying the needs that used to be satisfied by work. With our working careers getting shorter, and our time for leisure increasing, people are going to have to know how to spend the time creatively. It is nice to sit around and be lazy for awhile, but most people get bored with this after only a short time.

According to Mr. Eilbeck we need new programs introduced into schools and industries, we need trained recreational professionals to teach and guide, and we need government help in procuring land for recreational purposes. These things are necessary to keep us on top of our recreational needs.

Mr. MacLeod would like to see retired people being brought into the schools to teach children lessons in the history they have lived through. These older people could teach children "the way it was" without having to consult musty old textbooks.

He says, "People are geared to produce and when they don't, they begin to think they are worthless. Why put these people out to pasture if they don't want to go."

Nurses heading west

by Sheila Johnston

Humber nursing grads may have to go to Saskatchewan or Newfoundland to find employment after recent medical cutbacks in Ontario that left numerous nurses unemployed.

IMC spends money

by Don Allison

The Instructional Materials Centre plans to spend thousands of dollars in upgrading and replacing television equipment before the next school semester begins.

Jerry Millan, Production Co-ordinator for IMC at North Campus, said a lot of the existing equipment (splicers, projectors, record players, lighting kits, and cameras) has to be replaced because it is either obsolete or maintenance costs are just too high.

Mr. Millan would not say how much money would be spent in purchasing the new equipment but, "it would involve a substantial amount." He said the final plans for costs are being made at this time by the administration and would soon be made public.

Mr. Millan said, "At the moment there isn't any indication what money is available in other areas except television, but we hope to replace the PA system and the 16 mm. projectors in the lecture theatre for next semester."

Whatever the costs are, they will be much higher than the \$8,000 budget allotted the centre for new equipment during the past fiscal year, April 1, 1975 to April 1, 1976.

Kathleen Lewis, associate executive officer for the nursing association of Ontario said, "No indication is known how many nurses will be left unemployed."

"I think there will be many nurses laid off but until the recent bed cutbacks have been adjusted to, it isn't known just how many."

David Guptill, service co-ordinator for the North campus said, "There shouldn't be any problem in employment for Humber nursing students graduating in June."

"Those who hustle for the jobs will get them," he said.

Nursing students aren't all that confident according to Elaine Varney, president of the student council at the Osler Campus. "Students are concerned," she said. "They don't know what to do about it."

Ms. Varney, who plans to work for the Board of Health said, "Some are thinking about going into specialized post-graduate courses."

"Some are looking into other fields for employment while waiting for something to come up in nursing."

Humber has been told to reduce its number of nursing students in the fall by 15 per cent. David Guptill said the order, which came from the Ministry of Health, was no surprise. The move was to offset the increasing overflow of nursing employment in the Ontario field.

Mr. Guptill said there has been several letters from hospitals in California looking for nurses available for work from Ontario.

Some students, according to Ms. Varney, are writing to local hospitals in search of employment, while others are writing to hospitals in their smaller home towns.

She said the general mood was low among the nursing students.

BACKSTAGE

This Week

DELPHIA

Featuring Roy Kener & Gary Peterson

Next Week

FIRST CLASS

Doors Open 7:30
Featuring
Tony The Whip
(Disc Jockey)
between sets

SEAWAY HOTEL

1926 Lakeshore
at Windermere
766-4892

A year at Humber

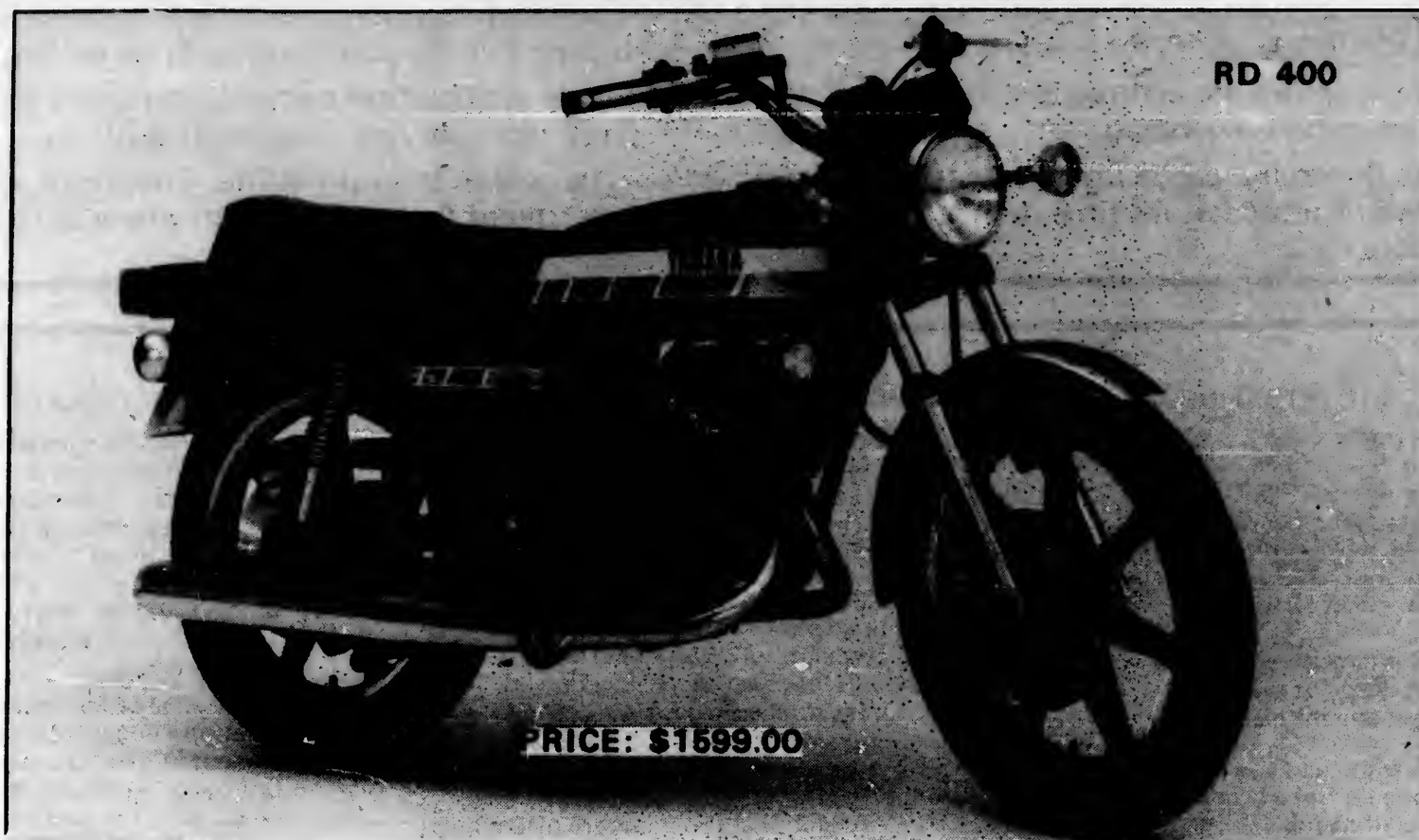


*at
work
and
at
play*



(Coven photos
by Will Koteff
and Mike Cormier)

ON THE ROAD...



...OR IN THE DIRT



YOU'RE AHEAD ON A YAMAHA

YOU CAN SEE THEM ALL

AT

T Y CYCLE AND SPORTS

WHERE IT ALL BEGINS

YAMAHA



HUMBER COLLEGE ATHLETIC AND RECREATION DEPARTMENT

DEPARTMENTAL PHILOSOPHY

The aims and objectives of the Athletic and Recreation Department are to provide a complete cross-section of activities that will appeal to the needs and interests of students whether they are competitive or leisure oriented. Competitive programs are centred around Ontario Colleges Athletic Association competition and intramural league or tournament sports, encouraging the involvement of participants with varying degrees of skill.

Activities are generally league oriented, allowing for limited participation later on in life. Therefore, in keeping with the trend toward more leisure time, a major objective of the department is to provide carry-over activities of an individual nature.

RECREATIONAL INTRAMURALS

Recreational Intramurals are leisure oriented with "fun and enjoyment" being the key words. Eg. No awards, no officials etc. Whether at a league or leisure level, participation is encouraged no matter what skill level the individual might be at.

The program is largely recreational in nature and does not involve an extensive time commitment.

Participation is open to any and all full-time students and all staff who are athletic card members.

COMPETITIVE INTRAMURALS

Competitive Intramurals are more formal in nature. Eg. highly organized; officials; standings; awards.

Competition at this level involves more time and effort than the recreational intramurals program, it however is more recreational and less of a commitment than the intercollegiate program.

Participation is open to any and all full-time students and all staff who are athletic card members.

CLUBS

Activity Clubs are largely recreational in nature. An instructor/coordinator is available during club hours to give instruction and to assist in arranging competition among the participants.

Membership in these clubs is open to all students, staff, and the community. Designated membership fees are appropriated on an individual club basis.

INSTRUCTION

Instructional Programs are offered by the Athletic and Recreation Department and the Centre for Continuous Learning in order to provide some education in an athletic activity which may be carried into later life. These programs are taught throughout the year by top quality instructors and are open to all students, staff, and the community providing the appropriate instructional fee is paid.

Further information may be obtained from the Centre for Continuous Learning Office regarding starting dates and times, location and the course fee.

INTERCOLLEGIATE

Intercollegiate competition at Humber College is based upon the premise of participation for enjoyment and personal satisfaction rather than the serious business of winning. If one is able to accept both victory and defeat graciously, then one has acquired greater success in his or her personal achievements.

To be eligible for intercollegiate participation one must be a full time student in good standing at Humber College of Applied Arts and Technology, who has paid the appropriate activity fee, normal to his program of studies, which allows for participation in the full student activities program. He or she may then participate in all events sanctioned by the Association on behalf of Humber College.

The Ontario Colleges Athletics Association (O.C.A.A.) provides competition for the students of the twenty-two member colleges in a wide variety of team and individual sports.



Golf

Come and be instructed in the basics of golf and improve your game! A certified professional will offer you classroom sessions and video tapes of your performance in addition to practical experience. All equipment will be supplied for the course and indoor sessions will be held during inclement weather.

Location: North Campus Fees: 15 Hrs. \$30 20Hrs. \$35

Course	Day	Time	Start	Finish	Hrs.
005-709-11	Mon.-Fri.	12:00-2:00 p.m.	April 26	May 7	20
005-709-12	Mon.-Fri.	12:00-2:00 p.m.	May 10	May 21	20
005-709-13	Mon.-Fri.	12:00-2:00 p.m.	May 24	June 4	20
005-709-14	Mon.-Fri.	12:00-2:00 p.m.	June 7	June 18	20
005-709-15	Mon.-Fri.	1:30-3:30 p.m.	June 21	July 2	20
005-709-16	Mon.-Fri.	12:00-2:00 p.m.	July 5	July 16	20
005-709-17	Mon.-Fri.	1:30-3:30 p.m.	July 19	July 30	20
005-709-18	Mon.&Wed.	6:30-8:30 p.m.	April 26	May 26	20
005-709-20	Mon.&Wed.	6:30-8:30 p.m.	May 31	June 30	20
005-709-20	Mon.&Wed.	6:30-8:30 p.m.	July 5	July 28	20
005-709-21	Tues.&Thurs.	6:30-8:30 p.m.	April 27	May 27	20
005-709-22	Tues.&Thurs.	6:30-8:30 p.m.	June 1	July 1	20
005-709-23	Tues.&Thurs.	6:30-8:30 p.m.	July 6	Aug. 5	20
005-709-24	Saturday	9:00-11:30 a.m.	May 1	June 5	15
005-709-25	Sunday	9:00-11:30 a.m.	May 2	June 6	15
005-709-26	Saturday	11:30-2:00 p.m.	May 1	June 5	15
005-709-27	Sunday	11:30-2:00 p.m.	May 2	June 6	15
005-709-28	Saturday	2:30-5:00 p.m.	May 1	June 5	15
005-709-29	Sunday	2:30-5:00 p.m.	May 2	June 6	15
LADIES ONLY:					
005-709-01	Mon.-Fri.	9:30-11:30 a.m.	April 26	May 7	20
005-709-02	Mon.-Fri.	9:30-11:30 a.m.	May 10	May 21	20
005-709-03	Mon.-Fri.	9:30-11:30 a.m.	May 24	June 4	20
005-709-04	Mon.-Fri.	9:30-11:30 a.m.	June 7	June 18	20
005-709-05	Mon.-Fri.	9:30-11:30 a.m.	June 21	July 2	20
005-709-06	Mon.-Fri.	9:30-11:30 a.m.	July 5	July 16	20
005-709-07	Mon.-Fri.	9:30-11:30 a.m.	July 19	July 30	20
TEENS ONLY:					
005-709-08	Mon.-Fri.	12:00-1:30 p.m.	June 21	July 2	15
005-709-09	Mon.-Fri.	2:30-4:00 p.m.	July 5	July 16	15
005-709-10	Mon.-Fri.	12:00-1:30 p.m.	July 19	July 30	15



Judo

Black belt instruction will help you to progress from basic to advanced Judo levels, with grading based on your own ability. Some advantages of judo are recreation, physical fitness, self-defence and competition. Judo apparel is mandatory and may be purchased at a reasonable price from the instructor or the College Bookstore.

Location: North Campus

No. of Sessions: 9

Fee: \$27.00

Course	Day	Time	Start	Finish	Hrs.
005-702-01	Wednesday	7:00-9:00 p.m.	May 5	June 29	18
005-702-02	Thursday	7:00-9:00 p.m.	May 6	July 1	18

Coaching Theory Level I

In co-operation with the Sports and Recreation Bureau, Humber College will be offering Level 1 - Theory of the Ontario Coaching Development Program.

The purpose of the Ontario Coaching Development Program is to provide amateur coaches with an opportunity to receive formal training in the science and art of coaching; to improve leadership skills; to upgrade coaching knowledge; to award accredited certification to successful participants. Level 1 Theory is a 16 hour program. It introduces the participant to the role of the coach, leadership and communication, sports psychology, motor learning and motivation, growth and development, biomechanics, exercise physiology, sports medicine, and principles of athletic conditioning.

Location: North Campus

No. of Sessions: 8 Fee: \$5

Course	Day	Time	Start	Finish	Hrs.
SEM-023	Tues.&Thurs.	7:00-9:00 p.m.	May 4	May 27	16

FOR FURTHER INFORMATION CALL 676-1200

REGISTER AT THE CENTRE FOR CONTINUOUS LEARNING



Sports Wrap-Up

Humber teams win championships

by Steve Mazur

Humber sports fans can be proud of many of their intercollegiate teams this year. The Humber tennis team and hockey team, each won their divisional title.

The Humber Hawks hockey team placed second in the Ontario Championships. In tennis, the mixed and men's doubles teams became Ontario Champions. While at the Ontario Badminton finals, the Humber women's doubles team placed third.

HOCKEY

After losing to Sheridan College last year in the divisional play-offs, the Humber Hawks hockey team was determined to win the division and the OCAA title in 1975-76.

The hockey team breezed through the season, losing only four games all season.

Humber defeated the Sheridan Bruins in two straight games to take the South Division title.

Humber won the game against Cannadore 6-5. The game, according to spectators, at the tournament, was the best they'd ever seen in college hockey.

In the championship game, the Hawks couldn't get untracked, losing 11-2.

TENNIS

On the courts, Humber dominated tennis. During exhibition matches against Centennial and Sheridan Colleges, the

Humber team won match after match. Only in the men's singles did the tennis team have a weakness.

In the regional finals, which were held in Barrie, the team won the South Division title. Most of the victories were easy. The women's doubles team won in straight matches, as did the mixed doubles team. The men's doubles team also brought a regional trophy home to the college. Humber's player-coach, Marie Douglas, came in second in the women's singles to qualify for the OCAA Championships held at Turtle Creek Country Club.

At the championships, the mixed and men's doubles teams brought home championships, while Marie Douglas came in second in the women's singles for the third year in a row.

GOLF — SOCCER

When everyone had given up on golf for the year, the Humber golf team was getting in shape for the golf season. This year the Humber team had been dethroned as champions, the position which they held for the two previous years.

At the OCAA Championship Golf Tournament the Humber team shot in the high 80's. The tournament, held at the Whirpool Golf Course in Niagara Falls, was

hampered with temperatures in the low 40's and gusts of wind.

Earlier in the golf season, Humber won the Humber College Business Division Invitational Open Golf Tournament and finished third in the Carling-Okeefe College and University Tournament.

by Chris Silman

To better fulfill Humber students' needs, the Athletics Department will be making several changes for next year's programs. These include: more emphasis on recreational activities; non-credit elective instructional classes; sports open to both sexes; the purchase of a weekly page in Coven to keep students informed on athletic activities; and the publication of a monthly budget statement.

In the past, the intramural and intercollegiate activities were competitively geared. Intercollegiate athletics will continue as in the past while intramurals will be expanded into two spheres. One will be for fun and one will be for competition.

The non-competitive programs will include intramural games where no skill are required. Any student or staff member may par-

ticipate on the team. The teams will be able to choose their own time slot. Schedules will be flexible to allow more freedom, i.e.: the team may want to play on Tuesday afternoons one week, but on Thursday the next. This will be possible.

Near the end of the season

Humber's team came to life winning important games. But with a four win - four loss and five tie record the team ended up in third spot.

If the team plays the kind of soccer they played at times this year, they'll have a shot at the trophy next year.

Both sexes will play

Activity clubs, such as tennis, badminton, curling and possibly sailing, will be part of the non-competitive programs. Any student, staff member, or community member may join the club and an instructor will be available.

For those who like to compete, there will still be intramural and intercollegiate sports such as hockey. These will be more structured, requiring more time and greater commitment from team members. The present awards and standings will apply. Members of intramural teams must be full-time students and staff with

athletic cards. Intercollegiate members must be students in good standing.

A non-credit elective program will be introduced to provide students with more opportunity for recreational activities. A module will be available on the students' timetables for these classes. These will be activities requiring low financing, but providing a "carry-over" lifetime skill, i.e.: yoga, tennis, fitness, and cross-country skiing. Instead of sitting around doing nothing during spare periods, the student can use his time in the Bubble. It is hoped that eventually these will become credit courses.

In the past, most teams were all male or all female. Next year all teams can be mixed: Males and females may participate in all school competitions. As for restrictions, it is up to the female to decide if she thinks she is capable of playing on the team.

Scuba

Introductory

This course offers Certification by the National Association of Underwater Instructors and the Association of Canadian Underwater Councils. The fee includes air tank and regulator for the duration of the course but does not include supply of personal equipment (e.g., mask, fins, snorkel, weight belt, weights and test-book). Students are advised that equipment purchase, medical clearance and details of the open water dive will be discussed by the instructor on the first evening. Please note that applicants must be 15 years of age or older.

(12 hours theory, 12 hours pool, 4 hours open water training)

Locations: Runnymede NLC, Vaughan Rd. NLC

Fee: \$85

Course	Day	Time	Start	Finish	Hrs
005-704-47	Monday	7:00-10:00 p.m.	May 12	July 1	26
005-704-48	Thursday	7:00-10:00 p.m.	May 27	July 22	26
005-704-49	Thursday	7:00-10:00 p.m.	June 3	July 29	26

Advanced

Part I:

Prerequisite: Acceptable Basic Scuba Diving Certification and "A.C.U.C. Diver Experience" and "N.A.U.I. Sports Diver" certification. Classroom content will consist of topics such as night diving, scuba lifesaving, underwater navigation, basic applied sciences, air consumption calculation and equipment. A weekend in Tobernony will consist of seven open water dives to a maximum depth of 20 metres in varied water conditions. An additional fee for diving costs will also be involved.

Scuba Advanced Part I

The student should have his/her own basic scuba equipment (i.e., wet suit, tank, face mask, etc.). Equipment can also be rented. All details will be discussed at the first class. All students must be 15 years of age.

Location: Runnymede N.L.C.

Fee: \$50 plus diving costs

COURSE NO. 17 hours classroom, 8 hours open water

005-705-47 Tuesday, 7-10 p.m., June 1, 8, 15

Plus weekend of June 19 and 20

Part II:

Prerequisite: Acceptable Basic Scuba Diving Certification, and A.C.U.C. Diver Experience-Certification, N.A.U.I. Sports Diver or Part I.

This course is designed to provide the student with greater knowledge and to take the diver to greater depths (maximum 30 metres). Classroom topics will include search and rescue techniques, altitude diving, emergency ascents and procedures, light salvage, decompression tables, specialty equipment and a written examination. Two weekends in Tobernony will consist of 10 dives (minimum) in varied water conditions (i.e., wreck diving, night diving, boat diving). All students must be 18 years of age or older and have their own basic scuba equipment. Rentals and purchases are available.

Location: Runnymede N.L.C.

Fee: \$75.00 plus diving costs

COURSE NO. 11 hours classroom, 16 hours open water

005-706-44 Tuesday, 7-10 p.m., July 13, 20, August 3, 10

During weekends July 24, 25, August 14, 15

Sailing

Enjoy an open water instructional sailing programme out of Ontario Place. Qualified and experienced instructors will give you in-the-boats practice in 18 ft. Weylons as well as dryland training. Proper sailing "apparel", including deck or running shoes, is suggested for your protection. All other safety equipment will be supplied.

Location: Ontario Place

No. of Sessions: 10

Fee: \$55.00 (Season's Pass Additional) \$20.00

Introductory: (No prior experience)

If you have had little or no sailing before, you will be taught the basics, such as rigging and de-rigging, boat parts, tacking, jibing and formation sailing. You will discover the principles of sailing for yourself by guiding a moving sailboat on the water through discovery and guidance.

Course	Day	Time	Start	Finish	Hrs
005-708-01	Mon. Fri.	9:30-12:00 noon	May 31	June 11	25
005-708-02	Mon. Fri.	1:00-3:30 p.m.	May 31	June 11	25
005-708-03	Mon. Fri.	1:00-3:30 p.m.	June 14	June 25	25
005-708-04	Mon. Fri.	9:30-12:00 noon	June 27	July 9	25
005-708-05	Mon. Fri.	1:00-3:30 p.m.	July 12	July 23	25
005-708-06	Mon. Fri.	9:30-12:00 noon	July 26	Aug. 6	25
005-708-07	Mon. Fri.	9:30-12:00 noon	Aug. 9	Aug. 20	25
005-708-08	Mon. Wed.	6:00-8:30 p.m.	May 31	June 30	25
005-708-09	Mon. Wed.	6:00-8:30 p.m.	July 5	July 28	25
005-708-10	Mon. Wed.	6:00-8:30 p.m.	Aug. 2	Aug. 25	25
005-708-11	Sat. & Sun.	9:00-11:30 a.m.	May 29	June 20	20
005-708-12	Sat. & Sun.	1:30-4:00 p.m.	May 29	June 20	20
005-708-13	Sat. & Sun.	9:00-11:30 a.m.	June 26	July 25	20
005-708-14	Sat. & Sun.	1:30-4:00 p.m.	June 26	July 25	20

Intermediate 1: Tennis (Cont'd)

This course is for those who already play tennis and/or have attended one or more introductory courses to learn the basic skills. The player must perform such skills as the volley, forehand, backhand, and serve, consistently in a game situation. Detailed instruction will be offered to improve one's overall game. The basics will not be taught.

Course	Day	Time	Start	Finish	Hrs
005-712-01	Mon. Fri.	1:00-3:30 p.m.	May 10	May 21	25
005-712-02	Mon. Fri.	9:30-12:00 noon	May 24	June 4	25
005-712-03	Mon. Fri.	1:00-3:30 p.m.	June 7	June 18	25
005-712-04	Mon. Fri.	9:30-12:00 noon	June 21	July 2	25
005-712-05	Mon. Fri.	1:00-3:30 p.m.	July 5	July 16	25
005-712-06	Mon. Fri.	9:30-12:00 noon	July 19	July 30	25
005-712-07	Tues. & Thurs.	6:30-9:00 p.m.	May 11	June 10	25
005-712-08	Tues. & Thurs.	6:30-9:00 p.m.	June 15	July 15	25
005-712-09	Tues. & Thurs.	6:30-9:00 p.m.	July 20	Aug. 19	25
005-712-10	Saturday	8:30-11:00 a.m.	May 9	June 20	20
005-712-11	Saturday	1:30-4:00 p.m.	May 9	June 20	20
005-712-12	Sunday	8:30-11:00 a.m.	July 3	Aug. 20	20
005-712-13	Sunday	1:30-4:00 p.m.	July 4	Aug. 20	20

Intermediate II:

This new level of instruction emphasizes the improvement of your volley and serve through circuit teaching. It is an introduction to strategy and tactical play and leads to advanced tennis.

Course	Day	Time	Start	Finish	Hrs
005-712-14	Mon. Fri.	9:30-12:00 noon	May 10	May 21	25
005-712-15	Mon. Fri.	1:00-3:30 p.m.	May 10	May 21	25
005-712-16	Mon. Fri.	9:30-12:00 noon	July 5	July 16	25
005-712-17	Mon. Fri.	9:30-12:00 noon	Aug. 2	Aug. 13	25

Advanced:

This is an advanced level of tennis for those who have played extensively and wish to perfect their game. In-depth instruction will be given in strategy, tactics and the psychology of tennis. The daytime courses will emphasize the volley, serve and ball placement.

Course	Day	Time	Start	Finish	Hrs
005-717-01	Mon. Fri.	9:30-12:00 noon	May 24	June 4	25
005-717-02	Mon. Fri.	1:00-3:30 p.m.	May 24	June 4	25
005-717-03	Mon. Fri.	9:30-12:00 noon	June 7	June 18	25
005-717-04	Mon. Fri.	1:00-3:30 p.m.	June 7	June 18	25
005-717-05	Mon. Wed.	6:30-9:00 p.m.	June 14	July 14	25
005-717-06	Mon. Wed.	6:30-9:00 p.m.	July 19	Aug. 18	25
005-717-07	Saturday	11:00-2:00 p.m.	May 8	June 24	24
005-717-08	Saturday	2:30-5:30 p.m.	May 8	June 24	24
005-717-09	Saturday	11:00-2:00 p.m.	July 2	Aug. 20	20
005-717-10	Saturday	2:30-5:30 p.m.	July 3	Aug. 20	20

Sailing (Cont'd.)

Some previous sailing experience:

The following courses are for those of you who have done some sailing but want to improve your sailing ability and confidence in steering a boat. More in the boat sailing will aid you in gaining these and other skills through additional experience.

Course	Day	Time	Start	Finish	Hrs
005-708-15	Mon. Fri.	9:30-12:00 noon	June 14	June 25	25
005-708-16	Mon. Fri.	1:00-3:30 p.m.	June 14	June 25	25
005-708-17	Mon. Fri.	9:30-12:00 noon	July 12	July 23	25
005-708-18	Mon. Fri.	1:00-3:30 p.m.	July 26	Aug. 6	25
005-708-19	Mon. Fri.	1:00-3:30 p.m.	Aug. 9	Aug. 20	25
005-708-20	Tues. & Thurs.	6:00-8:30 p.m.	June 1	July 1	25
005-708-21	Tues. & Thurs.	6:00-8:30 p.m.	July 6	July 29	25
005-708-22	Tues. & Thurs.	6:00-8:30 p.m.	Aug. 2	Aug. 25	25
005-708-23	Sat. & Sun.	12:30-3:00 p.m.	May 29	June 20	20
005-708-24	Sat. & Sun.	6:30-9:00 p.m.	May 29	June 20	20
005-708-25	Sat. & Sun.	12:30-3:00 p.m.	June 26	July 25	20
005-708-26	Sat. & Sun.	3:30-6:00 p.m.	June 26	July 25	20
005-708-27	Sat. & Sun.	6:00-11:30 a.m.	July 31	Aug. 22	20
005-708-28	Sat. & Sun.	12:30-3:00 p.m.	July 31	Aug. 22	20
005-708-29	Sat. & Sun.	3:30-6:00 p.m.	July 31	Aug. 22	20

Note: A required season's pass to Ontario Place may be purchased from Humber College at the time of registration or by applying directly to:

Ontario Place Corporation
8 York St.
Toronto, Ontario
M5S 1B2



Yoga for Men and Women

Introductory:

This Hatha Yoga programme employs various techniques to aid in the development of a flexible, tension-free and healthy body. These techniques include deep breathing, physical exercise, concentration and relaxation. Loose clothing is advised.

Location: North Campus (1st Montgomery Mills)

No. of Sessions: 8

Fee: 12 Hrs. = \$22

Course	Day	Time	Start	Finish	Hrs
005-701-01	Tuesday	9:30-10:30 a.m.	May 4	June 22	12
005-701-02	Wednesday	7:00-8:30 a.m.	May 5	June 23	12
005-701-03	Wednesday	7:00-8:30 a.m.	June 30	Aug. 12	12
005-701-04	Thursday	8:30-10:00 a.m.	July 1	Aug. 19	12
005-701-05	Wednesday	7:00-8:30 p.m.	May 5	June 23	12

Intermediate:

In-depth instruction in major areas of concentration follows the introductory level. Work on the control of your breathing and heart beat rate is done through individual attention.

Course	Day	Time	Start	Finish	Hrs
005-714-01	Tuesday	7:00-8:30 p.m.	May 4	June 22	12
005-714-02	Wednesday	8:30-10:00 p.m.	May 5	June 23	12
005-714-03	Tuesday	7:00-8:30 p.m.	June 29	Aug. 12	12
005-714-04	Thursday	7:00-8:30 p.m.	July 1	Aug. 19	12
005-714-05	Wednesday	8:30-10:00 p.m.	May 5	June 23	12
005-714-06	Wednesday	7:00-8:30 p.m.	June 30	Aug. 12	12

Advanced:

This course is for those who have very good knowledge of yoga and the ability of performing the positions of Head to Knee (Sitting) Lotus, Plough and Headstand.

Course	Day	Time	Start	Finish	Hrs
005-713-01	Thursday	8:30-10:00 p.m.	May 6	June 24	12
005-713-02	Thursday	8:30-10:00 p.m.	July 1	Aug. 19	12

Soccer Camps (For Girls and Boys)

Improve your skills on the soccer field this summer by learning from Ontario Minor Soccer Association Coaches. Humber College is offering various soccer camps for you to begin or improve your knowledge of ball skills, fitness training and strategy and tactics in game situations. Additional information will be given through talks by referees, trainers and dietitians as well as by soccer films. Players must have their own running shoes, soccer shoes, appropriate apparel and be responsible for their own lunch, if that applies. Sessions will be held during inclement weather.

Location: North Campus

Fee: 12 Hrs. = \$20.00 20 Hrs. = \$30.00

15 Hrs. = \$25.00 30 Hrs. = \$45.00

Course	Day	Time	Start	Finish	Hrs
14-12-01-1	Monday	9:00-10:30 a.m.	May 12	June 26	16
14-12-01-2	Monday	10:30-12:00 noon	May 12	June 26	12
14-12-01-3	Monday	1:00-2:30 p.m.	May 12	June 26	12
14-12-01-4	Monday	2:30-4:00 p.m.	May 12	June 26	12
14-12-01-5	Monday	4:00-5:30 p.m.	May 12	June 26	12
14-12-01-6	Monday	5:30-7:00 p.m.	May 12	June 26	12
14-12-01-7	Monday	7:00-8:30 p.m.	May 12	June 26	12
14-12-01-8	Monday	8:30-10:00 p.m.	May 12	June 26	12
14-12-01-9	Monday	10:00-11:30 p.m.	May 12	June 26	12
14-12-01-10	Monday	11:30-1:00 a.m.	May 12	June 26	12
14-12-01-11	Monday	1:00-2:30 a.m.	May 12	June 26	12
14-12-01-12	Monday	2:30-4:00 a.m.	May 12	June 26	12
14-12-01-13	Monday	4:00-5:30 a.m.	May 12	June 26	12
14-12-01-14	Monday	5:30-7:00 a.m.	May 12	June 26	12
14-12-01-15	Monday	7:00-8:30 a.m.	May 12	June 26	12
14-12-01-16	Monday	8:30-10:00 a.m.	May 12	June 26	12
14-12-01-17	Monday	10:00-11:30 a.m.	May 12	June 26	12
14-12-01-18	Monday	11:30-1:00 p.m.	May 12	June 26	12
14-12-01-19	Monday	1:00-2:30 p.m.	May 12	June 26	12
14-12-01-20	Monday	2:30-4:00 p.m.	May 12	June 26	12
14-12-01-21	Monday	4:00-5:30 p.m.	May 12	June 26	12
14-12-01-22	Monday	5:30-7:00 p.m.	May 12	June 26	12
14-12-01-23	Monday	7:00-8:30 p.m.	May 12	June 26	12
14-12-01-24	Monday	8:30-10:00 p.m.	May 12	June 26	12
14-12-01-25	Monday	10:00-11:30 p.m.	May 12	June 26	12
14-12-01-26	Monday	11:30-1:00 a.m.	May 12	June 26	12
14-12-01-27	Monday	1:00-2:30 a.m.	May 12	June 26	12
14-12-01-28	Monday	2:30-4:00 a.m.	May 12	June 26	12
14-12-01-29	Monday	4:00-5:30 a.m.	May 12	June 26	12
14-12-01-30	Monday	5:30-7:00 a.m.	May 12	June 26	12
14-12-01-31	Monday	7:00-8:30 a.m.	May 12	June 26	12
14-12-01-32	Monday	8:30-10:00 a.m.	May 12	June 26	12
14-12-01-33	Monday	10:00-11:30 a.m.	May 12	June 26	12
14-12-01-34	Monday	11:30-1:00 p.m.	May 12	June 26	12
14-12-01-35	Monday	1:00-2:30 p.m.	May 12	June 26	12
14-12-01-36	Monday	2:30-4:00 p.m.	May 12	June 26	12
14-12-01-37	Monday	4:00-5:30 p.m.	May 12	June 26	12
14-12-01-38	Monday	5:30-7:00 p.m.	May 12	June 26	12
14-12-01-39	Monday	7:00-8:30 p.m.	May 12	June 26	12
14-12-01-40	Monday	8:30-10:00 p.m.	May 12	June 26	12
14-12-01-41	Monday	10:00-11:30 p.m.	May 12	June 26	12
14-12-01-42	Monday	11:30-1:00 a.m.	May 12	June 26	12
14-12-01-43	Monday	1:00-2:30 a.m.	May 12	June 26	12
14-12-01-44	Monday	2:30-4:00 a.m.	May 12	June 26	12
14-12-01-45	Monday	4:00-5:30 a.m.	May 12	June 26	12
14-12-01-46	Monday	5:30-7:00 a.m.	May 12	June 26	12
14-12-01-47	Monday	7:00-8:30 a.m.	May 12	June 26	12
14-12-01-48	Monday	8:30-10:00 a.m.	May 12	June 26	12
14-12-01-49	Monday	10:00-11:30 a.m.	May 12	June 26	12
14-12-01-50	Monday	11:30-1:00 p.m.	May 12	June 26	12
14-12-01-51	Monday	1:00-2:30 p.m.	May 12	June 26	12
14-12-01-52	Monday	2:30-4:00 p.m.	May 12	June 26	12
14-12-01-53	Monday	4:00-5:30 p.m.	May 12	June 26	12
14-12-01-54	Monday	5:30-7:00 p.m.	May 12	June 26	12
14-12-01-55	Monday	7:00-8:30 p.m.	May 12	June 26	12
14-12-01-56	Monday	8:30-10:00 p.m.	May 12	June 26	12
14-12-01-57	Monday	10:00-11:30 p.m.	May 12	June 26	12
14-12-01-58	Monday	11:30-1:00 a.m.	May 12	June 26	12
14-12-01-59	Monday	1:00-2:30 a.m.	May 12	June 26	12
14-12-01-60	Monday	2:30-4:00 a.m.	May 12	June 26	12
14-12-01-61	Monday	4:00-5:30 a.m.	May 12	June 26	12
14-12-01-62	Monday	5:30-7:00 a.m.	May 12	June 26	12
14-12-01-63	Monday	7:00-8:30 a.m.	May 12	June 26	12
14-12-01-64	Monday	8:30-10:00 a.m.	May 12	June 26	12
14-12-01-65	Monday	10:00-11:30 a.m.	May 12	June 26	12
14-12-01-66	Monday	11:30-1:00 p.m.	May 12	June 26	12
14-12-01-67	Monday	1:00-2:30 p.m.	May 12	June 26	12
14-12-01-68	Monday	2:30-4:00 p.m.	May 12	June 26	12
14-12-01-69	Monday	4:00-5:30 p.m.	May 12	June 26	12
14-12-01-70	Monday	5:30-7:00 p.m.	May 12	June 26	12
14-12-01-71	Monday	7:00-8:30 p.m.	May 12	June 26	12
14-12-01-72	Monday	8:30-10:00 p.m.	May 12	June 26	12
14-12-01-73	Monday	10:00-11:30 p.m.	May 12	June 26	12
14-12-01-74	Monday	11:30-1:00 a.m.	May 12	June 26	12
14-12-01-75	Monday	1:00-2:30 a.m.	May 12	June 26	12
14-12-01-76	Monday	2:30-4:00 a.m.	May 12	June 26	12
14-12-01-77	Monday	4:00-5:30 a.m.	May 12	June 26	12
14-12-01-78	Monday	5:30-7:00 a.m.	May 12	June 26	12
14-12-01-79	Monday	7:00-8:30 a.m.	May 12	June 26	12
14-12-01-80	Monday	8:30-10:00 a.m.	May 12	June 26	12
14-12-01-81	Monday	10:00-11:30 a.m.	May 12	June 26	12
14-12-01-82	Monday	11:30-1:00 p.m.	May 12	June 26	12
14-12-01-83	Monday	1:00-2:30 p.m.	May 12	June 26	12
14-12-01-84	Monday	2:30-4:00 p.m.	May 12	June 26	12
14-12-01-85	Monday	4:00-5:30 p.m.	May 12	June 26	12
14-12-01-86	Monday	5:30-7:00 p.m.	May 12	June 26	12
14-12-01-87	Monday	7:00-8:30 p.m.	May 12	June 26	12
14-12-01-88	Monday	8:30-10:00 p.m.	May 12	June 26	12
14-12-01-89	Monday	10:00-11:30 p.m.	May 12	June 26	12
14-12-01-90	Monday	11:30-1:00 a.m.	May 12	June 26	12
14-12-01-91	Monday	1:00-2:30 a.m.	May 12	June 26	12
14-12-01-92	Monday	2:30-4:00 a.m.	May 12	June 26	12
14-12-01-93	Monday	4:00-5:30 a.m.	May 12	June 26	12
14-12-01-94	Monday	5:30-7:00 a.m.	May 12	June 26	12
14-12-01-95	Monday	7:00-8:30 a.m.	May 12	June 26	12
14-12-01-96	Monday	8:30-10:00 a.m.	May 12	June 26	12
14-12-01-97	Monday	10:00-11:30 a.m.	May 12	June 26	12
14-12-01-98	Monday	11:30-1:00 p.m.	May 12	June 26	12
14-12-01-99	Monday	1:00-2:30 p.m.	May 12	June 26	12
14-12-01-100	Monday	2:30-4:00 p.m.	May 12	June 26	12