

# Professional development sessions for Separate Board

The North of Superior District Roman Catholic Separate School Board will conduct professional development sessions for its trustees on Friday evening,

March 4th and all day Saturday, March 5th in St. Hilary School, Red Rock. Principals within the system and trustees from the Geraldton District Roman Catholic

Separate School Board have been invited to attend.

Dr. Jim Benjamin and Mr. Robert DeBruyn of The Master Teacher, Manhattan, Kansas, will be the featured speakers at the sessions. Mr. DeBruyn will present a workshop on "Causing Others To Want Your Leadership" and Dr. Benjamin will address the topic "Being An Effective ... and Appreciated Member of the Board".

Dr. Benjamin's experience in education spans twenty-two years as an elementary teacher, secondary teacher, principal, university professor, and superintendent of schools. An accomplished and experienced writer, he is the author of "The Board", a publication for boards of education published by The Master Teacher. Dr. Benjamin earned his

B.S. in History and Mathematics and M.S. in School Administration at Kansas State Teachers College, and his Ph.D. at the University of Missouri. Currently, Dr. Benjamin is Superintendent of Schools at U.S.D. #383, Manhattan, Kansas.

Mr. DeBruyn's career in education spans sixteen years as a teacher, administrator, and author. He has a wide background of management experience — both in education and industry. In addition to being president of The Master Teacher, he is the chairman of the board of the College of Education at Kansas State University; is on the board of directors at Kansas State Bank and Kansas State Travel, is a trustee of the Kansas State University Foundation, and is also president and

founder of The Master Teacher Institute for the Arts.

Mr. DeBruyn travels extensively, lecturing

and conducting seminars and discipline and management for teachers and administrators. Over 55 million copies of

his work has been published, making him one of the most widely read educational authors in the world.

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## Tips on dressing to conserve energy

With winter fast approaching, many people will be wondering how they can turn the thermostat down to cut fuel costs, and still dress reasonably indoors.

The key to keeping warm, say clothing and textile specialists with the Ministry of Agriculture and Food, is to wear layers of clothing. It's important to understand that the clothing itself does not create heat but actually prevents the transfer of body heat by trapping air. Body heat

stays in, cold air stays out, and you stay warm!

Several lightweight loose layers of clothing will keep you warmer than one heavy layer because of the trapped air between them. The layer next to the skin should be soft and absorbent, made of textured, as opposed to smooth, yarns. A knitted cotton or wool fabric would be ideal. The remaining layers should be of more tightly woven fabric, preferably with a thick or fluffy sur-

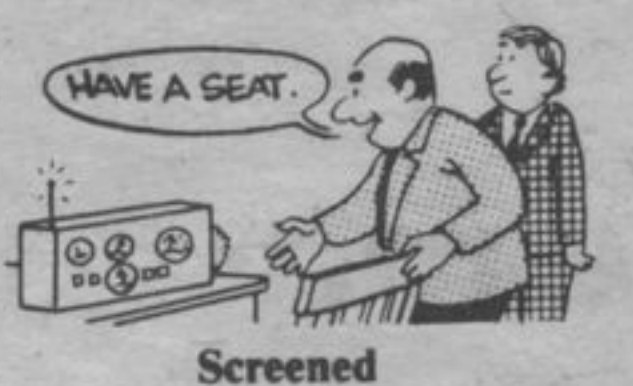
face (again, made of textured yarns).

The design of clothing does have a bearing on its warmth. Since heat rises, it is necessary to trap the warm air around the waist, shoulders and face. Look for garments that fit closely around the neck and wrists. Hooded garments are a good choice, as are ones which are cinched or tucked-in at the waist. Avoid tight fitting clothing that eliminates insulating layers of air and inhibits blood circulation. A pair of pile or foam-lined slippers will keep your feet warm.

Also, some articles of clothing are warmer than others. Pants are warmer than skirts, boots are warmer than shoes, a tucked-in blouse with skirt is warmer than a dress that hangs loose. Lined garments are generally warmer than unlined ones. Even accessories like ties and scarves will add a layer of warmth.

Stay warm this winter by dressing appropriately. You'll save on fuel bills and at the same time conserve body heat.

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