

Helping people communicate aim of new night course

Chris Bertelsen is trying to get people to talk to each other better.

The Georgetown High School biology teacher is teaching a Monday night course designed to increase a person's ability to effectively communicate with people such as a boss, wife, child or a friend. The course starts on October 2 and there is still time to register.

Bertelsen who taught the communication course in Guelph for two years said until a person is aware of how he expresses himself

to others, he cannot communicate effectively.

The ten-week, three-hour sessions involve different methods such as instruction, role playing or self-evaluation. The latter two, taped conversations and video-taping, are some of the techniques Bertelsen uses. For example, a person can say he is not angry but on the video tape he sees he has no smile and his body is tense.

People can learn to communicate their thoughts more clearly to others if their body

language coincides with their speech, Bertelsen said. The often forgotten skill of listening is also taught, he added.

"If you're not listening, you cannot communicate. That's basically it," he said. "You might as well shut yourself off."

Bertelsen said the course was designed by the Human Service Community Agency in Guelph. It has been taught for 10 years there and has just been recently approved by the Ministry of Education as a night course in Georgetown.

Bertelsen has taken all of the courses offered by the agency. He said it has helped a lot in teaching his biology students at the high school and he wanted people from teenagers to senior citizens to get a chance to learn about it.

Bertelsen will have Olive Cowey, another teacher on the Guelph course, to help him in Georgetown.

People interested in the course can reach Bertelsen by calling the high school, 877-6966.



Dear Friends,

On behalf of Leata, Misha and myself I would like to thank all the workers who gave so much of their time and all the voters for their overwhelming vote of confidence.

It was wonderful to see the number of people involved in the democratic process, the workers and voters from all parties.

I will continue to work for the people of Halton and be your spokesman in Ottawa.

Should you have any questions or problems please don't hesitate to call me at any of my riding offices.

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