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To the communities of the West Kootenay and Boundary Regions:

Selkirk College is so excited to be launching a renewed strategic plan that will guide us forward for the coming five years. We built the plan by talking with students, our employees and our community stakeholders last Winter and Spring.

During our community open houses in Castlegar, Grand Forks, Kaslo, Nakusp, Nelson, Salmo and Trail, we received really helpful feedback and wonderful ideas on how Selkirk College can be a better college for students, their families and our communities. Thank you!

Selkirk College is about inspiring lifelong learning, transforming lives through education, and serving communities. We look forward to our work with you!



Angus Graeme

imagine selkirk ...

HOW TO REGISTER...

To register for a course ...

Email, fax, call or visit the campus offering your course OR
complete the registration form on **page 80**.

Payment methods available (cash, debit, cheque, Visa or MasterCard).

Boundary (Grand Forks)

250.442.2704
boundaryce@selkirk.ca

Castlegar

1.888.953.1133
250.365.1208
castlegarce@selkirk.ca

Conference Services

1.250.551.1587
conference@selkirk.ca

Kaslo

250.353.2618
kasloce@selkirk.ca

Kootenay Studio Arts (Victoria Street Campus)

1.866.301.6601
artsce@selkirk.ca

Nakusp

250.265.4077
nakuspce@selkirk.ca

Nelson/Slocan Valley

1.866.301.6601
nelsonce@selkirk.ca

Trail/Salmo

250.364.5770
trailce@selkirk.ca

PAYMENT

PHONE/FAX: If you are paying by Visa or MasterCard, we can process your registration over the phone.

MAIL: Please send a completed registration form along with your cheque or money order.

IN PERSON: Feel free to drop by, but please call first to confirm your campus is open that day. Debit is available at all locations.

Please note that fees are payable upon registration. We cannot hold a space for you until fees have been paid.


POLICIES

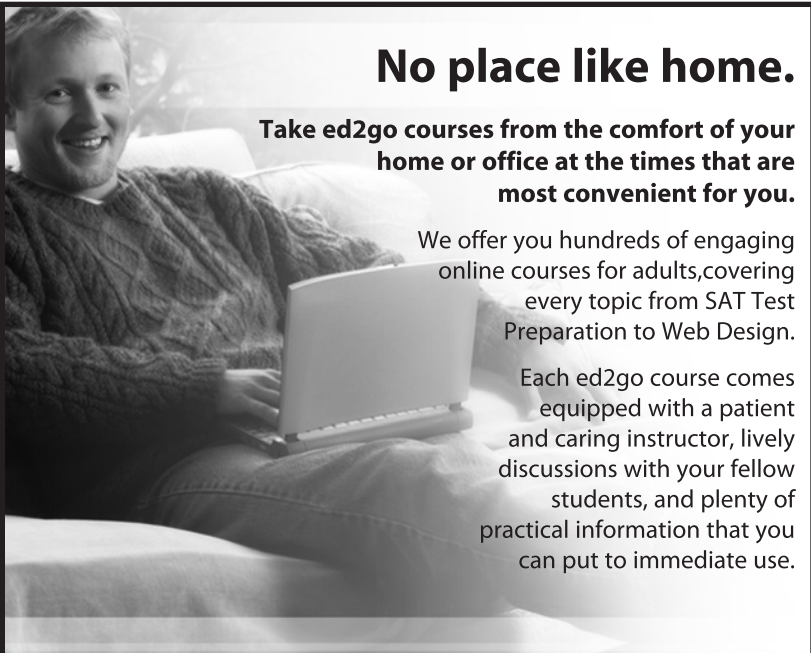
CLASS CANCELLATIONS: When registrations are not sufficient to cover the cost of instruction the course will be cancelled. Fees will be refunded in full by cheque issued from the Selkirk College Finance Department. There are no classes on statutory holidays. Note: Campus cafeterias are not open on weekends.

WITHDRAWALS: A full refund will be given for withdrawals made 4 business days prior to course start date. 50% of the course fee will be refunded for withdrawals 1-3 business days prior to course start date. Fees may be refunded under individual circumstances at the discretion of the CE Coordinator. This request must be received in writing within 3 business days of withdrawing from your course. Refund cheques are issued from the Selkirk College Finance Department and may take up to 4 weeks to process.

INCOME TAX: A course with a fee exceeding \$100 is income tax deductible. Keep your receipts as no duplicates will be issued. T2202A forms are available to download as of January 31, 2013 at selkirk.ca/downloads.

HST: Some continuing education courses may have HST applied.





No place like home.

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We offer you hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design.

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ED2GO SAMPLE COURSES

- Achieving Success with Difficult People
- Build Teams that Work
- Creating Web Pages
- Discover Digital Photography
- Effective Business Writing
- Effective Selling
- Write Your Life Story
- Fundamentals of Supervision and Management
- Fundamentals of Technical Writing
- Intro. to Business Analysis
- Intro. to Dreamweaver CS4
- Intro. to InDesign CS3
- Intro. to Natural Health and Healing
- Intro. to PC Security
- Making Movies with Windows XP
- Merrill Ream Speed Reading
- Mystery Writing
- Project Management Fundamentals
- Resume Writing Workshop
- Secrets of the Caterer
- Six Sigma: Total Quality Applications
- SAT Test
- Understanding the Human Resources Function

Courses are \$139 (HST may apply) and offered twice a week over a six week period.

For more courses and information visit: ed2go.com/selkirk

ARTS & CULTURE

Tap into your creativity through courses from Acrylics, Metal, Music to Stained Glass and Religion.

MIRJA VALHALA

NOTE TO MIRJA'S STUDENTS: Mirja will now offer her drawing classes in the Fall term and her painting classes in the Winter/Spring term.

ACRYLICS FOR TRUE BEGINNERS

Acrylics are versatile and easy to use. Discover the techniques and tricks of using this medium; make various brush strokes and mix clean and effective colours and shades. Paint simple shapes and a landscape, step-by-step, using the old masters' "thick over thin" method. Drawings and images provided. This class prepares you for Acrylics Plus. Email Mirja for a supply list at mirja@mirjavahala.com. Bring a lunch.

Castlegar: Windborne B&B \$159 +HST
3905 Broadwater Rd., Robson
Mirja Valhala
3 classes: Mar 3, 9 & 10, Sat & Sun
9:30 am-3:30 pm

ACRYLICS PLUS: DAYLILY PAINTING

Paint a bright, pleasing image of a daylily using opaque and transparent colours. Learn to choose colours effectively for mood. An image and drawings will be provided, or bring your own image. Demonstrations and ideas provided. Email Mirja for a supply list at mirja@mirjavahala.com. Bring a lunch.

new Castlegar: Windborne B&B \$62 +HST
3905 Broadwater Rd., Robson
Mirja Valhala
1 class: Apr 28, Sun 9:30 am-4:30 pm

ACRYLICS PLUS: PAINT A WATERFALL

Paint the flowing, curving shapes of a spring runoff waterfall. Use colours that suit your personality. An image and drawings will be provided, or bring your own image. Demonstrations and ideas provided. Email Mirja for a supply list at mirja@mirjavahala.com. Bring a lunch.

new Castlegar: Windborne B&B \$124 +HST
3905 Broadwater Rd., Robson
Mirja Valhala
2 classes: Apr 7 & 14, Sun 9:30 am-4:30 pm

BECOME AN ARTIST IN FIVE DAYS

This workshop is for true beginners. Discover how an artist sees by learning how to draw (2 days). Learn how to paint using acrylics (3 days). Make marks with various brush types, paint simple images, "like a box, that looks 3-D." Learn the secrets to painting techniques such as painting thick over thin, scumbling and glazing. Acrylics are easy to use and to correct. Create a landscape painting alongside Mirja, step-by-step. An image and drawing is provided. Mirja simplifies the complex task of creating art, one step at a time. Bring a lunch.

new Castlegar: Windborne B&B \$325 +HST
3905 Broadwater Rd., Robson
Mirja Valhala
5 classes: Aug 17-21, Sat-Wed, 9:30 am-4 pm

MOTHER'S DAY PAINTING SESSION

Enjoy a relaxing few hours creating a simple image of a flower using watercolours. No experience required, just a willingness to try and enjoy the process. Sons and daughters, bring your moms, or bring yourself! Men are welcome too. Supplies included.

new Castlegar: Windborne B&B
3905 Broadwater Rd., Robson \$32 +HST
Mirja Valhala plus \$30 +HST supplies
1 class: May 12, Sun 1-4:30 pm

SIMPLIFY PAINTINGS FOR IMPACT

Become a better painter by how you see and use shades plus massing- and how to use both to create stunning designs. Learn how to use black and white images to use colour effectively and imaginatively. Mirja has added to and revised this popular workshop based on feedback from participants. This is a skill-building intensive workshop that will be a blast for any passionate painter.

Nelson: Victoria Street Campus \$399 +HST
Mirja Vahala
5 classes: July 15-19,
Mon-Fri 9:30 am-3:30 pm

REBECCA BRADLEY, PHD

Dr. Rebecca Bradley is author of four published novels and three volumes of short stories, is an ex-archaeologist now happily writing and feeding chickens in Ootischenia. She has taught archaeology, Egyptology, and popular history courses at the University of Calgary, while also presenting numerous courses and workshops in creative writing.

KILLING THE THING YOU LOVE: BEING YOUR OWN BEST EDITOR

Trying to write? Here's a hard truth: your first, last, best and most brutal editor should be you. You are also your first line of defence against careless English, loose writing and dumb typos. This course covers obscure pitfalls in grammar and punctuation, stylistic considerations, general guidelines for dialogue, and the true meaning of "killing the thing you love."

Castlegar \$84 +HST
Rebecca Bradley
2 classes: Feb 17 & 24, Sun 12:30-4:30 pm

SIBLING FAITHS: CHRISTIANITY AND ISLAM

Christianity and Islam, two of the great monotheisms of the 21st century, share common roots and a colourful, tangled history. This course sheds light on the present by tracing the origins of each faith and the history of their interaction. Modules can be taken separately or as part of a series.

new Castlegar \$99 +HST/series
or \$22 +HST/module
Robin Thelwell & Rebecca Bradley

MODULE 1: EARLY CHRISTIANITY

From a tiny Judahist cult, to a set of competing theologies, to the official language of the Roman Empire and its successor states.

Castlegar
Robin Thelwell & Rebecca Bradley
1 class: Feb 6, Wed 6:30-8:30 pm

MODULE 2: EARLY ISLAM

Mohammed and the rise of Islam, the first Muslim empire, and the rise of schisms.

Castlegar
Robin Thelwell & Rebecca Bradley
1 class: Feb 13, Wed 6:30-8:30 pm

MODULE 3: PRELUDE TO CONFRONTATION

The Papacy, the Eastern Hordes and the fragmentation of the Muslim Empire.

Castlegar
Robin Thelwell & Rebecca Bradley
1 class: Feb 20, Wed 6:30-8:30 pm



Learn more about Selkirk's
School of the Arts

selkirk.ca/thearts

MODULE 4: CONFRONTATION

The Crusades and the merging shape of the Western world.

Castlegar
Robin Thelwell & Rebecca Bradley
1 class: Feb 27, Wed 6:30-8:30 pm

MODULE 5: FOLK MEMORY ON BOTH SIDES OF THE DIVIDE

How the past has conditioned the present.

Castlegar
Robin Thelwell & Rebecca Bradley
1 class: Mar 6, Wed 6:30-8:30 pm



ROBIN THELWELL, PHD

Dr. Robin Thelwell became a film fan at age seven, watching westerns, Hollywood comedies and Errol Flynn. This extended to the French New Wave and world cinema while studying in France in 1961. Throughout a career teaching phonetics, ESL and anthropology, he has continued this passion.

SOCIETY, CLASS AND WAR: SOVIET AND FRENCH FILM CLASSICS

This series presents six gems of the Russian and French cinema, by two masters of the art: Sergei Eisenstein and Jean Renoir. The Russian films cover two historical periods -the early creation of an independent Russian state and the internal power struggles between the Czar and the Boyars. The third film is a depiction of the 1905 revolt of the navy. The French films cover the first world war through the eyes of French and German aristocratic aviators, and

the second world war through the eyes of three escapees. The fifth film presents the world of the landed gentry and their servants using the ironic conventions of the French farce.

new Castlegar \$66 +HST/series
or \$12 +HST/film
Robin Thelwell

FILM 1: ALEXANDER NEVSKY (EISENSTIEN, 1938 - 112 MINS)

Depicts the attempted invasion of Novgorod in the 13th century by the Teutonic Knights of the Holy Roman Empire and their defeat by Prince Alexander, known popularly as Alexander Nevsky.

Castlegar
Robin Thelwell
1 class: Mar 13, Wed 6-9 pm

FILM 2: IVAN THE TERRIBLE PART II (EISENSTIEN, 1944 - 88 MINS)

As Ivan the Terrible attempts to consolidate his power by establishing a personal army, his political rivals, the Russian boyars, plan to assassinate the Tsar.

Castlegar
Robin Thelwell
1 class: Apr 3, Wed 6-9 pm

FILM 3: BATTLESHIP POTEMKIN (EISENSTEIN, 1925- 75 MINS)

The film is composed of five episodes: 1) "Men and Maggots", in which the sailors protest at having to eat rotten meat; 2) "Drama on the Deck" in which the sailors mutiny and their leader, Vakulinchuk, is killed; 3) "A Dead Man Calls for Justice" in which Vakulinchuk's body is mourned over by the people of Odessa; 4) "The Odessa Staircase" in which Tsarist soldiers massacre the Odessans; and 5) "The Rendez-Vous with the Squadron" in which the squadron tasked with intercepting this Potemkin instead declines to engage, lowering their guns, its sailors cheer on the rebellious battleship and join the mutiny.

Castlegar
Robin Thelwell
1 class: Apr 17, Wed 6-9 pm

**FILM 4: THE GRANDE ILLUSION
(RENOIR, 1937 -114 MINS)**

During the First World War, two French soldiers are captured and imprisoned in a German POW camp. Several escape attempts follow until they are sent to a seemingly impenetrable fortress which seems impossible to escape from.

Castlegar
Robin Thelwell
1 class: May 1, Wed 6-9 pm

**FILM 5: THE RULES OF THE GAME
(RENOIR, 1939 - 110 MINS)**

Look at bourgeois life in France at the onset of World War II. An assorted cast of characters - the rich and their poor servants - meet up at a French chateau.

Castlegar
Robin Thelwell
1 class: May 15, Wed 6-9 pm

**FILM 6: THE ELUSIVE CORPORAL
(RENOIR, 1962 - 90 MINS)**

An upper-class corporal from Paris is captured by the Germans when they invade France in 1940. Assisted and accompanied by characters as diverse as a morose dairy farmer, a waiter, a myopic intellectual, a working-class Parisian, and a German dental assistant, the corporal tries to escape from prison camps, sometimes making it a few yards, sometimes reaching the French border.

Castlegar
Robin Thelwell
1 class: May 29, Wed 6-9 pm

OPEN ART

ABSTRACT PAINTING WITH ACRYLICS

Acrylics are an excellent choice for the experimentation of abstract painting. Learn four different abstract techniques from art history or make up your own!!! No experience necessary

Nelson: Victoria Street Campus \$199 +HST
Barbara Maye, BFA plus \$50 +HST materials
2 classes: Mar 23-24, Sat & Sun 10 am-3 pm

new Nakusp Centre \$150 +HST
additional \$50 material usage and supplies fee
Barbara Maye
2 classes: Feb 16-17, Sat & Sun, 10 am-3 pm

ARTS DAY - SPRING BREAK DAY CAMP

Create a whole bunch of fun! A full day of creating fused glass chimes, flower pockets and pendants, mosaic picture frames and waxy stained glass. Bring a lunch or arrange for lunch to be prepared at the local bistro onsite.

There is even time for some fun games and stretches to get the juices going!
For children ages 6-12.

new Christina Lake Welcome Centre
Cindy Alblas
\$40 +HST
1 class: Mar 15, Fri 8:30 am-4:00 pm

new Grand Forks Campus
Cindy Alblas \$40 +HST
1 class: Mar 22, Fri 8:30 am-4:00 pm

CRAFT CREATIONS (AGES 7+)

A chance to be creative and crafty.

Nelson: Victoria Street Campus \$125 +HST
Romany Watt-Osecki
5 classes: July 22-26, Mon-Fri 1-4 pm

CREATING SUSPENSE

Suspense is a vital element to any good story. Whether it is an action-packed thriller, a touching memoir, informative non-fiction or literary prose, writers need to keep their reader's attention. Students will learn to recognize those elements that build tension on the page, and learn techniques to create suspense in their own work. Friday evening will be an informal "coffee house" with students reading from their work. Saturday and Sunday workshop will focus on "page-turner" techniques and skills.

Nakusp Centre \$132 +HST
Deryn Collier
3 classes: Feb 8, Fri 7-9 pm, Sat Feb 9,
9 am-4 pm, Sun Feb 10, 9 am-12 pm

COLUMBIA BASIN ALLIANCE FOR LITERACY



We offer free adult, family and English as a second language (ESL) programs in your community. Adults may choose to improve their reading, writing, speaking, math and/or computer skills with a tutor or in a small group. Family literacy programs support parents in their role as their child's first and most important teacher.

To find out more, contact your community literacy coordinator:

Castlegar	Alana Murdoch	250-304-6862
Grand Forks	Sheila Dobie	250-584-4109
Kaslo	Barb Szuta	250-353-2289
Nakusp	Liz Gillis	250-265-3538
Nelson	Joan Exley	250-352-3218
Salmo	Laurie Macdonald	250-357-2874
Slocan Valley	Alison Salo	250-359-6887
Trail	Tiffany Thompson	250-921-7289

Or visit our website at www.cbal.org.

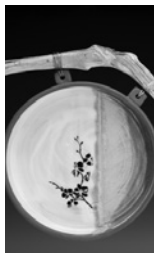


Selkirk College

School of the Arts

KOOTENAY STUDIO ARTS PROGRAMS

Located at the Victoria Street campus in Nelson, 10-month certificate programs are available in Ceramics, Jewelry, and Textiles. We also offer 4-month certificate programs in Blacksmithing and Metal Casting.



photos by Jeremy Addington

For more information
phone: 1.877.552.2821 or visit selkirk.ca/school/thearts

DRAWING MORE THAN A STICK MAN

Yes, you can!! Using techniques to overcome perceived limitations, negative internal dialog and the anxiety it creates, discover your true potential with this drawing fundamentals class.

Nelson: Victoria Street Campus \$189 +HST
 Barbara Maye, BFA plus \$35 +HST materials
 2 classes: Jan 26-27, Sat & Sun 10 am-3 pm

EXPLORING CHALK PASTELS

Push the limits of expression with coloured chalk pastel. Play with blending, cross-hatching, layering, and expressive non-local colour. Previous drawing experience required.

new Nakusp Centre \$150 +HST
 additional \$65 for supplies

Barbara Maye
 2 classes: Apr 6-7, Sat & Sun, 10 am-3 pm

FABRICPLAY

Designed to inspire and employ a variety of innovative fabric applications and techniques. Includes demonstrations on how to mix colours and create dimension using only threads and fabrics. Visit www.katebridger.ca to view samples and get supplies list.

Castlegar Campus \$139 +HST
 Kate Bridger
 2 classes: Apr 6 & 7, Sat & Sun 10 am-4 pm

FIGURE DRAWING

Choose your medium and bring your supplies. We supply the easel and model for each session.

Nelson: Victoria Street Campus \$60 +HST
 6 classes: Jan 17-Feb 21, Thu 7-9 pm
 4 classes: Apr 4-25, Thu 7-9 pm



FUSED GLASS JEWELRY WORKSHOP

Create beautiful fused glass jewelry to wear or give away. Using colorful glass, copper, mica powders and glass paint, create unique designs while learning the basics of glass fusion. Materials \$10 extra, payable to the instructor.

Christina Lake Welcome Centre
 \$30 +HST for adults; \$20 +HST for children
 Cindy Alblas
 1 class for kids: May 10, Fri 1:30-3:30PM
 1 class for adults: May 11, Fri 1:30-3:30PM

HIKE & SKETCH WITH NYLA

If you are interested in idea development through drawing or writing and love our natural environment this class is for you. Draw, hike, write and share ideas while pursuing your individual book. Bring snacks and dress for the weather.

new Gazebo in KP Park, Salmo \$65
 Nyla Roney
 3 classes: Apr 27-May 11, Sat 9-11 am

HISTORY AND MEMOIR

Creative nonfiction: learn interview and research techniques for historical writing, or how to craft a memoir. Lecture, discussion, writing exercises, examples, questions.

new Castlegar Campus \$125 +HST
 Rita Moir
 4 classes: Apr 6-27, Sat 9 am-noon

new Nakusp Centre \$72 +HST
 Rita Moir
 1 class: Mar 23, Sat 9 am-4 pm

I HAVE THIS IDEA - A MENTORING CLASS

For students with some artistic experience who want to explore their own concept or media through the entire workshop. Instruction will focus on media usage, the colour wheel, repetition, approach, critiques, completion and presentation.

new Nakusp Centre \$145 +HST
 students to bring own materials
 Barbara Maye
 2 classes: May 4-5, Sat & Sun, 10 am-3 pm

INTUITIVE PAINTING RETREAT

Integrate mindfulness principles, including being in the flow, with new painting techniques. Learn to use painting as a way to discover and manifest your true desires in life. Retreat includes painting and meditation classes, some meals and two nights' accommodation.

MATERIALS: You will need at least 3 medium to large sized canvases, and /or heavy paper (such as watercolour) that you can paint on, a paint thickening agent like a gel medium or molding paste, acrylic paints, a palette and brushes.

new Kaslo Wing Creek Resort \$599 +HST
 Satyama Lasby
 4 classes: May 3-5, Fri 4-8 pm, Sat 9am-6pm,
 Sun 9 am-noon

INSPIRATION & STILLNESS WITH ZENTANGLE

Zentangle is an enjoyable, creative activity that enhances your sense of well-being, promotes relaxation, reduces stress and increases focus. It is a tested mindfulness activity that includes basic drawing and design skills. For all ages, kit included.

Trail campus
 \$125 + HST for all four sessions
 \$40 +HST for a single session
 Susan & Keltie Lazaruk
 4 classes: Feb 19-Mar 12, Tue 6-9 pm

KOOTENAY FIDDLE, GUITAR AND PIANO WORKSHOP

From novice to professional, this course can help people of all abilities improve their fiddle, guitar and/or piano skills. A number of prominent instructors will help you build your skills, including Nova Scotia's Gord Stobbe, who is back by popular demand.

Castlegar Campus
 \$210 + HST before May 31
 \$235 +HST after May 31
 Various instructors from across Canada
 5 classes: Jul 15-19, Mon-Fri 9 am-4 pm

KOOTENAY GUITAR WORKSHOP: INTERMEDIATE

Take your guitar playing and musical knowledge to the next level. Covers basic improvising

concepts including the major and minor pentatonic and blues scale. Also includes finger-picking styles and patterns to accompany songs and exercises to improve your coordination and speed, as well as a discussion of music theory that will help you understand how music works. Must register before July 1, 2013.

new Castlegar campus
 \$115 +HST for Kootenay Fiddle, Guitar and Piano Workshop participants
 \$185 +HST for non-Workshop participants
 Ray Bell
 2 classes: Jul 20 & 21, Sat & Sun 9 am-4 pm

LITERARY GROCERIES: THE "HOW TO" OF LITERARY PUBLISHING

You'll learn how an author-fiction, nonfiction, poetry-brings home the bacon, er, tofu. Topics include submitting to periodicals and book publishers, dealing with acceptance and rejection, copyright, and more.

new Naksup Centre \$60 +HST
 Tom Wayman
 1 class: Mar 16, Sat 10 am-3:30 pm

METAL: FORGE FUN WEEKEND

Learn the ancient art of the blacksmith in our fully-equipped metal studio. Practice some forging basics and create your own professional-looking designer hooks. Be sure to bring along safety glasses, earplugs, work gloves and leather boots. Youth 14-18 need adult accompaniment.

Nelson: Victoria Street Campus \$160 +HST
 Kevin Kratz
 2 classes: Feb 23-24, Sat & Sun 9 am-2 pm
 2 classes: Mar 23-24, Sat & Sun 9 am- 2 pm



MOSAIC PATIO STONES & GARDEN PLAQUES

Create colourful mosaic cement patio stones and glass-on-glass garden plaques made from an array of stained glass. Learn techniques to cutting glass, both mosaic and shaped design, grinding, layout and reinforcement. Have your works of art ready for your garden this spring! All supplies & tools included.

Grand Forks campus \$50 +HST
Cindy Alblas Materials extra \$10
1 class for kids : Jun 21 Fri 1:30-4:30 pm
1 class for adults: Jun 22, Sat 1:30-4:30 pm

Christina Lake Welcome Centre \$50 +HST
Cindy Alblas Materials extra \$10
1 class for kids: Jun 28, Fri 1:30-3:30 pm
1 class for adults: Jun 29, Sat 1:30-4:30 pm

PAINTING WITH ACRYLICS

Discover the basics of colour while experimenting with this versatile water-based paint. Drawing experience recommended.

Nelson: Victoria Street Campus \$169 +HST
Barbara Maye, BFA plus \$80 +HST materials
2 classes: Apr 20-21, Sat & Sun 9 am- 2 pm

PURE WATERCOLOUR

Learn about the immediate and fluid medium that is watercolour painting. The mystery of mixing colours will unravel before your eyes as your colour vocabulary expands and compositional strategies will help you create work that has meaning and content.

new Castlegar Campus \$159 +HST
Teri Ward plus \$15 +HST for materials
6 sessions: Feb 2-Mar 16, Sat
(excluding Mar 9) 9 am-noon

Nelson: Victoria Street Campus \$159 +HST
Teri Ward plus \$15 +HST materials
6 classes: Mar 19-Apr 24, Tue 9-9 pm
no class Mar 30

SAND SCULPTURE

Learn the basic rules of carving sand: learn how to create a design for your form, pack your form and then carve your idea to completion. In partnership with Castlegar Sculpturewalk.

new Castlegar: Site TBA \$139 +HST
Denis Klein plus \$15 + HST for materials
3 classes: Jul 12-14, Fri 6:30-8:30 pm, Sat &
Sun 9 am-3 pm

STAINED GLASS: INTRODUCTION

Provides a basic understanding of how to cut and construct a small leadlight window or copper foil sun catcher.

Nelson: Victoria Street Campus TBA
Cherie Evans
8 classes: TBA

THE FACE AND FIGURE IN MULTI MEDIA:

Working directly from the model, this class will explore portraiture and figural depiction. The opportunity to experiment with several media is made possible by using provided materials rather than purchasing your own. Live model in every class.

Nelson: Victoria Street Campus \$210 +HST
Barbara Maye, BFA plus \$35 +HST materials
2 classes: Mar 2-3, Sat & Sun 10-3 pm
1 class for kids: May 10, Fri 1:30-3:30 pm
1 class for adults: May 11, Sat 1:30-3:30

OXYGEN ART CENTRE

Oxygen Art Centre is located at 320 Vernon Street (Enter in the Alley)

ACRYLIC PAINTING INTERMEDIATE

An in-depth exploration of acrylic paint. This course will help you decide which acrylic mediums and materials best suit your style or natural way of handling paint. We will be experimenting with everything from traditional layering techniques to contemporary pouring. Prepare to be inspired at the beginning of class and to start work on an assignment to be completed on your own throughout the week. We will be completing six assignments during this eight-week course, and will celebrate completion with an art show!

Nelson: Oxygen Art Centre, \$300 + HST
Jillian Davis
8 classes: Feb 21-Apr 25, Thu 6 - 9 pm

ADVANCING THE BASICS: ENCAUSTIC PAINTING

Join this intermediate workshop for encaustic students to refine their work, learn new techniques and apply to a home practice. Students will learn texture, scraping, line and edge development, image incorporation, oil pigment sticks and more. Students will take home 2-3 pieces of their artwork.

Nelson: Oxygen Art Centre \$110 + HST
plus Material Fee \$30 +HST

Erica Konrad
1 class: May 5, Sun 12-5:30 pm

COLLAGE PAINTING

Learn how to create interesting surfaces using a diverse range of materials and then combine painterly techniques to create colourful textural paintings. Students will investigate colour and composition and discover how to collage, paint and photo transfer on panels, boards and alternative surfaces. This is a process-based course with experimentation at its heart.

Nelson: Oxygen Art Centre \$220 + HST
Material fee: \$15 +HST

Natasha Smith
6 classes: Mar 26 - Apr 30, Tue 6:30-9:30 pm

HOW DID YOU GET THAT COLOUR?

This is a colour workshop for beginners to acrylic painting. Discover your own color scheme preferences by analyzing artwork samples. Learn to mix harmonious colours from 3 to 6 basic tube colours, as well as how to make vibrant darks, rich browns and greys, and realistic greens. Make useful colour samples and learn to use a colour wheel to help you begin painting at home.

Nelson: Oxygen Art Centre \$50 + HST
320 Vernon St
Karen Guilbault
1 class: Feb 16, Sat 1-5 pm

PAINTING WITH BEESWAX

Join these highly informative, fun workshops to learn encaustic painting, an ancient and versatile medium of beeswax and tree sap. This workshop is designed to give an introduction to the process, explore the fundamentals of encaustic painting, the history, safe practices and fusing techniques.

No prior experience necessary. Students will take home 2-3 pieces of their artwork.

Nelson: Oxygen Art Centre \$110 + HST plus
Material Fee \$30 +HST

Erica Konrad
1 class: May 4, Sat 10 am-3:30 pm

PAINTING AND DRAWING WORKSHOP : THE HUMAN FACE

This 3 day studio workshop will focus on the human face. We will begin with studies of the skull and anatomy of the head which will lay a foundation of understanding the underlying structure of the head as we go on to for explore the human face and its infinite expressions. We will work from several sources including life models. Various drawing and painting media will be used in the workshop. Drawing materials will be included.

Nelson: Oxygen Art Centre \$195 + HST
plus \$35 Model Fee

Deborah Thompson
3 classes: Feb 18-20, Mon-Wed 10 am-3 pm

PAINTING COURSE: CREATING SPACE

This course will focus on the development of depth as it relates to the 2-dimensional picture plane. Through the medium of paint, spatial concepts such as atmospheric and linear perspective, scale, placement and colour will be explored through a series of studio exercises.

Nelson: Oxygen Art Centre \$250 + HST
Deborah Thompson
4 classes: April 6-27, Sat 10 am-3 pm

SINGING BEYOND THE BLUES

Picking up where "Singing the Blues" left off, we'll stretch further into improvisation, spontaneous composition and jazz. Don't be scared by the big words – it's all about play! If you love singing and making up melodies then this is for you.

Nelson: Victoria Street Campus \$200 +HST
plus Material Fee \$25 +HST

Bessie Wapp
8 classes: Mar 27 - May 15, Wed 7-9 pm

SINGING THE BLUES

Life is the only experience required to growl, groan, wail and moan! Each week we'll learn a blues song, and explore the rich swamp of the human voice in a supportive environment. For our last class we'll sing with a live band for invited guests.

Nelson: Victoria Street Campus \$200 +HST
plus Material Fee \$25 +HST

Bessie Wapp

8 classes: Mar 28 - May 16, Thu 7-9 pm

SPOKEN WORD AND SLAM POETRY

Spoken word can be hip hop, theatre, stand-up comedy, poetry, and everything in between. Work with spoken word artists in learning ways to put your feelings, thoughts, opinions, stories and ideas on paper, and then make them come to life with the tools and techniques of spoken word. By the end of the program, a student can expect to have a poem of their own committed to memory, and the confidence to perform publicly, should they so choose, in a final performance. Conquer fear, speak your mind, and have a bunch of fun doing it. Both youth and adults welcome.

Nelson: Oxygen Art Centre \$130 + HST
Elena Banfield and Will Klatter
5 classes: April 8 - May 6, Mon 7-9 pm

STARTING A PAINTING: MOVING FROM ABSTRACT TO REALISM

This workshop teaches how to begin an acrylic painting with an abstract underpainting that could stand alone, or be developed into a more complex painting by adding symbolic or realistic images. Analyze painting samples and incorporate things that you like into your own painting. Collage methods and techniques for adding texture will be taught. Bring photocopies and photos to collage.

Nelson: Oxygen Art Centre \$50 + HST
Karen Guilbault
1 class: Mar 2, Sat 1-5 pm

WRITING THE WILD

Writing the Wild will explore the many ways in which we can express our experiences, thoughts and feelings about the natural world. Whether you are a naturalist, an outdoors enthusiast, an activist or just plain curious, this workshop

aims to engage your unique voice in writing about our home places. Exercises, examples of powerful nature writing and group discussion of your writing, in whichever genre, will form the backbone of these classes.

Nelson: Oxygen Art Centre \$130 + HST
Linda Kivi
4 classes: Feb 12 - Mar 5, Tue 6:30-9 pm

VISAC GALLERY

BASICS OF SOLVENT FREE OIL PAINTING

Come and explore the medium of solvent free oil painting and learn basic technique. Materials list provided.

Trail: VISAC Gallery \$189 +HST
Barb Pistak
Apr 19 & 20, Fri & Sat, 6-9 pm &
9:30 am-4:30 pm

COLOUR THEORY & WATERBASED PAINT

Learn colour theory and explore the medium of waterbased paint in this course designed to provide you with a working knowledge of both.

Materials list provided.

Trail: VISAC Gallery \$189 +HST
Barb Pistak
Apr 5 & 6, Fri & Sat, 6-9 pm & 9:30 am-4:30 pm

DRAWING THE HUMAN FORM

From time immemorial the human form has been the genesis of creative expression. Drawing the human form sets us on our road as artists using the most intimate of mediums. Explore the basics in this course which includes live models. Materials list provided.

Trail VISAC Gallery \$225 +HST
Kevin Johnson
5 classes: Mar 6-Apr 17
(no class Mar 20 & 27) Wed 6:30-9:30 pm



Selkirk College

Academic Upgrading & Development

ADULT BASIC EDUCATION (ABE)

where adult learners prepare to take the next step for work or school.

IF YOU WANT TO...

- Get pre-requisites for post secondary programs
- Get your high school diploma
- Get help with online or home study courses
- Upgrade reading, writing, spelling, math, science and computer skills
- Prepare for the LPI or GED exam
- Gain valuable workplace skills

...THEN ABE IS FOR YOU!

ABE has no tuition, free books, evening and daytime classes, self-paced or instructor-led classes and is offered at six locations. Student Union fees apply.

HOW DO YOU START ABE?

- Call to arrange a time to meet an instructor
- Come in to discuss your goals for the future
- Assess your present skill level
- Start anytime

TAKE THE FIRST STEP AND MAKE THE CALL TO FURTHER YOUR EDUCATION

To register and discuss your educational needs, contact the following:

Castlegar, Jim Leitch
250.365.1345

Grand Forks, Christy Luke
250.442.2704

Kaslo, Marilyn Roberts
250.353.2618

Nakusp, Andrea Kosling
250.265.3640

Nelson, ask for ABE
250.352.6601

Trail, Ron Greavison
250.368.5236

ADULT SPECIAL EDUCATION (ASE) TRANSITIONAL TRAINING

WE OFFER...

- Personal assistance and support for upgrading, pre-employment, skill development, independent living, self-advocacy and personal management skills.
- Food Service Worker program in Trail, leading to employment in the hospitality industry

To register and discuss ASE students' educational needs, contact the following:

Castlegar	Jim Leitch	250.365.1345
Grand Forks	Christy Luke	250.442.2704
Nelson	Ray Brock	250.352.6601
Trail	Geoff Tellier	250.368.5236

For more information visit selkirk.ca/programs/abe



Selkirk College

Distance Education

Are you looking to improve your job prospects, re-enter the workplace, start a new career or improve your education for your personal satisfaction?

Selkirk College offers a wide range of online courses and programs that are accessible and flexible for study anywhere, anytime. Some programs have flexible start dates, while others are set on a semester basis.

The following certificate programs are offered online:

- Advanced Medical Transcription
- BC Electrical Code
- Gerontology Nursing
- Golf Club Operations Online
- Nursing Unit Clerk
- Pharmacy Technician
- Refrigeration Plant Operator

As well, we offer a number of individual courses from a variety of programs, including many University Arts and Sciences courses.



For further information, please phone Selkirk College at **250.365.7292** or toll free at **1.888.953.1133**, or visit **selkirk.ca/programs/distance**.

BUSINESS & FINANCE

Invest in yourself with courses ranging from Marketing, Financial Planning, Social Media for Small Business to Ethical Investing and Fraud Prevention.

7 SLICES OF MARKETING SUCCESS

The 7 Slices of Marketing Success is an easy path you can follow to understand the priorities required and the efforts needed to ensure you have a successful marketing plan. If you are a business owner seeking a return on investment and to package a business for investors and succession planning, this course is for you!

Nelson: Silver King campus \$249 +HST
Chris Holland, Juggernaut Marketing
7 classes: Feb 22-Apr 12 (no class Mar 29),
Fri 1-4 pm

ADVANCED CARE PLANNING

Learn how an Advanced Care plan ensures that you can continue to take care of your family at a time when decision-making can become a burden on your loved ones. Understand the 3 major areas of consideration - Power of Attorney, Representation Agreements and Advanced Directives. Course includes resources for next steps.

Trail campus \$25 +HST
Kathy Plaa, Notary Public, BGS, MA
1 class: May 1, Wed 5-6:30 pm

ADVANCED COMPUTER TRAINING

A five week CE Certificate with courses in Microsoft Office, Word 2, Excel 2, Powerpoint 1, Access 1, OFA 1, Worldhost and WHMIS. This course is funded through the Canada-British Columbia Labour Market Agreement allowing it to be tuition free for unemployed. Call 250.368.5236 or visit selkirk.ca to see if you qualify.

Grand Forks campus
Tuition Free for qualified applicants
Jay Alblas
5 weeks: May 20-June 21, Mon-Fri 9 am-5 pm

Kaslo
Tuition Free for qualified applicants
Steve Hoffart
5 weeks: Apr 2-May 2, Mon-Fri 9 am-5 pm

Nakusp
Tuition Free for qualified applicants
Lisa Bjarnason, Marilyn Rivers
5 weeks: Feb 11-Mar 15, Mon-Fri 9 am-5 pm

Nelson: Tenth Street Campus
Tuition Free for qualified applicants
Bernadette McMullin
5 weeks: May 20-June 21, Mon-Fri 9 am-5 pm

BOOKKEEPING FOR SMALL BUSINESS

Little or no previous experience but want to keep books for a small business? Learn basic and year-end procedures, accounts, financials, HST and reconciliation.

Castlagar campus \$160
Bev Horst
4 classes: Feb 5-14, Tue & Thu 6-9 pm

Grand Forks campus \$160
Lia Azhure CGA
2 classes: Feb 9-10, Sat & Sun 9 am-4 pm

Nelson Silver King campus \$160
Brenda Wiest
4 classes: Feb 4-18 (no class Feb 11),
Mon & Wed 6-9 pm

CAREER & JOB FAIR

Join us at JV Humphries for a chance to meet potential employers and discover exciting career opportunities. Various speakers will talk to you about their chosen fields of work and employment services will be available to help with your job search. Call 250.353.2618 to learn more or book a spot. Job seekers please bring your resumé.

JV Humphries School: Kaslo
1 class: Apr 25, Thur 1-3 pm

COMMUNITY ECONOMIC DEVELOPMENT CERTIFICATE

Explore the models for building sustainable, robust economies. The following 4 courses are part of SFU's certificate program in Community Economic Development (CED). Each course is a stand alone but it is possible to join the program in progress. To apply for admissions to the program contact: SFU Centre for Sustainable Community Development Program Director, Nicole Chaland at 250.686.1167 or certced@sfu.ca. To register for the individual courses, contact Silver King Campus on 1-866-301-6601.

Nelson: Tenth Street campus \$450/course



CED COURSE: FRAMEWORKS & APPLICATIONS IN CO-OPERATIVE DEVELOPMENTS

Explores opportunities for establishing co-operatives to create and sustain community resources for employment, financing, natural resource management, marketing, and services (housing, transportation, media, health, home and child care). Topics include co-op principles, legal requirements of co-op incorporation, choosing a model that fits the purpose, and supporting the developmental process. Melanie Conn is a member of Devco, a worker co-op that has provided co-op development training and assistance throughout Canada.

Melanie Conn

new 2 classes: Apr 26 & 27, Fri-Sat
8:30 am-4:30 pm

CED COURSE: SOCIAL ENTERPRISE

Social enterprises, owned and operated by non-profit societies or co-operatives, can be organized into a society, training enterprise or a business. This course takes you through the key considerations for non-profits, as well as critical success factors and phases from conceptualization to launch.

Brian Smith

new 2 classes: May 24 & 25,
Fri-Sat 8:30 am-4:30 pm

CED COURSE: SUSTAINABLE COMMUNITY DEVELOPMENT

Learn how to develop sustainable communities, based on the key concept that many of our most critical global issues are rooted in local problems. Gain a practical understanding of sustainable development and how it can be applied at the community level, in order for local decisions about these issues to be a global as well as local benefit.

Sean Markey

new 2 classes: Jul 8 & 9, Mon-Tue
8:30 am-4:30 pm

CONVERT YOUR PENSION INTO AN RRSP

Could you turn your pension into hundreds of thousands of dollars? Learn to evaluate your own situation and make the appropriate decision that will affect the rest of your life. Understand whose interests are being served.

Castlegar campus \$25 +HST
Debbie Bayoff, CFP, CSA
1 class: Feb 12, Tue 6:30-8:30 pm

Trail campus \$25 +HST
Debbie Bayoff, CFP, CSA
1 class: Feb 18, Mon 6-8 pm

EARN MORE WITH LITTLE TO NO RISK

If you are a retiree, you can increase your income with less risk by learning about various "income providing" investments currently on the market. If an investment looks too good to be true, it may just be. Learn what to watch for when making an investment.

Trail campus \$25 +HST
Debbie Bayoff, CFP, CSA
1 class: Feb 28, Thu 6-8 pm



Learn more about Selkirk's
School of Business

selkirk.ca/business

ETHICAL INVESTING

You balance your desire to invest with your conscience through ethical investing. This course will help you understand your options and learn which one supports your personal beliefs.

Trail campus \$25 +HST
Debbie Bayoff, CFP, CSA
1 class: Apr 16, Tue 6-8 pm

FINANCIAL PLANNING - TAKE CONTROL

Create your financial plan in seven easy steps with this course. Get the "big picture" and generate more funds for the future.

Trail campus \$25 +HST
Debbie Bayoff, CFP, CSA
1 class: Apr 9, Tue 6-8 pm

FRAUD PREVENTION - HOW TO PROTECT YOURSELF IN A DIGITAL WORLD

Technology plays a pivotal role in our lives - with that comes the risk of and potential for fraud. Join us to learn about risk management techniques which can help protect you from being the victim of fraud and can work towards limiting your exposure. The workshop is free but pre registration is required. Call 250 442 2704.

new Grand Forks Credit Union
Mark Grimm CFP
1 class: Apr 30, Tue 6-8 pm

GETTING GRANTS THROUGH THE PHOENIX FOUNDATION

Is your organization planning to apply for grants from the Phoenix Foundation of the Boundary Communities? Join an evening information session with Executive Director Mona Mattei to get some grant writing tips to help make your application a winning one, and take away ideas to help with other grant applications too.

Grand Forks campus \$15 +HST
Mona Mattei
1 class: Jan 16, Wed 6:30-8 pm

Midway: BCSS \$15 +HST
Mona Mattei
1 class: Jan 15, Tue 6:30-8 pm

GRANT WRITING

This FREE grant writing workshop will provide basic information on developing a project concept, identifying appropriate funders and partners, learning the key elements of a proposal, and tips on writing a good grant application. An overview of the Columbia Basin Trust's current granting programs will also be included. Pre-registration is REQUIRED. Sponsored by the Columbia Basin Trust.

new Castlegar campus Free
Rona Park, Columbia Basin Trust
1 class: Mar 8, Fri 9:30-11:30 am

Kaslo centre Free
Lynda Lefleur, Columbia Basin Trust
1 class: Feb 7, Thu 7-9 pm

new Nakusp centre Free
Lynda Lafleur, Columbia Basin Trust
1 class: Feb 18, Mon 7-9 pm

Nelson: Silver King campus Free
Rona Park, Columbia Basin Trust
1 class: Feb 22, Fri 9:30-11:30 am

Trail campus Free
Rona Park, Columbia Basin Trust
1 class: Jan 25, Fri 9:30-11:30 am

HIGH PERFORMANCE TIME MANAGEMENT

Pulled in too many directions by the many conflicting demands in your life? You are not alone but you can take control of your time, reduce your stress level and be more productive! Stop being trapped by the demands of others and achieve your own goals and desires.

Kaslo Centre \$75 +HST
Robert McLennan MBA
1 class: Mar 16, Sat 9 am - 4 pm

HOW TO WRITE A SUCCESSFUL BUSINESS PLAN

A business plan is the core of any successful business. Learn how to write an effective plan to give your dream business a solid foundation.

new Kaslo Centre \$49 +HST
Asia Hoffart
1 class: Feb 23, Sat 10 am-2 pm

PLAIN LANGUAGE WRITING AND EDITING

Learn about the global movement of Plain Language and how it can help you save time and money, connect faster to clients and inspire your own initiative and ideas. Samples are provided, ideas are put to practice. Come prepared to share, work in teams and leave inspired to take it to the next level.

new Nakusp centre \$75 +HST

Kate Harrison Whiteside

1 class: May 1, Wed 9 am-12 pm

new Trail campus \$75 +HST

Kate Harrison Whiteside

1 class: Feb 7, Thu 9 am-12 pm

PLAIN LANGUAGE WEBSITE AND SOCIAL MEDIA

Plain Language Website and Social Media explores how web users differ from print users and the role clear communications plays in today's online media. Expert advice on how to design and develop a plain language website, plain language principals to practise and tips on email, FaceBook posts, Twitter updates and LinkedIn.

new Nakusp \$75 +HST

Kate Harrison Whiteside

1 class: May 2, Thu 9 am-12 pm

new Trail campus \$75 +HST

Kate Harrison Whiteside

1 class: Mar 7, Thu 9 am-12 pm

PUTTING PLAIN LANGUAGE TO WORK

Putting Plain Language to Work looks at plain language project management from start to finish. Participants provide live document feedback to each other to improve final documents and learn the value of testing. Knowledge of Plain Language Writing and Editing required, please bring a project to the workshop.

new Nakusp centre \$75 +HST

Kate Harrison Whiteside

1 class: May 1, Wed 1-4 pm

new Trail campus \$75 +HST

Kate Harrison Whiteside

1 class: Feb 21, Thu 9 am-12 pm

STOCKMARKET: AN INTRODUCTION TO INVESTING

Gain the necessary skills and strategies to effectively trade stocks. Evaluate personal situations, determine types of appropriate securities, and gain knowledge and strategies used by professionals to buy and sell stocks, either with an adviser or through the internet. We will paper trade stocks over the three weeks so bring your own picks.

Castlegar campus \$25 +HST

Debbie Bayoff, CFP, CSA

1 class: Mar 5, Tue 6:30-8:30 pm

TAX FREE SAVINGS ACCOUNTS (TFSA)

Pay absolutely no tax on any investment you purchase. Learn the ins and outs of the Tax Free Savings Account. You can keep all of your earnings and make the most of your money.

Castlegar Campus \$25 +HST

Debbie Bayoff, CFP, CSA

1 class: Feb 19, Tue 6:30-8:30 pm

Trail campus \$25 +HST

Debbie Bayoff, CFP, CSA

1 class: Mar 7, Thu 6-8 pm

UNDERSTANDING AND MANAGING A MORTGAGE

Are you thinking of buying land or a house, re-negotiating an existing mortgage or simply interested in knowing how your monthly payment is calculated? Then this talk is for you. With a little knowledge in advance of meeting with a loans officer, you may be able to save thousands of dollars.

Castlegar campus \$19 +HST

Robert Macrae

1 class: Mar 12, Tue 6:30-8:30 pm

**DON'T WAIT!
REGISTER EARLY**
@ secure your spot today

UNDERSTANDING YOUR PROPERTY ASSESSMENT

Confused by your recent property assessment? This course will help you understand your property assessment and appeal it if necessary. A correct assessment could save you money now and into the future. This course is geared toward residential property owners, but also beneficial for commercial property owners.

Trail campus Free
 Gina Ironmonger
 1 class: Jan 14, Mon 6-8 pm

WEALTH MANAGEMENT - THE PLANNING CYCLE

Money needs to be managed to become wealth. Find out who benefits from financial planning. Where should you put your savings? How can you plan for retirement and make the most out of your hard earned money? Join us for a review of the Financial Planning Cycle.

Advice will be provided by industry experts. The workshop is free but pre-registration is required. Call 250.442.2704.

new Grand Forks Credit Union Free
 Mark Grimm CFP
 1 class: May 30, Thu 6-8 pm

WILLS AND ESTATE PLANNING WORKSHOP

Join us for an in depth look at recent changes to the Wills, Estates and Succession Act (WESA). This workshop will help provide information required to protect your estate and will look at estate planning for the new "modern" family - split and/or blended family situations and other unique needs. The workshop is free, but pre registration is required. Call 250.442.2704.

new Grand Forks Credit Union Free
 Mark Grimm CFP
 1 class: Mar 14, Thu 6-8 pm



COLUMBIA BASIN
RDI
 RURAL DEVELOPMENT INSTITUTE

The RDI is a regional centre of excellence in applied research and information provision focused on strengthening rural communities in the Columbia Basin Boundary region.

Learn about our region
 2012 State of the Basin Report
 Now available at www.cbrdi.ca



Subscribe to **RDI CONNECT**
 e-newsletter at www.cbrdi.ca.

CEES

Co-op Education and Employment Services



Education at Work

HIRE A SELKIRK COLLEGE STUDENT OR GRAD TODAY!

Would you like to have access to highly motivated and capable students/grads year-round to help with projects at your workplace?

Selkirk College is actively seeking partnerships with employers who are interested in hiring such students or grads. We have accredited CO-OP education students, to hire in:

- Professional Management (Business Administration)
- Accounting/Finance (Business Administration)
- Forest Technology
- Recreation Fish & Wildlife
- Integrated Environmental Planning Technology
- Geographic Information Systems

Contact Brenda Smith at bsmith@selkirk.ca or **250.356.1280**

Linked in  [brenda smith](#)

selkirk.ca

Within Reach. Beyond Imagination.

Selkirk College



COMPUTER & DIGITAL

Keep up with changing technology through courses in Autocad, Windows, Excel to IOS: The Ipad & Iphone Experience and Digital Camera course.

AUTOCAD: 3D

Become familiar with 3D Coordinate Systems, create and modify 3D objects, surfaces, dimensioning, plotting and rendering. Bring your own projects for discussion. Last offering for this course at Selkirk College - act now!

Nelson: Silver King campus \$300
Kai Korinth
10 classes: Feb 5-Apr 9, Tue 6:30-9:30pm

COMPUTER MAINTENANCE FOR BEST PERFORMANCE

Over time, computers slow down and sometimes grind to a halt. Learn to keep your computer up and running at optimal speeds with anti-virus software, scheduled backups and regular systems maintenance.

Nakusp centre \$36 +HST
Marilyn Rivers
1 class: Mar 9, Sat 1-4 pm

COMPUTERS: KNOW YOUR COMPUTER & WHAT IT CAN DO

Demystify the box that is your computer with this series of courses on the basics of working with computers. You'll get comfortable with operating programs and organizing files. The modules are designed for beginners and taking them as a series is highly recommended. Course manuals cost extra.

MODULE I: PC AND WINDOWS BASICS

Understand what a computer system is so you can be better informed when looking for one. You learn about desktop icons, files and folders, how to use a mouse and what "booting up" means.

Nakusp centre \$36
Marilyn Rivers
1 class: Feb 2, Sat 9 am-12 pm

Nelson: Silver King campus \$30
Anni Cavicchi
1 class: Jan 21, Mon 6-8 pm

MODULE II: WINDOWS TOOLS AND FILING

Explore your computer further by learning what files and folders are; how to recognize the parts of a window and the difference between the A, C and D drives. You will also learn about My Computer, My Documents and Windows Explorer along with information about Help, Search, Control Panel and how to customize your desktop.

Nakusp centre \$36
Marilyn Rivers
1 class: Feb 9, Sat 9 am-12 pm

Nelson: Silver King campus \$30
Anne Cavicchi
1 class: Jan 23, Wed 6-8 pm

MODULE III: WORKING WITH WINDOWS PROGRAMS

Unlock the power of programs that come with your computer by learning to use Windows applications like Notepad, Games, Calculator, Paint, Internet Explorer and e-mail.

Nakusp centre \$36
Marilyn Rivers
1 class: Feb 16, Sat 9 am-12 pm

Nelson: Silver King campus \$30
Anne Cavicchi
1 class: Jan 28, Mon 6-8 pm

MODULE IV: ORGANIZING YOUR FILES

Get and keep your computer organized by using My Computer and Windows explorer to organize and manage files and folders. You will learn how to create, find, open, rename, copy and move items on your computer.

Nakusp centre	\$36
Marilyn Rivers	
1 class: Feb 23, Sat 9 am-12 pm	
Nelson: Silver King Campus	\$30
Anne Cavicchi	
1 class: Jan 30, Wed 6-8 pm	

INTRO TO COMPUTERS IN A DAY

Demystify the box that is your computer and better understand what it can do for you. In a day, learn about icons, files, folders, and "booting up" and much more. Walk away with a better understanding about modern technology's vast capabilities and even some limitations.

new Grand Forks campus	\$99 + manual
Jay Alblas	
1 class: Feb 15, Fri 8 am-5 pm	

INTRO TO MICROSOFT OFFICE 2010 IN A DAY

Learn all you need to know about Word, Excel, Powerpoint and Publisher in a day. Whether you use this powerful software for work, school or personal use, this course will give you a deeper understanding of the functionality that is available right at your fingertips!

new Grand Forks campus	\$99 manual extra
Jay Alblas	
1 class: Mar 8, Fri 8 am-5 pm	



MICROSOFT ACCESS 2010

Learn how to store large amounts of information for reference, reporting, and analysis with this popular information management tool.

Nelson: Silver King Campus	\$198
Barb Williams	
6 classes: May 6-27 (no class May 20), Mon & Wed 6-9 pm	

MICROSOFT EXCEL 2010: CORE CERTIFICATION

Learn how to use a variety of core and intermediate features to create and edit professional-looking spreadsheets for a variety of purposes and situations. Upon completion you will have reviewed all of the exam objectives necessary to prepare for the MS Excel 2010 Core Exam #77-882.

Castlegar campus	\$198
Bev Horst	
6 classes: Feb 25-Mar 13, Mon & Wed 6-9 pm	
Nelson: Silver King Campus	\$198
Barb Williams	
6 classes: Apr 8-24, Mon & Wed 6-9 pm	
Trail campus	\$198
Bev Horst	
6 classes: Jan 30-Feb 20, Mon & Wed, 6-9 pm	

MICROSOFT EXCEL 2010: EXPERT CERTIFICATION

Work with different types of documents using a variety of core and intermediate features to create and edit professional looking spreadsheets for a variety of purposes and situations. Upon completion you will have reviewed all of the exam objectives and be on their way to preparing for the Microsoft Excel 2010 Expert Exam #77-888.

Castlegar campus	\$198
Bev Horst	
6 classes: May 27-Jun 12, Mon & Wed 6-9 pm	
Nelson: Silver King campus	
Barb Williams	
6 classes: Jun 3-19, Mon & Wed 6-9 pm	
Trail campus	\$198
Bev Horst	
6 classes: May 21-Jun 6, Tue & Thu, 6-9 pm	

MICROSOFT PROJECT 2010

If you are a project manager who wants to learn an effective program that will assist you with your job, this is the course for you. Learn how Microsoft Project 2010 can help you update your plans and monitor deliverables, as well as create dynamic reports and custom views for communications.

Trail campus \$149 +HST plus manual
 Jeanne Kim, PMP
 1 class: Mar 2, Sat 8:30 am-4:30 pm
 1 class: Apr 26, Fri 8:30 am-4:30 pm

MICROSOFT WORD 2010, LEVEL 1: ESSENTIAL SKILLS

Learn how to work and manipulate text and documents, working with multiple windows, formatting content, working with tabs and indents, formatting documents and printing.

Castlegar campus \$83
 Marg Poohachoff
 3 classes: Mar 4, 6 & 11, Mon & Wed 6-8:30 p
 Nelson: Silver King campus \$83
 Anne Cavicchi
 3 classes: Feb 4-13 (no class Feb 11),
 Mon & Wed 6-8:30 pm
 Trail campus \$83
 Marg Poohachoff
 3 classes: Apr 3-17, Wed 6-8:30 pm

MICROSOFT WORD 2010: LEVEL 2

Take the next step in your discovery of Word 2010 and learn how to create forms and letters, mail merging, object linking and embedding. Level I or equivalent experience is required for this course.

Nelson: Silver King campus \$198
 Barb Williams
 6 classes: Mar 11-27, Mon & Wed 6-9 pm
 Trail campus \$83
 Marg Poohachoff
 3 classes: Apr 24-May 8, Wed 6-8:30 pm

**DON'T WAIT!
 REGISTER EARLY**
@ secure your spot today

POWERPOINT 2010: PRESENTATIONS

In this course you will cover the major aspects of Levels I and II, including: working with text, illustration, smart art, shapes and tables; incorporating slide master and adding animations. Keyboarding and basic MS Office familiarity are required, as well as introductory knowledge of PowerPoint. Manuals extra

Trail campus \$115
 Marg Poohachoff
 4 classes: Apr 8-29, Mon 6-8:30 pm

QUICKBOOKS LEVEL 1

Discover the basics of Quickbooks 2012, a powerful accounting program. Learn how to perform daily accounting tasks in the general ledger, accounts receivable, accounts payable and payroll.

Nelson: Silver King campus \$198
 Anne Cavicchi
 6 classes: Apr 9-25, Tue & Thu 5-8 pm

SIMPLY ACCOUNTING: LEVEL I

Learn the basic setup for charting accounts, initial journal entries, payroll, invoicing, inventory and job costing. Experience with Windows software and bookkeeping are required for this course. Manual extra.

Castlegar campus \$198
 Bev Horst
 6 classes: Feb 19-Mar 7, Tue & Thu 6-9 pm
 Grand Forks campus \$198
 Lia Azhure CGA
 3 classes: Feb 22-24, Fri-Sun 9 am-4 pm

SIMPLY ACCOUNTING: LEVEL II

Learn advanced functions of Simply Accounting including data files and customized settings; banking and credit cards; security; inventories and projects; advanced payroll and foreign currencies. Manual extra.

new Castlegar campus \$198
 Bev Horst
 6 classes: Mar 28-Apr 18, Tue & Thu 6-9 pm
 (no class Apr 2)
 Grand Forks campus \$198
 Lia Azhure CGA
 3 classes: Mar 15-17, Fri-Sun 9 am-4 pm

Trail campus \$198
Bev Horst
6 classes: Apr 2-17, Tue & Wed, 6-9 pm

DIGITAL

DIGITAL CAMERA PART 1: HOW TO USE IT

You will gain a basic understanding of your camera, become familiar with digital camera controls and how to use in a variety of situations. Bring along your camera and instruction manual.

Castlegar campus \$45 +HST
Ed Chernoff
1 class: Feb 26, Tue 6-9 pm

Nakusp centre \$45 +HST
Lee Orr Photography
1 class: Feb 2, Sat 1-4 pm

Nelson: Silver King campus \$45 +HST
Ed Chernoff
1 class: Mar 2, Sat 9 am-12 pm

Trail campus \$45 +HST
Ed Chernoff
1 class: Feb 27, Wed 6:30-9:30 pm

DIGITAL CAMERA PART 2: THE CREATIVE & DESIGN SIDE

You have a basic knowledge of how your camera works, now learn what it takes to take great photos. You'll learn about design, creative camera controls and what makes photos appealing. Bring along five of your best photos and five you don't like. Digital Cameras Part 1 required. Bring along your camera and manual.

Castlegar campus \$45 +HST
Ed Chernoff
1 class: Mar 5, Tue 6-9 pm

Nelson: Silver King campus \$45 +HST
Ed Chernoff
1 class: Mar 2, Sat 1-4 pm

Trail campus \$45 +HST
Ed Chernoff
1 class: Mar 6, Wed 6:30-9:30 pm

GOOGLE EARTH & MAPS: ADVANCED

Continue your exploration of Google Earth and Google Maps. Learn advanced techniques including how to create narrated tours in GE.

new Kaslo centre \$65 +HST
John Addison
1 class: Feb 24, Sun 9 am-3pm

DIGITAL CAMERA: ADVANCED

Are you looking to get more from your digital camera? This course will teach you the tricks and techniques to get the most from your camera and take photos in any situation. A short photo shoot trip will help you learn how to get the best results and improve your photography.

Nakusp centre \$60 +HST
Lee Orr Photography
1 class: Feb 24, Sun 1-5 pm

ELECTRONICS WITH ARDUINO

Arduino is an open-source electronics prototyping platform that uses flexible, easy-to-learn hardware and software interfaces to create interactive objects and installations. Students learn the fundamental concepts of electronics, then design and build simple custom electronic circuits that can be used in a range of interactive objects, robotic projects and fun gizmos. Competent computer and internet use is highly recommended for all attendees.

Nelson: Tenth Street Campus \$99 +HST
Brad Pommen
4 classes: Feb 16-Mar 9, Sat 1:30-4:00 pm
4 classes: Mar 14-Apr 4, Thu 6-8:30 pm
4 classes: May 4-25, Sat 1:30-4:00 pm

GOOGLE EARTH & GOOGLE MAPS

Explore the power of Google Earth and Google Maps through demonstrations, hands-on exercises and discussion offered in this course. You'll learn to navigate, search, create content and more.

Kaslo centre \$65 +HST
John Addison
1 class: Feb 17, Sun 9 am-3 pm

LEGO ROBOTICS: INTRODUCTION

In this exciting hands-on environment, young inventors use the Lego Mindstorms Robotic System to build real robots with motors and sensors, then these young inventors have the opportunity to carry out various missions with their robots. Ages 8+

Nelson: Tenth Street Campus \$49 +HST
TBA

2 classes: Mar 11-12, Mon-Fri 9 am-3 pm

2 classes: Mar 13-14, Wed-Fri 9 am-3 pm

WORKING WITH DIGITAL PICTURES

Learn what to do after you take the picture with this course on Photoshop Elements 6. You'll learn: how to resize and crop images for various uses; the different file formats; basic retouching and colour correcting collages; layers; slide shows and more. Knowledge of Windows XP and working with files and folders required for this course.

Nakusp centre \$96 +HST

Lee Orr Photography

2 classes: Feb 3 & 10, Sun 1-5 pm

BFF PHOTOGRAPHY

Grab all your BFFs and bring your cameras to this session with local photographer Jacey Paton of Jacey Kendall Photography. Learn how to setup and get those great shots that capture personality, character and spirit.

new Salmo Valley Youth & Community Centre
Jacey Paton \$20

1 class: May 4, Sat 9-11:30 am

YOUTH PHOTOGRAPHY

An introductory course for youth 12-17. Bring your cameras and dress for the outdoors as you explore and capture your community through your own camera lens.

new Salmo Valley Youth & Community Centre
Jacey Paton \$20

1 class: Mar 30, Sat 10:00 am-noon

WEB DO IT YOURSELF

MODULE 1: GETTING STARTED

Whether you're planning to create a website yourself or have someone do it for you, this class will help you get off to a flying start. You will learn about domain name registration, search engine keywords, website hosting, publishing and do-it-yourself options. Come get website savvy.

Nakusp centre \$36

Marilyn Rivers

1 class: Feb 2, Sat 1-4 pm

MODULE 2: CREATING YOUR SITE

Take the next step in your web exploration. You'll learn how to create and link multiple documents for a basic website using a word processor and how to publish to a web server. Bring along electronic copies of photos or files you'd like to use on your website and leave with a personal website that's ready to publish.

Nakusp centre \$36

Marilyn Rivers

1 class: Feb 9, Sat 1-4 pm

MODULE 3: HTML BASICS

Building on Module 2, learn basic HTML code to create and link multiple documents for a basic website, and how to program meta tags such as keywords into your site. Pre-requisite, Website Modules 1 & 2.

Nakusp centre \$36

Marilyn Rivers

1 class: Feb 16, Sat 1-4 pm

PRO TOOLS- DIGITAL MUSIC PRODUCTION

In this intensive, hands-on exploration of contemporary music techniques you will learn all aspects of Pro Tools LE 8.0.3 MIDI, as well as a comprehensive range of virtual instruments. visit www.havelockjohnstucker.com

Nelson: Tenth Street Campus \$400 +HST

John Tucker

12 classes: May 21-Jun 27, Tue & Thu 6-9 pm

CREATING WEB PAGES

Learn the basics of HTML so you can design, create, and post your very own website.

SOCIAL MEDIA FOR SMALL BUSINESS: SIMPLIFIED & APPLIED

Learn which of the new technologies is right for your business and create a plan to deploy that technology successfully. You will leave with a strategy in hand that is manageable, measurable and feel confident about deploying and maintaining. For detailed course description go to: <http://selkirk.ca/ce/courses/businessfinance/>

new Castlegar campus \$119 +HST
Amber Hayes, Lift Business Coaching
4 classes: Feb 6-27, Wed 6:30-8:30 pm

SOCIAL MEDIA MARKETING

Get started or expand your knowledge in social media marketing strategies to improve your online business presence and connect with existing and potential customers. Topics include Blogs, Facebook, Twitter, LinkedIn and YouTube.

Nakusp centre \$36 +HST
Marilyn Rivers
1 class: Mar 9, Sat 9 am-12 pm

FACEBOOK FOR BUSINESS

Gain an expert level understanding of how to use Facebook and how to turn it into a business tool. Access the tools needed to grow your database, build awareness, and even make sales.

new Kaslo centre \$49 +HST
Steve Hoffart
1 class: Sat May 4, 10 am-2 pm

SOCIAL MEDIA FOR PARENTS

Tips for parents, teachers and interested community members on how to guide kids in their use of facebook and other social media. Learn how to address safety issues such as cyberbullying, monitor usage, and support responsible social media.

new Castlegar campus \$10 +HST
Steve Hoffart
March 6, Wed 7-8:30 pm

new Grand Forks campus \$10 +HST
Steve Hoffart
1 class: Feb 13, Wed 7-8:30 pm

new Kaslo centre \$10 +HST
Steve Hoffart
1 class: Apr 17, Wed 7-8:30 pm

new Nakusp centre \$10 +HST
Steve Hoffart
1 class: Jan 23, Wed 7-8:30 pm

new Nelson Silver King campus \$10 +HST
Steve Hoffart
1 class: Feb 6, Wed 7-8:30 pm

new Trail campus \$10 +HST
Steve Hoffart
1 class: Mar 12, Tue 7-8:30 pm

WORDPRESS FOR BEGINNERS

Develop a web presence with a blog built in WordPress. Learn how to process posts, integrate media, solicit and respond to comments. Become familiar with functions that enable users to administer and monitor their blog. Be introduced to terminology and functionality that will lead to the successful operation of your own site. Basic computer and internet skills required to take this course. All instruction for both WordPress courses will be given on college computers.

new Nelson: Silver King campus \$230 +HST
Laura Duncan, Goodlook Graphics
3 classes: Feb 16-Mar 2, Sat 9 am-4 pm



Learn more about Digital Arts & New Media Program

selkirk.ca/digitalarts

WORDPRESS ADVANCED

Expand your skills with site content management tools. Learn how to connect to other social networks and how to monitor your blog's performance. You will be expected to present your blog online for review for a week after the second class. Critiques will be given by your peers and your instructor. Must have administrative access to a WordPress.com site and you should have basic knowledge of WordPress.

new Nelson: Silver King campus \$230 +HST
 Laura Duncan, Goodlook Graphics
 3 classes: Mar 9, Sat 9 am-4 pm

IOS - THE IPAD AND IPHONE EXPERIENCE

Learn about the operating system "ios" as the backbone of the revolutionary iPhone and iPad. The system has incredible operational capabilities that can help to streamline your communications and day to day functionality. Learn about the newest apps, syncing tips, and other tricks of the trade.

new Grand Forks campus \$45
 Justin Darbyshire
 1 class: Jan 29, Tue 6-8 pm

INTRO TO APPLE FOR SENIORS

For users new to computers in general or those who are used to windows, this course will help you to better understand and operate your MAC computer. Course will cover a broad range of topics and includes both lecture and hands-on training. There will be time devoted to Q&A and troubleshooting so bring your inquisitive minds.

new Grand Forks campus and Hutton
 Elementary School \$125
 Justin Darbyshire
 1 class: Jan 31, Thu 6-8 pm
 1 class: Feb 1, Fri 10 am-12 pm

SAINTS GOLF LESSONS

Get an early start on your swing to prepare for the new season! Back by popular demand, Denny McArthur will offer golf lessons at the Selkirk College Castlegar Campus Gymnasium. All lessons include swing and video analysis and a mix of group and one on one instruction. All classes will be offered on Tuesdays starting February 19th.

Adult Beginner \$120
 6:00-7:30pm
 Feb 19 - Mar 26, 2013
 Tuesdays

Adult Experienced \$120
 7:30-9:00pm
 Feb 19 - Mar 26, 2013
 Tuesdays

please contact **250.365.1304**
 or visit **www.selkirk.ca/athletics**



Get online! Be Job Ready.



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WEB DESIGN & OPTIMIZATION CERTIFICATE - 6 months

October 2013-April 2014 \$ 4495

- Orientation: Web Essentials Program
- Introduction to the Internet
- Site Theory and Design
- Intro. Web Graphics—Photoshop CS6
- Advanced Web Graphics—Photoshop CS6
- HTML5/XHTML Programming
- Dreamweaver CS6—Site Development
- Website Marketing and Maintenance—SEO
- Instructor-directed Work Project (Final Project Website)

"What you have done for me is opened up a new career, a new lease on life, and an inner drive to learn more."
IBDE Graduate, 2012

IBDE is proud to announce our summer featured instructor:
Jill Boland

"Teaching technology and working with people is not only my everyday job, it's my passion."

ADVANCED WEB DESIGN & OPTIMIZATION* CERTIFICATE - 4 months

June 2013-September 2013

Designed for those already operating an e-business, a web design business, or holding a web design certificate.

- **Introduction to PHP Programming (1/2)**
Learn basic programming principles that translate to other languages. \$ 495
- **Advanced PHP and MySQL (2/2)****
Build database driven websites with added functionality and interactivity. \$ 495
- **Wordtracker for SEO**
Gain ground on your heaviest competition, improve your site ranking. \$ 495
- **NEW! Blogging for Business**
Draw traffic, build authority for your brand. \$ 495

APPLY TODAY for October 2013 entry
ibde.ca | 1.888.927.7473 Ext 2.

Ask us about **funding opportunities.**

*Complete the entire program or just select the course to **get the job done!**

** **Prerequisites apply.** Supply fees are extra.

IBDE offers flexible online training, quality instruction, custom training for individuals, small business, non-profits and community groups.

ENVIRONMENT & SUSTAINABILITY

Get close to nature through courses in GPS, Permaculture, Greenhouses to West Kootenay Geology and Stalking The Edible Wild

GPS: BEYOND THE BASICS

Hands-on exploration for recreational GPS and GPS tools. Discover various data sources, loading all types of data to/from GPS, use Google Earth and other online services with GPS, georeference your digital photos to share with others, geocaching and other tools to maximize your GPS experience will be presented in an interactive format. Pre-requisite: Basic GPS skills. See Intro. to handheld GPS.

Castlegar campus \$48 +HST
Stu Deverney
1 class: May 18, Sat 9 am-5 pm

Salmo Valley Youth & Community Centre
Stu Deverney \$48 +HST
1 class: May 4, Sat 9 am-1 pm

Trail campus \$48 +HST
Stu Deverney
1 class: May 2, Thu 5-9 pm

GPS: INTRO TO HANDHELD

Find your way out of the bush, retrace steps, and locate your position on a map. Learn about Geocaching, how to use GoogleEarth and the Online Mapping function of the Selkirk Geospatial Research Centre website. Please dress for the conditions. Bring your own Garmin GPS or one can be provided.

Castlegar campus \$48 +HST
Stu Deverney
1 class: Apr 27, Sat 9 am-1 pm.

Salmo Valley Youth & Community Centre
Stu Deverney \$48 +HST
1 class: Apr 20, Sat 9 am-1 pm

Trail campus \$48 +HST
Stu Deverney
1 class: Apr 18, Thu 5-9 pm

GEOCACHING FOR FAMILIES

Treasure hunt with your family using GPS technology in this real world game. No previous experience required.

Salmo Valley Youth & Community Centre
Stu Deverney \$36 +HST
1 class: May 25, Sat 9 am-noon

Trail campus \$36 +HST
Stu Deverney
1 class: May 23, Thu 5-8 pm

LOCAL INTELLIGENCE GATHERING

Connect, Celebrate, Catalyze!
A unique Spring gathering that will profile the depth and diversity of talent in our midst across a wide spectrum of disciplines. LOCAL INTELLIGENCE will inspire citizen engagement and catalyze new partnerships. At once a celebration of local innovations, leadership and a call for action to showcase resiliency in the face of changing times. Contact nelsonce@selkirk.ca for more details. Watch for more information posted in your community.

new Nelson: Mary Hall
May 4-5, Sat & Sun

GREENHOUSES FOR THE HOME GARDENER

Explore green house management for the home gardener, greenhouse structures, environmental controls and plant propagation.

new Nelson: Silver King campus \$59 +HST
Chris Holt
1 class: Mar 2, Sat 9 am-4 pm

new Trail campus
Chris Holt
1 class: Apr 27, Sat 9 am-noon

PERMACULTURE DESIGN CERTIFICATE

This 78-hour intensive course combines theory with practical hands-on learning. Topics include permaculture design techniques and principles, site analysis, soil fertility, organic gardening techniques, herbs, medicinal plants, tree identification, water uses and ecological buildings.

Slocan Valley: Kootenay Permaculture Institute
 \$950 by May 10, \$1050 after May 10
 \$950 by Jul 19, \$1050 after Jul 19
 Gregoire Lamoureux
 13 classes: Jun 9-Jun 22, Sun-Sat 9 am-4 pm
 (no class Sat, Jun 15)
 13 classes: Aug 18-31, Sun-Sat 9 am-4 pm
 (no class Sat, Aug 24)

PERMACULTURE WORKSHOP

Permaculture is the design and implementation of sustainable and ecological human habitats. Learn basic permaculture principles and techniques, site analysis, soil fertility, organic gardening techniques, growing berries and fruit trees and use these ideas in your own backyard or land.

new Nakusp centre \$59 +HST
 Gregoire Lamoureux
 1 class: Apr 14, Sun 9 am-4pm

new Nelson: Silver King campus \$59 +HST
 Gregoire Lamoureux
 1 class: Apr 6, Sat 9 am-4 pm

PERMACULTURE TRAINING PROGRAM

Learn the basic design principles and techniques, plus develop practical skills to implement sustainable designs for ecological landscapes. This 4-week intensive program combines theory with practical hands-on experiences. Course graduates receive the Permaculture Design Course Certificate. Visit www3.telus.net/permaculture/ for details.

Nelson: Silver King campus, week 1-2
 Winlaw, Permaculture Institute, week 2-4
 \$1500/early registration
 \$1700/after Apr 7
 Gregoire Lamoureux
 20 classes: May 6-31, Mon-Fri 9 am-4 pm

FRUIT TREES, EDIBLE FOREST GARDEN & FOOD FOREST

Learn about fruit trees and berries and how to design an edible forest garden or food forest. Develop a practical strategy for creating more abundance. A class for all levels.

new Nelson: Silver King campus \$59 +HST
 Gregoire Lamoureux
 1 class: Apr 13, Sat 9 am-4 pm

PEST AND DISEASE MANAGEMENT NATURALLY

Discover the many ways we can manage pests and diseases in our gardens without resorting to the use of toxic chemicals.

new Nelson: Silver King campus \$29 +HST
 Chris Holt
 1 class: Apr 11, Thur 6-9 pm

Trail campus
 Chris Holt
 1 class: Apr 27, Sat 1-4 pm

STALKING THE EDIBLE WILD

The West Kootenay Region offers up a wide array of useful culinary wild plants. Learn where and how to identify them. Come prepared for all weather conditions, wear walking shoes and bring a small pressing book and lunch.

Nelson: Silver King campus \$59 +HST
 Libby Ruljacich
 1 class: May 25, Sat 9:30 am-3 pm

WEST KOOTENAY GEOLOGY TOUR

Join retired Selkirk College Geology Instructor, Lesley Anderton, for an introduction to the geology of the Castlegar area. The day begins with a slide show, followed by a field trip of surrounding area to see various rocks and minerals, old mine sites and magnificent scenery. Bring your lunch, good walking shoes and come prepared to car pool.

Castlegar campus \$35 +HST
 Lesley Anderston
 1 class: Apr 27, Sat 9 am-5 pm

Learn more about Environment & Geomatics programs

selkirk.ca/eg

FIRST AID & SAFETY TRAINING CENTRE

Your first choice for certified First Aid and Safety Training
—off the shelf or made to order.



We offer certified courses for all major first aid training areas including Worksafe BC, Canadian Red Cross, St John Ambulance and Wilderness Alert.

- Avalanche Awareness
- Avalanche Rescue
- Avalanche Skills: Level 1 & 2
- Boat Safety
- Childcare Emergency First Aid and Recertification
- Confined Spaces
- CPR - All Levels
- H2S Alive (3-Year Certificate)
- Motorcycle Safety
- Occupational First Aid: Level I, II, III
- Paramedic in Industry (PIT)
- Red Cross Wilderness and Remote First Aid (WRFA)
- Traffic Control: Flagging
- Transportation Endorsement
- Transportation of Dangerous Goods
- WHMIS: Workplace Hazardous Materials Information Systems
- Wilderness First Aid
- Worksafe Education Courses

CONTRACT TRAINING

Selkirk College offers quality instruction and facilities, on-site training, flexible scheduling, refresher courses and customized First Aid & Safety training for business, industry and community groups.

For further information, please see **page 33** for listing and scheduled offerings or visit selkirk.ca/ce

selkirk.ca

Within Reach. Beyond Imagination.

Selkirk  College

FIRST AID & SAFETY TRAINING

Be prepared for anything with courses in Occupational First Aid, Workplace Emergency First Aid, Driver Training, Bear Safety to Chainsaw Safety and Traffic Control/Flagging.

OCCUPATIONAL FIRST AID (OFA): LEVEL I (16+)

Our most popular workplace first aid course. Learn A level CPR/AED, how to deal with minor wounds, airway breathing, circulatory emergencies. Know what to do until the paramedics arrive with this three-year certificate. Bring your photo ID to class. Manual included. No prerequisites. Can't find a date to fit your schedule? Please see WEFA under Red Cross for Worksafe equivalent offerings.

Castlegar campus \$109

James Newman & Deborah Myers

1 class: Jan 19, Sat 8:30 am-5 pm

1 class: Feb 2, Sat 8:30 am-5 pm

1 class: Mar 16, Sun 8:30 am-5 pm

1 class: Apr 27, Sat 8:30 am-5 pm

2 classes: May 15 & 16, Wed & Thu, 6-10 pm

1 class: Jun 22, Sat 8:30 am-5 pm

Grand Forks campus \$109

Neil Krog

1 class: Jan 26, Sat 8 am-5 pm

1 class: Feb 4, Mon 8 am-5 pm

1 class: Mar 2, Sat 8 am-5 pm

1 class: May 22 Wed 8 am-5 pm

Kaslo centre \$109

Deborah Myers

1 class: Feb 10, Sun 8:30 am-5 pm

1 class: May 11, Sat 8:30 am-5 pm

Nakusp centre \$109

Brian Parsons

1 class: Feb 25, Mon 8:30 am-5 pm

1 class: Mar 11, Mon 8:30 am-5 pm

1 class: Apr 13, Sat 8:30 am-5 pm

1 class: May 6, Mon 8:30 am-5 pm

1 class: May 23, Thu 8:30 am-5 pm

Nelson: Silver King campus \$109

Deborah Myers, Terry O'Gorman

1 class: Jan 19, Sat 8:30 am-5 pm

1 class: Feb 9, Sat, 8:30 am-5 pm

1 class: Apr 6, Sat 8:30 am-5 pm

1 class: May 25, Sat 8:30 am-5 pm

1 class: June 15, Sat 8:30 am-5pm

Salmo Valley Youth & Community Centre

Billie Padavell \$109

1 class: Feb 16, Sat 8:30 am-5 pm

Trail campus \$109

Billie Padavell & James Newman

1 class: Feb 5, Tue 8:30 am-5 pm

1 class: Mar 9, Sat 8:30 am-5 pm

1 class: Apr 6, Sat 8:30 am-5 pm

1 class: May 4, Sat 8:30 am-5 pm

1 class: Jun 15, Sat 8:30 am-5 pm

1 class: Jul 19, Fri 8:30 am-5 pm

1 class: Aug 10, Sat 8:30 am-5 pm

OCCUPATIONAL FIRST AID (OFA): LEVEL II

This course will give you the assessment and treatment skills required to be an OFA attendant who provides first aid care in industry. This three-year certificate course is recommended for those located within 20 minutes of a hospital. Pick up your books prior to class for pre-reading. Bring your photo ID to class. Manual included.

Grand Forks campus \$639

Neil Krog

5 classes: Feb 18-22, Mon-Fri, 8 am-5 pm,

exam Feb 25

5 classes: Jun 10-14, Mon-Fri, 8 am-5 pm,

exam Jun 17

OCCUPATIONAL FIRST AID (OFA): LEVEL III

Learn assessment and treatment skills required to be an OFA attendant who provides first aid care in industry. This three-year certificate course is recommended for those located

within 20 minutes of a hospital. Pick up your books prior to class for pre-reading. You will be evaluated after you complete the course. Bring your photo ID to class. Manual included.

Castlegar: location TBA \$744
 Terry O’Gorman, Wren McElroy, Orion Farley
 10 classes: Jan 28-Feb 8,
 Mon-Fri 8:30 am-5 pm. Exam Feb 11 & 12
 15 classes: Mar 10-Apr 11, Sun 8:30 am-4:30,
 Tue & Thu 6-9:30 pm. Exam Apr 19 & 20
 10 classes: Apr 29-May 10,
 Mon-Fri, 8:30 am-5 pm. Exam May 13 & 14
 10 classes: May 21-Jun 1,
 Mon-Fri 8:30 am-5 pm. Exam Jun 3 & 4
 10 classes: Aug 12-23, Mon-Fri 8:30 am-5 pm.
 Exam Aug 26 & 27

Grand Forks campus \$744
 Neil Krog
 10 classes: Apr 29-May 14, Mon-Fri 8am-5 pm
 exam May 14

Nelson: Silver King campus \$744
 Terry O’Gorman, Tom Van Alstine,
 Wren McElroy
 10 classes: Jan 14-25, Mon-Fri 8:30 am-5 pm
 exam Jan 28 & 29
 10 classes: Feb 18-Mar 1, Mon-Fri 8:30 am-
 5 pm exam Mar 4 & 5
 10 classes: Apr 22-May 3, Mon-Fri 8:30 am-
 5 pm exam May 6 & 7
 10 classes: Jun 10-21, Mon-Fri 8:30 am-5 pm
 exam Jun 24 & 25
 10 classes: Jul 8-19, Mon-Fri 8:30 am-5 pm
 exam Jul 22 & 23
 15 classes: Mar 6-Apr 13, Mon & Wed
 6:00-9:45 pm, Sat 8:30 am-4:30 pm,
 (no class Sat, Apr 6) exam April 14 & 15

Trail campus \$744
 Brenda Neil and Billie Padavell
 10 classes: May 27-Jun 7, Mon-Fri 8:30 am
 -4:30 pm
 15 classes: Apr 9-May 12, Tue & Thu 6:30-
 10:15 pm, Sun 8:30 am-4:30 pm

OCCUPATIONAL FIRST AID (OFA): LEVEL III REFRESHER COURSE

Learn the practical portion of OFA Level III. ONLY for those already possessing a current Level III certificate. It is strongly recommended that all pre-reading and homework be completed prior to class start; pick up books at least 2 weeks before the course. You must attend an interview with an instructor to assess your

knowledge of first aid concepts. Exam date TBA. Manual and exam fee included. Three-year certificate. Bring photo ID to class.

Castlegar: TBA \$625
 Terry O’Gorman, Wren McElroy, Orion Farley
 5 classes: Apr 22-26, Mon-Fri, 8:30 am-5 pm.
 Exam Apr 27.

Nelson: Silver King campus \$625
 Terry O’Gorman Tom Van Alstine
 5 classes: Apr 2-6, Tue-Sat, 8 am-5 pm
 exam Apr 8 & 9

OCCUPATIONAL FIRST AID (OFA): TRANSPORTATION ENDORSEMENT

With your transportation endorsement to your OFA Level 1 or 2 certificate, you’ll learn more advanced patient assessment and critical intervention procedures while safely moving workers with spinal injuries to medical aid. Recommended for small operators situated more than 20 minutes from hospital. Three year certificate. Bring your current Level 1 or 2 certificate and photo ID to class. Manual included.

Castlegar campus \$109
 Billie Padavell, Wren McElroy, Orion Farley
 1 class: Jan 20, Sun 8:30 am-5 pm
 1 class: Mar 17, Sun 8:30 am-5 pm
 1 class: Apr 28, Sun 8:30 am-5 pm
 1 class: Jun 23, Sun 8:30 am-5 pm

Grand Forks campus \$109
 Neil Krog
 1 class: Jan 27, Sun 8 am-5 pm
 1 class: Feb 5, Tues 8 am-5 pm
 1 class: Feb 13, Wed 8 am-5 pm
 1 class: Mar 3, Sun 8 am-5 pm

Nakusp centre \$109
 Brian Parsons
 1 class: Apr 14, Sun 8:30 am-4:30 pm
 1 class: May 7, Tue 8:30 am-4:30 pm

Nelson: Silver King campus
 Terry O’Gorman \$109
 1 class: Feb 10, Sun 8:30 am-5 pm
 1 class: May 26, Sun 8:30 am-5 pm

Trail campus \$109
 Billie Padavell
 1 class: Apr 20, Sat 8:30 am-4:30 pm

FIRST AID - RED CROSS

BABYSITTER CERTIFICATE

Is your child interested in earning some extra money through babysitting? This course, open to youth aged 11 to 14, will cover general first aid, basic child care, what to do in an emergency, crafts and games. Upon successful completion your child will be a certified babysitter.

Grand Forks campus \$65
Kristy Kuromi
1 class: Mar 15, Fri 8 am-5 pm

Kaslo centre \$65
Candace Begg
Please call 250-353-2618 if interested.

Trail campus \$65
Brenda Neil
1 class: May 25, Sat 8 am-5 pm

CHILD CARE EMERGENCY FIRST AID

Learn what to do when a child needs urgent medical attention. You'll get an overview of first aid and CPR techniques in an interactive learning environment, while learning many skills needed to recognize and respond to a variety of medical emergencies for children and babies. Manual and materials included in price.

Castlegar campus \$108 or \$168/couple
Deborah Myers
1 class: Apr 20, Sat 8:30 am-4:30 pm

Grand Forks campus \$108 or \$168/couple
TBA
1 class: May 24, Fri 8:30 am-4:30 pm

Kaslo centre \$108 or \$168/couple
Deborah Myers
1 class: Mar 23, Sat 8:30 am-4:30 pm

Nakusp centre \$108 or \$168/couple

Nelson: Silver King campus
Deborah Myers \$108 or \$168/couple
2 classes: Feb 4 & 6, Mon & Wed 6-10 pm

Rock Creek: Rock Creek Medical Society,
100 Rock Ck Cutoff \$108 or \$168/couple
TBA
1 class: May 3, Sat 8:30 am-4:30 pm

Trail campus \$108 or \$168/couple
Billie Padavell
1 class: May 11, Sat 8:30 am-5 pm

CPR LEVEL HCP

Are you a Physician, Nurse, Paramedic or Respiratory Technician? If so this course is for you. CPR level HCP covers all CPR levels plus automated external defibrillator (AED) use, rescue breathing, bag valve masks (BVM's) and more for Adult/Child/Baby.

Trail campus \$87
Diana Ferguson
1 class: Apr 2, Tue 5-10 pm

CPR LEVEL C

This course is for police, fire fighters, first responders, workplace teams, nursing students and life guards. You'll learn CPR skills for people of all ages, along with use of barrier devices and automated external defibrillator (AED).

Castlegar campus \$75
Deborah Myers, James Newman
1 class: Jan 26, Sat 9 am-3 pm
1 class: Apr 21, Sun 9 am-3 pm

Grand Forks campus \$75
TBA
1 class: Feb 2, Sat 9-3 pm

Kaslo centre \$75
Deborah Myers
1 class: Apr 7, Sun 9 am-3 pm

Nakusp centre \$75
Brian Parsons
1 class: Feb 16, Sat 8:30 am-3:30 pm

Nelson: Silver King campus \$75
Deborah Myers, Terry O'Gorman
1 class: Mar 2, Sat 9 am-3 pm
2 classes: May 28 & 29, Tue & Wed 6-9 pm

Trail campus \$75
Diana Ferguson
1 class: Feb 18, Mon 5-10 pm

CPR LEVEL HCP RECERTIFICATION

Get recertified for your CPR Level HCP training with this course. Please bring your current certificate to class with you. Manual costs extra, if required.

Trail campus \$87
Diana Ferguson
1 class: May 13, Mon 6-10 pm
1 class: Aug 22, Thu 6-10 pm

CPR LEVEL C RECERTIFICATION

Renew your knowledge of CPR with this CPR Level C recertification course. Bring your current CPR certificate and manual to class with you.

Castlegar campus	\$52
James Newman, Deborah Myers	
1 class: Feb 13, Wed 6-10 pm	
1 class: Apr 13, Sat 6-10 pm	
Nelson: Silver King campus	\$52
Deborah Myers	
1 class: Mar 11, Mon 6-10 pm	
1 class: Jun 1, Sat 8:30 am-12:30 pm	
Trail campus	\$52
Diana Ferguson	
1 class: Mar 21, Thu 6-10 pm	
1 class: Apr 22, Mon 6-10 pm	
1 class: May 23, Thu 6-10 pm	
1 class: Jun 18, Tue 6-10 pm	

EMERGENCY FIRST AID WITH CPR C

For individuals who want an overview of First Aid & CPR for the home or workplace. Practice skills needed to recognize and respond to cardiovascular emergencies for adults, CPR, and other topics such as choking, airway and breathing emergencies and prevention of disease transmission. Learn use of an automated external defibrillator. Manual included.

Trail campus	\$109
Billie Padavell	
1 class: Apr 3, Wed 8:30 am-5 pm	

STANDARD FIRST AID WITH CPR C

Provides comprehensive First Aid & CPR techniques for those who want more knowledge to respond to emergencies in the home or workplace. Practice a variety of topics from basic first aid such as cardiovascular and breathing emergencies, CPR, prevention of disease transmission to more severe sudden medical conditions and injuries to the head and spine. Note: SFA meets the requirements of Red Cross Marine Basic First Aid, with proper documentation prior to course.

Castlegar campus	\$190
Deborah Myers	
2 classes: Apr 27 & 28, Sat & Sun, 8 am-5 pm	
Grand Forks campus	\$190
TBA	

2 classes: Feb 2 & 3, Sat & Sun 8 am-5 pm	
Deborah Myers	
2 classes: May 25 & 26, Sat & Sun 8 am-5 pm	
Kaslo centre	\$190
Deborah Myers	
2 classes: May 18 & 19, Sat & Sun 8:30 am-5 pm	
Midway: BCSS	\$190
Deborah Myers	
2 classes: May 4 & 5, Sat & Sun 8 am-5 pm	
Nakusp centre	\$190
Brian Parsons	
2 classes: Feb 16 Sat, 8:30 am-5 pm, Feb 17 Sun, 8 am-4:30 pm	
Nelson: Silver King campus	\$190
Deborah Myers	
2 classes: Apr 27 & 28, Sat & Sun 8 am-5 pm	
Trail campus	\$190
Billie Padavell	
2 classes: Mar 2 & 3, Sat & Sun 8:30 am-5 pm	
2 classes: Jun 22 & 23, Sat & Sun 8:30 am-5 pm	

WORKPLACE EMERGENCY FIRST AID (WEFA)

WEFA is recognized by Worksafe BC as equivalent to Occupational First Aid Level 1. WEFA certification is recognized across Canada. Manual included

Castlegar campus	\$109
James Newman	
1 class: Mar 2, Sat 8:30 am-5 pm	
Trail campus	\$109
Billie Padavell	
1 class: Feb 23, Sat 8:30 am-4:30 pm	
1 class: Apr 18, Thu 8:30 am-4:30 pm	
1 class: May 21, Tue 8:30 am-4:30 pm	
1 class: Jun 29, Sat 8:30 am-4:30 pm	

WORKPLACE EMERGENCY FIRST AID PLUS STANDARD FIRST AID CPR C (SWEFA)

Gain the skills you need to respond to emergencies in your home or workplace. You'll learn first-aid techniques for a variety of emergency conditions, along with CPR Level C training, prevention of disease transmission

DON'T WAIT!
REGISTER EARLY
 @ secure your spot today

and how to respond to head and spine injuries. This course is required for many jobs, including early childhood education, Forestry, Community Service Education and more. Equivalent to BC Occupational First Aid Level 1. Manuals included.

Castlegar campus \$199
James Newman
2 classes: Feb 23 & 24, Sat & Sun 8 am-5 pm

MOTOR VEHICLE

AIR BRAKES

To operate vehicles equipped with air brakes on a highway (other than a vehicle defined as a construction vehicle), you must have a BC driver's license with an air brake endorsement. Manual included; pick up in advance. ICBC written notice to be signed at time of registration. Note: ICBC may require an eye exam prior to endorsement of license.

Nakusp centre \$239
Mountain Transport Institute Ltd.
3 classes: Apr 5, Fri 6-10 pm, Apr 6 & 7, Sat & Sun 8 am-4:30 pm

Nelson: Silver King campus \$239
Dave Griffin
3 classes: Feb 22-24, Fri 6-10 pm, Sat & Sun 8 am-4:30 pm
3 classes: May 3-5, Fri 6-10 pm, Sat & Sun 8 am-4:30 pm

DRIVER TRAINING

Learn how to navigate our winding Kootenay roads safely with this course. You'll get eight hours of in-car training with a private instructor and eight hours learning in a classroom. For more information, contact Wilf Warner at Columbia Driving Solutions - 1.877.365.6367

Kaslo centre \$439 +HST
Wilf Warner

Nakusp centre \$439 +HST
Wilf Warner

GRADUATED LICENSE PROGRAM

Take the steps necessary to get yourself rolling on the open road with the Graduated License Program. You'll spend 14 hours in the car practicing and another 18 hours learning in a classroom as you work your way toward



your license. For more information, contact Wilf Warner at Columbia Driving Solutions - 1.877.365.6367

Kaslo centre \$899
Wilf Warner
Nakusp centre \$899
Wilf Warner

SAFETY

AMMUNITION RELOADING: INTRO

Are you a novice ammunition reloader interested in learning how to make your own gun ammunition? Learn the hows and whys of ammunition reloading, including safety, construction, cost and fine tuning for your individual needs. ABC's Of Reloading included.

Trail campus \$65 +HST
Colin Kenning
1 class: Mar 6, Wed 5:30-9:30 pm

BEAR SAFETY AND BEAR SMART

Join us for a powerpoint presentation on all aspects of living with bears including hiking and camping safely in bear country. Learn ways to reduce access by bears to human attractants and thus minimize conflicts with bears around your home, farm and other aspects. Mild bear aversion techniques will also be discussed. Daniel Sherrod will give a practical workshop on how to set up electric fences around livestock and other areas.

Nakusp centre \$10 +HST
Wayne McCorry, Bear Biologist and Slocan Valley Bear Smart coordinator Daniel Sherrod
1 class: May 4, Sat 10 am-12 pm

Get job ready!

The ESA program provides tuition-free training for eligible participants. You could be eligible if you're unemployed and need to upgrade your skills in order to get employed and you have not established an Employment Insurance claim in the past 3 years or a Maternity/Parental leave claim in the past 5 years.

ADVANCED COMPUTER TRAINING

5 week certificate

Courses in certificate:

- Microsoft Office Review
- Word - Level 2
- Excel - Level 2
- Powerpoint - Level 1
- Access- Level 1
- Occupational First Aid - Level 1
- Worldhost
- WHMIS



LOCATION & START DATE:

Kaslo: April 2 - May 3, 2013
Nakusp: Feb. 11 - March 15, 2013
Nelson: May 20 - June 21, 2013
Grand Forks: May 20 - June 21, 2013

PROFESSIONAL DRIVER TRAINING CLASS 1

14 weeks

LOCATION: Castlegar, B.C.
START: October 22, 2012



ADMINISTRATIVE SKILLS TRAINING

6 months

LOCATION: Nelson, B.C.
START: January 14, 2013



FOR MORE INFORMATION

Please phone **250.368.5236** or **250.364.5760**
email esa@selkirk.ca or visit selkirk.ca/ce/esa

CANADIAN FIREARMS SAFETY: NON-RESTRICTED FIREARMS

Learn safe handling of all common long guns. Also learn how to collect history on a gun and safe shooting techniques. This course is required to get or renew your Firearms Acquisition Certificate. Open to ages 12 and up. Please pick up your manual before class, and bring along your photo ID.

Castlegar campus \$105
Ron Ready
2 classes: Mar 9 & 10, Sat 9 am-5 pm,
Sun 9 am-1 pm

Grand Forks campus \$105
Ron Ready
2 classes: May 4 & 5, Sat 9 am-5 pm, Sun 9 am-1 pm

Kaslo centre \$105
Dennis Millan
2 classes: Mar 2 & 3, Sat 9 am-5 pm
Sun 9 am-1pm

Nakusp centre \$105
Dorian Boswell
1 class: Mar 10, Sun 9 am-5 pm

Nelson: Silver King campus \$105
Dennis Millan
2 classes: Feb 2 & 3, Sat & Sun 9 am-5 pm
2 classes: Jun 1 & 2, Sat & Sun 9 am-5 pm
2 classes: Aug 17 & 18, Sat & Sun 9 am-5 pm

Trail campus \$105
Colin Kenning and Bruce Donaldson
2 classes: Jan 19 & 20, Sat & Sun 9 am-5 pm
2 classes: Jan 26 & 27, Sat & Sun 9 am-5 pm
2 classes: Feb 16 & 17, Sat & Sun 9 am-5 pm
2 classes: Mar 2 & 3, Sat & Sun 9 am-5 pm
2 classes: May 4 & 5, Sat & Sun 9 am-5 pm

CANADIAN FIREARMS SAFETY: RESTRICTED FIREARMS

This course will give you what you need to get your Restricted Possession and Acquisition License. A Non-Restricted Firearms License is required for this course. Please pick up your manual before class. Additional fee for government paperwork. Must be at least 18 years of age to attend

Castlegar campus \$70
Ron Ready
2 classes: Mar 9 & 10, Sat 9 am-5 pm,
Sun 9 am-1 pm

Grand Forks campus \$70
Ron Ready
2 classes: May 4 & 5, Sat 9 am-5 pm,
Sun 9 am-1 pm

Nelson: Silver King campus \$70
Dennis Millan
2 classes: Feb 5 & 7, Tue & Thu, 5:30-9:30 pm
2 classes: Aug 20 & 22,
Tue & Thur, 5:30-9:30 pm

Trail campus \$70
Colin Kenning and Bruce Donaldson
1 class: Feb 2, Sat 9 am-5 pm
1 class: Feb 23, Sat 9 am-5 pm
1 class: Mar 16, Sat 9 am-5 pm
1 class: May 11, Sat 9 am-5 pm

CHAINSAW SAFETY AND MAINTENANCE

Intended for the inexperienced chainsaw operator, you will learn basic safety and hands-on work covering essential saw maintenance, correct chain filing procedures and safe cutting techniques. Bring weather-appropriate clothing, safety boots with good ankle support and personal protective equipment.

Nelson: Silver King campus \$89 +HST
Power Up Electrical Safety Training
1 class: Apr 27, Sat 9 am-3 pm

COMBINED S-100 FIRE SUPPRESSION AND S-185 FIRE ENTRAPMENT AVOIDANCE

If you want to work in the wild fire fighting industry, this course is a must-have. You'll learn how to safely and effectively perform wildland fire suppression tasks and get the training required by WCB for all forest workers who may have to fight fires. Bring a lunch, sturdy boots and work gloves.

Castlegar campus \$175 +HST
Alison Lutz
2 classes: Apr 13 & 14, Sat & Sun 9 am-4 pm

HUNTER TRAINING

The Conservation and Outdoor Recreation Education (CORE) Program consists of a practical firearms handling test, and a written examination on conservation, ethics, law and regulations, first aid and survival, firearm safety, and animal and bird identification. Required for BC Residents who are 14 years of age or older and who wish to

obtain a hunting license. Manual included and must be picked up to review before class.

Castlegar campus Ron Ready 2 classes: Mar 16 & 17, Sat & Sun 9 am-5 pm	\$125
Grand Forks campus Ron Ready 2 classes: May 11 & 12, Sat & Sun 9 am-5 pm	\$125
Kaslo centre Dennis Millan 2 classes: Mar 9 & 10, Sat & Sun 9 am-5 pm	\$125
Nakusp centre Dorian Boswell 2 classes: Mar 9-10, Sat & Sun 9 am-5 pm	\$125
Nelson: Silver King campus Dennis Millan 2 classes: Feb 9 & 10, Sat & Sun 9 am-5 pm 2 classes: Jun 15 & 16, Sat & Sun 9 am-5 pm 2 classes: Aug 24 & 25, Sat & Sun 9 am-5 pm	\$125
Trail campus Jim Smee 2 classes: Feb 23 & 24 Sat & Sun 8:30 am - 4:30 pm 2 classes: Apr 6 & 7, Sat & Sun 8:30 am-4:30 pm	\$125

OIL & GAS INDUSTRY

CONFINED SPACE L1-PRE-ENTRY

Learn the various types of confined spaces, and the regulations surrounding them, along with hazard recognition and safety protocols. This 3-year certificate is an asset. Required for workers in the oil and gas industry, equipment workers, trenching and excavating. This training is not site specific.

Castlegar campus Bruce McMaster 1 class: Apr 20, Sat 8:30 am-4:30 pm	\$215
Nakusp Centre Bruce McMaster 1 class: Apr 13, Sat 8:30 am-4:30 pm	\$215
Nelson: Silver King campus Bruce McMaster 1 class: May 11, Mon 8:30 am-4:30 pm	\$215

GROUND DISTURBANCE: LEVEL I & II

Are you supervising a ground disturbance, performing a ground disturbance or issuing/receiving ground disturbance permits? Understand the regulations and variances involved. With this 3-year certificate, learn to clarify sources when searching for underground facilities, provide notification to the facility owner, receive owner notification and more. Exam required.

Castlegar campus Safetyman Canada 1 class: Feb 3, Sun 8:30 am-4:30 pm	\$240
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H2S ALIVE

Are you planning to work in the petroleum industry? Learn the physical properties and health hazards of H2S (hydrogen sulfide). This 3-year certificate course will teach you how to protect yourself and basic rescue techniques.

Castlegar campus Safetyman Canada 1 class: Feb 2, Sat 8:30 am-4:30 pm	\$265
Grand Forks campus Safetyman Canada 1 class: Feb 1, Fri 8:30 am-4:30 pm	\$265
Nakusp centre Safetyman Canada 1 class: Feb 4, Mon 8:30 am-4:30 pm	\$265
Nelson: Silver King campus Safetyman Canada 1 class: Mar 1, Fri 8:30 am-4:30 pm 1 class: Aug 23, Fri 8:30 am-4:30 pm	\$265
Trail campus Safetyman Canada 1 class: Mar 2, Sat 8:30 am-4:30 pm 1 class: Aug 24, Sat 8:30 am-4:30 pm	\$265

TRANSPORTATION OF DANGEROUS GOODS

Carrying a load of explosive or dangerous fuel on a regular basis? This course is for those involved in transporting dangerous goods, and particularly relevant to the oil and gas industry. Three-year certificate.

Grand Forks campus Neil Krog 1 class: Feb 6, Wed 6-10 pm 1 class: May 15, Wed 1-5 pm	\$65
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Trail campus \$65
Neil Krog
1 class: Apr 10, Wed 9 am-1 pm

Trail campus \$219
Lynn Bublitz
2 classes: Apr 5 & 6, Fri & Sat 8 am-5 pm
2 classes: May 17 & 18, Fri & Sat 8 am-5 pm

INFECTIOUS CONTROL

Learn how you can protect yourself, your co-workers and clients from infectious diseases with this online course. This program for public care workers includes full audio training and access to a progress report. Call your local campus/centre.

Continuous intake Online

SAFE SNOWMOBILE OPERATOR TRAINING

Learn hands-on safe snowmobile operating practices, basic maintenance, and snowmobile survival techniques. Day 2 will be spent riding a designated course and in authentic snowmobile situations. The course meets Worksafe BC and BC Snowmobile Federation Standards for safety. Visit selkirk.ca/ce for more details. \$99

Nelson: Silver King campus
Power Up Electrical Safety Training
2 classes: Jan 19-20, Sat & Sun 8:30 am-12:30 pm

TRAFFIC CONTROL/FLAGGING

Learn the BC Ministry of Transportation standards and Worksafe BC regulations, protective equipment, safe procedures, communications and more. You must wear steel-toed boots during the practical portion of the course. Register at least two weeks before course. Please bring a lunch.

Castlegar campus \$219
Lynn Bublitz
2 classes: Apr 26 & 27, Fri & Sat 8 am-5 pm
2 classes: Jun 7 & 8, Fri & Sat 8 am-5 pm
2 classes: Sep 14 & 15, Fri & Sat 8 am-5 pm

Grand Forks campus \$219
Lynn Bublitz
2 classes: May 3 & 4, Fri & Sat 8 am-5 pm

Nakusp Centre \$219
Lynn Bublitz
2 classes: Apr 19 & 20, Fri & Sat 8 am-5 pm

Nelson: Silver King campus \$219
Lynn Bublitz
2 classes: Apr 12 & 13, Fri & Sat 8 am-5 pm
2 classes: May 31 & Jun 1,
Fri & Sat 8 am-5 pm

ORIENTATION TO WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM (WHMIS)

Hazardous materials abound in many workplaces. Take this course to learn about hazardous products, how to read and make labels and where to find treatment if you or someone you work with is exposed. You can take this course online at your convenience.

Continuous intake Online

WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM (WHMIS)

Hazardous materials abound in many workplaces. Take this course to learn about hazardous products, how to read and make labels and where to find treatment if you or someone you work with is exposed.

Grand Forks campus \$45
Neil Krog
1 class: Jan 17, Thurs 6-10 pm
1 class: May 15, Wed 8 am-12 pm

Nakusp centre \$45
Marilyn Rivers
1 class: Feb 10, Sun 8:30 am-12:30 pm

Nelson: Silver King campus \$45
Tom Van Alstine
1 class: Apr 10, Wed 6:30-9:30pm

Trail campus \$45
Neil Krog
1 class: Apr 17, Wed 9 am-1 pm

Want To Instruct A Course?

Dedicated to life-long learning, Selkirk College is accepting course proposals and applications from instructors for all program categories. For details on submitting a course proposal or application to teach a course, call your local campus, see **page 79**.

WORKSAFE

RESPONSIBILITY OF JOINT HEALTH & SAFETY COMMITTEES

If you are a member of a joint health and safety committee, this course will be helpful to you. You'll learn about the functions and duties of committee members, how to use occupational health and safety regulations, conduct safety inspections, accident investigations, reports and more.

Castlegar campus Neil Krog 1 class: Mar 8, Fri 8 am- 5 pm	\$95
Grand Forks campus Neil Krog 1 class: Apr 26, Fri 8 am-5 pm	\$95
Trail campus Neil Krog 1 class: Apr 11, Thu 8 am-5 pm	\$95

SUPERVISOR SAFETY MANAGEMENT

Are you a supervisor charged with the safety and welfare of staff? Learn due diligence, risk assessments, planning risk control objectives and measures, potential legal consequences and more that will make sure you meet your responsibilities for creating and maintaining a safe and healthy work environment.

Castlegar campus Neil Krog 1 class: May 17, Fri 8 am-5 pm	\$95
Grand Forks campus Neil Krog 1 class: Feb 7, Thu 8 am-5 pm	\$95
Trail campus Neil Krog 1 class: Apr 18, Thu 8 am-5 pm	\$95

Need funding to take a course?

CRAIG ANDREWS CONTINUING EDUCATION BURSARY

The CACE Bursary provides opportunities to community members who may be interested in a continuing education course and require financial assistance. This fund has been nurtured through the generosity of community-minded people throughout the Selkirk College service region.

To apply for CACE Bursary funds, contact the Continuing Education Department in your community (see page 79).

If you are interested in contributing to this worthwhile fund and would like to become a donor, please contact the Donor Services Coordinator at **250.365.1360** or email campaigns@selkirk.ca or for more information visit selkirk.ca/about/ways-to-give.



Within Reach. Beyond Imagination.

selkirk.ca

HEALTH & WELLNESS

Take better care of yourself and others through courses in *Bringing Body Into Practice, Prenatal, Massage and Wellness and Nutrition.*

ADVANCED FOOTCARE

This 30-hour course is designed for RN's and LPN's who wish to further their footcare skills for use in clinical and community settings. In partnership with Okanagan College. For complete course description go to: www.selkirk.ca/ce/courses/healthwellness

new Castlegar campus \$690
(plus \$85 + HST for materials and textbook)
Val Carson & Marie Whiting
5 classes: May 14-18, Mon-Fri 9 am-3:30 pm

AUTISM: THROUGH A PARENT'S EYES

A parent's insight into the challenges of understanding and caring for a child with Autism. For parents or caregivers looking for resources, information, emotional support and ways to break through the barriers. Guest speakers include Dr. Jeffrey Hunt, ND; Defeat Autism Now. Physician and Occupational therapist Tamsin Snodgrass. Brown bag lunch.

Trail campus \$50 +HST
Rae Stone
1 class: Jan 26, Sat 9:00 am-3:00 pm
1 class: Mar 2, Sat 9:00 am-3:00 pm
1 class: Mar 9, Sat 9:00 am-3:00 pm

BRAIN GYM 170 FOR SPECIAL NEEDS PROVIDERS

Learn unique tools for assessing needs and ways to develop positive and measurable physical, cognitive, behavioral or emotional changes. Includes an overview of the standard 26 Brain Gym movements with specific modifications for special needs and the 7 Building Block activities which support integration of the nervous system.

new Nelson: Silver King campus \$149 +HST
Gayle Buchner
1 class: Feb 18, Mon 9 am-3 pm

BRINGING BODY INTO PRACTICE

Somatic Work for Frontline and Community Counsellors. Advances in neuroscience have incited radical shifts in the work of trauma resolution understanding and practice. This new paradigm recognizes the need for embodied practitioners to integrate left and right brain practices and strategies into clinical practice. For more details view www.bringingthebody.com and to register contact instructor at lisa@lisaortmore.com

new Lisa Mortimore, MA
Registered Clinical Counsellor
Yvonne Haist, MEd,
Registered Clinical Counsellor

BRINGING BODY INTO PRACTICE: PRESENTATION

This evening presentation will introduce the links between the body, brain and the autonomic nervous system, highlighting practitioner embodiment as integral to a somatically-informed trauma work practice. To register contact instructor at lisa@lisaortmore.com

Nelson: Silver King campus \$15 +HST
1 class: May 10, Fri 7-9:30 pm

Learn about Selkirk's
School of Health programs

selkirk.ca/health

BRINGING BODY INTO PRACTICE: WORKSHOP

An introduction of the theory and practices of somatically-informed trauma resolution. Links between the body, brain and the autonomic nervous system will be explored, and students will learn somatic interventions through presentations, demonstrations and experiential learning.

Nelson: Silver King campus \$100 +HST
2 classes: May 10, Fri 7-9:30 pm, May 11, Sat 9:30 am-5 pm

BRINGING BODY INTO PRACTICE: SOMATICS THROUGH A SOCIAL CONTEXT

This one year training program explores somatic trauma work informed by the weavings of neuroscience, interpersonal neurobiology and the social context. Trauma resolution processes, grounded in embodied practice offer practitioners interventions applicable to diverse populations and settings.

Nelson: Silver King campus \$700/unit
12 classes: Sep 26-29, 2013, Feb 13-16, 2014 & May 29-Jun 1, 2014

MENTAL HEALTH & ADDICTIONS ASSOCIATE CITATION

Are you a health and human service worker who would like to focus your practice on mental health and addictions issues? This associate citation will help you upgrade your skills for working with people living with mental health and addictions issues. For more information about this course, please call Kay Armstrong at 250.304.6502.

Want To Instruct A Course?

Dedicated to life-long learning, Selkirk College is accepting course proposals and applications from instructors for all program categories. For details on submitting a course proposal or application to teach a course, call your local campus, see **page 79**.

MOTIVATIONAL INTERVIEWING

This experiential workshop is designed to provide practitioners and students with basic Motivational Interviewing (MI) techniques and skills to enhance the effectiveness of their work with mental health, addiction and concurrent populations in a variety of settings. MI is a directive, client-centred counseling style of eliciting behaviour change by helping clients to explore and resolve ambivalence. It is goal-directed and compliments most theoretical approaches and styles in the helping professions. HHS students receive priority registration for this course. Registration is open to public after May 15, 2013.

Castlegar campus \$170
Kay Armstrong and Leslie Comrie
2 classes: Jun 15 & 16, Sat & Sun,
9 am-3:30 pm

SHELTERGUIDES HOMESHARE AND RESPITE CARE TRAINING

This exciting 14-week program will give you with a solid foundation and prepare you for employment as a home share or respite care provider. ShelterGuides' innovative training approach will allow you to learn through storytelling about real-life scenarios and give you skills to provide respectful, person-centred support for people with disabilities and special care needs.

Castlegar: Genelle Community Hall 1205 2nd St
\$750 +HST plus \$75 +HST for text
Jane Green and the Shelter Guides
14 classes: 11 weeks online instruction,
including 3 face-to-face days.
Face-to face classes: Mar 25, May 6 & Jun 24,
Mon 9 am-4 pm. Therapeutic Touch: LEVEL 1

THERAPEUTIC TOUCH

Therapeutic Touch (TT) is a healing modality that uses the hands to help bring balance to the energy field, thereby facilitating relaxation, reducing anxiety and helping to reduce pain. Students will receive a Level 1 certificate upon completion. For more information on TT, go to www.betherapeutictouch.com/information

new Castlegar campus \$169
Camille Roberts, RN
2 classes: Apr 13 & 14, Sat & Sun 10 am-5 pm



Selkirk College

Health & Human Services



MENTAL HEALTH & ADDICTIONS

ASSOCIATE CERTIFICATE

10 MONTHS ONLINE (2 COURSES PLUS A 2-DAY IN-CLASS WORKSHOP)

If you are already working in the human services or health care field and want to continue learning or advance in the industry, the Mental Health and Addictions certificate will help you to succeed.

This program is for:

- Human Services students and/or workers
- Degree holders looking for work-related personal development and/or credentials
- Nurses wishing to practice in the area of Mental Health

ADD 184: INTRODUCTION TO ADDICTION (3 CREDITS)

FALL: ONLINE WINTER: IN-CLASS

Transfer credit to Thompson Rivers University and University of Victoria. This introductory course studies substance and behavioural addictions, current research in the physiological, social and spiritual causes of addiction, and models for understanding dependence, recovery and relapse.

HSER 257: MENTAL HEALTH ISSUES: PRACTICAL RESPONSES (3 CREDITS)

WINTER: ONLINE

Transfer credit to Thompson Rivers University, University of the Fraser Valley, Vancouver Island University and University of Victoria. This course provides instruction in a variety of rehabilitative and treatment modalities used in work with marginalized populations. Attitudes toward mental health and substance use problems and how they impact helper effectiveness are explored in a supportive milieu.

MOTIVATIONAL INTERVIEWING WORKSHOP: BRIEF INTERVENTIONS

AND SUPPORT STRATEGIES

KAY ARMSTRONG AND LESLIE COMRIE

2 CLASSES: JUN 14 & 15,
SAT & SUN 9 AM-3:30 PM

Note: Certificate students or students already enrolled in an H&HS program must register before May 15.

This lecture and experiential workshop is designed to provide practitioners and students with basic Motivational Interviewing (MI) skills in order to enhance the effectiveness of their work with mental health, addiction and concurrent populations in a variety of settings.

For more information visit
phone: **1.888.953.1133, ext 233** or visit selkirk.ca/programs/hhs

PRENATAL

PRENATAL CLASSES

Having your first child and not sure what to expect? This course will coach you through the processes of labour and delivery, post partum care and breastfeeding. The cost includes a support person. Bursaries are available if you require assistance.

Castlegar: Kootenay Family Place
767 11th Ave. \$105 +HST

Marty Suttmoller
6 classes: Jan 30-Feb 27, Wed 6:30-9 pm
6 classes: Apr 3-May 1, Wed 6:30-9 pm
6 classes: May 29-Jun 26, Wed 6:30-9 pm
6 classes: July 24-Aug 21, Wed 6:30-9 pm

Grand Forks: Glanville Centre \$105 +HST
Kristi Kuromi
6 classes: Feb 12-19 Mar, Tue 6-8:30 pm
Please call if these times don't work. We're flexible.

Kaslo centre \$105 +HST
TBA
Please call if interested

Nelson: Health Unit \$105 +HST
333 Victoria St, 2nd Floor
Marty Suttmoller, Mary Ann Morris
6 classes: Jan 31-Mar 7, Thu 6:30-9 pm
6 classes: Apr 4-May 7, Thu 6:30-9 pm
6 classes: May 30-Jul 3, Thu 6:30-9 pm
6 classes: Jul 25-Aug 29, Thu 6:30-9 pm

Trail campus \$105 +HST
Hanne Smith, Julia Stockhausen
6 classes: Jan 10-Feb 14, Thu 6:30-9 pm
6 classes: Mar 14-Apr 18, Thu 6:30-9 pm
6 classes: May 16-Jun 20, Thu 6:30-9 pm
6 classes: Sep 12-Oct 17, Thu 5:30-9 pm
6 classes: Nov 7-Dec 12, Thu 5:30-9 pm

PRENATAL BREASTFEEDING

Come join our prenatal breastfeeding class. You learn about the benefits of breastfeeding, ways to promote the best possible start and how to support a breastfeeding mom. The cost includes a support person and you may be eligible for a bursary if you need assistance.

Castlegar: Kootenay Family Place
767 11th Ave. \$15 +HST
Marty Suttmoller

1 class: Feb 20, Wed 6:30-9 pm
1 class: Apr 24, Wed 6:30-9 pm
1 class: Jun 19, Wed 6:30-9 pm
1 class: Aug 14, Wed 6:30-9 pm

Grand Forks: Glanville Centre \$15 +HST
Kristi Kuromi
TBA

Nelson: Health Unit \$15 +HST
333 Victoria St, 2nd Floor
Mary Ann Morris
1 class: Feb 28, Thu 6:30-9 pm
1 class: May 2, Thu 6:30-9 pm
1 class: Jun 27, Thu 6:30-9 pm
1 class: Aug 22, Thu 6:30-9 pm

PRENATAL BREASTFEEDING SUPPORT GROUP

Questions about breast feeding? This facilitated support group will help answer them and also provide you with support from other moms who have similar concerns. Child care for older children is available. Please contact Maart@shaw.ca for more information.

PRENATAL IN A WEEKEND

Learn what to expect in your pregnancy through the processes of labour and delivery, postpartum care and breastfeeding. The cost includes a support person and bursaries are available if you require assistance.

Nakusp centre: Public Health Unit \$42 +HST

Linda Nero, Public Health Nurse
1 class: Mar 17, Sun 10 am-4 pm

Salmo: Salmo Community Services \$70 +HST
Marty Suttmoller
2 classes: Jun 8 & 9, Sat & Sun 10 am-4 pm

Winlaw: TBA \$70 +HST
Marty Suttmoller
2 classes: Mar 9-10, Sat & Sun 10 am-4 pm

PRENATAL REFRESHER

If you're having another child, this course is a great way to refresh your pregnancy knowledge. The cost includes a support person and bursaries are available if you require assistance.

Castlegar: Kootenay Family Place
767 11th Ave. \$35 +HST
Marty Suttmoller
2 classes: Feb 6 & 13, Wed 6:30-9 pm
2 classes: Apr 10 & 17, Wed 6:30-9 pm
2 classes: Jun 5 & 12, Wed 6:30-9 pm
2 classes: Jul 31 & Aug 7, Wed 6:30-9 pm
Trail campus \$35 +HST
Hanne Smith
Julia Stockhausen
2 classes: Mar 2 & 3, Sat & Sun, 9-11:30 am
2 classes: Jul 13 & 14, Sat & Sun, 9-11:30 am

PRENATAL: EARLY PREGNANCY CLASS

Learn what to expect in the early stages of your pregnancy. Designed for women in their first five months of pregnancy, this course will teach you what you need to know about nutrition, fetal development, maternal health, prenatal bonding and more. The cost includes a support person and you may be eligible for a bursary if you need assistance.

Castlegar: Kootenay Family Place
767 11th Ave. \$15 +HST
Mary Ann Morris, Marty Suttmoller
1 class: Jan 23, Wed 6:30-9 pm
1 class: Mar 27, Wed 6:30-9 pm
1 class: May 22, Wed 6:30-9 pm
1 class: Jul 17, We 6:30-9 pm

Nelson: Health Unit \$15 +HST
333 Victoria St, 2nd Floor
Sally Whitman
1 class: Jan 24, Thu 6:30-9 pm
1 class: Mar 28, Thu 6:30-9 pm
1 class: May 23, Thu 6:30-9 pm
1 class: Jul 18, Thu 6:30-9pm

Trail campus \$15 +HST
Hanne Smith
Julia Stockhausen
1 class: Mar 11, Mon 6:30-9 pm

PRENATAL EDUCATORS

See p. 67 for Birth Doula Workshop and Intro to Childbirth for Doulas

**DON'T WAIT!
REGISTER EARLY**
@ secure your spot today

MASSAGE

BASIC FULL BODY MASSAGE

Learn the art of the full body massage along with techniques for massage in the office. Please bring a towel, pillow, hot water bottle, face cloth and a partner if possible.

Nelson: Silver King campus \$27 +HST
Christine Sutherland
1 class: Jun 9, Sun 9 am-12 pm

FOOT MASSAGE & REFLEXOLOGY

Learn how to give a good foot rub and take it one step further with reflexology - an alternative medicine technique involving pressure to the feet and other parts of the body. Please bring an ice cream pail, two towels, massage oil, powder, pillow, hot water bottle, face cloth and a partner if possible.

Nelson: Silver King campus \$27 +HST &
\$18 +HST for partner
Christine Sutherland
1 class: Jun 8, Sat 1-4 pm

INFANT MASSAGE

Research shows that massage helps to enhance bonding, helps to relax infants and can aid in growth and development. Covers massage techniques for the legs, arms, chest, tummy, face and back. Bring a pillow, blanket, towel, baby's favorite stuffy and a light massage oil suitable for baby's skin.

Nelson: Silver King campus
\$29 +HST per family
Christine Sutherland
1 class: Jul 13, Sat 9:30-11:30 am

MASSAGE FOR COUPLES

You and your partner can learn how to help each other recover - physically, spiritually and emotionally - with Massage for Couples. Please bring a towel, pillow, hot water bottle and massage oil or lotion.

Nelson: Silver King campus
\$27 +HST & \$18 +HST for partner
Christine Sutherland
1 class: Jun 8, Sat 9:30-12:00 pm

THE POWER OF TOUCH: PALLIATIVE MASSAGE

Touch is one of the most important human interactions. You can learn the power of touch for a dying person from instructor, Christine Sutherland. Please phone 1.800.661.5799 or go online at sutherlandproductions.com for more information.

Nelson: Silver King campus
Christine Sutherland
1 classes: Jul 5-12, Fri-Fri

NUTRITION

CHEESE MAKING

Take home your culinary delight. Two day course to make cheeses such as quark, feta, camembert and yogurt. Soft cheese making kits will be available for order. Register early as this course has a maximum of 4 participants.

Nakusp: Brouse Loop B&B \$80 +HST
Christiane Welkerling
2 classes: Jan 26 Sat 10 am-2 pm,
Jan 27 Sun 2-5 pm
2 classes: Feb 16, Sat 10 am-2 pm,
Feb 17 Sun 2-5 pm

DELICIOUS HEALTHY EATING ON A BUDGET

Learn ways to eat well on a tight budget.

new Nakusp centre \$5 +HST
Theresa Radley
1 class: Mar 12, Tue 1-3 pm



LOW CARB GOURMET

Learn to use nutritional and delicious substitutes instead of carbs. You will not miss the CHO'S.

new Nakusp centre \$15 +HST
Theresa Radley
1 class: Apr 4, Thu 6:30-8:30 pm

EXPLORE VEGAN COOKING WITH CATHY

Cooking and eating together, participants will learn how to prepare four main courses that reduce your impact on the environment and increase the positive impact on your health.

new Salmo Valley Youth & Community Centre
Cathy Paton \$20 +HST
1 class: Feb 4, Mon 6-8:30pm

EXPLORE VEGAN BREAKFASTS AND BRUNCHES

Enjoy preparing and eating animal-free versions of your favourite breakfast and brunch foods.

new Salmo Valley Youth & Community Centre
\$20 +HST
Cathy Paton
1 class: Mar 10, Sun 10:00 am-noon

WHAT'S COOKING WITH DEB!

Get cooking with Deb Guest and you'll learn how to make a variety

new Nakusp Secondary School
\$150 +HST/series or
\$30 +HST/individual classes
Deb Guest
6 classes: Feb 7-Mar 14, Thu 6:30-8:30 pm

EATING CLEAN

new Nakusp Secondary School \$30 +HST
Deb Guest
1 class: Feb 7, Thu 6:30-8:30 pm

SEAFOOD

new Nakusp Secondary School \$30 +HST
Deb Guest
1 class: Feb 14, Thu 6:30-8:30 pm

VIETNAMESE

new Nakusp Secondary School \$30 +HST
Deb Guest
1 class: Feb 21, Thu 6:30-8:30 pm

KID'S MENU

new Nakusp Secondary School \$30 +HST
Deb Guest
1 class: Feb 28, Thu 6:30-8:30 pm

BAKING, PASTRY & DESSERTS

new Nakusp Secondary School \$30 +HST
Deb Guest
1 class: Mar 7, Thu 6:30-8:30 pm

CAKE DECORATING

new Nakusp Secondary School \$30 +HST
Deb Guest
1 class: Mar 14, Thu 6:30-8:30 pm

THE NATUROPATHIC APPROACH SERIES

Dr Brenda Gill offers a series of informative discussions that offer complementary therapies for common issues.

NATUROPATHIC APPROACH TO DEALING WITH STRESS AND SLEEPING WELL

Discuss how to handle and identify stress in your life and examine your vitality and values. Deal with mental focus, the effects of coffee and stress management techniques as well as food/nutrients that will support a healthy stress response.

Trail campus \$20 +HST
Dr Brenda Gill
1 class: Mar 6, Wed 7-9 pm



Selkirk College

Health & Human Services

COMMUNITY SUPPORT WORKER CITATION

An exciting professional development opportunity for experienced support workers!

The Community Support Worker (CSW) Citation is an option available only to experienced, employed learners. Eligible students take six Classroom and Community Support Worker (CCSW) courses to receive their CSW Citation and they then have the opportunity to ladder into the regular certificate program if they choose to continue their education.

ENTRANCE REQUIREMENTS

Potential candidates must be currently employed with a local community living

organization and have a minimum of three years of full-time equivalent employment in the field.

PROGRAM DESCRIPTION

Choose 6 of the 7 courses listed here:

- CCSW156 Support Strategies for Adults
- CCSW155 Inclusion
- CCSW161 Planning
- FAM180 Family Dynamics
- CCSW170 Augmentative Communication
- CCSW165 Health and Wellness
- HSER 174 Interpersonal Communication

For more information visit
phone: **1.888.953.1133, ext 233** or visit **selkirk.ca/programs/hhs**

NATUROPATHIC APPROACH TO FAMILY HEALTH

Discuss children's and mothers' health including: treating colds, boosting immune systems, nutrition and supplements, immunizations, bed wetting, digestion, asthma, eczema, attention deficit disorder and enhancing learning and attention.

Trail campus \$20 +HST
 Dr Brenda Gill
 1 class: Feb 13, Wed 7-9 pm

NATUROPATHIC APPROACH TO MENOPAUSE

Discuss aspects of menopausal transition and look at nutritional, herbal and supplemental support.

Trail campus \$20 +HST
 Dr Brenda Gill
 1 class: Feb 20, Wed 7-9 pm

NATUROPATHIC APPROACH TO SPORTS MEDICINE

Discuss enhancing athletic performance, learn about nutrition, maximizing assimilation and digestion, muscle boosting supplements, performance boosters, preventing the 'wall' and lactic acid, myths of some advertisements, maximizing lifestyle and mental/emotional enhancers.

Trail campus \$20 +HST
 Dr Brenda Gill
 1 class: Feb 27, Wed 7-9 pm

NATUROPATHIC APPROACH TO WOMEN'S MEDICINE

Discuss women's concerns, including: PMS, menopause, breast health, liver and GI connection, menstrual cramps, cancer prevention, chronic fatigue syndrome, fibromyalgia, and how to beat imbalances with food/herbs/supplements and homeopathics.

Trail campus \$20 +HST
 Dr Brenda Gill
 1 class: Feb 6, Wed 7-9 pm



NATUROPATHIC APPROACH TO WEIGHT LOSS

Discuss aspects of proper weight loss including: physiology, syndrome X, blood sugar regulation, thyroid function, activity, food choices, adrenal function, liver involvement, female hormone influence and nutrient/supplemental support.

Trail campus \$20 +HST
 Dr Brenda Gill
 1 class: Mar 13, Wed 7-9 pm

INTRODUCTION TO HOMEOPATHY

Reduce your dependence on pharmaceuticals and doctors with simple, effective and inexpensive homeopathy techniques. Homeopathy is a healing technique for all ages and can be used for a range of general health issues and chronic diseases. You'll leave with a knowledge of how to use six common first aid remedies.

Kaslo centre \$19 +HST
 Carole Summer
 1 class: Feb 26, Tue 6:30-8:30 pm

WOMEN'S YOGA RETREAT

This unique yoga experience is designed to be easily incorporated into your own pattern of aware living. Yoga styles include: Hatha, Agama, Sivananda, and Vinyasa. Retreat includes yoga and meditation classes, some meals and two nights accommodation. All ages & levels.

Kaslo: Wing Creek Resort \$599 +HST
 Satyama Lasby
 4 classes: May 31 - June 2, , Fri 4-8 pm,
 Sat 9am-6pm, Sun 9 am-noon

HOSPITALITY & TOURISM

Improve your service skills through courses from *Serving it Right*, *Food Safe to Bartending* and *Worldhost*.

BARTENDING

Get practical experience and learn the theory behind frontline bartending. You'll leave with your *Serving it Right* and *Bartending Certificates*. Please purchase "Guide to Bartending" and the recipe book at the Selkirk College Book Store before class.

Nelson: Tenth Street campus \$275
 Carol Erickson
 12 classes: May 7-Jun 6, Tue & Thu 6-9 pm, 2
 Sat TBA 9 am-12 pm

FOOD SAFETY FOR FOOD HANDLERS

Get food smart with this online course. Develop an understanding of basic food safety, learn how to protect yourself and others from foodborne illnesses and leave with a certificate equivalent to FoodSafe Level I. This course is not compatible with Mac computers.

Online \$89
 Continuous intake

FOODSAFE - LEVEL I

Get food smart with this course required for all food handlers. Develop an understanding of basic food safety, learn how to protect yourself and others from foodborne illnesses and leave with a certificate equivalent to FoodSafe Level I.

Grand Forks campus \$89
 Andrea Krog
 1 class: Jan 12, Sat 8 am-5 pm
 1 class: Mar 2, Sat 8 am-5 pm
 1 class: May 17, Fri 8 am-5 pm
 Midway: BCSS \$89

Andrea Krog
 1 class: Apr 5, Fri 8 am-5 pm
 Nakusp centre \$89
 Carol Erickson
 1 class: May 6, Mon 9 am-5 pm
 Nelson: Silver King campus \$89
 Carol Erickson
 1 class: Jan 29, Tue 9 am-5 pm
 1 class: Mar 12, Tue 9 am-5 pm
 1 class: Apr 30, Tue 9 am-5 pm
 1 class: Jun 11, Tue 9 am-5 pm
 1 class: Jul 9, Tue 9 am-5 pm
 Salmo Valley Youth & Community Centre \$89
 Carol Erickson
 1 class: Jun 15, Sat 9 am-5 pm
 Trail campus \$89
 Carol Erickson
 1 class: Mar 9, Sat 9 am-5 pm
 1 class: May 4, Sat 9 am-5 pm

| HOSPITALITY & TOURISM |



Learn about Selkirk's
 School of Hospitality & Tourism

selkirk.ca/ht

CONFERENCE SERVICES



Looking to have an event in the Kootenays?

Enjoy and fully participate in your special day without any concerns!
Your first point of contact at Selkirk College is Conference Services, a division of the Continuing Education Department.

With competitive rates and quality service, we will assist your organization to:

- Create a customized event
- Contract speakers, facilitators or entertainers
- Develop education and training packages
- Register participants and collect fees

Conference Services include:

- Project management
- Marketing assistance
- Pre and onsite registration
- Tech equipment and support
- Quality instruction

Visit selkirk.ca/services/communityservices,
or contact Conference Services by phone at **250.551.1587**
or email conference@selkirk.ca.

If your organization requires only facility booking and catering
contact **250.365.1311** or email catering@selkirk.ca.

selkirk.ca

Within Reach. Beyond Imagination. Selkirk College



MARKETSAFE

A food safety training program for farmers and producers who make, bake or grow products to sell at local farmers' markets or faires. Developed by BC Foodsafe in partnership with BC Association of Farmers' Markets. Bursaries available from the BCAFM.

new Nelson: Silver King campus \$65
 Heather Love
 1 class: Feb 5, Tue 9 am-3 pm

SERVING IT RIGHT

Train for this certificate if you plan to serve alcohol to the public.

Nelson: Tenth Street campus \$45
 Carol Erickson
 1 class: May 9, Thu 6-9 pm

Salmo Valley Youth & Community Centre \$45
 Carol Erickson
 1 class: Jun 18, Tue 6-9 pm

Trail campus \$45
 Carol Erickson
 1 class: May 15, Wed 6-9 pm

WORLD HOST

Formerly called Super Host, this fun and interactive course will teach you skills and techniques for excellent customer service and effective communication. You'll walk away with tools you can use in most any work environment.

Grand Forks: Boundary Regional Chamber of Commerce, Community Futures Boundary
 1647 Central Ave \$95
 1 class: Apr 12, Fri 10 am-5 pm

new Nakusp centre \$95
 Marilyn Rivers
 1 class: Feb 3, Sun 9 am-5 pm

Trail campus \$95
 Marg Craig
 1 class: May 4, Sat 9 am-4 pm

new Kaslo centre \$95
 Marilyn Rivers
 1 class: Apr 20, Sat 9am-4 pm

Stay Connected ...

If you are a Selkirk College graduate, join our **Alumni Association**. The benefits are big. Also, if you are interested in coordinating an alumni reunion for your program or school, contact the Alumni Association.

Join our facebook page - Selkirk College Alumni Association!

For more information:

phone **250.505.1324**

email **alumni@selkirk.ca**



selkirk.ca/alumni

INDUSTRY & TRADES

Check out our certificates & courses in Welding, Forklift Operation Certificate, Rigging to Log Scaling & Grading and Refrigeration Plant Operator.

BC ELECTRICAL CODE: HOME STUDY

Learn the correct interpretations of BC Code rules, and a working knowledge of the BC Safety Standards Act, BC General Regulation, Electrical Safety Regulation and the BC Authorization Procedures for electrical contractors. An approved BC Safety Authority course, enabling you to write the Field Safety Representative exam.

Online Continuous Intake: call Silver King campus \$575

BC LOW ENERGY CODE, CLASS LO: HOME STUDY

This certificate enables you to act as a Field Safety Representative and install circuits that have a power supply limited in accordance with requirements to Class 2 circuits, maximum 100 volt amperes; with exception of a dedicated branch circuit from an existing panel board or extension of an existing branch circuit wiring, rated at 15 ampere, 120 volt, to an outlet installed specifically for a Class 2 power supply perform regulated electrical work on electrical equipment.

Online Continuous Intake: call Silver King campus \$350
Jim Paterson

COMMERCIAL VEHICLE INSPECTION

For journeymen automotive, commercial transport and heavy duty mechanics who work or wish to work for a designated inspection facility. Employers are to sign up for Vehicle Inspection Standards online at www.vsis.qp.gov.bc.ca before the start of the course.

Nelson: Silver King campus \$220
plus \$60 manual +HST

Dave Griffin
3 classes: Mar 15-17, Fri 6-10 pm,
Sat & Sun 8:30 am-4:30 pm
3 classes: May 31-Jun 2, Fri 6-10 pm,
Sat & Sun 8:30 am-4:30 pm

COMMERCIAL VEHICLE INSPECTION: DESIGNATED INSPECTION FACILITY OPERATOR

For persons designated or directly responsible for the day to day business operation of a commercial vehicle inspection facility. All DIF operators must have working knowledge of all applicable Motor Vehicle Act, Regulations and vehicle inspection requirements. To become a DIF operator you must successfully complete the qualification exam and application package. May be taken as stand alone or in conjunction with the CVIP. Manual extra.

new Nelson: Silver King campus \$89
Dave Griffin
1 class: May 30, Thu 8:30 am-4:30 pm

FALL PROTECTION

Learn the components of fall protection systems and review the regulations and standards to keep you safe. The hands-on component will familiarize you with fall protection systems and help with problem solving in the workplace. Onsite contract rates are available for groups.

Grand Forks Campus \$210
Rob Schwarzer
1 class: Feb 8, Fri 8:30 am-4:30 pm
Nelson: Silver King campus
Rob Schwarzer
1 class: April 5, Fri 8:30 am-4:30 pm

Trail campus \$180
 Rob Schwarzer
 1 class: Mar 9, Sat 8:30 am-4:30 pm

REFRIGERATION PLANT OPERATOR: HOME STUDY

This online 10-unit BC Safety Authority-approved certificate course is one of the requirements to challenge the Refrigeration Operator's Certificate of Qualification, in addition to the industry experience requirement. Phone tutorials for 7 months and all materials are included.

Nelson: Silver King campus \$725
 Bruce McMaster
 Continuous Intake

FORKLIFT OPERATOR CERTIFICATION

Learn safe operation techniques, current regulations, common types of forklifts, pre-shift inspections and more. Please pick up your manual in advance. Onsite contract rates are available for groups.

Nelson: Silver King campus \$220
 Dave Griffin
 2 classes: Mar 22-23, Fri 6-10 pm,
 Sat 8 am-4 pm
 2 classes: Apr 19-20, Fri 6-10 pm,
 Sat 8 am-4 pm
 2 classes: May 24-25, Fri 6-10 pm,
 Sat 8 am-4 pm

Trail campus \$220
 Jimmy McIntyre
 2 classes: May 4 & 5, Sat & Sun,
 9 am-3 pm

Kaslo centre \$220
 Jimmy McIntyre
 2 classes: Apr 13 & 14, Sat & Sun
 9 am-3pm

RIGGING

Learn to identify basic hazards and controls, all about sling loads, how to check the setup, to plan safe raising, moving and lowering of loads thru work areas, in depth advice on equipment and rigging problems and much more!

Nelson: Silver King campus \$180
 Dave Briggeman
 1 class: Mar 22, Fri, 9 am-5 pm

WELDING: NIGHT SCHOOL

Learn basic welding skills for the handyman, hobbyist or as a step toward your provincial welding certification. Please bring steel-toed boots, leather gauntlet gloves, 10-inch vice grips and a hat or head covering.

Nelson: Silver King campus \$489 +HST
 Dick Schultz
 12 classes: Feb 19-Mar 28, Tue & Thu
 6:15-9:45 pm

LOG SCALING & GRADING

Based on Ministry of Forests and Range Revenue Branch Scaling Manual and Scaling Legislation. This course is timed in conjunction with the Interior Scaling exam, which will be held in May 2013. Travel expenses, accommodations (if required) and cost of exam will not be included in the cost of the course and will be the responsibility of each participant. Basic math is required and you must be able to withstand the rigors of hard work in all weather and log yard conditions.

Castlegar campus \$865 plus manual
 Ernie Hayward
 14 classes: Mar 9-Apr 28,
 Sat & Sun 9 am-4 pm (no class Mar 30 & 31)



Learn about Selkirk's
 Industry & Trades programs

selkirk.ca/industryandtrades

LANGUAGES

Expand your horizons through courses in French, Italian, Spanish, Japanese, German and Sign Language.

FRENCH: LEVEL I

Le Francais, c'est bon! Learn the basics of Canada's other official language with this course. Study the alphabet, numbers, greetings, days, seasons and more.

Castlegar Campus \$49 +HST
Jose Padilla
5 classes: Apr 18-May 2, Tue & Thu 7-8 pm

Trail Campus \$49 +HST
Jose Padilla
5 classes: Feb 4-20, Mon & Wed 8-9 pm
(no class Feb 11)

FRENCH: LEVEL II

Take the next step in your French language studies with this course that builds on Level I with French sounds, sentences and dialogues.

new Castlegar campus \$49 +HST
Jose Padilla
5 classes: May 9-23, Tue & Thu 7-8 pm

Trail Campus \$49 +HST
Jose Padilla
5 classes: Feb 27-Mar 13, Mon & Wed 8-9 pm

GERMAN: LEVEL I

For learners with very little or no background in German. It takes a communicative approach. Covers topics such as greetings, introducing yourself and others, professions, numbers, family, countries, and hobbies. Learn essential basic rules and verbs and explore bits of the German culture.

Castlegar campus \$99 +HST
Ursula Schantz
6 classes: Jan 28-Feb 14, Mon & Thu
6:30-8:30 pm

GERMAN: LEVEL II

For learners with little background in German. It takes a communicative approach. The following topics will be covered: shopping, ordering food, invitations, and interesting expressions. Learn the use of nouns and two tenses, and explore bits of the German culture.

Castlegar campus \$99 +HST
Ursula Schantz
6 classes: Feb 25-Mar 14,
Mon & Thu 6:30-8:30 pm

ITALIAN: BEGINNER CONVERSATIONAL

Be ready to travel to Italy. Learn the basics of speaking Italian with this fun and relaxed beginner course. You'll explore basic grammar with an emphasis on building simple, key sentences, verb conjugation and numbers.

new Nelson: Silver King campus \$84 +HST
Pompea Savarin
6 classes: Feb 13-Mar 20, Wed 6:30-8:30 pm

JAPANESE: BEGINNER I

Discover Japanese with this introductory course for those with little or no knowledge of Japanese language. Learn the basics with an emphasis on conversation.

Nelson: Silver King Campus \$112 +HST
Yukako Krause
8 classes: Feb 5-28, Tue & Thu, 6-8 pm

Trail Campus \$75+HST
Shoko Kurizaki
4 classes: Apr 11-May 2, Thu 6:30-8:30 pm

JAPANESE BEGINNER II

Step up your knowledge of Japanese with this second level course. You'll continue your studies to improve your understanding and abilities with the Japanese language.

Nelson: Silver King campus \$84 +HST
Yukako Krause
6 classes: Mar 5-21, Tue & Thu 6-8 pm

Trail campus \$75 +HST
Shoko Kurizaki
4 classes: May 16-Jun 6, Thu 6:30-8:30 pm

SIGN LANGUAGE: AN INTRODUCTION

Consists of a preparatory phase to introduce students to communication in the manual-visual mode, followed by instruction and practice in vocabulary, sentence structure, and elementary conversation. In addition, provides a basic overview of ASL and the Deaf community.

Castlegar campus \$149 +HST
Sandy Baker
7 classes: Jan 29-Mar 12, Tue 6:30-8:30 pm

SIGN LANGUAGE: BEGINNER LEVEL II

For students with a basic understanding of sign. Class is geared to further converse at a conversational level in sign.

new Castlegar campus \$149 +HST
Sandy Baker
7 classes: Apr 2-May 14, Tue 6:30-8:30 pm

SPANISH FOR TRAVELERS: LEVEL I

If you know little or no Spanish but would like to learn, this is a great place to start. Practice the basics with an emphasis on conversation.

Castlegar campus \$49 +HST
Jose Padilla
5 classes: Feb 7-21, Tue & Thu 7-8 pm

Nelson: Silver King Campus \$74 +HST
Romany Watt-Osecki
5 classes: Feb 7-Mar 7, Thu 5-6:30 pm

Trail Campus \$49 +HST
Jose Padilla
5 classes: Feb 4-20, Mon & Wed 7-8 pm (no class Feb 11)

SPANISH FOR TRAVELERS: LEVEL II

Go further in-depth with your Spanish. You'll study more about grammar and sentence building, while learning new vocabulary. You must have Level 1 or a basic understanding of Spanish for this course.

Castlegar campus \$49 +HST
Jose Padilla
5 classes: Feb 28-Mar 14, Tue & Thu 7-8 pm

Nelson: Silver King campus \$74 +HST
Romany Watt-Osecki
5 classes: Apr 4-May 2, Thu, 5-6:30 pm

Trail Campus \$49 +HST
Jose Padilla
5 classes: Feb 27-Mar13, Mon & Wed 7-8 pm

SPANISH FOR TRAVELLERS: LEVEL III: INTRODUCTION TO CONVERSATION

Learn basic conversational situations that you experience while travelling (e.g. at airports, hotels, banks, restaurants & street directions). Learn additional vocabulary and how to put it together to form common expressions. Will also help you review what you have learned in previous courses.

Castlegar campus \$49 +HST
Jose Padilla
5 classes: Mar 21-Apr 4, Tue & Thu 7-8 pm

GERMAN FOR LOCAL TOURISM BUSINESSES

Learn how to better communicate with your German guests and customers with this introductory course in German basics. This informal and informative class will help you learn basic German words and phrases. Learn what to say and what not to say.

Kaslo centre \$19 +HST
Gudrun Riegler
2 classes: Mar 30 & Apr 6

Learn more about
Selkirk International

selkirk.ca/selkirk-international

Golf Club Operations Online Certificate Program (GCOOL)

100% online golf management courses from Selkirk College help people break into the industry. Our new online golf management delivery model enables working golf managers and people aspiring to management positions to continue living at home (no need to relocate) and to “earn as they learn”.

Take one course or all ten. Courses run 12 weeks starting Feb. 1, 2013 and repeat Nov. 1, 2013.



I have expectations to become the GM of a golf club. Programs that offer the right tools to achieve this goal are hard to find. The GCOOL Program from Selkirk has exceeded all of my expectations. The passion of the teachers for the golf industry, combined with the commitment of both the student and teacher, makes this program unique and indispensable to achieve personal growth within the golf industry.

Steve Deschênes

Head Professional
Memphremagog Golf Club, PQ

- GCOOL 101 Financial Controls for Golf Clubs
- GCOOL 102 Overview of Golf Operations
- GCOOL 103 Food & Beverage Controls
- GCOOL 104 Financial Tools for Golf Managers
- GCOOL 105 Golf Shop Operations
- GCOOL 106 Golf Club Marketing
- GCOOL 107 Turfgrass Management
- GCOOL 108 Human Resources for Golf Clubs
- GCOOL 109 Leadership for Golf Clubs
- GCOOL 110 Tournament & Special Event Planning



For more information visit selkirk.ca/programs/ht/golf



selkirk.ca

Within Reach. Beyond Imagination.

Selkirk College

LEADERSHIP & MANAGEMENT

Hone your skills through courses for Fitness Educators, Personal Training Specialist Program, Prenatal Educators, Yoga Teacher Training to Management Training.

ABORIGINAL EDUCATION SUPPORT

Aboriginal students, take advantage of assistance with application processes, band funding, program information, accessing status, advocacy and more. Call 250.365.1357 or email aboriginalinfo@selkirk.ca for appointments.

GRANT WRITING

This FREE grant writing workshop will provide basic information on developing a project concept, identifying appropriate funders and partners, learning the key elements of a proposal, and tips on writing a good grant application. An overview of the Columbia Basin Trust's current granting programs will also be included. Pre-registration is REQUIRED.

new Castlegar campus Free
Rona Park, Columbia Basin Trust
1 class: Mar 8, Fri 9:30-11:30 am

Kaslo centre Free
Lynda Lefleur, Columbia Basin Trust
1 class: Feb 7, Thu 7-9 pm

Nakusp centre Free
Lynda Lefleur, Columbia Basin Trust
1 class: Feb 18, Mon 7-9 pm

Nelson: Silver King campus Free
Rona Park, Columbia Basin Trust
1 class: Feb 22, Fri 9:30-11:30 am

Trail campus Free
Rona Park, Columbia Basin Trust
1 class: Jan 25, Fri 9:30-11:30 am

ENCOURAGE BEHAVIOR CHANGE

What makes people change? Examine the motivations behind human behaviour and learn about tools for encouraging change. Change-makers in education, public health,

social services, waste reduction, environmental conservation and all charitable organizations will benefit from this fascinating new workshop. Bring your organization's behaviour-change challenges for discussion.

new Nelson: Silver King campus \$99 +HST
Lorna Visser, Carmanah Strategies
1 class: Feb 22, Fri 9:30 am-4:30 pm

FITNESS EDUCATORS

FITNESS KNOWLEDGE

This is the first step to becoming a fitness instructor and the pre-requisite for all CFES courses. You will have an opportunity to review the theory examination, answer all questions and work through application of theory, building your confidence in writing the provincial exam. There is a separate fee for writing the provincial exam.

Castlegar campus \$265
Heather Bouchier
4 classes: Feb 1-3, Mar 2, Fri 6-9 pm,
Sat & Sun 9 am-5 pm. Mar 2: 10 am-2 pm

GROUP FITNESS

Foundation Skills to design and deliver a safe, effective group-exercise class. Pre-requisite: Fitness Knowledge.

Castlegar campus \$225
Heather Bouchier
4 classes: Apr 26 & 27, May 3 & 4, Fri 6-9 pm,
Sat 9 am-5 pm

Learn about Selkirk's
Office Management Program

selkirk.ca/office-management

PERSONAL TRAINING SPECIALIST PROGRAM

Start yourself on the path to a new career as a personal trainer with this program. If you register for both Weight Training and the Weight Training Practicum you get a 10 per cent discount. You'll have the option to register as certified instructors with the BCRPA or CFES. Visit www.bcrpa.bc.ca or www.canadianfitness.net for more information.

PERSONAL TRAINER COURSE

Learn what you need to know to become a registered personal trainer in British Columbia. You'll explore advanced program design for healthy and special people, testing, assessment, consultation, advanced anatomy and physiology as well as the business of training. You'll feel confident writing the Personal Training Provincial Exam at the end of this course.

Castlegar campus \$420
Samantha Reid
9 classes: Jan 25, 26, Feb 2, 3, 8, 9, 16, 17 & Mar 8, Fri 6-9 pm, Sat & Sun 9 am-3:30 pm

PERSONAL TRAINING PRACTICUM

Gain hands-on experience and complete the Personal Training Competency Evaluation with this course, which is designed to complement the Personal Trainer Course by providing real-life scenarios and clients.

Castlegar campus \$180
Samantha Reid
3 classes: Mar 2, 9 & Apr 6, Sat 9 am-3:30 pm
(Write National Exam in-class on April 6, 1:30-3:30 pm)

PRENATAL EDUCATORS

BIRTH DOULA WORKSHOP

Doulas provide continuous emotional, physical and informational support and comfort to a labouring woman and her partner. This workshop has been approved as one step toward certification by DONA International and focuses on the Doula's role in the prenatal period, during labour, birth, and postpartum. For details contact Marty at msutmoller@shaw.ca



new Nelson: Silver King campus \$375
Marty Suttmoller
2 classes: May 18-19, Sat & Sun 8 am-6 pm

INTRO TO CHILDBIRTH FOR DOULAS

For Doulas wishing to certify with DONA International, this meets one of the certification requirements if taken prior to the Birth Doula Workshop. Topics include reproductive anatomy, fetal development, pregnancy and postpartum physiology and pain exploration. For details contact Marty at msutmoller@shaw.ca

new Nelson: Silver King campus \$90 +HST
Marty Suttmoller
1 class: May 11, Sat 8 am-5 pm

YOGA TEACHER TRAINING

The following 2 training sessions fulfill the hours set by Yoga Alliance to be certified in this specialized field.

PRENATAL YOGA TEACHER TRAINING

Acquire the knowledge and techniques to safely support women and couples throughout pregnancy through movement, breath and awareness. Learn powerful tools to support a holistic approach to pregnancy, labour and birth. Become certified to teach this specialized skill. No pre-requisites necessary but yoga experience an asset. Register online with Anna: www.gaiatri.com 1.866.818.3136

new Nelson: Studio Alive, 1209 Fall St. \$425
\$400/with Postnatal Yoga Training
Anna Collins
4 classes: May 23-26, Thu-Sun 8 am-5 pm
4 classes: Oct 3-6, Thu-Sun 8 am-5 pm

APPLIED LEADERSHIP CITATION PROGRAM

CASTLEGAR CAMPUS: MIR CENTRE

INSTRUCTOR: PHIL KOLBUC & GUESTS

Developed in full consultation with approximately twenty of the largest employers in the West Kootenay/ Boundary Region. This six-course program will provide individuals with leadership skills and knowledge they can immediately employ in the workplace.

The sessions are sequential and cumulative, with each session building on the previous one. However, each session is also designed as a complete and separate learning experience. There are 4 – 5 weeks between each session for back-at-work application, coaching and mentoring. Cost for entire program: \$2150 (save \$200 when registering for all modules at once). Costs per session noted below.

SESSION 1: APPLIED LEADERSHIP

FEB 5-7, 2013, TUE & THU, 9 AM-4 PM

Explore the concept of leadership, supervision and management and what characteristics, qualities and attributes they have in relation to these respective roles and how to utilize ones strengths to be most effective as a leader. Cost: \$550 +HST.

SESSION 2: BUILDING RELATIONSHIPS

MAR 12-14, TUE & THU, 9 AM-4 PM

Learn the importance and value of building relationships in the workplace and how to engage others in difficult conversations to produce positive, satisfying and mutually beneficial outcomes. Participants will learn the skills and techniques effective leaders use to go beyond compliance and get commitment. Cost: \$450 +HST

SESSION 3: DEVELOPING TEAMS

APR 9-11, TUE & THU, 9 AM-4 PM

Explore how groups work together and what the key criteria are for building and maintaining high performance teams. In this session participants will learn the skills for turning all meetings into a team building opportunity. Cost: \$450 +HST

SESSION 4: HUMAN RESOURCES, FINANCIAL MANAGEMENT AND LABOUR RELATIONS

MAY 8 & 9, WED & THU, 9 AM-4 PM

Gain a greater understanding and appreciation for the role and function of 'human resources' and the law and how labour relations legislation helps protect everyone from workplace abuse. This session will ensure that participants know and apply workplace practices that comply with the latest of labour law and legislation. Participants will also gain a better understanding of financial management. Cost: \$300 +HST

SESSION 5: COACHING FOR PERFORMANCE

JUN 5 & 6, WED & THU, 9 AM-4 PM

Learn about the key components for an effective performance management system and process and how to use coaching / mentoring techniques as part of one's performance review interview. Cost: \$300 +HST

SESSION 6: PERSONAL DEVELOPMENT

JUN 26 & 27, WED & THU, 9 AM-4 PM

Develop your time and stress management skills to ensure good self-management. If you're not taking good care of yourself you are in no position to get the best out of others. In this session participants will be provided with practical time and stress management skills to be a leader in every aspect of life. Cost: \$300 +HST

POSTNATAL YOGA TRAINER TRAINING

Learn specific skills to support women after birth. Learn how to inspire and safely teach rebuilding strength, support and opening through proper alignment in their bodies after birth. A perfect follow up to Prenatal Yoga. Register online with Anna: www.gaiatri.com
1.866.818.3136

new Nelson: Studio Alive, 1209 Fall St. \$425
\$400/with Prenatal Yoga Training
Anna Collins
4 classes: Nov 7-10, Thu-Sun 8 am-5 pm

LEADERSHIP

INSTRUCTIONAL SKILLS WORKSHOP

Develop an increased competence and confidence as facilitators of learning. This is a brief introduction to writing objectives, lesson planning, learning styles, motivation, and evaluation of learning. Contact Theresa Southam for more details at tsoutham@selkirk.ca

new Castlegar campus \$329
Selkirk College Faculty/Instructors
5 classes: Aug 19-23, Mon-Fri 8:30 am-4 pm

INSTRUCTOR DIPLOMA PROGRAM

Offered through Vancouver Community College (VCC), the Provincial Instructor Diploma Program (PIDP) helps instructors develop skills in course planning, delivery and evaluation. The program consists of seven 30-hour courses, including a brand new mandatory course that must be taken first PIDP 3100 Foundations of Adult Education and a final capstone project. The courses can be taken online or at any location in the province. For a course syllabus and a schedule, or to apply for admission to the program, go to instructordiploma.com or phone VCC, 1.888.332.3212. Selkirk College offers a few face-to-face courses a year.

BUSINESS RETENTION IN THE SLOCAN VALLEY

The Slocan Valley Economic Development Commission partnering with the Slocan District Chamber of Commerce will begin a Business

Retention + Expansion project in January, to help determine what the Slocan Valley business community needs in order to thrive and grow. With your participation, we will be able to identify our strengths and challenges and create a follow-up plan to apply all available resources to respond to business needs and get results. If you are eager to add your input to the process, please contact the project partners at: Slocanvalleyedc@gmail.com

BUSINESS RETENTION AND EXPANSION (BRSE) FOR NAKUSP AND AREA

BR&E is an action-oriented, community based approach to business and economic development. Business development and job creation are key factors in developing healthy and vibrant communities. By taking an accurate assessment in the community, determining problems and issues we can then take positive action. The overall goal is to identify needs and concerns that enable businesses to retain or create jobs. Come and find out how the BR&E can help your business.

new Nakusp centre
Free, please pre-register TBA
1 class: Feb 6, Wed 7 pm

CAREER COUNSELLING

Selkirk College counsellors are here to assist you with career and educational decisions. They can suggest activities and resources to help you consider your options. Both in-person and phone appointments are available. Phone 250.353.2618 (Kaslo) or 250.265.4077 (Nakusp) to book an appointment.

Kaslo centre Free
Robin Higgins
1 class: Mar 25, Mon 9:30 am-3 pm
Nakusp centre Free
Robin Higgins
1 class: Mar 18, Mon 9:45 am-3:30 pm

CONFLICT RESOLUTION

A normal and necessary part of healthy team dynamics, when conflict is handled in a respectful and positive way it provides an opportunity for growth, ultimately strengthening the bond between team members. Learn how to

support individual goals while increasing group cohesion and improving the levels of mutual respect and trust in work relationships

Trail campus \$169 +HST plus manual
Jeanne Kim, PMP
1 class: May 4, Sat 8:30 am-4:30 pm

DEALING WITH CONFLICT IN THE WORKPLACE

Understand what is conflict, its effects on the workplace and strategies to effectively deal with conflicts in the workplace. This workshop will assist you to set a platform of respect in the workplace, in an interactive environment to practice conflict resolution. Designed for all levels of the organization and members of the joint health and safety committee.

Nelson: Silver King campus \$49 +HST
Arleen Gallo, CHR
1 class: May 3, Fri 1:30-4:30 pm

TALKING WITH AND LISTENING TO TEENS

Communication is the cornerstone of human relationships. Learn how to effectively communicate with the teens in your life. Hear about effective strategies in dealing with "oppositional" teens or teenage "angst". Help teens set positive goals, deal with negative peer relations and deal with identity issues. Learn how to effectively give and receive positive feedback and express gratitude. Open to adults only.

new Grand Forks campus \$45.00 +HST
Sean Noble, MSC
1 class: Apr 6, Sat 9 am-12 pm

MANAGING CONFLICT IN FAMILIES AFTER SEPARATION OR DIVORCE

Learn how to effectively communicate in post-separation situations. Start with self-examination, personal perceptions and evolve to how we communicate these values to others including our children and current and ex-partners. Learn strategies to deal with complex family dynamics and conflict. Can be effective if both parties attend; however, individuals can benefit regardless.

new Grand Forks campus \$60.00 +HST
Sean Noble, MSC
3 classes: Feb 16, 23 & Mar 2,
Sat 9 am-12 pm

PUBLIC SPEAKING FROM THE INSIDE OUT

Are your communication skills holding you back? Are you tongue-tied when asked to speak at the last minute? Join accomplished speaker, educator and human resource professional, Cathy Heyland in this dynamic skill building program. Learn speech writing and delivery in a safe and fun environment. Understand and control nervous energy, persuade your audience, give and receive constructive feedback and notch up your self confidence. Make 2013 the year to invest in yourself!

new Nelson: Silver King Campus \$275 +HST
Cathy Heyland
8 classes: Feb 21-Apr 11, Thu 7-9 pm

PROJECT PLANNING FOR NON-PROJECT MANAGERS

If you have responsibility for a project, event or initiative, this course is for you. Learn essential project management concepts and methods to effectively plan, implement, monitor and close projects and initiatives. This course is recommended before taking MS Project 2010

Trail campus \$149 +HST
Jeanne Kim, PMP
1 class: Feb 9, Sat 8:30 am-4:30 pm

PROJECT MANAGEMENT ESSENTIALS WORKSHOP

This 3 day workshop will be of interest to new and current project managers as well as professionals seeking Project Management Institute (PMI) Professional Development Units (eligible for 21 PDUs). Improve your understanding and use of the PMI Project Management Framework, Processes and Knowledge Areas including terms and definitions; techniques and tools for planning and executing projects and how to monitor and control project scope, quality, time, costs and risks.

Trail campus \$1299
Denise Holleran-Boswell
3 classes: Apr 22-24, Mon-Wed 8:30 am-4:30 pm

RESPECT IN THE WORKPLACE

Establishing and ensuring respect in the workplace is crucial to engage your workforce and support organizational success. Your team can participate in this critical work through an interactive session designed to leave every manager and employee with a better understanding of what a Respectful Workplace looks like. Open to all and available upon request.

new Trail campus \$75 +HST
Arleen Gallo, CHR
1 class: Apr 20, Sat 9 am-12:30 pm

VIOLENCE IN THE WORKPLACE

Understand the levels of violence escalation and explore proactive strategies for a safe respectful work place. This workshop provides an interactive environment to discuss strategies to effectively mitigate and deal with violence and identify resources. Designed for all levels of the organization and members of the joint health and safety committee.

Nelson: Silver King Campus \$49+HST
Arleen Gallo, CHR
1 class: Apr 26, Fri 1:30-4:30 pm

COMMUNITY ECONOMIC DEVELOPMENT CERTIFICATE

Explore the models for building sustainable, robust economies. The following 4 courses are part of SFU's certificate program in Community Economic Development. Each course is a stand-alone but it is possible to join the program in progress. To apply for admissions to the program contact: SFU Centre for Sustainable Community Development Program Director, Nicole Chaland at 250.686.1167 or certced@sfu.ca.

To register for the individual courses, contact Silver King Campus.

new Nelson: Tenth Street campus \$450/course

CED COURSE: FRAMEWORKS & APPLICATIONS IN CO-OPERATIVE DEVELOPMENTS

Explores opportunities for establishing co-operatives to create and sustain community resources for employment, financing, natural resource management, marketing, and services (housing, transportation, media, health, home and child care). Topics include co-op principles, legal requirements of co-op incorporation, choosing a model that fits the purpose, and supporting the developmental process. Melanie Conn is a member of Devco, a worker co-op that has provided co-op development training and assistance throughout Canada.

Melanie Conn
2 classes: Apr 26 & 27, Fri-Sat
8:30 am-4:30 pm

CED COURSE: SOCIAL ENTERPRISE

Social enterprises, owned and operated by non-profit societies or co-operatives, can be organized into a society, training enterprise or a business. This course takes you through the key considerations for non-profits, as well as critical success factors and phases from conceptualization to launch.

Brian Smith
2 classes: May 24 & 25,
Fri-Sat 8:30 am-4:30 pm

CED COURSE: SUSTAINABLE COMMUNITY DEVELOPMENT

Learn how to develop sustainable communities, based on the key concept that many of our most critical global issues are rooted in local problems. Gain a practical understanding of sustainable development and how it can be applied at the community level, in order for local decisions about these issues to be a global as well as local benefit.

Sean Markey
2 classes: Jul 8 & 9,
Mon-Tue 8:30 am- 4:30 pm

CED COURSE: SPECIAL TOPICS STUDIO

3 classes: Jul 10 & 12, Wed-Fri 8:30-4:30

RECREATION & LEISURE

Get out and enjoy life through courses in Badminton, Boatsmart, Gardening, Fly Fishing to Nest Building and Wine Tasting.

ALPACA BASKETS

What are they? Learn how to build one. They are a nifty alternative to moss, burlap or cocofibre and have excellent water and soil retention. Take home our favorite plant list.

new Grand Forks: Mariposa Greenhouses
Kim MacLean \$25 + HST
1 class: Apr 23, Tue 5-6 pm

ATHLETIC TRAINING BOOT CAMP

Countdown to summer weather! If you want to look good in that bathing suit, join us! Engage in an athletic based cardio and strength workout. Guaranteed to get your heart pounding and muscles working.

Kaslo centre \$75
Asia Hoffart
10 classes: Apr 29 - May 29,
Mon & Wed 5:30 - 6:30 pm

BADMINTON: DROP-IN

Drop in and enjoy the exciting and fun sport of badminton in this RDKB Area E-sponsored activity. Participation is free but you must pre-register. Phone 250.442.2704 to register.

Midway: BCSS Free
10 classes: Jan 31-Apr 18, Thu 6:30-8:30 pm
*No sessions Mar 21 & 28 due to Spring Break

Rock Creek: West Boundary Elementary Free
10 classes: Jan 29-Apr 16, Tue 6:30-8:30 pm
No sessions Mar 19 & 26 due to Spring Break

BASIC BIKE MAINTENANCE DON'T GET STRANDED AGAIN!

This course will teach you basic bike maintenance skills that will let you protect your bike and keep it performing well. Learn simple repairs like changing a flat, gear and brake adjustments.

Gerick's in Trail \$32 +HST
Andrew Hurst
1 class: Mar 13, Wed 6-8:30 pm

BOATSMART!

BOATsmart! is the largest provider of Pleasure Craft Operator Cards in the country and makes it easy for you to get your card online. Get the knowledge you need to pass the official exam, which covers a range of safe boating topics like navigation, right-of-way, marker buoys and more. You can print your temporary card immediately after you pass the exam. For registration, call 1.877.792.3926 or visit www.BoatSmartExam.com.

Online \$49.95 + HST
Continuous intake

BURTON COMMUNITY LEARNING CENTRE

Led by a group of volunteers, the Burton Community Learning Centre is located at the Burton School. Community input is requested to help us develop our ideas! For more information contact: Liz Gillis (250) 265-3538 or Shelley Bortnick (250) 265-3397



WORKPLACE TRAINING for RESTAURANT SERVERS & RETAIL SALES ASSOCIATES

*Enhance your customer service and hospitality skills,
while earning \$500.*

Selkirk College and the BC Government have partnered to provide two free training courses for restaurant servers and retail sales associates that include four days of classroom training and six hours of self-directed study. You will learn:

- Exceeding Customer Expectations
- Powerful Sales Systems
- Productivity & Efficiency
- Product Knowledge
- Effective Communication
- Problem Solving
- Accountability & Ownership

Participants get a “Statement of Completion” when they finish the course and eligible participants will receive \$500, when they have completed a post-course assessment (Funding provided through the Canada-British Columbia Labour Market Agreement).



For additional details and eligibility criteria, please contact Selkirk College at 250.353.2618 or wtp@selkirk.com

LIFE LONG LEARNING

You may wonder if the ability to learn changes with age. It most certainly does! Contrary to popular opinion the changes are often for the better. The wisdom of elders is not the stuff of folklore but rather a measurable fact.



If you are 50 or over, take advantage of our many learning opportunities and consider becoming a member of Nelson and Area Learning in Retirement (LIR). Annual membership fee is \$15 +HST. Individual course tuitions are nominal. Courses are offered through Continuing Education, at the Silver King Campus, Nelson, in the winter, spring and fall plus summer field trips.

WHY JOIN?

- Participatory learning experiences are invigorating.
- Peer group learning stimulates social interaction.
- There are no quizzes or grades, no pressure!
- Activities are lively, fun and discussions are informative.

HOW CAN YOU PARTICIPATE?

- Take a course
- Facilitate a course
- Plan curriculum
- Identify speakers
- Recruit new members
- Volunteer on the Board or a Committee



FIND OUT MORE. . .

Email Susanne Raschdorf, Board Chair, raschdorfk@shaw.ca.



Selkirk Gymnasiums ARE OPEN TO THE COMMUNITY



NELSON - MARY HALL

FACILITY INCLUDES:

Gymnasium, weight room, and shower facilities.

HOURS OF OPERATION

Mon - Thur: 12:00 - 7:00 pm

Fri: 12:00 - 7:00 pm

Sun: 4:00 - 8:00pm

FITNESS CLASSES: (Fees vary)

Yoga, Bellyfit, Capoeira and more

DROP-IN FEES

One time: \$3.50

Monthly: \$23

Punch Pass (10): \$28

Punch Pass (20): \$50

Semester: \$56

DROP-IN SPORTS SCHEDULE

www.selkirk.ca/athletics

CONTACT

Call Kim at 250.505.1325

or email: kbarker@selkirk.ca

Selkirk College

Tenth Street Campus

820 Tenth Street, Nelson, BC

250.352.6601

Both gyms available for private & club bookings, birthdays or events.

selkirk.ca/athletics/campusrecreation

CASTLEGAR

FACILITIES: 2 large gymnasiums, weight room, bouldering, squash, racquetball, shower facilities

HOURS OF OPERATION

Mon - Thur: 7:30 am - 9:15 pm

Fri: 7:30 am - 7:45 pm

Sun: 3:00 - 7:00pm

FITNESS CLASSES: Noon hours

Circuit, Yoga and more

FEES: \$5 drop in, annual, monthly and punch passes available with youth and senior rates.

DROP-IN EVENINGS

Badminton - Tue/Thur

Basketball - Monday

Co-Ed Indoor Soccer - Wed

CONTACT

Call Rod or Milane at 250.365.1292

or email: recreation@selkirk.ca

Selkirk College, Castlegar campus

301 Frank Beinder Way, Castlegar, BC

250.365.7292

Recreation Office and Bookings

250.365.1292

selkirk.ca

Within Reach. Beyond Imagination.

Selkirk  College

CARDIO & WEIGHTS

Get the workout you need in the comfort of the indoors with our elliptical trainer and weights. Phone 250.442.2704 to get more information and register.

Midway: BCSS \$30 +HST
 40 classes: Jan 28-Apr 23, Mon-Thu 7-9 pm
 No sessions on stat holidays

CREATING GARDENS FOR YEAR ROUND INTEREST

Want to maximize the beautiful colours in your garden throughout the year? Learn how to create and enjoy colour through all four seasons through careful planning and selection

Castlegar campus \$25 +HST
 Chris Holt
 1 class: Apr 3, Wed 6-9 pm

DEER FRIENDLY GARDENING

The expanding urban/rural fringe is bringing deer and gardeners into close proximity. While it is unfair to apply urban values in a rural setting and to get rid of wildlife, we can learn to co-exist with our deer population. Come and learn some helpful strategies, plantings and design to help you get the most out of your gardening experience in our beautiful valley. Take home a list of select plants deer don't eat!

new Grand Forks: Mariposa Greenhouses
 Kim MacLean \$25 +HST
 1 class: Apr 24, Wed 5-7 pm

DESIGN AND CREATE A HANGING BASKET OR PLANTER

Combine flowers & vegetables for multi-seasonal interest and harvest in your favourite planter or hanging basket. Learn how to care for and maintain your creation. Please register by April 12.

new Nakusp Centre \$65 +HST
 Dallas Ford
 1 class: May 4, Sat 10 am-2 pm

EDIBLE WILD MUSHROOM TALK

Before you go picking wild mushrooms for your salads and fall stews, get the facts! Learn how to tell the good from the bad. Join Rob Macrae for an exciting slideshow presentation.

Salmo Valley Youth & Community Centre
 Robert Macrae \$19 +HST
 1 class: Apr 30, Tue 6:30-8:30 pm
 Trail campus \$19 +HST
 Robert Macrae
 1 class: Apr 23, Tue 6:30-8:30 pm

EDIBLE WILD MUSHROOM WALK

Join instructor Rob Macrae for a leisurely walk along local trails to hunt for mushrooms. Wear long pants, sturdy shoes and bring a bag for your mushrooms.

Salmo Valley Youth & Community Centre
 Robert Macrae \$29 +HST
 1 class: May 11, Sat 10 am-1 pm

FLY FISHING

Learn fly casting and fly fishing theory; rod, reel, fly lines, knots and entomology. Must bring your own fly rod and reel complete with line. Dress for the outdoors.

new Nelson: Silver King campus \$52 +HST
 Rod Zavaduk
 3 classes: Apr 8-18, Mon & Wed 6:30-8:30 pm

FLY TYING: BEGINNER/ INTERMEDIATE

Learn techniques, hook preferences, dubbing, tie streamers, nymphs, wet flies and dry flies. Materials included.

new Nelson: Silver King campus \$69 +HST
 Rod Zavaduk
 4 classes: Feb 14-25, Mon & Thu 7-9 pm

FLY TYING: ADVANCED

Rod will lead you through advanced techniques. Bring your own equipment but fly tying supplies provided. Pre-requisite: Beginner or intermediate fly tying experience.

new Nelson: Silver King campus \$69 +HST
 Rod Zavaduk
 4 classes: Mar 4-13, Mon & Wed 7-9 pm

GROW WILD!

Bring native plants to your garden or create a wildlife habitat. A popular, practical workshop featuring West Kootenay native trees, shrubs, grasses and flowers. Go home with knowledge to start propagating your own native plants.

Castlegar: Kootenay Wild
\$20 +HST for general public/ \$10 +HST for students
1 class: Mar 23, Sat 10 am-noon

INTRODUCTION TO WINE TASTING

Learn the basics of wine tasting through experiential learning and discussion. We will examine methods of wine production, explore how people use their senses when tasting wine, how to describe the various characteristics of wine, and some basic guidelines on matching wine and food. Typical varieties of red and white wines and a wine tasting glass will be included.

Nakusp centre \$50 +HST
Nathaniel Howard
1 class: Feb 23, Sat 1-4 pm

LEARN TO SPRINT TRIATHLON

Be event ready by mid-June! Establish your training and nutrition plan, learn techniques for all race components, attend 3 structured sessions and then execute your 12 week schedule. Ongoing access to your instructor supports your success. You need shoes, bike, helmet and wetsuit - all available for purchase through Gerick's, referral to rentals as needed. Suitable for most fitness levels.

new Trail campus \$50 +HST
Lyle Crispin
3 classes: Mar 11, Apr 8, May 6, Mon 6-8 pm

MAKE IT AND TAKE IT

Hot planting trends using top selling plants for sun or shade. Learn how to build a better basket step by step. We supply the plants, soil and hanging basket. Benefit from the expertise we provide to help ensure your basket is a "bountiful bloomer" all summer long. Bring us your black thumbs - we'll make them green!

new Grand Forks: Mariposa Greenhouses
Kim MacLean \$35 +HST
1 class: May 1, Wed 6-7 pm

NEST BUILDING

Nest building is a combination of design psychology mixed in with a reassuring dose of pragmatism based on the premise that the home is a state of being, not a state of having. Take this course before you hire a designer, or choose a paint colour. For supplies list go to www.katebridger.ca

Castlegar campus \$139 +HST
Kate Bridger
2 classes: Apr 27 & 28, Sat & Sun 10 am-4 pm

PRUNING AND TREE CARE

Learn modern pruning practices including the pruning and repair of fruit, shade and ornamental trees. How plants respond to pruning, the timing of pruning and methods and equipment used are among topics discussed. Includes a field trip and hands-on demonstration.

Castlegar campus \$59 +HST
Chris Holt
1 class: Mar 9, Sat 9 am-3:30 pm

Grand Forks campus \$59 +HST
Chris Holt
1 class: Apr 6, Sat 9 am-3:30 pm

Nakusp centre \$59 +HST
Chris Holt
1 class: Mar 23, Sat 9 am-3:30 pm

new Nelson: Silver King campus \$59 +HST
Chris Holt
1 class: Mar 16, Sat 9 am-3:30 pm

TREES & SHRUBS FOR BEDS & BORDERS

Explore ways in which we can create year-round interest by combining trees and shrubs in garden beds and borders.

new Nakusp centre \$40 +HST
Chris Holt
1 class: Mar 24, Sun 9 am-noon

**DON'T WAIT!
REGISTER EARLY**
& secure your spot today

STALKING THE USEFUL WILD

The West Kootenay offers up a wide array of useful culinary and medicinal wild plants. Learn where and how to identify them. Please come prepared for all weather conditions, wear walking shoes and bring a small pressing book and lunch.

Salmo Valley Youth & Community Centre	\$39 +HST
1 class: May 4 Sat 9:30 am-4:30 pm	
Trail campus	\$39 +HST
Diane Luchtan	
1 class: Apr 27, Sat 9:30 am-3:30 pm	

TAI CHI CHUAN & SILK REELING CHI GONG

Increase your flexibility, improve your balance, coordination and mental focus through this practice. An essential foundation and a great way to build core strength.

Trail campus or Warfield Hall	\$45 +HST
Oscar Bot	
6 classes: Jan 29-Mar 5, Tue 4:30-5:30 pm	
6 classes: Mar 12-Apr 16, Tue 4:30-5:30 pm	
6 classes: Apr 23-May 28, Tue 4:30-5:30 pm	
6 classes: Jun 4-Jul 9, Tue 4:30-5:30 pm	

VOLLEYBALL: DROP-IN

Come bump, volley, serve and spike with drop-in volleyball. Sponsored by the RDKB Area E. Participation is free but you must pre-register. Phone 250.442.2704 to register.

Midway: BCSS	Free
10 classes: Jan 29-Apr 16, Tue 6:30-8:30 pm	
No sessions on Mar 19 & 26 due to Spring Break	



Rock Creek: West Boundary Elementary Free
10 classes: Jan 31-Apr 18, Thu 6:30-8:30 pm
No sessions Mar 21 & 28 due to Spring Break

XERISCAPING

Discuss the use of sound horticultural principles and practices that we can employ to create attractive and sustainable gardens and minimize water use.

Nakusp centre	\$40 +HST
Chris Holt	
1 class: Mar 24, Sun 1-4 pm	

KASLO GARDEN SERIES

PLANNING YOUR XERISCAPE

A well-planned xeriscape design will produce a sustainable garden that thrives from fall to spring. Drought-tolerant plants minimize the need for supplemental water use.

Kaslo centre	\$10 +HST
Shannon Hazelwood, Broken Pot Garden Centre	
1 class: Apr 2, Tue 7-8 pm	

EDIBLE PLANTS- THE DUAL PURPOSE LANDSCAPE

Learn how to plant your garden for maximum visual appeal AND an edible bounty. Simple tips and tricks for success geared to our climate.

Kaslo centre	\$10 +HST
Shannon Hazelwood, Broken Pot Garden Centre	
1 class: Apr 16, Tue 7-8 pm	

PRUNING AND TREE CARE

Learn pruning and repair techniques for fruit, shade and ornamental trees. Learn how trees respond to pruning and the best times to prune.

Kaslo centre	\$10 +HST
Shannon Hazelwood, Broken Pot Garden Centre	
1 class: March 19, Tue 7-8 pm	

TRAIL'S COMMUNITY IN BLOOM GARDEN SERIES

BEST AND BETTER BASKETS

Learn how to make your own hanging basket at this hands-on workshop with Columbia Valley Greenhouse's expert gardener Bill Garnett. Come prepared to get your hands dirty and take home your own masterpiece.

Columbia Valley Greenhouse \$50 +HST
 Bill Garnett
 1 class: Apr 17, Wed 6:30-8:30 pm

GROWING A CHILDREN'S GARDEN

Creativity and fun are the rules for Children's Gardens. Learn which easy-to-grow plants kids love, build a bean tunnel out of twigs or use chicken wire to create flexible tubing for kids to crawl through. Plant a vertical veggie wall garden out of tin cans or gutter pieces that will be just the right height for young gardeners to maintain.

new Trail campus \$20
 Ingrid Enns
 1 class: TBD

HOW TO GROW DAHLIAS

Join Bill Garnett for an informative "how-to" on growing dahlias. Learn about the different varieties and colours, along with best practices for soil choice and fertilization. Enter your best efforts in the CIB Dahlia contest to be held in September as part of the one-day Dahlia Festival!

new TBD
 Bill Garnett
 1 class: Mar 4, Mon 6-7:30 pm

THE AMAZING PEONY

Learn how to grow your own amazing peonies. A favourite in all types of gardens and landscape designs.

new Trail campus \$20 +HST
 Adriana Work and Holly Pender-Love
 1 class: Apr 30, Tue 7-8:30 pm

**DON'T WAIT!
 REGISTER EARLY**
& secure your spot today

GREENHOUSES FOR THE HOME GARDNER

A greenhouse is capable of adding immensely to the enjoyment of a garden. Discuss greenhouse management for the home gardener, greenhouse structures, environmental controls and plant propagation.

new Trail campus \$59 +HST
 Chris Holt
 1 class: Apr 27, Sat 9 am-noon

INTRODUCTION TO GARDEN DESIGN

Learn to make a landscape plan for your garden. Explore, identify, analyze and manage site characteristics, build outdoor rooms, aesthetic principles and defining plant design qualities, as well as the use of woody and herbaceous plants in the landscape.

Trail campus \$59 +HST
 Chris Holt
 1 class: Feb 23, Sat 9 am-4 pm

PRUNING AND TREE CARE

Learn modern pruning practices including the pruning and repair of fruit, shade and ornamental trees. How plants respond to pruning, the timing of pruning and methods and equipment used are among topics discussed. This workshop includes a field trip and hands-on demonstration.

Trail campus \$59 +HST
 Chris Holt
 1 class: Mar 30, Sat 9 am-3:30 pm

PEST & DISEASE CONTROL NATURALLY

Want to keep both pests and toxic chemicals out of your garden? Explore ways to keep pests and disease out of your garden through natural means.

Trail campus \$40
 Chris Holt
 1 class: Apr 27, Sat 1-4 pm

THE GATHERING PLACE



| RECREATION & LEISURE |

Dedicated to Aboriginal culture, ceremony and learning.

The Gathering Place on the Castlegar Campus is a supportive environment for Aboriginal students, their families, the larger Aboriginal community and anyone who can benefit from such a setting.

Attend a lecture, drum group, or gift making circle.

Please visit selkirk.ca for details about upcoming guest lectures, lunches, visits from community members and a youth conference.

selkirk.ca

Within Reach. Beyond Imagination. Selkirk College



MIR CENTER FOR PEACE

Based on the history and the traditions of the Kootenay region, the Mir Centre for Peace explores cultures of peace, human rights and social justice, environmental studies, global politics, conflict resolution and cultural and individual healing. Visit selkirk.ca/mir for detailed information.

UNIVERSITY PROGRAMS IN PEACE STUDIES

The School of University Arts and Sciences and the Mir Centre for Peace offer two interdisciplinary values-based university transferable programs. The Associate of Arts Degree in Peace Studies focuses on peace and the environment. The Liberal Arts Diploma in Peace Studies emphasizes peace in a cultural and international context. Students may choose to engage in service learning experiences, or in directed peace and conflict studies academic research.



CONTEMPLATIVE EDUCATION

Designed for educators, this course focuses on the integration of mindfulness and contemplative practices into our curriculum and classrooms. From poetry to chemistry, will provide an experiential journey as we practice and learn techniques and develop skills associated with self awareness, critical thinking and creativity.

Castlegar campus: Mir Centre \$500
Daniel Barbezat, Amherst College and Centre
for Contemplative Mind in Society
5 classes: Jul 8-12, Mon-Fri 9 am-4 pm

THE ECONOMICS OF HAPPINESS

Develop an understanding of how we measure happiness and peace. Traditional beliefs about economic growth and its relationship to happiness are challenged. Alternative models of sustainability and development will be examined. Can be taken as a credited university transfer course or for non-credit.

Castlegar campus: Mir Centre \$500
Roly Russell, Victor Villa and guests
5 classes: Jul 15-19, Mon-Fri 9 am-4 pm

ROLY RUSSELL, PHD

THE SANDHILL INSTITUTE FOR COMPLEXITY AND SUSTAINABILITY, GRAND FORKS, BC

After studies in Vancouver (UBC), Australia (U. of Melbourne), Oregon (OSU; Fulbright Scholar), and New York (Columbia U, Earth Institute), Roly returned to the Boundary to raise a family, farm, and develop an independent research institute. His research revolves around sustainability, ethics, happiness and well-being, archaeological ecology, and complex adaptive systems.

MIR CENTRE FOR PEACE LECTURE SERIES

JAMES LONEY: A STRUGGLE FOR A WORLD WITHOUT WAR

James Loney is a Canadian Peace activist who has spent extensive periods of time in Iraq, Palestine and First Nations Communities in Canada. He and three others were kidnapped in Baghdad in 2005. Loney reflects on this ordeal in his 2011 memoir: *Captivity: 118 Days in Iraq and a Struggle for a World Without War.*

Nelson: Tenth Street Campus
Shambala Music and Performance Hall
\$16 Adults; \$13 students/seniors.
Tickets available at Selkirk College Bookstore
250.365.1281 and Otter Books in Nelson.
Feb 8, Fri 7 pm

WADE DAVIS: THE WAYFINDERS: WHY ANCIENT WISDOM MATTERS IN THE MODERN WORLD

Renowned anthropologist, Wade Davis leads us on a thrilling journey to celebrate the wisdom of the world's indigenous cultures. Understanding the lessons of this journey will be our mission for the next century so we don't lose this vast archive of knowledge and expertise.

Nelson: Capitol Theatre
\$20 adults; \$15 students/seniors.
Tickets available at Selkirk College Bookstore
250.365.1281 and Capitol Theatre 250.352-6363.
Apr 3, Wed 7 pm

ARUN GHANDI: LESSONS LEARNED FROM MY GRANDFATHER: NON- VIOLENCE IN A VIOLENT WORLD

Arun is the grandson of Mahatma Gandhi and has spent his adult life carrying on his grandfather's legacy of creating a culture of nonviolence. Gandhi's major focus was on the eradication of poverty, which he considers a major form of violence in today's world.

Castlegar: Brilliant Cultural Centre
\$16 adults; \$13 students/seniors.
Tickets available at Selkirk College Bookstore
365.1281 and Otter Books in Nelson.
May 17, Fri 7 pm

MIR CENTRE PEACE CAFES

In the name of peace and shaping our futures through conversations that matter, the Peace Cafe is an ongoing initiative that provides an opportunity for individuals to produce community based solutions for global challenges and encourages "reconciliation and connection" through open dialogue. Join us in an informal intimate cafe setting-at the Mir Centre for Peace in Castlegar. Thursday evenings at the Mir Centre-check for events at <http://selkirk.ca/research/mir-centre-for-peace/peacecafe>. Here is a sample of our Winter/Spring Peace Cafes:

HOW VIOLENT IS OUR WORLD?

Our evening news is full of violent stories from around the globe, but what does the evidence tell us? In this course we will examine the state of our world in terms of the latest research on peace, war and violence.

Nelson: Expressions Cafe \$5 (pay at door)
554 Ward Street
1 class: Feb 19, Tue 7 pm

NONVIOLENT RESPONSES TO GLOBAL CRISIS

If we want to respond to violent conflicts in our world, are we condemned to resorting to military responses? Join a panel to explore how nonviolent approaches could be used by Canadians in responding to crisis in places like Syria and Iran.

Nelson: Expressions Cafe \$5 (pay at door)
554 Ward Street
1 class: Feb 26, Tue 7 pm

THE ECONOMICS OF HAPPINESS

Our understanding of economies is evolving; we now appreciate and understand more about the confluence of financial, social, and ecological economies. This presentation and facilitated discussion will explore new lenses through which to understand our role in sustaining our communities, and illuminate appropriate practical and theoretical models of sustainability for the well-being of our communities. Co-sponsored by the Columbia Basin Trust, the Social Policy Action Network, the Slokan Valley Stewardship Society and the Grand Forks Public Library.

Castlegar: Mir Centre \$5 (pay at door)
Roly Russell, PhD
Apr 4, Thu 7-9 pm

Grand Forks: \$5 (pay at door)
Grand Forks Public Library 7342-5th St
Roly Russell, PhD
1 class: Feb 12, Tue 6-8 pm

New Denver: \$5 (pay at door)
Bosun Hall 710 Bellevue St
Roly Russell, PhD
1 class: May 9, Thu 7-9 pm

Nelson: \$5 (pay at door)
Expressions Cafe 554 Ward Street
Roly Russell, PhD
1 class: Mar 5, Tue 7-9 pm

MONEY THAT LOVES YOU BACK

Explores how issuing complementary currencies can create community equity rather than debt. This talk also examines how the contemporary money system's use of interest bearing debt creates a major sustainability problem, causing both financial instability and demanding infinite growth in a finite world.

Nelson: \$5 (pay at door)
 Expressions Cafe
 554 Ward Street
 1 class: Mar 12, Tue 7 pm

AMNESTY INTERNATIONAL FILM FESTIVAL

The Mir Centre for Peace is joining Amnesty International to bring its annual film festival to the Kootenays!

Castlegar: \$10 or \$25 for all 3 sessions
 Mir Centre
 1 class: Jan 31, Thu 7 pm

Nelson: \$10 or \$25 for all 3 sessions
 Tenth St Campus
 Shambala Music
 and Performance Hall
 2 classes: Feb 1 & 2, Sat & Sun Time:TBA

MIR CENTRE FOR PEACE

Summer Institute for Educators



CONTEMPLATIVE PEDAGOGY IN THE CLASSROOM

July 8-12, 2013

Please join us for this 5-day Summer Institute for Educators. We intend to examine the issues arising from the use contemplative practices in the classroom. Our multidisciplinary team of Educators will explore methods of teaching students how to focus their minds and develop self awareness, critical thinking, and creativity.




Featuring Dr. Daniel Barbezat,
 PROFESSOR OF ECONOMICS,
 AMHERST COLLEGE & EXECUTIVE DIRECTOR,
 CENTER FOR CONTEMPLATIVE MIND IN SOCIETY

Location: MIR CENTRE FOR PEACE

Fee: \$500

For more information please contact: Dr. Elizabeth Lund
 phone **250.365.1265** or email **elund@selkirk.ca**

Selkirk  College *Within Reach. Beyond Imagination.*

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LOCATION INFORMATION

BOUNDARY CAMPUS (GRAND FORKS)

boundaryce@selkirk.ca
486 72 Avenue, Box 968
Grand Forks BC V0H 1H0
Tel 250.442.2704
Fax 250.442.2877

CASTLEGAR CAMPUS

castlegarce@selkirk.ca
301 Frank Beinder Way
Castlegar BC V1N 4L3
Tel 250.365.1208 toll-free 1.888.953.1133
Fax 250.365.3929

KASLO LEARNING CENTRE

kasloce@selkirk.ca
421 Front Street, Box 1149
Kaslo BC V0G 1M0
Tel 250.353.2618
Fax 250.353.7121

KOOTENAY STUDIO ARTS (KSA)

artsce@selkirk.ca
606 Victoria Street
Nelson BC V1L 4K9
Tel 250.352.2821 Toll-free 1.877.552.2821
Fax 250.352.1625

NAKUSP LEARNING CENTRE

nakuspce@selkirk.ca
311 Broadway, Box 720
Nakusp BC V0G 1R0
Tel 250.265.4077
Fax 250.265.3195

NELSON/SLOCAN VALLEY SILVER KING CAMPUS

nelsonce@selkirk.ca
2001 Silver King Road
Nelson BC V1L 1C8
Tel 250.352.6601 Toll-free 1.866.301.6601
Fax 250.352.3180

NELSON TENTH STREET CAMPUS

nelsonce@selkirk.ca
809 Tenth Street
Nelson BC V1L 4K9
Tel 250.352.6601 Toll-free 1.866.301.6601
Fax 250.352.3180

TRAIL CAMPUS

trailce@selkirk.ca
900 Helena Street
Trail BC V1R 4S6
Tel 250.364.5770
Fax 250.368.4983

REGISTRATION FORM

name _____

address _____

date of birth _____

tel _____

email _____

course title	course location	course start date	fee
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See page 2 for registration payment and policies.