

Try Cregagh's appetisers . . .

CREGAGH "Tech" has it made — and not only in the sense of success. At Cregagh Technical College, Montgomery Road, Belfast, they are making things including delicious food, with new courses like cookery, freezer cookery, buffet cookery and wait for it — catering cookery. Plus a host of other appetising choices.

Breakmaking and tailoring are popular inflation-beaters too, and many different courses are on offer.

Age is no bar. Senior citizens (OAPs) are admitted to any course for a small fee, and there is also a special course on preparation for retirement.

From one extreme to the other — the 15-year-old can be assured of gaining much by attending a pre-apprentice course in one of the skilled occupations. There is a demand by employers for such people.

The Cregagh College also offers a course on how to choose employment.

Cregagh, in fact, offers a tremendous variety of courses through its full-time staff of more than 50, plus 100 part-timers. Your choice can be vocational or purely recreational.

From beginner up to A-level in G.C.E. modern languages; to the humanities, pure sciences, mathematics, play-groups courses, technicians in milk processing, electronic, mechanical and electrical engineering; plumbing, carpentry and joinery, plus business studies, shorthand, typewriting.

New courses this year include basic navigation for small craft, reading for pleasure, photography and BBC adult literacy course, as well as a day-release course on institutional studies for the more able craft and technician students.

For those engaged in the food or distributive trades, there are courses leading to the Royal Society of Health Certificate in the hygiene of food retailing and catering, as well as the Food Technicians Certificate of the City and Guilds.

You can join the college for a course or business studies, home electricity, pottery, gardening, judo, etc. radio TV work, refrigeration, electronics, managements and supervisory, and sales engineering are also on the list, of which this is little more than a sample.



Ian McKendrick, an advance technology student, taking readings on an auto collimator measuring instrument at Cregagh Technical College.

WATER INTERESTS

Meditate on this

Transcendental meditation, described as a simple, effortless and natural technique, is now available in Belfast. It will be the subject of an introductory talk at the McMeikle Hall, Queen's University on September 4.

Its aim, a quieter and more harmonious level of mental activity, leading to the dissolving of deep-rooted stresses in the nervous system.

"Anyone can learn, for it is based on the natural tendencies of the mind," a spokesman said, "it all happens easily, for no trying is involved. It does not involve any belief, but is simply a technique."

Simple to learn, and practised for only a few minutes morning and evening, he added, people all over the world have found greater clarity and more improved thinking, improved perception and improved personal relationships.



Beginners' courses in the Quinn Yogo system

THE QUINN YOGO system of Yoga is a comprehensive course aimed at improving the individual's physical and mental condition. The beginners' course lasts six weeks and includes breathing, relaxation, health, diet and exercises.

This can be followed by further more advanced courses, with subjects ranging from meditation to healing.

"The aim of Yoga is to show the possibilities of man," says Tony Quinn. "Each of us has powers lying dormant which, when used, result in perfect happiness, success, health and complete understanding of ourselves."

"These Yoga classes are unique, because they reveal how to awaken and develop these powers."

Welding, foundry and sheet metal work are among the many courses available at the College of Technology, College Square East, Belfast. Always working with the times, in terms of equipment and facilities, the Belfast Tech has men and women on their way to successful careers in a wide variety of fields.

WESTERN EDUCATION AND LIBRARY BOARD

LONDONDERRY COLLEGE OF TECHNOLOGY

ONE "A" LEVEL?

You may be eligible to enter one of the following full-time Higher National Diploma Courses in the Londonderry College of Technology:

1. Business Studies (any "A" level).
2. Computer Studies (any "A" level).
3. Technology ("A" level Mathematics or a Physical Science required). The second and third years of this sandwich course will be spent at the Ulster College and will include a period of professional training in industry.

These courses are of similar standard to University degree pass level.

FOUR "O" LEVELS? (or CSE Grade 1 Passes)

Why not continue your education in one of the following full-time courses at the Londonderry College of Technology.

1. Ordinary National Diploma in Business Studies.
2. Ordinary National Diploma in Building.
3. Ordinary National Diploma in Technology (Engineering).
4. Ordinary National Diploma in Sciences.

These courses are similar in content to "A" level, but have greater emphasis on practical aspects. Successful students may continue to Higher National Diploma Courses, or to University Degree studies or may enter industry of their own choice.

A wide range of "O" level courses is also available for those who have passed "O" level.

Secretarial courses are available at all levels, including post "O" level post "A" level and postgraduate.

The General G.C.E. course offers a wide range of subjects for "O" level.

Library and laboratory facilities are excellent.

Full details of these and all other College courses are in the Prospectus, available free of charge from The Registrar, Londonderry College of Technology, Strand Road, Londonderry. Phone Londonderry 66711.

Enrolment dates:
Full-time courses Tuesday 2nd and Wed. 3rd September.
Part-time courses Wed. 3rd and Thursday, 4th September in the evening.

Interviews will be held during the week commencing August 26, 1973, or at other times by appointment with Dr. Quinn, the Industrial Liaison Officer.

COLLEGE OF TECHNOLOGY

Principal: W. F. K. KERR, M.Sc., Ph.D., C.Eng., F.I.Mech.E.

ENROLMENT

FULL-TIME COURSES

The following full-time courses are available:

G.C.E. Ordinary and Advanced Levels
Ordinary National Diplomas (Engineering and Building)
Marine Engineering Technicians
Telecommunication
Radio, Television and Electronics
Electrical Installation
Construction
Clothing Institute

PART-TIME COURSES

Part-time courses are held in each of the following Departments:

Mathematics and Computer Studies
Applied Science
Mechanical Engineering
Electrical Engineering
Building
Textile Industries
Management and General Studies

ENROLMENT DATES

MONDAY, 1st to THURSDAY, 4th SEPTEMBER, 1973:

10-30 a.m.—12 noon
2-30 p.m.—4-00 p.m.
5-00 p.m.—7-00 p.m.

at

COLLEGE OF TECHNOLOGY
College Square East, Belfast, BT1 6DJ

FURTHER INFORMATION

Further information may be obtained from the Registrar, College of Technology, College Square East, Belfast, BT1 6DJ. Telephone 27244.

HURRY HOME WITH A HARP

COLLEGE OF TECHNOLOGY
College Square East, Belfast, BT1 6DJ

ENROLMENTS 1975/76

CREGAGH TECHNICAL COLLEGE

FULL-TIME COURSES

A wide range of G.C.E. SUBJECTS in the areas of Humanities, Social Sciences, Pure Sciences and Mathematics—'O' Level and 'A' Level Courses.

ADULT CLASSES/ONE-YEAR-ONLY CLASSES AVAILABLE

AUDIO TYPIST AND CLERICAL COURSES—One and Two Years.
ONE-YEAR SENIOR SECRETARIAL COURSE for girls of G.C.E. 'O' level standard.
MEDICAL SECRETARIES: A Two-year Course for girls with four 'O' levels.
POST C.S.E.: A One-year Secretarial Course for girls of C.S.E. standard.
PRE-APPRENTICESHIP COURSE: Offering a sample of different types of work in preparation for a chosen career.
PREPARATION FOR NURSING COURSE: A Two-year Course of general education up to G.C.E. 'O' level with specialised training for those who want to enter the Nursing Profession.

PART-TIME EVENING COURSES

ELECTRICAL ENGINEERING. Basic and Industrial Electronics, Radio and TV, Control and Instrumentation.
MECHANICAL ENGINEERING. City and Guilds Work Study, Quality Control, Planning, Estimating and Costing, Management Appreciation of Work Study, Box Engineering Skills.
BUILDINGS. Craft course in Carpentry and Joinery, Full Technological Certificate in Building Craft (C.G.L.L. Builders' Quantities, Concrete Practice, G.C.E. Woodwork (A.E.B.)).

G.C.E. SUBJECTS. A wide range of G.C.E. subjects is offered at 'O' and 'A' levels in the Humanities, Social Sciences and Pure Science fields.
BUSINESS STUDIES. O.N.C. Business Studies, Institute of Bankers, Part 1
RECREATIONAL CLASSES. A wide and varied list of courses ranging from "Multiple Choice" to "Judo" and "Judo" to "Circuit Bridge" and with many other titles including Floral Art, Pottery, Boat Navigation, Reading for Pleasure, Photography, Filmmaking and Retirement courses.

ARRANGEMENTS FOR ENROLMENTS:

FULL-TIME COURSES FROM 2ND JUNE, 1975.
ALL PART-TIME COURSES:
Monday, 2nd September, 4-30 to 8-30 p.m.
Wednesday, 3rd September, 4-30 to 8-30 p.m.
Thursday, 4th September, 4-30 to 8-30 p.m.
SENIOR SECRETARIAL COURSE for Engineering and Construction Students only—2nd, 3rd and 4th September, 10 a.m. to 12 noon and 2 p.m. to 4 p.m.

OUT CENTRES

At the first class meeting during week beginning 13th September, 1975.

In addition to courses provided at the Cregagh Technical College, Montgomery Road, classes are held at various out-centres as listed in the prospectus.

Further information and prospectus are available from the College Office, Montgomery Road, Belfast BT6 9JD. Telephone Nos. 647144/5/6.

BELFAST EDUCATION AND LIBRARY BOARD

Youth Makes Music

CITY OF BELFAST YOUTH ORCHESTRA
TRAINING ORCHESTRA
JUNIOR STRING ORCHESTRA
CONCERT BAND
FRIDAY BANDS
CHAMBER CHOIR (SATB)
SCHOOL OF MUSIC CHORALE (SA)

Groups are open to applicants who are not students of the School of Music. Placing will depend on standard of ability and any existing vacancies.

Fees (payable immediately upon acceptance)
Under 18 £2.00
Over 18 and under 21 £3.00

All further details and application forms (which should be returned by Monday, 8th September, 1975) are available from:

The Principal
School of Music
99 Donegall Pass - Belfast BT7 1DR
Telephone 22485

or may be obtained on receipt of stamped addressed footscap envelope.

Approved persons wishing to study, practise or rehearse, may hire studios at the School of Music for 20p per hour on Mondays till Fridays from 9 a.m. till 3 p.m. (Bank Holidays excepted).

On Monday evening Jim slips out of overalls and into a bossa nova.

Before he learnt to dance his left foot never knew what the right was doing.

He's not exactly another Fred Astaire. But he's making progress.

At Rupert Stanley College and other centres in Belfast we run evening classes in ballroom dancing. A pleasant way to pass the long winter evenings.

Classes are available in many other subjects including: Painting, Judo, Sociology, Shorthand, Car Maintenance, Crochet, German and Spanish.

Please complete the coupon below for further details of adult evening classes available in your area.

Please send me full details of evening classes available in my own area of Belfast.

Name: _____
Address: _____
Tel No: _____

RUPERT STANLEY COLLEGE FOR FURTHER EDUCATION
Tower Street, Belfast BT5 4PL. Tel: 56148