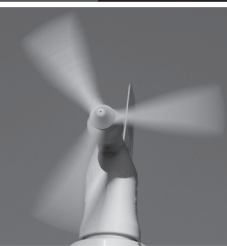


CONTINUING EDUCATION CALENDAR

EXCEEDING EXPECTATIONS



january - july 2011 | selkirk.ca/ce

WHAT'S HAPPENING

in winter 2011

COME AND FIND YOUR GREEN THUMB! From eco-sensitive landscaping, to creating natural masterpieces of colour, to growing an organic garden that will nourish your family - our beautiful Kootenay home is the perfect place in which to discover your inner gardener with our wide variety of gardening courses.

THE JUSTICE INSTITUTE OF BC will be offering their Primary Care Paramedic program in a part-time format at our Trail Campus - a wide variety of scholarships, bursaries and Grants are available to help you take advantage of this in demand career training.

EARN 21 PMI® PROFESSIONAL DEVELOPMENT UNITS with Selkirk's offering of the Project Management Process Workshop - taught by the advisor to UBC's Sauder School of Business Analysis Certificate Program and Program Management Certificate Program.

DO YOU HAVE THE SKILLS AND CONFIDENCE TO RECOGNIZE A BUSINESS OPPORTUNITY, or the questioning and qualifying skills to get to the heart of the prospect's needs? Sandler Training's Strategic Customer Care Workshop will provide training to put you on the right track! See page 20 for details.

LOOKING FOR EMPLOYMENT? Funded by the Canada-BC Labour Market Agreement, the Employment Skills Access (ESA) Program provides training opportunities and tuition support to unemployed individuals who are not EI-eligible and individuals who are working but needing skills upgrades. Contact: 250.364.5760 or esa@selkirk.ca

COOL CLIMATE VITICULTURE : AN INTRODUCTION

A condensed overview appropriate for anyone interested in pursuing entry level employment or further education in this growing industry. Topics on physiology of the vine, vineyard establishment, pruning and trellising, irrigation, pests and disease are included. See page 71 for details.

UNDERSTANDING CLIMATE CHANGE - FACTS AND FICTION WITH DR. MEL REASONER

Climate change is on track to become the defining issue of the 21st century. Explore the science that underpins the broad consensus within the scientific community on the issues surrounding climate change in this engaging series. See page 32 for details.

**HST MAY APPLY TO
SOME CE COURSES.**

UPGRADING?
Check out ABE courses on page 13!

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how to register

OPTIONS:

- Email, fax, call or visit the campus offering your course.
- Complete the registration form on page 95.
- Choose payment method (cheque, Visa or MasterCard).

Boundary (Grand Forks)

250.442.2704
boundaryce@selkirk.ca

Castlegar

1.888.953.1133
castlegarce@selkirk.ca

Kaslo

250.353.2618
kasloce@selkirk.ca

Kootenay School of the Arts (KSA)

1.877.352.2821
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

See page 94 for full contact details.

arts & culture

KOOTENAY SCHOOL OF THE ARTS

CRAFT FAIR CONNECT

Bring your craft ideas and meet with other like-minded artists. Share your experiences, what works for you and get tips on how to improve your craft or display. Bring samples of your creations and critique each other.

Nelson: KSA Campus \$25 +HST
2 classes: Mar. 3-10, Thur. 6:30-9 pm

INTERMEDIATE WHEEL THROWING

Develop your wheel throwing skills and experiment with new glazes in this intermediate wheel throwing course. Bring your ideas and requests, as Instructor Robin DuPont will teach you the skills and tips you are interested in learning on the potter's wheel.

Nelson: KSA Campus \$160 +HST
Robin Dupont
5 classes: June 6-10, Mon.-Fri. 1-4 pm

INTO THE THIRD DIMENSION

Use your creativity to design a fabulous piece of jewellery and see it form before your eyes in the amazing hydraulic press. Learn design techniques, make dies and how to operate the hydraulic press. Material cost extra.

Prerequisite: Intro. To Jewellery

Nelson: KSA Campus \$160 +HST
6 classes: Mar. 5-Apr. 9, Sat. 10-1 pm

INTRODUCTION TO JEWELLERY

Gain fundamental jewellery skills using a variety of techniques and materials. Learn safe use of studio equipment and practices. Material cost extra.

Nelson: KSA Campus \$160 +HST
6 classes: Jan. 18-Feb. 22, Tue. 6-9 pm
6 classes: May 3-June 7, Tue. 9:30-12:30 pm

JEWELLERY ADVANCED TECHNIQUES

Enhance your knowledge and abilities by learning different stone setting techniques,

roller embossing, melting and reusing scrap silver, polishing and advanced construction methods. Material cost extra.

Nelson: KSA Campus \$160 +HST
6 classes: Mar. 1-Apr. 5, Tue. 6-9 pm



LITTLE POTTER (AGES 7-13)

Get dirty and build with clay. A social but fun class where you get to learn to handbuild and practice on a pottery wheel.

Nelson: KSA Campus \$59 +HST
5 classes: Jan. 18-Feb. 22, Tue. 4-5:30 pm
5 classes: Mar. 1-Apr. 5, Tue. 4-5:30 pm

POTTER'S WHEEL

Learn to throw on the wheel, or for those with more experience, develop more wheel throwing skills.

Nelson: KSA Campus \$279 +HST
Lisa Martin or Christine Dell
8 classes: Jan. 12-Mar. 2, Wed. 6-9 pm
8 classes: Jan. 17-Mar. 14, Mon. 6-9 pm

POTTERY: ADVANCED WHEEL TECHNIQUES

Further develop your skills on the potter's wheel. This class will explore advanced techniques such as throwing large forms, throwing composite forms, altering thrown forms as well as tackling the complexities of the teapot. This class will be a self-directed format so come with your ideas of what you want to work on. Instructor Robin DuPont is there to facilitate success and demonstrate upon request.

Nelson: KSA Campus \$160 +HST
Robin Dupont
5 classes: June 20-24, Mon.-Fri. 1-4 pm

POTS IN THE KITCHEN

Bringing the art of cooking in clay pots back to the busy kitchens of the Kootenays: a course that will introduce the connection of food and clay cooking vessels; Oven casseroles, tagines, pie plates and other useful pots will be showcased in this class. As well, students will be taught some basic characteristics of clay and its relation to oven cooking. The class will mainly be on the wheel, some handbuilding will be encouraged. Experience is helpful, but not necessary.

Nelson: KSA Campus \$279 +HST
Eryn Prospero
8 classes: Mar. 2-Apr. 27, Wed. 6-9 pm

POTTERY: SURFACE FORM RELATIONSHIP

This class is focused on exploring the surface form relationship of the ceramic vessel. The class will introduce participants to a number of techniques used to embellish the surface. Discussions and slides will facilitate a dialogue of the topic.

Nelson: KSA Campus \$160 +HST
Robin Dupont
5 classes: June 13-17, Mon.-Fri. 1-4 pm

PURE WATERCOLOUR

Learn about this immediate and fluid medium: watercolour. The mystery of mixing colour will disappear as your colour vocabulary expands. Compositional strategies will transform ordinary subject work into a work with meaning and content.

Nelson: KSA Campus \$110 +HST
4 classes: Jan. 26-Feb. 23, Wed.
9:30-12:30 pm
4 classes: Mar. 2-23, Wed. 9:30-12:30 pm

SHINE AND SPARKLE

Design and create jewellery. Create an eye-popping ring using big, colourful gemstones and sterling silver. Material cost extra.

Nelson: KSA Campus \$160 +HST
6 classes: Mar. 5-Apr. 9, Sat. 1:30-4:30 pm

MIRJA VAHALA

ARTIST OPEN HOUSE – MEET MIRJA

Curious about what goes on at an artist's studio? Come to Windborne B&B, home of Inspiring Minds Fine Art studio, and meet

Mirja, discover opportunities for learning about drawing and painting for any level, and see examples of what you could create as a student in her class. You are welcome to also attend a painting demonstration and discussion with Mirja from 1-1:45 pm.

Castlegar: Windborne B&B 3905
Broadwater Road, Free
Open House: Feb. 6, Sun. 1-4 pm

ACRYLICS FOR TRUE BEGINNERS

Acrylics are versatile, easy-to-use and increasingly popular. 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. Supply list available upon registration.

Castlegar: Windborne B&B 3905
Broadwater Road, Robson \$144 +HST
Mirja Vahala
4 classes: Feb. 20-Mar. 13, Sun.
9:30 am-2 pm

ACRYLICS PLUS: CREATE A GREAT PAINTING USING PHOTOS

Find inspiration and get creative using your photos. Learn how to see underlying design and how to make changes that give a painting impact.

Castlegar: Windborne B&B 3905
Broadwater Road, Robson \$120 +HST
Mirja Vahala
5 classes: Feb. 17 - Mar. 17, Thur. 9:30
am-12:30 pm

ACRYLICS: LEARN ENOUGH TO GET GOING

Take home a landscape painting and new skills. Discover the tricks and techniques of acrylics, make various brush strokes and mix clean, 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. Bring a lunch and smock to protect your clothes.

Grand Forks Campus \$135 +HST
Mirja Vahala
2 classes: May 14 & 15, Sat. & Sun.
9:30 am-4 pm

ACRYLICS PLUS: SIMPLIFY PAINTINGS FOR IMPACT

Learn to simplify complex-looking landscapes. Learn to use brush strokes to indicate leaves, grass and more without painting every leaf.

Castlegar: Windborne B&B 3905
 Broadwater Road, Robson \$120 +HST
 Mirja Vahala
 4 classes: Mar. 27- May 1, 9:30-1:15 (no class Apr. 17 & 24)

LEARN TO DRAW IN 18 HOURS

If you think you can't draw but want to learn, this class is for you. Learn to access the visual side of your brain and improve your creative thinking too. You'll be amazed at how your drawing skills develop in just 18 hours. This course is based on the best-selling book, "Drawing On The Right Side of the Brain". Check out the before and after portraits done by previous students at inspiringminds.ca/gallery.htm. Mirja will provide some supplies for a fee of \$15.

Castlegar: Windborne B&B 3905
 Broadwater Road, Robson \$144 +HST
 Mirja Vahala
 6 classes: Oct. 21-Nov. 25, Thur. 9:30 am-12:30 pm

WATERCOLOUR: FOCUS ON BASICS

Learn the secrets of using watercolours: washes, gradations, drybrushing, charging and glazing. Put methods to use by painting images along with Mirja. Drawings and handouts provided. Supply list available.

Castlegar: Windborne B&B 3905
 Broadwater Road, Robson \$96 + HST
 Mirja Vahala
 4 classes: Feb. 17-Mar. 17, Thur. 9:30 am-12:30 pm

WATERCOLOUR SCENES

Paint a chickadee, a sunflower, a water scene, a landscape - and maybe more... Mirja provides step-by-step demonstrations with lots of painting time. Some basic understanding of watercolours is helpful. Supply list available.

Castlegar: Windborne B&B 3906
 Broadwater Road, Robson \$96 +HST
 Mirja Vahala
 4 classes: Mar. 22 - Apr. 12, Tues. 9:30 am-12:30 pm



MISHRA MUSIC SCHOOL

The Mishra's are father and son sitar masters from Varanasi (Benares), India. Pandit Shivrath Mishra and son Deobrat Mishra travel the world for most of the year touring and performing Indian Classical Music. Prashant, the grandson of Pandit Shivrath Mishra, at eighteen years of age is one of the very best tabla players in India. For the past several years he has been accompanying Pandit and Deobrat in concerts all over the world. Initial classes being offered will be in sitar, vocal classes and tabla drums. If students desire instruction with instruments such as harmonium, violin, guitar, and others, the Mishras will teach ragas utilizing these instruments as well. Vocal classes will be especially emphasized as the foundation of the music. Classes can be private, one-on-one (at extra cost), or in a group setting. Students can range in age from 8-80, and need no previous experience. It is not necessary to possess musical instruments as some instruments will be provided. Students wishing to purchase their own instruments should contact Michael Nisbet at mishramusic@gmail.com or 250.442.3818.

ADVANCED GUITAR/VIOLIN \$200 +HST
 Grand Forks Campus

Deobrat Mishra
 5 classes: Apr. 4-8, Mon.-Fri. 4-5 pm
 5 classes: Apr. 11-15, Mon.-Fri. 4-5 pm

Nelson: Tenth Street Campus
 Deobrat Mishra
 5 classes: Feb. 28-Mar. 4, Mon.-Fri. 4-5 pm
 5 classes: Mar. 7-11, Mon.-Fri. 4-5 pm
 5 classes: Mar. 14-18, Mon.-Fri. 4-5 pm
 5 classes: Mar. 21-25, Mon.-Fri. 4-5 pm

TABLA \$200 +HST

Grand Forks Campus

Pandit Deobrat Mishra

5 classes: Apr. 4-8, Mon.-Fri. 5-6 pm

5 classes: Apr. 11-15, Mon.-Fri. 5-6 pm

Nelson: Tenth Street Campus

Pandit Deobrat Mishra

5 classes: Feb. 28-Mar. 4, Mon.-Fri. 5-6 pm

5 classes: Mar. 7-11, Mon.-Fri. 5-6 pm

5 classes: Mar. 14-18, Mon.-Fri. 5-6 pm

5 classes: Mar. 21-25, Mon.-Fri. 5-6 pm

SITAR \$200 +HST

Grand Forks Campus

Pandit Deobrat Mishra

5 classes: Apr. 4-8, Mon.-Fri. 6-7 pm

5 classes: Apr. 11-15, Mon.-Fri. 6-7 pm

Nelson: Tenth Street Campus

Pandit Deobrat Mishra

5 classes: Feb. 28-Mar. 4, Mon.-Fri. 6-7 pm

5 classes: Mar. 7-11, Mon.-Fri. 6-7 pm

5 classes: Mar. 14-18, Mon.-Fri. 6-7 pm

5 classes: Mar. 21-25, Mon.-Fri. 6-7 pm

VOCALS \$200 +HST

Grand Forks Campus

Pandit Deobrat Mishra

5 classes: Apr. 4-8, Mon.-Fri. 7-8 pm

5 classes: Apr. 11-15, Mon.-Fri. 7-8 pm

Nelson: Tenth Street Campus

Pandit Deobrat Mishra

5 classes: Feb. 28-Mar. 4, Mon.-Fri. 7-8 pm

5 classes: Mar. 7-11, Mon.-Fri. 7-8 pm

5 classes: Mar. 14-18, Mon.-Fri. 7-8 pm

5 classes: Mar. 21-25, Mon.-Fri. 7-8 pm

HARMONIUM \$200 +HST

Grand Forks Campus

Pandit Deobrat Mishra

5 classes: Apr. 4-8, Mon.-Fri. 8-9 pm

5 classes: Apr. 11-15, Mon.-Fri. 8-9 pm

Nelson: Tenth Street Campus

Pandit Deobrat Mishra

5 classes: Feb. 28-Mar. 4, Mon.-Fri. 8-9 pm

5 classes: Mar. 7-11, Mon.-Fri. 8-9 pm

5 classes: Mar. 14-18, Mon.-Fri. 8-9 pm

5 classes: Mar. 21-25, Mon.-Fri. 8-9 pm

To ensure the course you want
doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**

OPEN ART

ADULTS CREATIVE DRAMA

Here is an opportunity to be young at heart, listen and be heard. This theatre class is all about our own personal self-expression. We use theatre skills and techniques to develop our creative thinking, confidence and inner joy. Learn the art or improvisation, process and presentation. This is a great self-development class for anyone who is presenting, teaching, performing and public speaking or planning to do so.

Castlegar Campus \$120 +HST

Daisy Divine

10 classes: Feb. 1 - Apr. 5, 7-9 pm

ARTIST'S VIEWPOINT

Explore how you see shapes and how this changes with medium and intent. You will be looking at both 2-dimensional and 3-dimensional mediums. Students are encouraged to bring mediums they are most comfortable with. You will leave the course with a further understanding of how the pieces you create are affected by the way you look at your subject, how medium can affect your viewpoint, and an increased awareness of your individual artistic process.

Kaslo Centre \$79 +HST

Yvonne Boyd, local artist

4 classes: Feb. 8-Mar. 1, Tue. 6:30-8:30 pm

CLAY: POTTERY

Learn the basics of wheel throwing, hand building, sculpting and glazing. All materials provided. Please register by March 11, 2011 as materials need to be ordered in advance.

Grand Forks Campus \$199 +HST

Jan DeHaan

6 classes: Apr. 13-May 18, Wed. 6:30-8:30 pm

ECO ART FOR CHILDREN: SPRING

Explore our natural surroundings this spring and create beautiful works of art from natural and recycled objects that include clay nests, coloured eggs from natural dyes, garden decorations and more! Gain a deeper understanding of Earth's cycles in spring and have fun creating with simplicity. Come prepared for all weather. For children ages 6+.

Grand Forks Campus \$24 +HST
Cindy Alblas and Stacey O'Donnell
1 class: Apr. 16, Sat. 9 am-noon

Trail Campus \$52 +HST
Suzanne Belanger
4 classes: May 30-June 20, Mon. 6:30-8 pm

ECO-ART FOR CHILDREN: WINTER

Explore our natural surroundings this winter and create beautiful works of art from natural and recycled objects that include painted stones, musical instruments, mobiles and more! Gain a deeper understanding of Earth's cycles in winter and have fun creating with simplicity. Come prepared for all weather. For children ages 6 +.

Grand Forks Campus \$24 +HST
Cindy Alblas and Stacey O'Donnell
1 class: Jan. 29, Sat. 9 am-noon

JOURNALING - ILLUMINATED NATURE INTRO

Practice and explore the basic concepts of nature journaling and its value as an expressive art form. Learn how to create and use a nature journal as an artistic expression, as well as a way of nurturing a closer relationship with the larger community of life and our interconnectedness, including the flora, fauna and seasonal changes in our gardens and in the wild. Practical skills will be taught outdoors as much as possible. Supply list available upon registration.

Castlegar Campus \$112 +HST
Susan VanRooy
2 classes: Apr. 2 & 3, Sat. & Sun. 9 am-4 pm

JOURNALING - ILLUMINATED NATURE II

Take the expressive art form of nature journaling to the next level. Explore drawing techniques, hand writing, watercolour, page layout and design, and a variety of journaling methods in more depth. Creating your own nature journal will be optional. Practical skills will be taught outdoors as much as possible. Supply list available upon registration.

Castlegar Campus \$112 + HST
Susan VanRooy
2 classes: Apr. 30 & May 1, Sat. & Sun. 9 am-4 pm

KNITTING FOR BEGINNERS

For beginners of all ages and abilities. Learn how to cast on and off, knit, pearl, make fringe or tassels. Needles and yarn will be supplied for the class project: a scarf.

LEARN TO FELT! BASIC OF WETFELTING

Learn to make felt using beautifully natural fibres of wool and silk. You will create a flat piece of felt with the wetfelting technique, and discover the endless possibilities of this forgiving and creative art!! A flat felt can become a wall hanging, or a piece of fabric to transform later. Bring a picture, idea, or drawing to make a wall hanging, or just your inspiration and see what happens!

Nakusp Centre \$60 +HST
Brandy Dicks
1 class: Apr. 30, Sat. 10 am-1 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 \$36 +HST, plus \$10 supplies
Cindy Alblas
1 class: Jan. 30, Sun. 1-4 pm

Midway: Boundary Central Secondary, 355-5th Ave. \$36 +HST, plus \$10 supplies
Cindy Alblas
1 class: Mar. 12, Sat. 1-4 pm

MUSIC THEORY - BEGINNER

This course will be of interest to music lovers, music students and those preparing for Royal Conservatory of Music exams and/or university and college entrance theory exams. Explore the fundamentals of musical notation, study the diatonic major and minor scales up to and including four sharps and flats, melodic and harmonic intervals up to and including the octave and the major and minor triads. Other topics include meter, rhythm, transposition and analysis. Gain experience reading both treble and bass clefs as well as become acquainted with many musical terms and signs.

Trail Campus \$240 +HST
Maria Ciardullo ARCT, BCRMT
10 classes: Jan. 26-Apr. 13, Wed. 7:30-9 pm

NEEDLEFELT: SCULPTING WITH WOOL!

Working with unspun wool roving's and batting, we will learn how to efficiently use a felting needle and expand your fiber art skills. Make a 3-D animal, doll, fairy tale character or creature. We will also try out needlefelting on a flat surface as a technique to embellish other fabrics and wearables.

Nakusp Centre \$55 +HST
Brandy Dicks
1 class: Apr. 30, Sat. 2-5 pm

OIL PAINTING TECHNIQUES

Learn about and explore the use of traditional materials and techniques used in oil painting: glazing, blending, wet on wet techniques, use of waxes and varnishes and discussion of safe processes. Some previous experience with drawing and painting (water colour, acrylic or pastels) is recommended. Some supplies will be provided and a materials list will be available at Selkirk College.

Nakusp Centre \$120 +HST
Boukje Elzinga
2 classes: Apr. 16 & 17, Sat. Sun.
9:30 am-4 pm

ORIGAMI: THE MINDFUL FOLD

Learn the art and meditative powers of ancient origami in a relaxed and fun atmosphere. Discover folds, symbols and six diagrammed project. Materials and handouts included.

Trail Campus
Call 250-364-5770 for further information
Rosemary Browne
1 class: Feb. 5, Sat. 12-3 pm

PINE NEEDLE BASKETRY

Create a pine needle basket using traditional gathering, preparing and stitching techniques. Create, shape and finish a basket. Bring fine-pointed scissors and a bag.

Trail Campus \$55 +HST
Rosemary Browne
1 class: Feb. 19, Sat. 12-3 pm

To ensure the course you want
doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**

SPEAKER SERIES: SINIXT NATION PUBLIC UPDATE

A cross cultural experience with a Sinixt creation story and an update on Sinixt current events. Facilitated by Marilyn James, Appointed Spokesperson, Sinixt Nation. Sponsored by the Columbia Alliance for Literacy.

Nakusp Centre
Free, you must pre-register
Marilyn James,
1 class: Feb. 9, Wed. 6:30-8 pm

STAINED GLASS: INTRODUCTION

Learn to design, cut, grind, lead, foil and solder your very own stained glass design. Create a beautiful, 20 to 30 piece stained glass window or simple three-dimensional project. Tools, equipment and patterns included. Glass and supplies extra.

Grand Forks Secondary School
\$149 +HST, plus \$50 materials
Cindy Alblas
6 classes: Feb. 9-Mar. 16, Wed. 6:30-9 pm

WATERCOLOURS: BEGINNER

Learn about this medium by exploring colour mixing, techniques, and the process that will enable you to create successful work. Discover composition and the vocabulary of watercolours while developing your own style through enjoyment and self-improvement. Please contact instructor at 250.447.9046 for supplies list.

Grand Forks Campus \$70 +HST
Pat McNish
4 sessions: Feb. 12-Mar.5, Sat. 9 am-noon

WATERCOLOURS: INTERMEDIATE

Explore this medium by using the techniques of colour mixing, gradations, controlling paint, paint values and the back run. Move through techniques as you create your own style and masterpiece through enjoyment and self-improvement. Please contact instructor at 250.447.9046 for supplies list.

Grand Forks Campus \$70 +HST
Pat McNish
4 classes: Apr. 9-May 7, Sat. 9 am-noon

WOODCARVING FOR BEGINNERS

An intro. to carving including wood selection and care of tools. Explore relief and incised carving. Includes carving tools and supplies.

Nelson: Silver King Campus \$249 +HST
Peter Bockner
6 classes: Jan. 7-Feb. 4, Fri. 9 am-3 pm,
plus one Sat.

WRITING YOUR FAMILY STORIES

Record family history, celebrate lives, explain your roots and spin a good yarn. Learn the basics of genealogy collect and write your family stories and put it all together creatively in a printed form.

Nelson: Silver King Campus \$149 +HST
Heather Haake
6 classes: Feb. 2-Mar. 9, Wed. 6:30-9:30 pm
6 classes: Apr. 6-May 11, Wed. 6:30-9:30 pm

WRITING: CREATIVE NON-FICTION: SCENE SETTING TO STORY

Non-Fiction workshop with renowned BC and Kootenay author, Rita Moir.

Grand Forks Campus \$50 +HST
Rita Moore
1 class: Apr. 9, Sat. 10 am-2 pm

OXYGEN ART CENTRE

3RD ANNUAL SPRING BREAK ART CAMP

Art Immersion! Taught by professional, inspired instructors, kids are introduced to visual art, creative writing, performance, dance and art history. Exercises and projects are adjusted to suit the age groups. Art camp culminates in a presentation to family and friends. An art experience your kids will never forget! Materials included.

March 14-18 & March 21-25

Spring Break Art Camp: Ages 5-6

9am - 11am
\$75 + HST per week
\$60 +HST per week for two weeks or per two or more children
Nelson: Oxygen Art Centre #3-320 Vernon St. Alley Entrance.

Spring Break Art Camp: Ages 7-9

Nelson: Oxygen Art Centre #3-320 Vernon St.

\$110 + HST per week

\$95 + HST per week for two weeks or per two or more children
noon-3 pm

Spring Break Art Camp: Ages 10-12

Nelson: KSA Campus
\$110 + HST per week
\$95 + HST per week for two weeks or per two or more children
9:30 am - 12:30 pm

Spring Break Art Camp: Ages 13-16

Nelson: KSA Campus
\$110 + HST per week
\$95 + HST per week for two weeks or per two or more children
1 pm-4 pm

3-D FORM FELTING WORKSHOP (INTERMEDIATE)

This workshop teaches basic techniques for felting in-the-round. Participants will produce small samples before continuing on to a project. Felted forms can be applied in the making of hats, handbags, basket-like containers, toys and other items. Examples of finished felted pieces will be shown in the first session.

Nelson: Oxygen Art Centre #3-320
Vernon St.
\$120 +HST + \$20 materials
Deborah Loxam-Kohl
2 classes: Mar 26-27, Sat. & Sun.
10 am-4 pm

ART ADVENTURE FOR PARENT & CHILD

Spend one-on-one creative time with your child. Make a mess! Have fun! Learn innovative techniques that are sure to stimulate your child's imagination. Exploration in painting, collage, print making and paper-mâché for masks and puppets. Class fee includes one parent and one child.

Nelson: Oxygen Art Centre #3-320
Vernon St.
\$65 +HST + \$5 materials fee.
Krista Lynch
4 classes: Feb. 20-Mar. 13, Sun.
10-11:30 am

ASSEMBLAGE SCULPTURE

This exploration of materials, processes and ideas will broaden your creative horizons.

Expect to question, reflect, play and make a mess! Surprise yourself. For ages 18-100

Nelson: Oxygen Art Centre #3-320

Vernon St

\$120 +HST

Jessie Demers

6 classes: Mar. 30-May 4, Wed. 7-9 pm



D.I.Y. FILM MAKING FOR AMATEURS: TEENS

Got an idea for a video you want to make but not sure how to go about it? Want to join the millions of others broadcasting on YouTube? Shoot on anything from a Hi-Def camera to a cell-phone. Learn to see, learn to shoot, learn to edit and find the story you want to tell. Students must have their own recording device to use during this course. This can be a digital photo camera or cell phone if no video camera available.

Nelson: Oxygen Art Centre #3-320

Vernon St.

\$120 +HST

Miriam Needoba

4 classes: Feb. 19-Mar. 12, Sat. 9am-12 pm

D.I.Y. FILM MAKING FOR AMATEURS: ADULTS

Got an idea for a video you want to make but not sure how to go about it? Want to join the millions of others broadcasting on YouTube? Shoot on anything from a Hi-Def camera to a cell-phone. Learn to see, learn to shoot, learn to edit and find the story you want to tell. Students must have their own recording device to use during this course. This can be a digital photo camera or cell phone if no video camera available.

Nelson: Oxygen Art Centre #3-320

Vernon St. Alley Entrance. \$120 +HST

Miriam Needoba

4 classes: Feb. 19-Mar. 12, Sat. 1-4 pm

FICTION FUNDAMENTALS: AN INTRO TO THE BASICS

Is your short story ready to walk, or does it still need legs to stand on? Is it even a short story, a sprinter, or do you have the makings for the marathon of a novel? How do you tell the difference? Enrol in this six-week Introduction to Fiction Writing course to find out the answers to these questions and more.

Nelson: Oxygen Art Centre #3-320

Vernon St. Alley Entrance.

\$150 +HST

Brad Carr

6 classes: Mar. 29-May 3, Tue. 7-9:30 pm

FOLK FUSION SKIRT DANCE FOR GIRLS (AGES 9-11)

A unique combination of Latin American Cumbia skirts, fun and fancy folklorico footwork, dervish spinning, invigorating jumps, dynamic balance postures, all with contemporary dance edge. Geared for all levels and abilities, just bring your imagination and we provide the colourful skirts!

Nelson: Oxygen Art Centre #3-320 Vernon

St. Alley Entrance.

\$40 +HST

Slava Doval

4 classes: Feb 15-Mar. 8, Tue. 3:30-4:30 pm

FOLK FUSION SKIRT DANCE FOR GIRLS AND WOMEN (AGES 12+)

Folk Fusion is a unique combination of Latin American Cumbia skirts, fun and fancy folklorico footwork, dervish spinning, invigorating jumps, dynamic balance postures, all with a Contemporary dance edge. All levels of experience welcome. Colourful skirts provided. Class includes a warm up, stretching, choreography, and the crucial folk element of a communal circle.

Nelson: Oxygen Art Centre #3-320

Vernon St.

\$60 +HST

Slava Doval

4 classes: Feb. 15-Mar. 8, Tue. 4:45-6:15 pm

IMPROVISATION COMEDY CAMP

A course for adults and teens interested in developing sketch comedy skills, playing characters, breaking through fears of presenting in public and HAVING FUN! Theatre games and character exercises will increase confidence, relaxation and playfulness. Students will practice group improv as well as develop individual comedy characters.

Nelson: Oxygen Art Centre #3-320
 Vernon St. \$100 +HST
 Nicola Harwood
 5 classes: Feb 17 – Mar 10, Thurs 7-9pm

SHEER DELIGHT

MIX, BLEND, HIGHLIGHT & SHADE using only layers of sheer fabrics to create abstract compositions and landscapes reminiscent of delicate watercolours. Watch the application of semi-translucent materials subtly soften edges, transform hues and alter perspectives.

Nelson:
 Oxygen Art Centre #3-320 Vernon St.
 \$120 +HST
 Kate Bridger
 2 classes: May 7-8, Sat. & Sun. 10 am-4 pm

SHIFTING SPACE: DEVELOPING SPACE IN YOUR PAINTING

A studio intensive for painters. Explore the shifting spaces or visual depth of art throughout the history of visual art. Progress through a series of exercises and painting opportunities that look at various aspects of creating depth in a two-dimensional format such as, scale of imagery, use of colour, texture and light, rendering of volume, linear perspective and design of the picture. Use of still life and photographs will be used as a starting point from which to develop a painting. Students may work in any painting medium but acrylics or oils are preferable. Materials list available.

Nelson: Oxygen Art Centre #3-320
 Vernon St.
 \$200 +HST
 Deb Thompson
 4 classes: Apr 11-14, Mon.-Thur.
 10 am-3 pm

SUPER 8 FILM LAB: SHOOTING AND HAND-PROCESSING MOTION PICTURE FILM

Ideal for you painters, photographers, poets or seekers of the strange looking for a new means of expression; this "no experience required" 2-day workshop will instantly elevate your explorations to the artistic through the creation of your own 3 1/2 minute hand-processed super 8 movie. From shoot to projection in a single day, Students will have their work shown in a same day gala screening open to the public.

Nelson: Oxygen Art Centre #3-320 Vernon St.
 \$100 +HST plus \$50 materials
 Jason Asbell
 2 classes: Apr. 23-24, Sat. 1-5 pm & Sun 1-7 pm

VISAC GALLERY

BETTER WATER COLOURS

Improve your drawing skills and the quality of your watercolour painting. Learn the importance of using good quality paint, paper and brushes for the most positive experience. Instruction will focus on drawing, composition, colour mixing, application of wet on wet, wet on dry, washes (sky, water). Please bring a sample of your work. Material list available upon registration.

Trail: VISAC Gallery
 Please contact 250-364-5770 for further information
 Lucy Bates
 6 classes: Feb. 1-Mar. 15, Tue. 6:30-9 pm

INTRODUCTION TO CHARCOALS

An introduction to the drawing medium of charcoals including how to use the various types. Includes a review of basic drawing techniques.

Trail: VISAC Gallery
 Please contact 250-364-5770 for further information
 Barbara Pistak
 4 classes: Mar. 9-30, Wed. 6-8 pm

POTTERY - AN INTRODUCTION

The basics of "building with clay" for the beginner. We will build a minimum of 2 projects to completion. All supplies provided.

Trail: VISAC Gallery \$190 +HST
 Melissa Marrandino
 8 classes: Mar. 22-Apr. 14, Tue. & Thur.
 6-7:30 pm

QUILTING - AN INTRO TO

Have you ever admired a quilt and wished you knew how to create one? You will learn the basics of quilt design and construction, and will go home with your own quilted product. Some supplies included, material list available on registration. You need to bring your own sewing machine to class. Basic sewing knowledge required.

Trail: VISAC Gallery \$140 +HST
Wilma Hughes
6 classes: Feb. 5-Mar 8, Sat. 1-4pm, Tue.
5:30-8:30pm

THE ARTIST'S WAY: UNBLOCKING CREATIVITY

A workshop series focused on developing a path to explore and enhance personal creativity. For all who practice some form of art, whether it is writing, painting, acting and/or sculpting. Also of interest for those who have never attempted a form of art but always wanted to. Learn how to create more freely.

Trail: VISAC Gallery
Please contact 250-364-5770 for further information
Diane Oser
12 classes: Mar. 29-June 21, Tue. 6-7 pm

WATER SOLUBLE OIL COLOR PAINTING: INTERMEDIATE

This intermediate course will continue the exploration of painting with water-soluble oil colors. It will take a more in-depth look at mixing colors, perspective and light, particularly pertaining to outdoor scenes. Methods of error correction will be addressed. An outdoor scenic painting is the goal. Material list available at registration.

Trail: VISAC Gallery \$130 +HST
Diane Oster
4 classes: Apr. 4-25, Mon. 6-8 pm

WATER SOLUBLE OIL COLOR PAINTING-BEGINNER

This introductory course covers the basic essentials of painting with oils on canvas or canvas board and the use of the tools. We will learn about colors, mixing colors, preliminary sketching and composition applications of paint and techniques such as layering, shading and shadowing. A 'still life' painting is the goal. Material list available at registration.

Trail: VISAC Gallery \$130 +HST
Diane Oser
Feb. 21-Mar. 14, Mon. 6-8 pm



WILTON CAKE DECORATING COURSES

DECORATING BASICS

Learn the fundamentals of cake decorating that make incredible party cakes, cupcakes and cookies possible. \$58 +HST for course kit

Castlegar Campus \$50 +HST
Renee Read
2 classes: Jan. 29 & 30, Sat. & Sun.
10 am-3 pm
2 classes: Feb. 26 & 27, Sat. & Sun.
10 am-3 pm
2 classes: Mar. 26 & 27, Sat. & Sun.
10 am-3 pm

Grand Forks Campus \$55 +HST
Renee Read
2 classes: Apr. 9 & 10, Sat. & Sun.
10 am-3 pm

FLOWERS & CAKE DESIGN

Expand your decorating skills to create even more sophisticated cakes and desserts. Create a new collection of icing flowers and skills to arrange them on your cake. (Some decorating experience preferred or completion of Decorating Basics.) \$57 +HST for course kit

Castlegar Campus \$50 +HST
Renee Read
2 classes: Feb. 5 & 6, Sat. & Sun.
10 am-3 pm
2 classes: Mar. 5 & 6, Sat. & Sun.
10 am-3 pm

Grand Forks Campus \$55 +HST
Renee Read
2 classes: Apr. 16 & 17, Sat. & Sun.
10 am-3 pm

To ensure the course you want
doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**

GUM PASTE & FONDANT

Discover an exciting way to decorate a cake. Create amazing hand shaped flowers, beautiful borders and bold accents, foolproof ways to roll, cast and tine gum paste and fondant. \$62 +HST for course kit

Castlegar Campus \$50 +HST
 Renee Read
 2 classes: Feb. 12 & 13, Sat. & Sun.
 10 am-3 pm

WORLD CINEMA

Film history instructor, Ian Dawe, takes you on a "guided tour" through the history of narrative film, with weekly screenings, lecture and discussion. The Spring Series spotlights films in related pairs, offering a survey of some of the threads that connect cinema's present to its past. Pre-register by April 4.

Nelson: Silver King Campus \$12 +HST/Series:
 8 for \$88 +HST
 Facilitator: Ian Dawe

BLOW UP (ANTONIONI, 1966)

Epitomizing "swinging London", Antonioni's masterpiece also, like *Nosferatu*, has much to teach us about the nature of perception. Featuring a London fashion photographer who becomes entangled in a murder mystery as well as existential exploration, this is one of the films that helped to shape the 1960s.

1 class: Apr. 11, Mon. 6-9 pm

FAREWELL MY CONCUBINE (KAIGE 1993)

A sad, lovely pageant from China, tracing the lives of two singers in the traditional Peking opera. Another love story wonderfully told in none of the conventional ways.

1 class: May 9, Mon. 6-9 pm

GOSPEL ACCORDING TO ST MATTHEW (PASOLINI 1964)

The Gospel as told by a man who was a gay Marxist atheist (Pier Pasolini) in the style of Italian neo-realism. Instead of being an incongruous exploitation, this film emerges as one of the most emotionally engaging re-telling of the Passion yet soon down on film.

1 class: June 13, Mon. 6-9 pm

PASSION OF JOAN OF ARC (DREYER 1928)

Dreyer's masterpiece tells the familiar legend of Joan of Arc with all the wonder and mystery silent film can summon. Renee Falconett's widely-praised performance as Joan broke all the rules for women on film at the time, and remains haunting and powerful today.

1 class: May 16, Mon. 6-9 pm

STRANGERS ON A TRAIN (HITCHCOCK 1951)

Hitchcock's expressionist masterpiece is as much of a love story as any other film he created. The complex, disturbing relationships between two men whose lives become entangled by circumstance is the real story underneath Hitchcock's "maguffins".

1 class: May 2, Mon. 6-9 pm

THE BAD SLEEP WELL (KUROSAWA 1960)

Noted for its artful cinematography, this Japanese adaptation of Hamlet not only adds another jewel to the crown of cinema's Master Akira Kurosawa, but blazes a trail that leads directly to modern Asian cinema and many other stories of corporate corruption.

1 class: June 6, Mon. 6-9 pm

THE RULING CLASS (MEDAK 1972)

One of Peter O'Toole's great starring roles as a wealthy aristocrat who thinks he's Christ, then Jack the Ripper. Complete with songs and dances and a wonderfully absurdist black comedy, this is a seminal and provocative work of British film.

1 class: Apr. 18, Mon. 6-9 pm

VAGABOND (VARDA, 1985)

Agnes Varda, one of France's true geniuses of the cinema, had her biggest hit in 1985 with *Vagabond*. The film's daring blending of documentary and narrative styles, as well as its deep ambivalence about the nature of its characters, make it a daring and forward-looking work.

1 class: May 30, Mon. 6-9 pm

Selkirk Gymnasiums

ARE OPEN TO THE COMMUNITY

Nelson - Mary Hall



DROP-IN FEES

One time: \$3
Monthly: \$20
Semester: \$50

VOLLEYBALL LEAGUE (CO-ED)

Monday 5-7pm | \$30 | Jan-April

GYM SOCCER LEAGUE (CO-ED)

Thursday 5-7pm | \$30 | Jan-April

WEIGHT ROOM HOURS

Monday to Thursday
12 - 9:00pm

CLASSES (fees vary)

Yoga, Belly Dance, Tai Chi
and more!

CONTACT

Kim Barker
kbarker@selkirk.ca
Tel: 250.505.1325

Selkirk College
Tenth Street Campus
820 Tenth Street, Nelson, BC
250.352.6601

Castlegar Gym



DROP-IN EVENINGS

Badminton - Tues/Thurs
Basketball - Monday
Co-Ed Indoor Soccer - Wednesday

FITNESS CLASSES: Noon hours
(circuit, step, yoga and other)

FACILITIES: 2 large gymnasiums,
Weight Room, Bouldering, Squash,
Racquetball, Shower facilities

FEES: \$5 drop in, \$55 monthly (full
facility access) punch passes, youth
and senior rates available

HOURS OF OPERATION

Mon-Thurs: 7:30 am – 9:30 pm
Fridays: 7:30 am – 8:00 pm

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

Both gyms available for private & club bookings, birthdays or events.
selkirk.ca/athletics/campusrecreation/

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	Lizanne Eastwood	250-442-2533
Kaslo	Barb Szuta	250-353-2289
Nakusp	Rhonda Palmer	250-265-3779
Nelson	Joan Exley	250-352-3218
Salmo	Laurie Macdonald	250-357-2874
Slocan Valley	Chris Nichol	250-355-0032
Trail	Desneiges Profili	250-364-1275 #247

Or visit our website at www.cbal.org.



THE SKILLS SAVER WORKSHOP

Can your company afford the loss of expertise and the time it will take to rebuild it?

Act now to reverse the exit of knowledge and skills critical to the survival and prosperity of your company.

Selkirk College, in conjunction with North Pacific Training and Performance Inc., is offering the **Skills Saver Workshop**, designed to help you retain the critical knowledge vital to survival and growth.

Learn to identify the knowledge that is critical to maintaining your company's viability and develop the tools and systems to capture that critical knowledge and store it for easy access.

This 2 day workshop is suited for teams of two (one long term employee, one younger or new employee).

critical
benefits

For further details about these workshops please contact Susan Chew in Trail at 250.364.5770, or your local CE Coordinator (see page 94).

Adult Basic Education

Adult Basic Education (ABE)—where adult learners prepare for life, work further schooling.

IF YOU WANT TO...

- Upgrade reading, writing, spelling, math, science and computer skills
- Take pre-requisite courses for post-secondary programs
- Complete Grade 10, 11, or 12
- Get help with online or home study courses
- Prepare for the LPI or GED exam
- Gain valuable workplace essential skills

...THEN ABE IS FOR YOU!

ABE has no tuition; free books; evening and daytime classes; self-paced or instructor-led classes; 6 locations from which to choose. Some student fees apply.



HOW DO YOU START ABE?

- Call to arrange a time to meet with 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	250.365.7292
Grand Forks	Christy Luke	250.442.2704
Kaslo	Marilyn Roberts	250.353.7773
Nakusp	Jen Cliff-Marks	250.265.3640
Nelson	ask for ABE	250.352.6601
Trail	Ian McAlpine	250.368.5236



Adult Special Education (ASE) Transitional Training

WE OFFER...

- Personal assistance and support needed for academic upgrading pre-employment, skill development training, 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	Ian McAlpine	250.368.5236

business & finance

7 SLICES OF MARKETING SUCCESS

For businesses looking to gain return on investment and help package its business for investors and succession planning. The 7 Slices are an easy path to understand priorities to focus on and the efforts needed to ensure a successful marketing plan. Call 1.866.301.6601 or visit selkirk.ca/ce for details on this 8-week series.

Nelson: Silver King Campus \$249+HST
Chris Holland, Juggernaut Marketing & Communications
8 classes: Feb. 18-Apr. 8, Fri. 1-4pm

BASIC INVESTING FOR "FRAIDY CATS"

Unravel the mystery around basic investing. If you are unsure what TSX, DJIA and S&P500 mean, join this forum for women. Is a bond more than something you do with glue? What the heck is equity? How important is it anyway? Ask away and have fun!

Nelson: Silver King Campus \$15+HST
Sandra Babin
1 class: Jan. 29, Sat. 9-11 am
1 class: Feb. 19, Sat. 9-11 am

BED & BREAKFAST: DEVELOPING A BUSINESS PLAN

Understand the different sections of a business plan for your Bed & Breakfast. Learn how to produce a basic marketing plan and financial plan for your B&B. Prerequisite: How to Run a Successful B&B.

Kaslo Centre \$59 +HST
Maureen Pritchard, B&B owner
1 class: Sat, Feb. 05 10 am-4 pm

HOW TO START A BED & BREAKFAST

Are you suited to run a B&B? Learn the legal requirements; start up costs, elements of a business plan, market research and elements of an action plan.

Kaslo Centre \$39 +HST
Maureen Pritchard
1 class: Sat, Apr. 23 10 am-2 pm

Nelson: Silver King Campus \$39 +HST
Maureen Pritchard
1 class: Jan. 29, Sat. 10 am-2 pm



BOOKKEEPING FOR SMALL BUSINESS

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

Castlegar Campus \$160
Bev Horst
4 classes: Mar. 29-Apr.7, Tue. & Thur.
6-9 pm

Grand Forks Campus \$160
Judi Thomas
2 classes: Feb. 5-6, Sat. & Sun. 9 am-4 pm

Kaslo Centre \$160
Suzan Hewat, Accounting Technician
2 classes: Feb. 5-6, Sat. & Sun. 10 am-4 pm

Midway: Boundary Central Secondary, 355 - 5th Ave \$160
Judi Thomas
2 classes: Jan. 29-30, Sat. & Sun.
9 am-4 pm

Nelson: Silver King Campus \$160
Brenda Wiest
4 classes: Jan. 31-Feb. 9, Mon. & Wed.
6-9 pm

CAREER & JOB FAIR

Join us at JV Humphries School for a chance to meet potential employers and discover exciting career opportunities. Speakers will talk about their chosen field of work and

answer questions. Employment services will be on hand to help with your resume, job searches and to explain how their office can provide the resources you might need to find a job. Employers: Call Selkirk College at 250.353.2618 to book a spot for your 2011 recruitment. Job seekers: bring copies of your resume.

Kaslo: JVH School

Employers: \$10 table rental

1 class: Apr. 28, Thur. 1-3 pm

CLEAR LANGUAGE WORKSHOP

Coming soon to a Columbia Basin Alliance for Literacy (CBAL) community near you! Learners will appreciate what can be gained by using clear language, learn tips on how to write and design an document with clear language, practice using clear language and design. "You don't really understand something unless you can explain it to your grandmother." - Albert Einstein

Kaslo Centre

Free Sponsored by CBAL and Selkirk College

Barb Szuta, CBAL coordinator

1 class: Mar. 29, Tue. 6:30-8 pm



CONVERT YOUR PENSION INTO AN RRSP?

Potentially you could 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.

Trail Campus \$20 +HST

Debbie Bayoff, CFP

1 class: Feb. 14, Mon. 6:30-8:30 pm

CREATING A SUCCESSFUL BUSINESS PLAN

Turn your business ideas into a solid plan for financing and long-term success. Work through all of the major components of a

business plan and emerge with your first draft in hand. You will have completed the first-and most difficult-step on the path to small business success!

Online \$134

Ed2Go - to register go to

www.ed2go.com/selkirk

EARN MORE WITH LITTLE TO NO RISK

RETIRES - Increase your income with less risk. Learn positives and negatives of "income providing" investments on the market today. If it looks too good to be true, it may be. You never get something for nothing.

Trail Campus \$20 +HST

Debbie Bayoff, CFP

1 class: Feb. 24, Thur.6-8 pm

EFFECTIVE MEETINGS - PREPARATION

Through careful planning and realistic time management, it is possible to accomplish more at your meetings. Learn some strategies through interactive engagement - become the chairperson in a learning environment.

Kaslo Centre \$54

Louise De Pape, CFRE

2 classes: Mar. 1&3, Tue. & Thur.6-9 pm

EFFECTIVE MEETINGS - STAYING ON TRACK

Do you believe in the good work of your organization? Are meetings disruptive and counterproductive? What can you do? Learn some techniques to make your meetings engaging and productive.

Kaslo Centre \$24

Louise De Pape, CFRE

1 class: Mar. 8, Tue. 6-9 pm

ETHICAL INVESTING

Is there really a way to direct your funds to "principled" investments? Understand your options. Find out which support your personal beliefs.

Nakusp Centre \$20 +HST

Debbie Bayoff

1 class: Mar. 10, Thur. 6:30-8:30 pm

FINANCIAL PLANNING- TAKE CONTROL

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

Nakusp Centre \$20 +HST
Debbie Bayoff
1 class: Feb. 22, Tue. 6:30-8:30 pm

Trail Campus \$20 +HST
Debbie Bayoff, CFP
1 class: Apr. 19, Tue. 6:30-8:30 pm



FIVE YEARS TO RETIREMENT

Considering retirement within the next five years? Discuss pension plans, taxes, RRRSP's versus RIF's and understand your investments and risk management.

Castlegar Campus \$20 +HST
Deb Bayoff
1 class: Apr. 6, Wed. 6:30-8:30 pm

FIXED INCOME STRATEGIES & PRINCIPAL PRESERVATION

Make your money work hard for you. Compare fixed income investments such as GICs bonds, preferred shares, annuities, segregated funds and systematic withdrawal plans. Find a balance between safety and returns so you can sleep at night. Preserve your principal and you can have your cake and eat it too?

Nelson: Silver King Campus \$20+HST
Sandra Babin
1 class: Feb. 5, Sat. 9-11 am
1 class: Feb. 26, Sat. 9-11 am

FUNDRAISING II: BOARD DEVELOPMENT

Training, job descriptions, and succession planning are critical issues for today's board members. Where does your organization stand? Learn about these issues and develop strategies to strengthen potential gaps.

Kaslo Centre \$24
Louise De Pape, CFRE
1 class: Feb. 15, Tue. 6-9 pm

FUNDRAISING II: CASE STATEMENTS

Review your current case statement and work collectively to identify strengths, weaknesses and areas where your message can be improved.

Kaslo Centre \$24
Louise De Pape, CFRE
1 class: Feb. 1, Tue. 6-9 pm

FUNDRAISING II: ETHICAL FUNDRAISING

Explore concepts such as transparency, accountability and good stewardship. Learn why these concepts are the foundation of ethical fundraising.

Kaslo Centre \$24
Louise De Pape, CFRE
1 class: Feb. 22, Tue. 6-9 pm

FUNDRAISING II: GRANT WRITING

Grant writing is one component of most annual giving programs. Develop some targeted strategies to strengthen your applications.

Kaslo Centre \$24
Louise De Pape, CFRE
1 class: Feb. 8, Tue. 6-9 pm

INVESTING TO MATCH YOUR VALUES

Match your investments with your values. Do you know where your money is invested? Are you a socially responsible investor? Learn how to make responsible choices without compromising your investment returns. You can do the "right" thing in your RRSP, savings or retirement fund by staying informed.

Nelson: Silver King Campus \$20+HST
Sandra Babin
1 class: Feb. 12, Sat. 9-11 am
1 class: Mar. 5, Sat. 9-11 am

To ensure the course you want
doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**

KOOTENAY BOUNDARY CREDIT CLINIC

Whether buying a home, a car or a toaster, most of us buy things on credit, and some of us struggle with the resulting debt. Learn how to manage debt and credit so they work for you, and what to do when your life circumstances change and debts become a problem. Sponsored by Castlegar Community Services and funded by The Law Foundation of BC, Nelson & District Credit Union, Kootenay Savings Credit Union and the Columbia Basin Trust. To register call 1-877-565-0013 or go to kbcredit.org.

Castlegar Campus

Free

Peter Stoochnoff

1 class: Feb. 19, Sat. 1-5 pm

Nelson: Silver King Campus

Free

Amy Taylor

1 class: Apr. 9, Sat. 9 am-1 pm

Trail Campus

Free

Peter Stoochnoff

2 classes: Apr. 7 & 14, Thur.6:30-8:30 pm

MANAGING CHANGE WORKSHOP

The R.E.A.L. Process for Making Change Happen. While we can't control much of the world changing around us, we can manage and control how we respond to it. Learn practical and effective models to coach and lead oneself and others through change and transform quicker with "less distress, more success". Whether you're looking to manage change within organizations, teams

or even personal change, this workshop will provide you with a productive and positive perspective. Manual included.

Castlegar Campus

\$130

Jeanne Kim

1 class: Apr. 8, Fri. 9 am-4 pm



MARKETING YOUR BUSINESS ON THE INTERNET

In this practical, hands-on course, you'll learn little-understood secrets about the types of businesses that thrive on the web. Discover proven methods that will help you establish an internet presence and build an online brand identity.

Online

\$134

Ed2Go - to register go to www.ed2go.com/selkirk

MAXIMIZING BUSINESS PERFORMANCE

Maximize your business! Develop a sound and detailed annual business plan, including budget and strategic components. Implement your plan, learn key performance indicators and watch your business perform.

Grand Forks Campus

\$220

Randall Johnson

2 classes: Feb. 12 & 19, Sat. 9 am-3 pm

stay connected

If you are a Selkirk College graduate, join the **Alumni Association**. THE BENEFITS ARE BIG!

Also, if you are interested in coordinating an alumni event for your program contact the Alumni Association.

For more information: alumni@selkirk.ca
selkirk.ca/alumni | 250.505.1324

Selkirk  College

MONEY MATTERS

Money -- while it can't buy you love, it does keep a roof over our heads and food on the table. This workshop is designed to help you get the most out of an often limited resource. Topics include: banking basics, tracking income and spending, and the ins and outs of credit and debit cards. To register, call 1-877-565-0013 or go tokbcredit.org.

Grand Forks Campus
Free but pre-registration is required
Peter Stoochnoff
1 class: May 14, Sat. 1-4 pm

Rock Creek Medical Society,
100 Rock Ck Cutoff
Free but pre-registration is required.
Peter Stoochnoff
1 class: Mar. 5, Sat. 1-4 pm

NONVIOLENT CONFLICT INTERVENTION WORKSHOP

This workshop lets you explore how nonviolent methods can lesson or prevent violence-in your daily life, in your community and around the world. Hands-on exercises and role plays that will introduce you to basic nonviolent communication and conflict intervention methods and how local and international peace teams use nonviolent strategies in larger conflicts.

Castlegar Campus: MIR Centre \$40 +HST
Madelyn Mackay
1 class: Jan. 15, Sat. 9 am-5 pm

PAY LESS TAX

Considering retirement within the next five years? Discuss pension plans, taxes, RRSP's versus RIF's and understand your investments and risk management.

Castlegar Campus \$20 +HST
Deb Bayoff
1 class: Feb. 16, Wed. 6:30-8:30 pm

PROJECT MANAGEMENT SKILLS AND TOOLS FOR NON-PROJECT MANAGERS

Become more organized, proficient and successful in planning and managing projects, business initiatives and events. This course is designed to provide non-project managers an opportunity to learn, demonstrate and practice the essential tools and methods to effectively plan, implement, monitor and close

projects and initiatives. Whether you're a manager, administrator or event organizer you will learn practical skills, concepts and methods to take back to the job. This course is recommended before taking Microsoft Projects 2007 - see page 26.

Castlegar Campus \$125
Jeanne Kim
1 class: Feb. 18, Fri. 9 am-4 pm

RESUME WRITING WORKSHOP

Discover the secret to transforming your tired, boring resume into a powerful tool that will get you interviews.

Online \$134
Ed2Go - to register go to
www.ed2go.com/selkirk

RETIREMENT PLANNING: 5 YEARS TO GO

Considering retirement within the next five years? Discuss pension plans, taxes, RRSP's versus RIF's, and understand your investments and risk management.

Trail Campus \$45 +HST
Jennifer Cook
2 classes: May 18 & 25, Wed. 6-9 pm

STRATEGIC CUSTOMER CARE: BUSINESS TACTICS FOR FRONTLINE EMPLOYEES

Do you have the skills and confidence to recognize a business opportunity, or the questioning and qualifying skills to get to the heart of the prospect's needs? Topics include: what do customer's really want, developing professional communication, boosting your comfort zone, setting expectations and control, building relationships, crafting questions, up-selling and cross-selling, telephone and email communication, understanding customer behavior, dealing with difficult people, client development and formula for success. Funding available for employers with less than 50 employees.

Castlegar Campus \$195
John Glennon, Sandler Training
1 class: Apr. 15, Fri. 8:30 am-4:30 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, new in 2009. Keep all of your earnings and make the most of your money.

Trail Campus \$20 +HST
Debbie Bayoff, CFP
1 class: Mar. 3, Thur. 6:30-8:30 pm

UNDERSTANDING YOUR PROPERTY ASSESSMENT

This course will lay out a step-by-step process on how to understand and if needed, appeal your property assessment. It is geared towards the residential property owner but is also beneficial to the commercial property owner. A correct assessment could save you money now and into the future. Pre-registration is required.

Castlegar Campus Free
Gina Ironmonger
1 class: Jan. 18, Tue. 6-8 pm

Grand Forks Campus Free
Gina Ironmonger
1 class: Jan. 16, Sun. noon-2 pm

Nelson: Silver King Campus Free
Gina Ironmonger
1 class: Jan. 19, Wed. 6-8 pm

Trail Campus Free
Gina Ironmonger
1 class: Jan. 17, Mon. 6-8 pm

WILLS/POWER OF ATTORNEY

You don't want to lose your hard earned money! Learn about wills, powers of attorney, and estate planning to ensure your assets will be directed exactly where you want them to go.

Trail Campus \$25 +HST
Ann Lessard
1 class: Apr. 21, Thur. 6-9 pm

HELPING MAKE GOOD ORGANIZATIONS BETTER

For each of the three courses below the price is \$109, second and subsequent participants from the same organization \$99/person. Lorna Visser, Carmanah Strategies.

GETTING YOUR MESSAGE OUT: COMMUNICATION WITH IMPACT

Be more persuasive - learn the art and science of communication. Lay out an effective plan that helps you achieve your mission in tangible ways; reach that moment

when your key audience decides to ACT in support of your message or cause. \$109, second and subsequent participants from the same organization \$99/person.

Lorna Visser, Carmanah Strategies
Nelson: Silver King Campus
1 class: Apr. 2, Sat. 9 am-4 pm

NOW I CAN HEAR YOU: MESSAGES THAT MOTIVATE

Do you ever feel that "we're talking, but they're not listening"? Do you want to better understand the communication process and learn how to design and target your messages more effectively? Lorna uses games and examples to help demystify the communications process. You will learn: how the transmission model of communication works, how we interpret what we see and hear in different ways, and why "it's not what you say; it's what they can hear" that counts. We will discuss strategies for overcoming barriers to communication and help you to target your messages so they will be understood and, most importantly, acted upon.

Nakusp Centre \$99
Lorna Visser, Carmanah Strategies
1 class: Feb. 19. Sat. 9am-4:30 pm

Nelson: Silver King Campus
1 class: Apr. 9, Sat. 9 am-4 pm

YOU'RE ON THE AIR: MEDIA RELATIONS SKILLS

Are you ready for your "15 minutes of fame" as media spokesperson for your organization? Learn how to communicate your messages with ease and flair when dealing with the media. Learn how to unpack and diffuse a reporter's questions, and how to ensure you get YOUR messages out during an interview. By getting in front of the camera to practice your role in a media interview, you will come away better prepared to "meet the press."

Nelson: Silver King Campus
1 class: Apr. 16, Sat. 9 am-4 pm

To ensure the course you want doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**

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?

| distance education |



Selkirk College offers a wide range of distance courses and programs that are accessible and flexible for study from anywhere. Most courses are online, some are paper-based, others are a combination. Some programs have flexible intakes while others are on a semester system. As well, we offer a number of individual courses in a variety of programs, including University Arts and Sciences.

The following certificate programs are offered by distance:

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

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.

CO-OP EDUCATION



education at work

HIRE A CO-OP EDUCATION STUDENT TODAY!

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

Selkirk College is seeking partnerships with employers who are interested in hiring Co-op Education students.

The following programs have Selkirk College accredited Co-op Education students for hire:

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

For more details, or to be part of the Co-op Education program contact:
250.365.1280 | coopeducation@selkirk.ca | selkirk.ca/programs/coop/

computer & digital technology

COMPUTERS

ACCESS: LEVEL I

Use a database for accessing information, creating forms and generating reports. Get comfortable with creating and editing a database, manipulating info. and generating a mailing list with labels. Manual extra.

Grand Forks Campus \$198
Judi Thomas
6 sessions: Apr. 4-20, Mon. & Wed. 6:30-9:30 pm

Nelson: Silver King Campus \$198
Brenda Wiest
3 classes: Feb. 26-Mar. 12, Sat. 9 am-4 pm

AUTOCAD: 3D

Become familiar with 3D Coordinate Systems, create and modify 3D objects and learn about creating drawings from your 3D model. Bring your own projects for discussion.

Nelson: Silver King Campus \$300
Kai Korinth
10 classes: Feb. 2-Apr. 6, Wed. 6:30-9:30 pm

AUTOCAD: LEVEL I

An intro to Computer Assisted Drafting and Design (CADD). Learn everything you need to know to produce shop drawings, building and site plans. Prerequisite: basic windows skills. Manual included.

Nelson: Silver King Campus \$300
Kai Korinth
10 classes: Feb. 1-Apr. 5, Tue. 6:30-9:30 pm

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
Marilyn Rivers
1 class: Mar. 7, Mon. 9 am-noon



COMPUTERS: KNOW YOUR COMPUTER & WHAT IT CAN DO

Learn basics for working with computers. Get comfortable with operating programs and organizing files. Modules are for "newbies" and taking them as a series is recommended. The manual is \$35 +HST and is used for all four modules.

KNOW YOUR COMPUTER AND WHAT IT CAN DO - PREP FOR THE TRUE BEGINNER

Designed for the "computer-phobic," this course offers a VERY gentle introduction to computer basics that will prepare students with absolutely no computer experience for the "Know Your Computer and What it Can Do" series.

Grand Forks Campus \$48
Judi Thomas
2 classes: Jan. 25 & 27, Tue. & Thur.
12:30-2:30 pm

MODULE I: PC AND WINDOWS BASICS

Understand what a computer system is and become better informed when looking to buy one. Find out what "booting up" is and how to shut down. Learn about windows, how to use the mouse, desktop, icons, files and folders.

Castlegar Campus \$30
Bev Horst
1 class: Feb. 17, Thur. 6-8:30 pm

Grand Forks Campus Judi Thomas 1 class: Feb. 1, Tue. 12:30-3 pm 1 class: Mar. 7, Mon. 6:30-9:00 pm	\$30
Nakusp Centre Marilyn Rivers 1 class: Jan. 24, Mon. 9-11:30 am	\$30
Nelson: Silver King Campus Brenda Wiest 1 class: Feb. 5, Sat. 9 am-noon	\$36

MODULE II: WINDOWS TOOLS AND FILING

Learn what files and folders are, how to recognize the parts of a window, how to save files and the difference between the A, C, and D drives. Learn about My Computer, My Documents and Windows Explorer. Find out about help, search, control panel and how to customize the desktop.

Castlegar Campus Bev Horst 1 class: Thur. Feb. 24, 6-8:30 pm	\$30
Grand Forks Campus Judi Thomas 1 class: Feb. 3, Thur. 12:30-3 pm 1 class: Mar. 9, Wed. 6:30-9 pm	\$30
Nakusp Centre Marilyn Rivers 1 class: Jan. 31, Mon. 9-11:30 am	\$30
Nelson: Silver King Campus Brenda Wiest 1 class: Feb. 5, Sat. 1-4 pm	\$36

MODULE III: WORKING WITH WINDOWS PROGRAMS

Get experience with the programs that come with windows, such as Notepad, games, calculator, paint, internet and email.

Castlegar Campus Bev Horst 1 class: Thur. Mar. 3, 6-8:30 pm	\$30
Grand Forks Campus Judi Thomas 1 class: Feb. 8, Tue. 12:30-3 pm 1 class: Mar. 14, Mon. 6:30-9 pm	\$30
Nakusp Centre Marilyn Rivers 1 class: Feb. 7, Mon. 9-11:30 am	\$30

Nelson: Silver King Campus Brenda Wiest 1 class: Feb. 12, Sat. 9 am-noon	\$36
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MODULE IV: ORGANIZING YOUR FILES

Use My Computer and Explorer to organize and manage files and folders. Learn how to create, find, open, rename, copy and move items.

Castlegar Campus Bev Horst 1 class: Thur. Mar. 10, 6-9 pm	\$36
Grand Forks Campus Judi Thomas 1 class: Feb. 10, Thur. 12:30-3:30 pm 1 class: Mar. 16, Wed. 6:30-9:30 pm	\$36
Nakusp Centre Marilyn Rivers 1 class: Feb. 14, Mon. 9 am-noon	\$36
Nelson: Silver King Campus Brenda Wiest 1 class: Feb. 12, Sat. 1-4 pm	\$36



EXCEL 2007: LEVEL I

Create spreadsheets and charts, build worksheets, create simple formulas, functions and more. Manual extra.

Castlegar Campus Bev Horst 3 classes: Feb. 23-Mar. 9, Wed. 8:30 am-3:30 pm	\$198
Grand Forks Campus Judi Thomas 6 classes: Feb. 15-Mar. 3, Tue. & Thur. 6:30-9:30 pm	\$198
Kaslo Centre Linda Kelly 2 classes: Feb. 26 & Mar. 5, Sat. 10 am-3 pm	\$132

EXCEL 2007: LEVEL II

Use the AutoFill handle, create ranges of cells and sort lists, create a web page from a worksheet, change cell size and alignment and use function analysis. Manual extra.

Grand Forks Campus \$198

Judi Thomas

6 classes: Apr. 5-21, Tue. & Thur.

6:30-9:30 pm

Nelson: Silver King Campus \$198

Brenda Wiest

6 classes: May 9-30, Mon. & Wed. 6-9 pm

Trail Campus \$198

Bev Horst

6 classes: May 3-19, Tue. & Thur. 6-9 pm

MICROSOFT OFFICE 2007

Learn all about Microsoft Office 2007, including Word, Excel and PowerPoint. Manual extra.

Grand Forks Campus \$120

Judi Thomas

4 classes: Jan. 25-Feb. 3, Tue. & Thur.

6:30-9 pm

MICROSOFT PROJECT 2007

This course is for new users of Microsoft Project 2007 who want to familiarize themselves with the software and begin planning their projects in Project 2007. Participants will learn how to: plan, build and manage project schedules using Microsoft Project 2007; track progress, update plans and monitor variances between target and actual project deliverables; create dynamic reports and custom views to communicate project information. Recommend to attend "Project Planning for Non-Project Managers" course or equivalent prior to attending this course.

Castlegar Campus \$135 plus Manual \$35

Jeanne Kim

1 class: Feb. 25, Fri. 9 am-4 pm

MIGRATING TO OFFICE 2007 AND WORD 2007

Office 2007 contains many of the features available from earlier Office versions but differs significantly in the display of these features as well as how users access them. Learn the new location of many features and adapt to changes in how they work. The purpose of this courseware is specifically to

address the needs of existing Office users as they begin migrating to Office 2007.

Grand Forks Campus \$48

Judi Thomas

2 classes: Mar. 1 & 3, Tue. & Thur.

12:30-2:30 pm

POWERPOINT 2007

Explore its potential and create a short presentation. Prerequisite: Basic keyboarding and Windows skills. Manual extra.

Grand Forks Campus \$60

2 classes: Mar. 23 & 25, Tue. & Thur.

12:30-3 pm

Trail Campus \$60

Marg Poohachoff

1 class: Mar. 21, Mon. 6-9 pm

POWERPOINT 2007 ADVANCED

Explore the user interface of PowerPoint 2007 and become familiar with enhanced commands. Previous knowledge of PowerPoint a must. Manual extra.

Nelson: Silver King Campus \$36

Anne Cavicchi

1 class: May 28, Sat. 9 am-12 pm

POWERPOINT TECHNIQUES

In a fun and supportive environment, you learn to create slick presentations, apply template designs, format headings and text, insert clip art, create charts and add animation and transition effects.

Nelson: Silver King Campus \$36

Anne Cavicchi

1 class: May 14, Sat. 9 am-12 pm

QUICKBOOKS LEVEL 1

Learn how to perform daily accounting tasks in the General Ledger, Accounts Receivable, Accounts Payable and Payroll.

Nelson: Silver King Campus \$198 plus

Manual \$35 +HST

Anne Cavicchi

6 classes: Jan. 18-Feb. 3, Tue. & Thur.

4-7 pm



QUICKBOOKS LEVEL 2

Continuation of basic features for daily accounting tasks using Quickbooks and an introduction of the more advanced functions. Create company files, and deal with advanced tasks for receivables, payables, inventory and payroll. Prerequisite: Quick Books Level 1.

Nelson: Silver King Campus \$198 plus Manual \$35 +HST

Anne Cavicchi

6 classes: Feb. 8-24, Tue. & Thur. 4-7 pm

SIMPLY ACCOUNTING: LEVEL I

Learn the basic set up for charting accounts, initial journal entries, payroll, invoices, inventory and job costing. Prerequisite: Windows experience and bookkeeping knowledge. Students are required to bring a memory stick for data storage. Manual extra

Grand Forks Campus \$198

Judi Thomas

3 classes: Feb. 11-13, Fri., Sat. & Sun.

9 am-4 pm

Kaslo Centre \$198

Suzan Hewat, Accounting Technician

3 classes: Mar. 5-12, Sat. & Sun. 9 am-5 pm

Nakusp Centre \$198

Rhonda Bouillet

3 classes: Jan. 5-19, Wed. 9 am-4 pm

Nelson: Silver King Campus \$198

Brenda Wiest

6 classes: June 1-20, Mon. & Wed. 6-9 pm

Trail Campus \$198

Lisa Park

6 classes: Feb. 8-24, Tue. & Thur. 6-9 pm

WINDOWS

Learn everything your computer is capable of, including organizing and managing files and folders, customizing your computer and using basic programs.

Grand Forks Campus \$179

Judi Thomas

5 classes: Jan. 31-Feb. 14, Mon. & Wed.

6:30-9:30 pm

WORD 2007 MODULES

Introduction to Word 2007 screen, work with text and documents. Manual \$35 +HST for series.



MODULE I

Grand Forks Campus \$36

Judi Thomas

1 class: Feb. 21, Mon. 6:30-9:30 pm

Nelson: Silver King Campus \$36

Brenda Wiest

1 class: May 24, Tue. 6-9 pm

MODULE II

Manipulating and editing text, formatting characters and paragraphs.

Grand Forks Campus \$36

Judi Thomas

1 class: Feb. 23, Wed. 6:30-9:30 pm

Nelson: Silver King Campus \$36

Brenda Wiest

1 class: May 31, Tue. 6-9 pm

MODULE III

Setting tabs and indents. Prerequisite: Understanding of Word and Word Processing.

Grand Forks Campus \$36

Judi Thomas

1 class: Feb. 28, Mon. 12:30-3:30 pm

Nelson: Silver King Campus \$36

Brenda Wiest

1 class: June 7, Tue. 6-9 pm

MODULE IV - HEADERS AND FOOTERS

Creating headers and footers, preparing to print. Prerequisite: Understanding of Word and Word Processing.

Grand Forks Campus \$36

Judi Thomas

1 class: Mar. 2, Wed. 6:30-9:30 pm

Nelson: Silver King Campus \$36

Brenda Wiest

1 class: June 14, Tue. 6-9 pm

WORD 2007: LEVEL 1: ESSENTIAL SKILLS

For those with little or no Word experience. Learn to create and edit documents, apply formatting options, set tabs and indents, change the view mode, manipulate the text using features such as copy and paste, preview and print documents. Keyboarding skills are essential. Prerequisite: Know your Computer Module 1-4 or equivalent. Manual extra.

Kaslo Centre \$132
Linda Kelly
2 classes: Feb. 5 & 12, Sat. 10 am-3 pm

Trail Campus \$132
Marg Poohachoff
4 classes: Mar. 28-Apr. 18, Mon. 6:30-9 pm

WORD IN DEPTH: LEVEL II

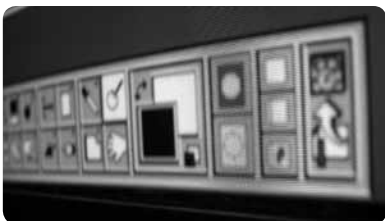
Create forms, letters, mail merge, object linking and embedding. Prerequisite: Level I or equivalent. Manual extra.

Trail Campus \$198
Marg Poohachoff
6 classes: May 2-18, Mon. & Wed.
6:30-9:30 pm

WORDPRESS FOR BEGINNERS

WordPress is the leading blogging platform available on the web today, but it is much more than just a blogging tool. WordPress is an easy to learn, dynamic CMS (content management system), which allows you to manage your own content. You can extend the functionality of your site with WordPress's extensive plug-ins. By the end of this course, you'll be able to manage your own free WordPress blog or small business web-site.

Nakusp Centre \$132
Nikta Boroumand
4 classes: Jan. 18-Feb. 8, Tue. 5:30-8:30 pm
4 classes: Mar. 24-Apr. 14, Thur.
5:30-8:30 pm



DIGITAL

ADOBE PHOTOSHOP - INTERMEDIATE

Create your own artwork! Focus on organizing projects and techniques to bring ideas and inspirations into reality. Learn about the layers palette, basic masking, adjustment layers, and filters. Intro. to Adobe Photoshop is recommended.

Nelson: Tenth Street Campus \$88
Shane Hainsworth
Call 250-352-2821

ADOBE PHOTOSHOP - INTRODUCTION

Explore everything from the basics of image resolution and getting rid of red-eye to using more advanced tools such as the clone stamp, artistic rendering, colour correction, image and layer composition and preparing images for the web. Ideal for hobbyists or potential students for the Digital Media program at Selkirk College.

Nelson: Tenth Street Campus \$132
Shane Hainsworth
Call 250-352-2821

BLACKBERRY OPTIMIZER MOD. 1: REALIZING THE POSSIBILITIES

Understanding the essentials can make all the difference. Take away a detailed skill base that will allow you to operate your BlackBerry more efficiently and more effectively. Maximize your investment by expanding your understanding; turn your BlackBerry into a time saving, money making machine.

Grand Forks Campus \$24 +HST
Steve Hoffart
1 class: Mar. 12, Sat. 1-3 pm

Kaslo Centre \$24 +HST
Steve Hoffart
1 class: Jan. 18, Tue. 7-9 pm

Nakusp Centre \$24 +HST
Marilyn Rivers
1 class: Feb. 21, Mon. 9:30-11:30 am

BLACKBERRY MAXIMIZER MOD. 2: THE NEXT LEVEL

Receive an overview of the essential functions and then advance your understanding by turning your BlackBerry into a mobile office.

Synchronization and mass storage will keep you in touch and on target.

Grand Forks Campus \$24 +HST
Steve Hoffart
1 class: Mar. 12, Sat. 3:15-5:15 pm

Kaslo Centre \$24 +HST
Steve Hoffart
1 class: Jan. 20, Thur. 7-9 pm

DIGITAL CAMERA PART 1: HOW TO USE IT

Understand resolution and how to manipulate it to suit your needs. Get familiar with digital camera controls and put your camera to use in various conditions. Bring your camera and manual.

Castlegar Campus \$36 +HST
Ed Chernoff
1 class: Mar. 1, Tue. 6-9 pm

Nakusp Centre \$36 +HST
Lee Orr Photography
1 class: Apr. 9, Sat. 1-4 pm

Nelson: Silver King Campus \$36 +HST
Ed Chernoff
1 class: Mar. 5, Sat. 9 am-12 pm

Trail Campus \$36 +HST
Ed Chernoff
1 class: Mar. 2, Wed. 6:30-9:30 pm

DIGITAL CAMERA PART 2: THE CREATIVE & DESIGN SIDE

Discuss design, creative camera controls & what makes photos appealing to the eye. Bring 5 of your best photos and 5 poor or problem photos on a disk or flash drive to practice techniques. Prerequisite: Digital Cameras Part 1.

Castlegar Campus \$36 +HST
Ed Chernoff
1 class: Mar. 8, Tue. 6-9pm

Nelson: Silver King Campus \$36 +HST
Ed Chernoff
1 class: Mar. 5, Sat. 1-4 pm

Trail Campus \$36 +HST
Ed Chernoff
1 class: Mar. 9, Wed. 6:30-9:30 pm

DIGITAL CAMERA- ADVANCED

Own a great point and shoot or an SLR camera but want to get more from it? Learn the tricks and techniques to get the most from your camera and take great photos in

any situation. We'll go on a short photo shoot to help you get the best results and improve your photography.

Nakusp Centre \$48 +HST
Lee Orr Photography
1 class: Apr. 10, Sun. 1-5 pm

DIGITAL CAMERA: TAKING 3D PHOTOS

Learn how and why we see 3D, what works best for your eyes, and how to take and print a 3 D photo. Prerequisites: Knowledge of graphics program (Photo Shop, Print Artist, etc); Knowledge of digital camera use. Bring your camera. See Marilyn Roberts before the course start for further information.

Kaslo Centre \$59 +HST
Marilyn Roberts, Selkirk College ABE
instructor
1 class: Feb. 19, Sat. 10 am-3 pm

EXPLORING GOOGLE EARTH

Learn the fundamental tools and options for viewing and creating content in Google Earth. Start by learning the navigation options and work your way up to adding your own data or other existing data to be viewed right within Google Earth. Techniques to import/export GPS data and georeference photos in Google Earth will also be demonstrated.

Castlegar Campus \$36 +HST
Chris Gray
1 class: May 18, Wed. 6-9 pm

GPS: BEYOND THE BASICS

Hands on exploration for recreational GPS and SPS 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 may other tools to maximize your GPS experience will be presented in an interactive format. Prerequisite: Basic GPS skills. See Intro. To Hand Held GPS.

Castlegar Campus \$48
Chris Gray
1 class: May 11, Wed. 5:30-9:30 pm

SOCIAL MEDIA MARKETING: JOIN THE SOCIAL REVOLUTION

Are you social savvy? The course will provide you with the skills to brand yourself and/or your business through the power of social networking. Don't miss out on this critical

marketing tool; social media offers a portal into a market of over 500 million people.

Grand Forks Campus \$49 +HST
Steve Hoffart, BBA
1 class: Mar. 12, Sat. 8:30 am-12:30 pm

Kaslo Centre \$49 +HST
Steve Hoffart, BBA
1 class: Feb. 12, Sat. 10 am-2 pm

WORKING WITH DIGITAL PICTURES: PART I

Explore Photoshop Elements version 6, including: hardware requirements, resizing/cropping images for print, web or email use, file formats, basic retouching, colour-correcting/optimizing, collages, layers, slide shows, combining black and white and colour, creation of web galleries for photo-sharing. Must be familiar with Windows XP and be able to create and move files and folders. If not, please register for "Know Your Computer and what it Can Do" Module 3.

Nakusp Centre \$96 +HST
Lee Orr Photography
2 classes: Apr. 16 & 17, Sat. & Sun. 1-5 pm

WEB-BASED TRAINING

EBAY: HOW TO BUY & SELL

Learn how easy and safe it is to buy and sell on eBay. You'll learn tips and tricks to become confident and knowledgeable with the eBay experience. Prerequisite: familiarity with the internet and an eBay account. Instruction sheet given upon registration.

Grand Forks Campus \$45 +HST
Judi Thomas
1 class: Mar. 12, Sat. 9 am-1 pm

WEB - DO IT YOURSELF

MODULE 1: GETTING STARTED

Learn about domain name registrations, search engine keywords, website hosting and publishing, as well as "do-it-yourself" template options. Whether you plan to create a website yourself, or have someone do it for you, this class will help yet you started.

Nakusp Centre \$36 +HST
Marilyn Rivers
1 class: Feb. 28, Mon. 9 am-noon

Nelson: Silver King Campus \$36 +HST
Anne Cavicchi
1 class: Mar. 1, Tue. 6-9 pm

MODULE 2: CREATING YOUR SITE

Learn how to create and link multiple documents for a basic website using Microsoft Word and HTML code and how to publish to a web server. Bring electronic copies of photos or files you'd like to include on your website and you'll leave the course with a personal website ready to publish.

Nakusp Centre \$36 +HST
Marilyn Rivers
1 class: Feb. 28, Mon. Sat. 1-4 pm

Nelson: Silver King Campus \$36 +HST
Anne Cavicchi
1 class: Mar. 8, Tue. 6-9 pm

WEB DESIGN FOR BEGINNER'S MODULE 1

Learn how to use Dreamweaver to produce a simple website. Will focus on the design elements and strategies of building a website that gets noticed! A familiarity with Photoshop is an asset.

Grand Forks: Grand Forks Secondary \$72
Jay Alblas
2 classes: Feb. 8 & 10, Tue. & Thur. 6-9 pm

Midway: Boundary Central Secondary
355 - 5th Ave \$72
Jay Alblas
2 classes: Apr. 5 & 7, Tue. & Thur.
5:30-8:30 pm

WEB DESIGN FOR BEGINNER'S MODULE 2

Building on Module 1, create buttons, photo galleries and special effects to add interest to your website. Just bring your creativity! A familiarity with Photoshop is an asset.

Grand Forks: Grand Forks Senior
Secondary \$72
Jay Alblas
2 classes: Feb. 15 & 17, Tue. & Thur. 6-9 pm

Midway: Boundary Central Secondary
355 - 5th Ave \$72
Jay Alblas
2 classes: Apr. 12 & 14, Tue. & Thur.
5:30-8:30 pm

environment & sustainability

CBAL SPEAKER SERIES: BAT PRESENTATION

Did you know that 1/4 of all mammal species are bats? A new pathogenic fungus now threatens all hibernating bat species in North America (White Nose Syndrome [WNS]). Fourteen bat species in BC are likely to be affected. Join Dr. Cori Lausen for an introduction to the world of bats. Dr. Lausen will describe her ongoing bat research in BC and address WNS and other bat conservation issues. Sponsored by Selkirk College in partnership with Columbia Basin Alliance for Literacy

Kaslo Cultural Centre 447 A Avenue
Dr. Cori Lausen
1 class: Feb. 24, Thur. 6-9 pm
Free

GOING BUGGY - AN INTRODUCTION TO INSECTS

Ever wanted to be able to identify that insect in your garden, in your kitchen or in your pond? Here is your chance to learn the basics about some amazing insects. Learn how insects make this world a better place.

Kaslo Centre
Celine Gabriel
5 classes: Mar. 8-Apr. 5, Tue. 7-8 pm
\$39

GPS: BEYOND THE BASICS

Hands-on exploration for recreational GPS and SPS 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, go geocaching and use many other tools to maximize your GPS experience. This course will be presented in an interactive format. Prerequisite: Basic GPS skills. See Intro. to Hand Held GPS.

Castlegar Campus
Chris Gray
Call 1-888-953-1133
\$48

GPS: INTRO TO HANDHELD

Find your way out of the bush, retrace steps and locate your position on a map. Learn about geocaching and 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 for your use.

Castlegar Campus
Stu Deverney
1 class: Sat. May 7, 9 am-1 pm
\$48 +HST
Trail Campus
Stu Deverney
1 class: Apr. 14, Thur. 5-9 pm
\$48 +HST

GREEN BUILDING 101

Are you interested in building green? Learn why we need to build green, along with standards and grants available. Discuss specific issues - site, water, energy, materials, indoor air quality and beauty.

Nelson: Silver King Campus
Shari Imada, Green Building Specialist
1 class: Feb. 22, Tue. 6-9 pm
\$29 +HST

GREENING THE CUBE: 100- MILE HOUSING

Greening the Cube is a locally produced feature length documentary film that has screened at festivals worldwide. It features two Kootenay-Boundary greenbuilders as they strive to create homes that are ethical, habitable and sustainable. Screening to be followed by a Q&A with director Tyler Austin Bradley.

Nakusp Centre Bonnington Art Centre,
NES\$10 General Admission, \$5 Students & Seniors
Tyler Bradley, Director
1 class: Apr. 7, Thur. 7-9 pm
New Denver: Bosun Hall
Admissions, \$5 Students & Seniors
Tyler Bradley, Director
1 class: Apr. 6, Wed. 7-9 pm
\$10 General

HOMES, NEIGHBORHOODS, AND INTERFACE FIRES

How can we work together as neighbors to protect our homes and neighborhoods from interface wildfire events? Join Greg Lay, RPF for an introduction into the broad concepts of assessing risks to your home and neighborhoods. Learn some strategies to survive a wildfire event.

Kaslo Centre \$10
 Greg Lay, RPF
 2 classes: Apr. 9 & 16, Sat. 9 am-5pm

PERMACULTURE DESIGN

This 72-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.

Nelson: Kootenay Permaculture Institute, Slokan Valley \$950 early registration by Apr. 15, \$1050 after Apr. 15
 13 classes: May 15-28, Sun.-Sat. 9 am-5 pm
 \$950 early registration by July 14, \$1050 after July 14
 13 classes: Aug. 14-27, Sun.-Sat. 9 am-5 pm (no class Aug. 21)

PERMACULTURE INTRO. TO METHODS AND DESIGN

Curious about sustainability? Want to grow your garden with less work and less water? Interested in balcony, backyard or acreage gardening? Permaculture techniques use nature's own principles to help you plan and design a beautiful, fertile, food producing garden in less time.

Nelson: Silver King Campus \$125
 Gregoire Lamoureux, Kootenay Permaculture Institute
 1 class: Mar. 12 & 13, Sat. & Sun., 9 am-4 pm

PERMACULTURE TRAINING PROGRAM

Learn the basic design principles & techniques, plus develop practical skills to implement sustainable designs for ecological landscapes. This 6-week intensive combines theory with practical hands-on experiences. Course graduates receive the Permaculture Design Course Certificate. Visit selkirk.ca/ce

for details. Tuition support may be available for eligible students.

Nelson: Silver King Campus \$2990
 Gregoire Lamoureux, Kootenay Permaculture Institute
 27 classes: Mar. 28-Apr. 15, Mon.-Fri., Apr. 18-May 5, (4 days/week) 9 am-4 pm

UNDERSTANDING CLIMATE CHANGE - FACTS AND FICTION

Climate change is on track to become the defining issue of the 21st century and many local governments in the Kootenays are already taking action. Explore the science that underpins the broad consensus within the scientific community on the issues surrounding climate change in this engaging series.

Nelson: Silver King Campus \$99+HST
 Dr. Mel Reasoner
 8 classes: Feb. 1-Mar. 22, Tue. 7-9:30 pm

FUTURE OF FOOD FILM NIGHTS

1: THE FUTURE OF FOOD

'The Future of Food' illuminates the major issues ultimately affecting us all -- some surreal, some futuristic, many frightening. Yet, 'The Future of Food' is hopeful, featuring insightful and moving interviews with farmers, agriculture and business experts and policymakers. It sees a future in which an informed consumer can join the revolution by demanding natural, healthy food sources that insure environmental integrity.

Christina Living Arts Centre
 1675 Hwy. 3, Christina Lake, BC \$5 +HST
 Lucinda Dupee
 1 class: Feb. 3, Thur. 7-9:30 pm

2: OUR DAILY BREAD

Welcome to the world of industrial food production and high-tech farming! To the rhythm of conveyor belts and immense machines, this award-winning film looks into the places where food is produced:

To ensure the course you want
 doesn't get cancelled...

**DON'T WAIT!
 REGISTER EARLY!**

monumental spaces, surreal landscapes and bizarre sounds- a cold, industrial environment which leaves little space for individualism.

Christina Living Arts Centre
1675 Hwy. 3, Christina Lake, BC \$5 +HST
Lucinda Dupee
1 class: Mar. 3, Thur. 7-9:30 pm

3: THE WORLD ACCORDING TO MONSANTO: FROM DIOXIN TO GENETICALLY MODIFIED CROPS

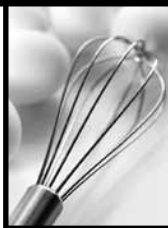
Today's leader in genetically modified crops claims it wants to solve world hunger and protect the environment. Can we believe it? The company's clean green image serves a smoke screen for its quest for market supremacy, to the detriment of global food security and environmental stability.

Christina Living Arts Centre
1675 Hwy. 3, Christina Lake, BC \$5 +HST
Lucinda Dupee
1 class: Apr. 7, Thur. 7-9:30 pm



Classic Catering

at Selkirk College



Selkirk Classic Catering is located on the beautifully landscaped grounds of Selkirk College Castlegar campus and works with our campus food services in Castlegar and Nelson.

Two Red Seal Chefs with a combined 48 years of experience manage our catering services and offer those extra special personal touches that will make your event a great success. Whether your function is a luncheon for 10 people or a dinner for 500, we are happy to work with you. We will meet with you and design a menu that not only meets your needs, but exceeds your expectations! We will also try our best to accommodate any special dietary needs that you might have.

Selkirk Classic Catering provides catering on the Castlegar campus throughout the year and Tenth Street campus (Mary Hall) in Nelson during the summer. We are also available for offsite catering.

Contact us with your requests at **250.365.1311** or email us at **catering@selkirk.ca**.

first aid & safety training

| first aid & safety training |

FIRST AID

MENTAL HEALTH FIRST AID (MHFA)

MHFA Canada teaches participants how to help someone showing signs of mental health problem or experiencing a mental health crisis.

Nakusp Centre \$55
 Janet Lawrason, Trail FAIR Society
 2 classes: Mar. 9 & 16, Wed. 8:30 am-4 pm

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

Learn "A" level CPR/AED, and how to deal with minor wounds, airway breathing and circulatory emergencies until medical aid arrives. Materials included. 3-year certificate. Please bring photo ID to class. Register and pay for OFA Transportation Endorsement course at the same time and receive a \$10 discount.

Castlegar Campus \$99
 1 class: Jan. 29, Sat. 8:30 am-5 pm
 1 class: Feb. 18, Fri. 8:30 am-5 pm
 1 class: Mar. 19, Sat. 8:30 am-5 pm
 1 class: Apr. 16, Sat. 8:30 am-5 pm
 1 class: May 14, Sat. 8:30 am-5 pm
 1 class: June 12, Sun. 8:30 am-5 pm
 1 class: July 8, Fri. 8:30 am-5 pm

Grand Forks Campus \$99
 Neil Krog
 1 class: Jan. 30, Sun. 8 am-5 pm
 1 class: Apr. 2, Sat. 8 am-5 pm
 1 class: May 7, Sat. 8 am-5 pm
 1 class: June 6, Mon. 8 am-5 pm

Midway Boundary Central Secondary, 355 - 5th \$99
 Marg Moore
 1 class: Mar. 5, Sat. 8 am-5 pm

Nakusp Centre \$99
 Brian Parsons
 1 class: Feb. 24, Thur.8:30 am-5:30 pm
 1 class: Feb. 25, Fri. 8:30 am-5 pm

1 class: Mar. 20, Sun. 8:30 am-5:30 pm
 1 class: Mar. 21, Mon. 8 am-5 pm
 1 class: Apr. 13, Wed. 8:30 am-5:30 pm
 1 class: Apr. 14, Thur. 8 am-5 pm
 1 class: Apr. 29, Fri. 8:30 am-5:30 pm
 1 class: Apr. 30, Sat. 8:30 am-5:30 pm
 1 class: May 15, Sun. 8:30 am-5:30 pm
 1 class: May 16, Mon. 8:30 am-5:30 pm

Nelson: Silver King Campus \$99
 1 class: Jan. 29, Sat. 8:30 am-5 pm
 1 class: Feb. 26, Sat. 8:30 am-5 pm
 2 classes: Apr. 19 & 20, Tue. & Wed. 6-10 pm
 1 class: Apr. 30, Sat. 8:30 am-5 pm
 1 class: May 28, Sat. 8:30 am-5 pm
 1 class: June 25, Sat. 8:30 am-5 pm

Trail Campus \$99
 1 class: Jan. 20, Thur. 8:30 am-5 pm
 1 class: Jan. 29, Sat. 8:30 am-5 pm
 1 class: Feb. 13, Sun. 8:30 am-5 pm
 1 class: Feb. 26, Sat. 8:30 am-5 pm
 1 class: Mar. 12, Sat. 8:30 am-5 pm
 1 class: Mar. 19, Sat. 8:30 am-5 pm
 1 class: Apr. 7, Thur.8:30 am-5 pm
 1 class: Apr. 27, Wed. 8:30 am-5 pm
 1 class: Apr. 30, Sat. 8:30 am-5 pm
 1 class: May 19, Thur.8:30 am-5 pm
 1 class: May 28, Sat. 8:30 am-5 pm
 1 class: June 9, Thur.8:30 am-5 pm
 1 class: June 23, Thur.8:30 am-5 pm
 1 class: July 14, Thur.8:30 am-5 pm
 1 class: Aug. 25, Thur.8:30 am-5 pm



OCCUPATIONAL FIRST AID (OFA): LEVEL II

Learn assessment and treatment skills that are the responsibility of the OFA attendant who provides first aid care in industry. Recommended if situated within 20 minutes of a hospital. Pick up books prior to class for pre-reading assignments. 3-year certificate.

Grand Forks Campus \$625
Neil Krog

5 classes: May 16-20, Mon.-Fri. 8 am-5 pm

Trail Campus \$625

Marg Moore

5 classes: Apr. 11-15, Mon.-Fri.

8:30 am-4:30 pm

OCCUPATIONAL FIRST AID (OFA): LEVEL III

Learn assessment and treatment skills that are the responsibility of the OFA attendant who provides first aid care in industry. Recommended if situated more than 20 minutes from a hospital. Pick up your books prior to class for pre-reading assignments. Please note that Level 3 evaluations are scheduled following the course dates; check when registering for the scheduled evaluation date. Students must attend entire course in order to complete. Prerequisite: none. Manual and exam fees included. 3-year certificate. Bring Photo ID to class.

Castlegar Campus \$725

Terry O'Gorman, Wren McElroy

10 classes: Jan. 24-Feb. 4, Mon.-Fri.

8:30 am-4:30 pm

15 classes: Feb. 20-Mar. 24, Sun.

8:30 am-4:30 pm, Tue. & Thur. 6-9:30 pm

10 classes: May 9-20, Mon.-Fri.

8:30 am-5 pm

10 classes: Aug. 8-19, Mon.-Fri.

8:30 am-5 pm

Grand Forks Campus \$725

Neil Krog

10 classes: Mar. 14-25, Mon.-Fri. 8 am-5 pm

Nelson: Silver King Campus \$725

Tom Van Alstine, Terry O'Gorman

10 classes: Feb. 7-18, Mon.-Fri.

8:30 am-4:30 pm

15 classes: Feb. 28-Apr. 2, Mon. & Wed.

6-9:30 pm, Sat. 8:30 am-4:30 pm

10 classes: Mar. 28-Apr. 8, Mon.-Fri.

8:30 am-4:30 pm

10 classes: May 2-13 Mon.-Fri.

8:30 am-4:30 pm

10 classes: June 6-17, Mon.-Fri.

8:30 am-4:30 pm

10 classes: July 11-22, Mon.-Fri.

8:30 am-4:30 pm

Trail Campus \$725

Brenda Neil

15 classes: Apr. 5-May 12, Tue. & Thur.

6:30-10 pm, Sun. 8:30 am-4:30 pm

10 classes: May 2-13, Mon.-Fri.

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 two weeks before the course. Students must attend an interview with an instructor who will assess their knowledge of first aid concepts. Exam date TBA. Manual and exam fees included. 3-year certificate. Bring photo ID to class.

Castlegar Campus

Wren McElroy \$625

5 classes: Apr. 18-22, Mon.-Fri.

8:30 am-4:30 pm

Nelson: Silver King Campus \$625

Tom Van Alstine, Terry O'Gorman

5 classes: Jan. 17-21, Mon.-Fri.

8:30 am-4:30 pm

5 classes: Apr. 11-15, Mon.-Fri.

8:30 am-4:30 pm

OCCUPATIONAL FIRST AID (OFA): TRANSPORTATION ENDORSEMENT

OFA I attendants learn more advanced patient assessment and critical intervention procedures while safely moving workers with spinal injuries to medical aid. Prerequisite: Valid OFA Level I Certificate. Recommended for small operators more than 20 minutes from hospital. 3-year certificate. Bring current OFA 1 certificate to class and picture ID. Register and pay for OFA Level 1 course at the same time and receive a \$10 discount.

Castlegar Campus \$99
 1 class: Jan. 30, Sun. 8:30 am-4:30 pm
 1 class: Apr. 3, Sun. 8:30 am-4:30 pm
 1 class: June 26, Sun. 8:30 am-4:30 pm

Grand Forks Campus \$99
 Neil Krog
 1 class: Feb. 5, Sat., Sun. 8 am-5 pm
 1 class: Apr. 3, Sun. 8 am-5 pm
 1 class: May 8, Sat. 8 am-5 pm
 1 class: June 7, Tue. 8 am-5 pm

Midway Boundary Central Secondary, 355 - 5th Ave \$99
 Marg Moore
 1 class: Mar. 6, Sun. 8 am-5 pm

Nakusp Centre \$99
 Brian Parsons
 1 class: Feb. 26, Sat. 8 am-4 pm
 1 class: Mar. 22, Tue. 8:30 am-4:30 pm
 1 class: Apr. 15, Fri. 8:30 am-4:30 pm
 1 class: May 1, Sun. 8:30 am-4:30 pm
 1 class: May 17, Wed. 8:30 am-4:30 pm

Nelson: Silver King Campus \$99
 1 class: Feb. 27, Sun. 8:30 am-5 pm
 1 class: May 29, Sun. 8:30 am-5 pm

Trail Campus \$99
 Marg Moore
 1 class: Mar. 13, Sun. 8:30 am-5 pm

PARAMEDIC IN INDUSTRY (PII)

Through a combination of independent study and face-to-face delivery, this course is designed to acknowledge the previous training of paramedics and bridge the gap between pre-hospital practice and occupational first aid. Completion of the Paramedic In Industry course grants Occupational First Aid Level 3 equivalency to licensed Paramedics. Visit selkirk.ca/ce for details.

Nelson: Silver King Campus \$125
 Orion Farley
 1 class: Mar. 11, Fri. 12:30-4:30 pm

PET FIRST AID COURSE

Learn skills to deal with cat & dog emergencies including: bleeding, broken bones and other wounds, choking, CPR and artificial respiration. Learn to recognize early signs of illness and ways to help prevent illness and injury. To register call 250-352-9244 or email educate@pettrainingservices.com.

Nakusp: Call 250-265-4077 \$150
 Penny Korethoski, certified Pet First Aid Instructor
 2 classes: Jan. 22-23, Sat. 3-7 pm, Sun. 9 am-4 pm



FIRST AID -RED CROSS

BABYSITTER CERTIFICATE

For youth ages 11-14 who want to look after kids. Get the inside scoop on general first aid, basic child care, what to do in an emergency and crafts and games. Cost includes manual and certificate.

Grand Forks Campus \$65
 Andrea Krog
 1 class: Feb.18, Fri. 8 am-5 pm
 Andrea Krog
 1 class: Apr. 15, Fri. 8 am-5 pm

Kaslo Centre \$65
 Candace Begg
 2 classes: Apr. 9 & 16, Sat. 10 am-4 pm

Midway Boundary Central Secondary, 355 - 5th Ave \$65
 Andrea Krog
 1 class: Apr. 10, Sun. 8 am-5 pm

CHILD CARE EMERGENCY FIRST AID

Get an overview of First Aid and CPR techniques taught in an interactive environment. For individuals who care for babies or children at home. Learn skills needed to recognize, prevent and respond to cardiovascular emergencies for adults, children and babies. CPR Level B. Other topics include choking, airway and breathing emergencies and prevention of disease transmission. Manual included.

Castlegar Campus \$99 or \$154/couple
Deb Myers

1 class: Mar. 12, Sat. 8:30 am-4:30 pm

Grand Forks Campus \$99 or \$154/couple
Marg Moore

1 class: Feb. 26, Sat. 8 am-4 pm

Kaslo Centre \$99 or \$154/couple
Deborah Myers

1 class: May 21, Sat. 8:30 am-5:30 pm

Midway Boundary Central Secondary, 355 -
5th Ave \$99 or \$154/couple
Marg Moore

1 class: Feb. 6, Sun. 8 am-4 pm

Nelson: Silver King Campus \$99 or \$154/
couple
Deborah Myers

1 class: Apr. 9, Sat. 8 am-5 pm

Trail Campus \$99 or \$154/couple
Marg Moore

1 class: Apr. 2, Sat. 8:30 am-4:30 pm

CPR C FOR HEALTH CARE PROVIDERS, NURSES, RESPIRATORY TECHNICIANS

Covers all CPR levels, course material, plus AED, Rescue Breathing, Adult/ Child / Baby 2-rescuer CPR and Bag-Valve-Masks (BVMs).

Trail Campus \$70
Diane Ferguson

1 class: May 31, Tue. 5-10 pm

CPR LEVEL C

For police, firefighters, first responders, workplace teams, nursing students and lifeguards. Learn CPR for adult, child and infant, two-rescuer CPR, barrier devices and Automated External Defibrillation (AED). Circulation check and rescue breathing may be covered. Manual and barrier device included.

Castlegar Campus \$70
Deb Myers

1 class: Mar. 26, Sat. 8:30 am-3:30 pm
Peter Leach

2 classes: May 17 & 18, Tue. & Wed. 6-9 pm

Grand Forks Campus \$70
Marg Moore

1 class: Feb. 3, Thur. 5-10 pm

Midway Boundary Central Secondary, 355 -
5th Ave \$70

Marg Moore

1 class: Feb. 25, Fri. 9 am-3 pm

Nakusp Centre \$70
Deb Myers

1 class: Apr. 9, Sat. 8:30 am-3:30 pm

Nelson: Silver King Campus \$70
Deborah Myers

1 class: Feb. 26, Sat. 8:30 am-3:30 pm
2 classes: Apr. 27 & 28, Wed. & Thur.,
6-9 pm

Trail Campus \$70
Diana Ferguson

1 class: Feb. 1, Tue. 5-10 pm



CPR LEVEL C: RECERTIFICATION

For those already holding a valid CPR C Certificate. Manual extra if required.

Castlegar Campus \$50
Peter Leach

1 class: Mar. 28, Mon. 6-10 pm

Nelson: Silver King Campus \$50
1 class: Feb. 16, Wed. 6-10 pm

1 class: Apr. 25, Mon. 6-10 pm

Trail Campus \$50
Diana Ferguson

1 class: Feb. 23, Wed. 6-10 pm

1 class: Mar. 29, Tue. 6-10 pm

1 class: Apr. 18, Mon. 6-10 pm

1 class: May 17, Tue. 6-10 pm

EMERGENCY FIRST AID WITH CPR B

Learn comprehensive First Aid and CPR techniques, how to respond to emergencies, the EMS system, the 3 key principles in First Aid: check, call, care. Covers airway, breathing and circulation emergencies. Also first aid for: respiratory and cardiac arrest, head and spine injuries, bone, muscle and joint injuries and wound care. Includes AED (Automated External Defibrillation).

Castlegar Campus	\$99
1 class: Feb. 12, Sat. 8:30 am-5 pm	
Nelson: Silver King Campus	\$99
Deb Myers	
1 class: Mar. 20, Sat. 8:30 am-5 pm	

OXYGEN THERAPY

Oxygen is life. In serious first aid events providing supplemental oxygen is an important step in patient care. Learn how to operate various oxygen delivery systems and treat respiratory emergencies in a work place setting. Prerequisite: current CPR-C or HCP certification.

Castlegar Campus	\$50
Orion Farley	
1 class: Mar. 5, Sat. 8:30 am-12:30 pm	

STANDARD FIRST AID WITH CPR C

Learn comprehensive First Aid and CPR techniques, how to respond to emergencies, the EMS system, the 3 key principles in First Aid: check, call, care. Covers airway, breathing and circulation emergencies. Also first aid for: respiratory and cardiac arrest, head and spine injuries, bone, muscle and joint injuries and wound care. Includes AED (Automated External Defibrillation). Pick up the manual prior to course date for pre-reading. Manual included.

Castlegar Campus	\$170
2 classes: Feb. 5 & 6, Sat. & Sun. 8 am-5 pm	
Grand Forks Campus	\$170
Neil Krog	
2 classes: Mar. 12 & 13, Sat. & Sun. 8 am-6 pm	
2 classes: May 28 & 29, Sat. & Sun. 8 am- 6pm	
2 classes: July 11 & 12, Mon. & Tue. 8 am-6 pm	

Midway Boundary Central Secondary, 355 - 5th	\$170
Marg Moore	
2 classes: Apr. 9-10, Sat. & Sun. 8 am-6 pm	
Nakusp Centre	\$170
Deb Myers	
2 classes: Apr. 9 & 10, Sat. Sun. 8:30 am-5:30 pm	
Nelson: Silver King Campus	\$170
Deb Myers	
2 classes: Apr. 30 & May 1, Sat. & Sun. 8:30 am-5:30 pm	
Trail Campus	\$170
Megan Olson	
4 classes: Feb. 15-24, Tue. & Thur. 5:30-10 pm	
3 classes: June 7, 9 & 11, Tue. & Thur. 5:30-10 pm, Sat. 8:30 am-5 pm	



WORKPLACE STANDARD FIRST AID WITH CPR C

Learn techniques to respond to emergencies in the home or workplace. Topics covered include cardiovascular and breathing emergencies, CPR Level C (covers adults, children, infants and 2 person), prevention of disease transmission to more severe sudden medical condition and injuries to the head and spine. WSFA is a prerequisite for Early Childhood Education, Forestry, Community Service Education, CCSA HS RCA and coaching programs. WSFA covers many national as well as provincial workplace requirements and is equivalent to BC Occupational First Aid Level 1.

Castlegar Campus	\$170
Ferry O'Gorman	
2 classes: June 4 & 5, Sat. & Sun. 8:30 am-5 pm	

FIRST AID -ST. JOHN AMBULANCE

EMERGENCY FIRST AID FOR INDUSTRY

This one-day certification course meets the requirements for WorkSafeBC OFA Level 1. Course content includes: emergency scene management, artificial respiration/assisted breathing, shock, unconsciousness, and fainting, choking (adult), CPR and introduction to AED, severe bleeding, minor wound care and documentation and medical conditions. Participants must be 16 years of age and must be physically able to perform the required first aid and CPR skills.

Kaslo Centre \$99
Bob Crosthwaite
1 class: Apr. 8, Fri. 8 am-5 pm

STANDARD FIRST AID WITH CPR C/AED

This is a 2-day certification course. Course content includes: (Day 1) emergency scene management, shock, unconsciousness and fainting, artificial respiration (adult), choking (adult), CPR and introduction to AED, severe bleeding, minor wound care and documentation, medical conditions, (Day 2) Automated External Defibrillation, secondary survey, bone and joint injuries, head, spinal and pelvic injuries, chest injuries, rescue carries, eye injuries, burns, poisons, bites and stings, heat and cold injuries. Participants must be 16 years of age and must be physically able to perform the required first aid and CPR skills.

Kaslo Centre \$170 or \$70 CPR May 6, Fri.
Bob Crosthwaite
2 classes: May 6 & 7, Fri. & Sat. 8 am-5 pm

PRIMARY CARE PARAMEDIC - JUSTICE INSTITUTE OF BC, PART-TIME PROGRAM

Are you ready to begin an intense certificate program that could lead you to a fast paced career in paramedicine? The Primary Care Paramedic (PCP) program is designed to equip you with a solid foundation that will prepare you for employment opportunities to practice as a paramedic in a wide variety of pre-hospital care environments. The PCP program consists of a set of courses that will provide you with in-depth essentials, including: how to perform an organized patient assessment; how to intervene in life-threatening injuries and conditions; how to perform PCP treatments, procedures and protocols; and how to record and report patient information. You'll benefit from the skill set and hands-on experience of our instructor leaders that include educators, registered nurses and practicing paramedics. The part time PCP program includes nine workshops (each comprised of three classroom days) and five evaluation sessions. Following workshop completion you will have three months in which to complete the clinical and ambulance preceptorship component. While independent study makes up a large component of this program, your workshops are scheduled at three to four week intervals in order to provide regular face to face time.

The PCP program is designed to meet or exceed the National Occupational Competency Profiles (NOCPs) for Primary Care Paramedics as developed by the Paramedic Association of Canada. Upon successful completion of the program, graduates are eligible to apply for licensure in British Columbia through the Emergency Medical Assistant Licensing Branch. A number of scholarships, bursaries and grants are available to assist paramedic students with the costs of the program.

Trail Campus \$9728
Justice Institute of BC
Registration begins: Jan. 15 Registration
closes: Mar. 1 Online work begins: Apr. 11
Program completes: Jan. 22, 2012

To ensure the course you want
doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**



MOTOR VEHICLE

AIR BRAKES

To operate vehicles equipped with air brakes on a highway (other than a vehicle defined as construction vehicle), you must have a BC driver's licence with an air brake endorsement (code15). Prerequisite for a Class 1 driver's license must be 19 years of age. Please pick up the manual in advance. Note: ICBC may require an eye examine prior to endorsement of licence.

Grand Forks Campus \$210
Al Walker

3 classes: May 7, 8 & 9, Fri. 6-10 pm,
Sat. & Sun. 8 am-4:30 pm

Nakusp Centre \$210
Mountain Transport Institute

3 classes: Apr. 1-3, Fri. 6-10 pm, Sat. & Sun.
8 am- 4:30 pm

Nelson: Silver King Campus \$210
Dave Griffin

3 classes: Mar. 18-20, Fri. 6-10 pm,
Sat. & Sun. 8 am-4:30 pm
3 classes: June 3-5, Fri. 6-10 pm,
Sat. & Sun. 8 am-4:30 pm

DRIVER TRAINING

8 hours in-car, 8 hours in-class. In-car sessions to be arranged with instructor. For more information please contact Wilf Warner, Columbia Driving Solutions at: 1.877.365.6367.

Nakusp Centre Or Kaslo Centre \$439 +HST
Columbia Driving Solutions

Please call if interested.

Graduated License Program

18 hours in-class, 14 hours in-car (3 hours

in Kaslo/Nakusp and the balance in Nelson/ Castlegar. In-car sessions to be arranged with instructor. For more information, please contact Wilf Warner, Columbia Driving Solutions at: 1.877.365.6367 Nakusp Centre Or Kaslo Centre \$899 +HST Columbia Driving Solutions

MOTORCYCLE SAFETY

Rent or use your own motorcycle. Must purchase rental insurance and hold a valid motorcycle learner's permit or a Class 6 motorcycle license.

Castlegar Campus \$529
Berle Jablonski

4 classes: Apr. 30-May 8, Sat. & Sun.
9 am-5 pm

4 classes: May 28-June 5, Sat. & Sun.
9 am-5 pm

SAFETY

AMMUNITION RELOADING-INTRO.

An introductory course focused on the how and why of making your own ammunition. This course will be of interest to the novice ammunition reloader who will learn ammunition safety, ammunition construction, reloading cost and fine-tuning ammunition for individual needs. Manual "ABC's of Reloading" included.

Trail Campus \$55 +HST
Colin Kenning

1 class: Apr. 6, Wed. 5:30 pm-9:30 pm

AVALANCHE SKILLS TRAINING LEVEL I

Learn avalanche phenomena, safe winter travel techniques and rescue and snow pack assessment. Includes 1 evening class and 2 days in the backcountry. Prerequisite for Canadian Avalanche Level I course. If you have seven or more people requiring this training, we can set a custom course to suit your time schedule and sport. Call 250-365-1261 for more information.

Castlegar Campus \$195
Daniel Leslie, Monica Nissen, licensed AST Instructors
3 classes: Feb. 24, 26 & 27, Thur. 6-10 pm, Sat. & Sun. 8 am-5 pm



CANADIAN FIREARMS SAFETY: NON-RESTRICTED FIREARMS

Learn safe handling of all common types of firearms. Collecting, history and shooting techniques will be discussed. Required to obtain or renew a Firearms Acquisition Certificate. Ages 12 and up, but must be 18 to obtain the Possession and Acquisition License (PAL). (There is an additional fee to apply for the PAL.) Pick up the manual before the course. Manual and exam fee included. Photo ID or equivalent is required at class.

Castlegar Campus \$105
Ron Ready
2 classes: Mar. 12 & 13. Sat. 9 am-5 pm, Sun. 9 am-1 pm

Grand Forks Campus \$105
Ron Ready
2 classes: May 7 & 8, Sat. 9 am-5 pm, Sun. 9 am-1 pm

Kaslo Centre \$105
Dennis Millan
2 classes: May 14 & 15, Sat. & Sun. 9 am-5 pm & 9 am-1 pm

Nakusp Centre \$105
Dorian Boswell
1 class: Feb. 27, Sun. 9 am-5 pm

Nelson: Silver King Campus \$105
Dennis Millan
2 classes: Jan. 22 & 23, Sat. & Sun. 9 am-5 pm
2 classes: Apr. 2 & 3, Sat. & Sun. 9 am-5 pm
2 classes: June 18 & 19, Sat. & Sun. 9 am-5 pm
2 classes: Aug. 20 & 21, Sat. & Sun. 9 am-5 pm

Trail Campus \$105
Colin Kenning & Bruce Donaldson
2 classes: Jan. 29 & 30, Sat. & Sun. 9 am-5 pm
2 classes: Feb. 19 & 20, Sat. & Sun. 9 am-5 pm
2 classes: Mar. 26 & 27, Sat. & Sun. 9 am-5 pm
2 classes: May 21 & 22, Sat. & Sun. 9 am-5 pm

CANADIAN FIREARMS SAFETY: RESTRICTED FIREARMS

Currently there is no fee to apply for a Restricted Possession and Acquisition License (PAL) if you have a Non-Restricted PAL. Prerequisite: Non-Restricted Firearms. Manual included. Please pickup manual in advance of the course for pre-reading.

Castlegar Campus \$55
Ron Ready
2 classes: Mar. 12 & 13. Sat. 1-5 pm, Sun. 9 am-1 pm

Grand Forks Campus \$55
Ron Ready
2 classes: May 7 & 8, Sat. 1-5 pm, Sun. 9 am-1 pm

Nelson: Silver King Campus \$85
Dennis Millan
2 classes: Apr. 4 & 6, Mon. & Wed. 5:30-9:30 pm
2 classes: Aug. 22 & 24, Mon. & Wed. 5:30-9:30 pm

Trail Campus \$55
 Colin Kenning & Bruce Donaldson
 1 class: Feb. 5, Sat. 9 am-5 pm
 1 class: Feb. 26, Sat. 9 am-5 pm
 1 class: Apr. 2, Sat. 9 am-5 pm
 1 class: May 28, Sat. 9 am-5 pm

CONFINED SPACE L1-PRE-ENTRY

Learn the numerous types of Confined Spaces and the regulations. Hazard recognition and safety protocols are also covered. Required for people working in the Oil and Gas Industry, Municipal workers, Equipment Operators, those involved in excavations and trenching as well as specific areas of Agriculture. Course material reflects legislation and common industrial-regulated practices within Western Canada. Valid for three years.

Nelson: Silver King Campus
 Ron Tomlinson, C.S.O. \$185
 1 class: Mar. 19, Sat. 8:30 am-4:30 pm

Trail Campus
 Ron Tomlinson, C.S.O. \$185
 1 class: Jan. 22, Sat. 8:30 am-4:30 pm

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

Perform wildland fire suppression tasks safely and effectively. S-100 training is required by WCB for all forest workers whose duties may include fire fighting. Both courses are mandatory for all workers that want to work as a forest fire fighter. Wear appropriate outdoor gear and bring a lunch. Courses will be offered after March 2011. For Grand Forks courses please call 250-442-2704 for course dates and to register.

Castlegar Campus
 Allison Lutz
 2 classes: Apr. 2 & 3, Sat. & Sun
 2 classes: May 14 & 15, Sat. & Sun.

INFECTIOUS CONTROL

This program teaches the basic elements of how public care workers can protect themselves, their coworkers, and clients from infectious disease. Program allows trainee to take notes, provides full audio and available progress report.

Online: Available at any Selkirk Location \$25 continuous intake



GROUND DISTURBANCE LEVEL I & II

Supervising a ground disturbance, performing a ground disturbance or issuing/receiving ground disturbance permits? Understand regulations and variances involved. Learn to clarify sources when searching for underground facilities, provide notification to the facility owner and receive owner notification. Emergency response plans discussed. 3-year certificate issued upon completion of written exam.

Trail Campus
 Ron Tomlinson, C.S.O. \$185
 1 class: Feb. 18, Fri. 8:30 am-4:30 pm

H₂S ALIVE

Planning to work in the petroleum industry? Learn the physical properties and health hazards of H₂S, how to protect yourself and basic rescue techniques. 3-year certificate.

Castlegar Campus \$235
 Ron Tomlinson, C.S.O.
 1 class: Apr. 8, Fri. 8:30 am-4:30 pm

Grand Forks Campus \$235
 Ron Tomlinson, C.S.O.
 1 class: Feb. 19, Sat. 8:30 am-4:30 pm

Nakusp Centre \$235
 Ron Tomlinson, C.S.O.
 1 class: Mar. 18, Fri. 8:30 am-4:30 pm

Nelson: Silver King Campus \$235
 Ron Tomlinson, C.S.O.
 1 class: Jan. 23, Sun. 8:30 am-4:30 pm
 1 class: Apr. 22, Fri. 8:30 am-4:30 pm

Trail Campus \$235
 Ron Tomlinson, C.S.O.
 1 class: May 13, Fri. 8:30 am-4:30 pm

HUNTER TRAINING

The CORE certificate is mandatory if you want to apply for your first hunting license and are at least 12 years of age. Manuals must be picked up and reviewed in advance of the course. Manual included. Additional \$30 exam fee.

Castlegar Campus Ron Ready 2 classes: Mar. 19 & 20, Sat. & Sun. 9 am-5 pm	\$125
Grand Forks Campus Ron Ready 2 classes: May 14 & 15, Sat. & Sun. 9 am-5 pm	\$125
Kaslo Centre Dennis Millan 2 classes: May 28 & 29, Sat. & Sun. 9 am-5 pm	\$125
Nakusp Centre Dorian Boswell 2 classes: Feb. 26 & 27, Sat. & Sun. 9 am-5 pm	\$125
Nelson: Silver King Campus Dennis Millan 2 classes: Apr. 9 & 10, Sat. & Sun. 9 am-5 pm 2 classes: June 25 & 26, Sat. & Sun. 9 am-5 pm 2 classes: Aug. 27 & 28, Sat. & Sun. 9 am-5 pm	\$125
Trail Campus Jim Smee 2 classes: Feb. 19 & 20, Sat. & Sun. 9 am-5 pm 2 classes: Apr. 2 & 3, Sat. & Sun. 9 am-5 pm	\$125

regulations, protective equipment, safe traffic control procedures, set-ups, communication and control zones. Dress for the weather (steel-toed boots mandatory) and bring a lunch. Note: Bring 2 legal passport photos, stamped and signed. Registration needs to be completed two weeks prior to course. Manual included.

Castlegar Campus Lynn Bublitz 2 classes: Apr. 16 & 17, Sat. & Sun. 8 am-4 pm	\$200
Grand Forks Campus Lynn Bublitz 2 classes: Mar. 10 & 11, Sat. & Sun. 9 am-4 pm	\$200
Nakusp Centre Lynn Bublitz 2 classes: May 7 & 8, Sat. Sun. 8 am-4 pm	\$200
Nelson: Silver King Campus Lynn Bublitz 2 classes: Apr. 9-10, Sat. & Sun. 8 am-4 pm	\$200
Trail Campus Lynn Bublitz 2 classes: May 13 & 14, Fri. & Sat. 8:30 am-3:30 pm	\$200

INDUSTRY RIGGING

This course includes power rigging, hand rigging, crane rigging, knot tying, fleet angles and calculation of breaking strength of chokers, as well as how to identify equipment hazards and use hand signals.

Trail Campus \$TBD
Rob Schwarzer
Scheduled based on demand.

TRAFFIC CONTROL/FLAGGING

For construction and road maintenance workers or those who deal with traffic as part of their work. Learn Ministry of Transportation standards and Worksafe BC

TRANSPORTATION OF DANGEROUS GOODS

For drivers, shippers, receivers and workers with shipping. Relevant to the Oil and Gas Industry. Open book quiz follows video, overhead presentation/discussion. Three-year certificate. Booklet and handouts included.

Grand Forks Campus Neil Krog 1 class: Mar. 9, Wed. 6-10 pm 1 class: Apr. 10, Sun. 12:30-4:30 pm	\$65
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Trail Campus \$65
Neil Krog
1 class: Mar. 31, Thur. 9 am-1 pm

WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM (WHMIS)

Learn about the hazardous products, how to read and make labels and where to find treatment. Manual included.

Grand Forks Campus \$45
Neil Krog
1 class: Mar. 8, Tue. 6-10 pm
1 class: Apr. 10, Sun. 8 am-noon

Nakusp Centre \$45
Marilyn Rivers
1 class: Jan. 15, Sat. 8:30 am-12:30 pm

Nelson: Silver King Campus \$45
Tom Van Alstine
1 class: Feb. 9, Wed. 6:30-9:30 pm

Online \$45
Call your local campus for registration.
Continuous intake.

Trail Campus \$45
Larry Ceconci
3 classes: Feb. 26, Mar. 19 & Apr. 30, Sat. 9 am-1 pm

WORKSAFE

HAZARD RECOGNITION & CONTROL

For workers, supervisors, joint health and safety committee members, and business owners and operators. Identify workplace hazards, locate pertinent regulatory requirements, and apply the process of identification, control and evaluation to eliminate hazards.

Castlegar Campus \$95
Neil Krog
1 class: June 2, Thur. 8 am-5 pm

Trail Campus \$95
Neil Krog
1 class: Mar. 10, Thur. 8 am-5 pm

RESPONSIBILITY OF JOINT HEALTH & SAFETY COMMITTEES

Foundation for effective Occupational Health and Safety in the workplace. Identify and interpret committee members' functions

and duties, develop skills in the use of OH&S regulations, safety inspections, accident investigations, reports, OH&S programs and refusal of unsafe work.

Castlegar Campus \$95
Neil Krog
1 class: May 26, Fri. 8 am-5 pm

Grand Forks Campus \$95
Neil Krog
1 class: Mar. 7, Mon. 8 am-5 pm

Trail Campus \$95
Neil Krog
1 class: Feb. 4, Fri. 8 am-5 pm



SUPERVISOR SAFETY MANAGEMENT

Due diligence, potential legal consequences, required risk assessments, plan risk control objectives and measures. Meet responsibilities for creating and maintaining a safe and healthy work environment. Includes Worksafe BC officer functions and effective crew talks.

Castlegar Campus \$95
Neil Krog
1 class: May 26, Thur. 8 am-5 pm

Grand Forks Campus \$95
Neil Krog
1 class: Feb. 23, Wed. 8 am-5 pm

Trail Campus \$95
Neil Krog
1 class: Mar. 11, Fri. 8 am-5 pm

FORESTY WORKER TRAINING

Course starts March 28, 2011. Fee: \$2750.

Funding may be available through the Employment Skills Access (ESA) Program.

For more information email esa@selkirk.ca or call 250.364.5760.

Employment Skills Access Program

ARE YOU UNEMPLOYED? OR EMPLOYED? WITH NO RECOGNIZED CERTIFICATION OR UNIVERSITY DEGREE-LEVEL EDUCATION?

The Employment Skills Access Program Offers You A More Secure Future. We offer training programs that are specifically selected to help unemployed, non-Employment Insurance clients and employed individuals requiring skills-upgrading to gain or improve employment. We will also assist you to achieve success by developing an Action Plan designed just for you.

Get a leg-up on the competition by enrolling in the Employment Skills Access (ESA) Program today! All ESA-funded programs must be completed by August 31, 2011.



For more information please contact Selkirk College today! **Call 250.364.5760 or email to esa@selkirk.ca.**

Canada



Selkirk  College

Funding provided through the Canada-British Columbia Labour Market Agreement.

Brought to you by the BC Public Post-Secondary Labour Market Consortium of Colleges and Universities in British Columbia.

Learn locally at Selkirk

As residents of the West Kootenay and Boundary regions, you have the opportunity to attain quality post-secondary education without leaving the area!

Selkirk College provides easy access to post-secondary education through its eight campuses and learning centres located in Castlegar, Nelson, Trail, Nakusp, Grand Forks and Kaslo. More than 70 part-time, full-time and online programs are taught by exceptional instructors who are passionate about providing exemplary teaching and learning experiences to local learners.

With a wide array of academic, career, vocational and technical programs to choose from, you can start your educational path with programs available through Selkirk's Schools of Business & Aviation, Digital Media & Music, Health & Human Services, Hospitality & Tourism, Industry & Trades Training, Renewable Resources, University Arts & Sciences, Adult Basic Education and Kootenay School of the Arts. Or, consider an exchange or study abroad program offered through Selkirk International.

Enjoy the benefits of your regional community college. Take advantage of a learning environment with small class sizes, high quality education, easy access to equipment and labs, reasonable tuition fees (half the cost of most universities) and one-on-one support.

Whether your aim is to improve your transcript, skill-set, personal well-being, or to start on the road to a degree, we are here to support your endeavors and are dedicated to your success! Begin your post-secondary education at Selkirk College. Apply today for the next program intake!

For more information call 1.888.953.1133 (Castlegar), 1.866.301.6601 (Nelson) or visit selkirk.ca/programs.

Programs at a glance

CERTIFICATES/ADVANCED/ASSOCIATE CERTIFICATES

Access to Practical Nursing	9 mo
BC Electrical Code	sp
Carpentry Apprenticeship (Levels 1-4)	6 wk
Carpentry Foundation	24 wk
Classroom & Community Support Worker	9 mo
Cook Training - Professional (Level 1/Level 2)	28/14 wk
Early Childhood Care & Education	10 mo
Electrical Apprenticeship (Levels 1-4)	10 wk
Electrical Foundation	24 wk
English Language Program (ESL)	24 wk
Esthetics	31 wk
Fine Woodworking Foundation	36 wk
General Mechanics Foundation	36 wk
Gerontology	1 yr
Golf Club Operations Online (GCOOL)	10 mo
Hairdressing (Cosmetology)	36 wk
Health Care Assistant	6 mo
Medical Transcription Advanced	10 mo
Mental Health & Addictions	10 mo
Metal	1 yr
Millwright Apprenticeship (Levels 2-4)	7 wk
Millwright/Machinist Foundation	36 wk
Nursing Unit Clerk	6 mo
Plant Operator	24 wk
Pharmacy Technician	11 mo
Refrigeration Plant Operator	sp
Social Service Worker	9 mo
Welding (C Level/B Level/A Level)	36/16/8 wk

DIPLOMAS/ADVANCED DIPLOMAS

Aviation - Professional Pilot	2 yr
Business Administration	2 yr
- Finance	
- Management	
Child & Youth Care Specialty	2 yr
Clay	2 yr
Digital Arts & New Media	2 yr
Fibre	2 yr
Forest Technology	2 yr
Geographic Information Systems	1 yr

Human Services Diploma	2 yr
- Social Service Worker Specialty	2 yr
Integrated Environmental Planning Technology	2 yr
Jewellery & Small Object Design	2 yr
Liberal Arts	2 yr
Music & Technology	2 yr
- Contemporary - Composition	
- Directed Studies - Engineering	
- Performance - Song Writing	
Office Management	2 yr
Peace Studies	2 yr
Recreation, Fish & Wildlife	2 yr
Resort & Hotel Management	2 yr
Ski Resort Operations & Management	2 yr
Teaching English to Speakers of Other Languages (TESOL)	4 mo
Writing Studies	2 yr

DEGREES/ASSOCIATE DEGREES/UNIVERSITY TRANSFER

Biochemistry	2 yr
Biology	2 yr
Chemistry	2 yr
Elementary Education	2 yr
Engineering	2 yr
English	2 yr
Entry to Pharmacy	2 yr
Entry to Traditional Chinese Medicine	2 yr
General Arts	2 yr
General Sciences	2 yr
Geographic Information Systems (GIS)	4 yr
History	2 yr
Nursing	4 yr
Peace Studies	2 yr
Psychology	2 yr
Teacher Education (UBC)	1 yr
Writing Studies	2 yr

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 yr = year mo = month wk = week
 sp = self paced

Craig Andrews Continuing Education Bursary - CACE

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.

This year, the Continuing Education Department will contribute to this fund by donating proceeds from the following programs and courses.

- Managing Sewing Machines, Sewing Techniques, Serger Knowledge and Techniques, Kaslo and Nakusp Centres, offered in Fall 2010
- OFA Level 1- Nakusp Centre, Feb. 24
- Grand Forks Campus, Jan. 30
- Castlegar Campus, Jan. 29
- Trail Campus, Mar. 12
- Nelson Campus, Feb. 26

To apply for CACE Bursary funds contact the Continuing Education Department in your community, see page 94.

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 foundation@selkirk.ca or for more information visit selkirk.ca/about/ways-to-give/.

ABORIGINAL SERVICES AT

SELKIRK COLLEGE provides support to all prospective and current aboriginal students and works closely with staff, students and communities to enhance aboriginal learners' participation and success rates in Selkirk programs.

Services can include such things as assistance with the application process, help with band funding, information on programs and accessing status and advocacy and support during the semester.

**Contact Marilyn James, Aboriginal Services Coordinator,
250.365.1357 or mjames@selkirk.ca**

health & wellness

HEALTH

DEMENTIA CARE & MUSIC

Are you caring for someone with Alzheimer's or another form of dementia? Music has profound beneficial effects on people with dementia. Learn how you can use the power of music to care for the one you love. For spouses, relatives and healthcare workers. No musical ability required.

Castlegar Campus \$16
Karen Yamazaki
1 class: Mar. 9, Wed. 7-9 pm

DEMENTIA/ALZHEIMER CAREGIVERS

Providing care for someone with Alzheimer's or a related dementia? Learn about these diseases and the issues surrounding them including communication, behavior, responsibilities, grief, stress and how to take care of yourself. Bursaries available. Targeted to family caregivers; health care providers welcome.

Nelson: Silver King Campus \$40 +HST, \$30 +HST for additional family members
Linda Hoskin, BC Alzheimer's Society
4 classes: Feb. 15-Mar. 8, Tue. 6:30-9:30 pm

HEALING YOUR BACK THE FELDENKRAIS® WAY

Rooted in our tremendous human capacity for learning and self-healing, this method increases your range of motion, improves flexibility and coordination, allowing you to rediscover comfortable movement. Bring 2 large blankets. Visit feldenkrais.com or selkirk.ca/ce for details.

Nelson: Silver King Campus \$75 +HST
Judy Katz, GCFP
6 classes: Apr. 6-May 11, Wed. 7-8:15 pm

HEALTHY BRAIN

Be proactive-keep your brain cells in shape. Research is showing ways that people of all ages and abilities, including people with dementia and caregivers, can work on brain health emphasizing mind, body and spirit.

Learn about Alzheimer's Disease and research-based advice on how to reduce your risk.

Nakusp Centre \$15 +HST
Linda Hoskin
1 class: Mar. 31, Thur. 7-9 pm

HERBS FOR WOMEN

Explore women's reproductive health from puberty to menopause. Course addresses illness and symptoms that may occur and natural methods to improve them using herbs, diet and lifestyle.

Grand Forks Campus \$69 +HST
Sarah Orlovski
1 class: Mar. 5, Sat. 9:30 am-4:30 pm

HOLISTIC HEALTH PRACTICES

Discover well-being and empowerment techniques from present and ancient teachings: conscious breathing with movement, Sedona method, guided visualizations and yoga. Learn techniques to manage stress and difficult emotions, solve problems and to trust your inner truth. Learn simple practices that harmonize the mind, body, senses and spirit connection.

Grand Forks Campus \$25 +HST
Brenda Wiseman
1 class: Apr. 30, Sat. 10 am-12:30 pm

Nakusp Centre \$25 +HST
Brenda Wiseman
1 class: Apr. 9, Sat. 9:30 am-noon

Nelson: Silver King Campus \$25 +HST
Brenda Wiseman
1 class: Jan. 27, Thur. 6-8:30 pm

Nelson: Silver King Campus \$99 +HST
Brenda Wiseman
8 classes: Feb. 10-Mar. 31, Thur. 7-8:30 pm

Trail Campus \$25 +HST
Brenda Wiseman
1 class: Feb. 12, Sat. 9:30 am-12:00 pm



PRENATAL

Learn what to expect in your pregnancy through the processes of labour and delivery, postpartum care and breastfeeding. Costs include support person and reunion class (TBA). Bursaries available for those requiring assistance.

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

Marty Suttmoller

6 classes: Jan. 5-Feb. 2, Wed. 6:30-9:30 pm
6 classes: Feb. 23 - Mar. 23, Wed. 6:30-9 pm
6 classes: Apr. 13-May 11, Wed. 6:30-9 pm
6 classes: June 1-June 29, Wed. 6:30-9 pm
6 classes: July 20-Aug. 20, Wed. 6:30-9 pm

Grand Forks: Glanville Centre
1200 Central Ave. \$84 +HST

3 classes: Feb. 5-19, Sat. 9 am-1pm
3 classes: June 4-18, Sat. 9 am-1 pm

Kaslo: VGH Board Room \$84 +HST
Sherry Wagner
As required

Nakusp Centre \$84 +HST
Linda Nero
2 classes: Mar. 6, 13, Sun. 10 am-3 pm

Nelson Health Unit333 Victoria Street,
2nd Floor \$105 +HST

M. Suttmoller, M. Morris, S. Whitman,
R. Gregory
7 classes: Jan. 6-Feb. 10, Thur. 6:30-9 pm
7 classes: Feb. 24-Mar. 31, Thur. 6:30-9 pm
7 classes: Apr. 14-May 19, Thur. 6:30-9 pm
7 classes: June 2-July 7, Thur. 6:30-9 pm
7 classes: July 21-Aug. 25, Thur. 6:30-9 pm

Trail Campus \$105 +HST
Jacquie Johnson and Jana Olson
5 classes: Jan. 4-Feb. 1, Tue. 6:30-9 pm

5 classes: Mar. 1-29, Tue. 6:30-9 pm
5 classes: Apr. 5-May 3, Tue. 6:30-9 pm
5 classes: June 7-July 5, Tue. 6:30-9 pm
5 classes: Sept. 6-Oct. 4, Tue. 6:30-9 pm
5 classes: Nov. 1-29, Tue. 6:30-9 pm

PRENATAL BREASTFEEDING

Come join our prenatal breastfeeding class. Learn about the benefits of breastfeeding, ways to promote the best possible start and how to support a breastfeeding mom. Cost includes support person. Bursaries available for those requiring assistance.

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

Marty Suttmoller

1 class: Jan. 26, Wed. 6:30-6 pm
1 class: Mar. 16, Wed. 6:30-9 pm
1 class: May 4, Wed. 6:30-9 pm
1 class: June 22, Wed. 6:30-9 pm
1 class: Aug. 10, Wed. 6:30-9 pm

Nelson: Nelson Health Unit333 Victoria St.,
2nd Floor \$15 +HST

Mary Ann Morris

1 class: Feb. 3, Thur. 6:30-9 pm
1 class: Mar. 24, Thur. 6:30-9 pm
1 class: May 12, Thur. 6:30-9 pm
1 class: June 30, Thur. 6:30-9 pm
1 class: Aug. 18, Thur. 6:30-9 pm

PRENATAL IN A DAY

For those who cannot attend evening courses. Cost includes support person. You must pre-register.

Trail Campus \$75/couple +HST
Jacquie Johnston and Jana Olson
1 class: Aug. 20, Sat. 9 am-4 pm

PRENATAL IN A WEEKEND

Learn what to expect in your pregnancy through the processes of labour and delivery, postpartum care and breastfeeding. Costs include support person. Bursaries available for those requiring assistance.

Salmo Community Services \$70 +HST
Sally Whitman
2 classes: Jan. 29 & 30, Sat. & Sun.,
10 am-4 pm
2 classes: Mar. 26-27, Sat. & Sun.
10 am-4 pm
2 classes: May 28 & 29, Sat. & Sun.
10 am-4 pm

PRENATAL REFRESHER

For those having another child. Includes support person.

Castlegar: Kootenay Family Place
767 - 11th Ave. \$35 +HST

Marty Suttmoller

2 classes: Jan. 12 & 19, Wed. 6:30-9 pm

2 classes: Mar. 2 & 9, Wed. 6:30-9 pm

2 classes: Apr. 20 & 27, Wed. 6:30-9 pm

2 classes: June 8 & 15, Wed. 6:30-9 pm

2 classes: July 27 & Aug. 3 Wed. 6:30-9 pm



PRENATAL: EARLY PREGNANCY CLASS

Designed for pregnant women before their sixth month of pregnancy (the earlier, the better!), this class will cover a variety of topics including: nutrition, fetal development, maternal health, prenatal bonding, pre-term labour and planning ahead. Cost includes support person. Bursaries available for those requiring assistance.

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

Sally Whitman, Bailey Delves

1 class: Feb. 9, Wed. 6:30-9 pm

1 class: Mar. 30, Wed. 6:30-9 pm

1 class: May 18, Wed. 6:30-9 pm

1 class: July 6, Wed. 6:30-9 pm

Nelson Health Unit 333 Victoria St.,
2nd Floor \$15 +HST

Sally Whitman, Bailey Delves

1 class: Feb. 17, Thur. 6:30-9 pm

1 class: Apr. 7, Thur. 6:30-9 pm

1 class: May 26, Thur. 6:30-9 pm

1 class: July 14, Thur. 6:30-9 pm

Trail Campus

Included in Prenatal Registration

Jacquie Johnson and Jana Olson

4 classes: Jan. 24, Apr. 18, July 11 & Oct.

17, Mon. 6:30-9 pm

THE LINK BETWEEN BRAIN AND BEHAVIOUR

Caring for someone with memory problems, Alzheimer's Disease or a related dementia? Learn new skills to help you deal with the daily realities. Day 1: Topics include: Dementia, Alzheimer disease and Understanding Behaviour. Day 2: Topics include: Future Planning, Communication and Self-care for the caregiver.

Nakusp Centre \$15/module or \$25 for both modules +HST

Linda Hoskin

2 classes: Apr. 1, Fri. Mod. 1, 9am-noon,

Mod 2, 1-4 pm

TMJ HEALTH: A RESTORATIVE FELDENKRAIS® WORKSHOP

Re-educate neuromuscular pathways to create relief and comfort to those suffering TMJ problems and symptoms; systematically improving the fundamentals of healthy jaw and mouth functions. Visit feldenkrais.com for more information or selkirk.ca/ce for more details.

Nelson: Silver King Campus \$75 +HST

Judy Katz

6 classes: Feb. 1-Mar. 8, Tue. 7-8:15 pm

MASSAGE

BABY MASSAGE

Bring your baby or come baby-less. Christine will teach all her baby techniques plus techniques she has gathered from the tropics of Guatemala to the North of Canada. She is keen to pass on her hands-on skills to all members of the family, young and old. Designed for the lay public and/or medical professionals covering respiratory, digestive and circulatory complaints.

Nelson: Silver King Campus \$18 +HST

Christine Sutherland

1 class: Mar. 26, Sat. 3-5 pm

FOOT & REFLEXOLOGY

Please bring an ice cream pail, two towels, massage oil in a flip-top container, powder, pillow, hot water bottle, face cloth and a partner, if possible.

Nelson: Silver King Campus \$27 +HST

Christine Sutherland

1 class: Apr. 2, Sat. 2-5 pm

MASSAGE-PREGNANCY, LABOUR, DELIVERY AND BABY

Full-body pregnancy massage including massage for pain control in labour and delivery. Baby massage will be demonstrated at the end of the class with a newborn for that first hospital baby massage. Care for the caregiver included for coaches. All coaches will get "massaged the right way".

Nelson: Silver King Campus \$63 +HST,
partner fee \$50 +HST
Christine Sutherland
2 classes: Mar. 26 & 27, Sat. & Sun.
8 am-3 pm

STRESSBUSTER QUICKIE FOR COUPLES

Join Christine for her 3-hour condensed version of Stessbuster for Couples.

Nelson: Silver King Campus \$27 +HST,
partner fee \$18 +HST
Christine Sutherland
1 class: Apr. 2, Sat. 9 am-noon

THE POWER OF TOUCH: PALLIATIVE MASSAGE

For lay people, medical professionals, friends and family. Register with Christine Sutherland at 1-800-661-5788 or online sutherlandproductions.com.

Nelson: Silver King Campus
Christine Sutherland
10 classes: July 4-8 & 11-15, Mon.-Fri.,
8 am-4 pm



NUTRITION

BECOMING VEGETARIAN

Are you interested in a plant based diet? Does someone in your family not eat meat? This class introduces vegetarian and vegan eating, giving you practical strategies to get nutrients you need without animal products. We'll

discuss combining protein sources and how to get enough calcium and Vitamin B12.

Trail Campus \$40 +HST
Tara Stark, Registered Dietician
1 class: Jan. 20, Thur. 7-9 pm

CULTURED FOODS

Become aware of the benefits of active bacterial cultures from fermented foods on health. Learn how to prepare traditional foods sauerkraut, kimchi, kefir, yogurt and kombucha.

Nelson: Silver King Campus \$24 +HST
Marisa Vachon
1 class: Feb. 12, Sat. 9 am-12 pm

GET COOKING WITH BEANS AND LEGUMES

Want to cook more vegetarian meals but not sure how? Learn about soaking and cooking various types of beans, what to do with lentils and how to make tofu delicious. We will make a few bean and legume dishes together that you can take home (bring 3-4 freezer containers). No cooking experience is necessary.

Trail Campus: Trail Middle School \$60 +HST
Mignon Lundmark
1 class: Mar. 7, Mon. 6-9 pm

LOWER YOUR BLOOD PRESSURE - EAT THE DASH WAY

Dietary Approaches to Stop Hypertension (DASH). Hypertension is high blood pressure and more than nine in ten Canadians will develop high blood pressure unless they follow a healthy lifestyle. Take a close look at sources of sodium in the diet and discuss strategies to cut sodium consumption in half. We also take a detailed look at a DASH way of eating. Based on the sound research, a DASH eating plan can reduce blood pressure quickly—within 2 weeks of starting the plan and with a lasting effect.

Trail Campus \$35 +HST
Tara Stark, Registered Dietitian
1 class: Jan. 27, Thur. 7-9 pm

To ensure the course you want
doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**



VEGETARIAN LIVING AND RAW FOODS

Learn how to prepare delicious, nutritious living and raw meals and snacks that are affordable and environmentally conscious. Quick and easy gourmet and casual recipes to add foods with maximum nutritional value to your diet.

Grand Forks Campus \$45 +HST
 Brenda Wiseman
 1 class: Apr. 30, Sat. 1:30-4:30 pm

Nakusp Centre \$45 +HST
 Brenda Wiseman
 1 class: Apr. 9, Sat. 1-4 pm

Nelson: Silver King Campus \$45+HST
 Brenda Wiseman
 1 class: Feb. 19, Sat. 9 am-12 pm
 1 class: Apr. 12, Tue. 6-9 pm

Trail Campus \$45+HST
 Brenda Wiseman
 1 class: Feb. 12, Sat. 1-4 pm

FRESH HEALTHY COOKING

Each Class: \$29 +HST
 Instructor: Lorraine Carlstrom,
 Nutritional Consultant
www.freshhealthycooking.com

CHOCOLATE TORTE

February is officially Lorraine's chocolate month! Join Lorraine and learn the interesting history of chocolate and how it is grown and processed. Create a decadent 3-layer Chocolate Torte using organic cocoa, whole cane sugar and pre-soaked hazelnuts. NO

refined flour or sugar! Enjoy this gluten-free treat with someone special on Valentine's Day.

Kaslo: JV Humphries School 500 6th Street
 1 class: Feb. 8, Mon. 6-8 pm

Nelson: Silver King Campus
 1 class: Feb. 2, Wed. 6-8 pm

GADO GADO

Learn to cook Lorraine's version of this Indonesian meal, including a coconut-almond sauce, brown rice, lots of colourful vegetables and optional shrimp. Serve this delicious meal to friends with different diets: vegetarian, gluten-free or with everything. Prepare this versatile meal and sample in class.

Kaslo: JV Humphries School 500 6th Street
 1 class: Apr. 4, Mon. 6-8 pm

Nelson: Silver King Campus
 1 class: Mar. 30, Wed. 6-8 pm

HEALTHY SOUPS

Join Lorraine and learn to make a traditional bone broth from local pastured chickens. Turn your broth into a delicious Mulligatawny soup with nutritious brown rice. Learn why broths have been used to treat many health issues.

Kaslo: JV Humphries School, 500 6th Street
 1 class: Jan. 24, Mon. 6-8 pm

Nelson: Silver King Campus
 1 class: Jan. 19, Wed. 6-8 pm

KEFIR SMOOTHIE

When Lorraine was working on improving her health, this magical smoothie was the key to her recovery. Lorraine will discuss the history of dairy, laws and controversy surrounding this life-giving product, dairy allergies and how to work with Kefir (a culture from Russia). Lorraine serves this delicious beverage to her family every second morning and there are complaints when she forgets!

Nelson: Silver King Campus
 1 class: Mar. 16, Wed. 6-8 pm



KOMBUCHA

The recorded history of the Kombucha drink dates back to 250 BC. The Chinese call it the "Immortal Health Elixir" because they believed that Kombucha aided in digestion, allowing the body to focus on healing. Taste Lorraine's original ginger blend and a local raspberry version. Order your own Kombucha culture.

Kaslo: JV Humphries School 500 6th Street
1 class: Apr. 18, Mon. 6-8 pm

Nelson: Silver King Campus
1 classes: Apr. 13, Wed. 6-8 pm

SOURDOUGH SAMOSAS

These stuffed pastries are popular in many parts of the world including Asia, Greece, and parts of Africa. Lorraine's version is made with whole wheat sourdough pastry stuffed with savoury spices, vegetables and local grass-fed beef. Enjoy your final product with a fresh salad topped with homemade dressing.

Kaslo: J V Humphries School 500 6th Street
1 class: May 9, Mon. 6-8 pm

Nelson: Silver King Campus
1 class: Apr. 27, Wed. 6-8 pm

SPROUTING GRAIN

Learn why sprouting grain increases its nutritional value and is easier to digest. We will discuss and demonstrate grain sprouting, drying and grinding. Take part in making



and tasting a sprouted wheat pilaf cooked in savory local spices and a chocolate chip cookie made from the sprouted grain flour.

Kaslo: JV Humphries School, 500 6th Street
1 class: Mar. 7, Mon. 6-8 pm

Nelson: Silver King Campus
1 class: Mar. 2, Wed. 6-8 pm

TASTY TORTILLAS

You can't beat the taste of freshly made sourdough tortillas filled with black beans, fresh salsa and more! Learn how to make traditional cultures prepared their legumes and grains to make them nutrient-dense. We will be using whole grain from the Creston area and many local ingredients. Bring a jar and take home some sourdough starter.

Kaslo: JV Humphries School, 500 6th Street
1 class: Feb. 21, Mon. 6-8 pm

Nelson: Silver King Campus
1 class: Feb. 16, Wed. 6-8 pm

SCHOOL OF HEALTH AND HUMAN SERVICES OUTREACH

GNUR 210 SPIRITUALITY IN AGING

Examine the importance of Spirituality in aging, and its effects on health, wellness and achievement of meaning in life. Current research and tools to assess spiritual need and roles and opportunities for caregivers to promote the spirituality of aging persons will be explored. A non-denominational approach to course material will allow the participants to explore the essence of our spiritual nature, regardless of religious preference or beliefs. Two credit elective if registered in the Certificate in Gerontological Nursing program (with assignments), or community members may audit as a personal interest course. Participants will need to have some basic knowledge of word processing and some ability to type. Online - for more information or to register call 250-365-1208.

Castlegar Campus
12 weeks from Apr. 11-June 30



MENTAL HEALTH & ADDICTIONS ASSOCIATE CITATION

This Associate Citation is for Health and Human Service Practitioners who would like to focus their practice in the area of Mental Health and Addictions and upgrade their skills in working with people. The next intake for this citation will be fall 2011. For more information contact Kay Armstrong at 250-365-7292

MOTIVATIONAL INTERVIEWING

This experiential workshop is designed to provide practitioners and students with basic Motivational Interviewing techniques and skills to enhance the effectiveness of their work with mental health, addition and concurrent populations in a variety of settings.

Motivational interviewing is a directive, client-centred counseling style of eliciting behaviour change by helping clients to explore and resolve ambivalence. It is a directive, client centred and goal-directed, and compliments most theoretical approaches and styles in the helping professions.

Castlegar Campus \$170
Kay Armstrong, Leslie Comrie
2 classes: June 10 & 11, 9 am-3 pm

PALLIUM: LEARNING ESSENTIAL APPROACHES TO PALLIATIVE AND END OF LIFE CARE

This federally developed and approved care course for physicians and nurses (RN & LPN) covers symptom management of pain, GI problems, dyspnea, delirium and care in the last days. Other topics discussed include grief, depression, communication challenges and ethical dilemmas. Course includes lunch both days, coffee and a Pallium Pocket handbook.

Castlegar Campus \$250 for nurses, \$450 for physicians. Student rate available.
Selkirk College Nursing Faculty
2 classes: Apr. 16 & 17, Sat. & Sun.
8:30 am-4:30 pm

WELLNESS

ABORIGINAL HEALTH & HEALING

How do Aboriginal cultures view health & healing? Marilyn will explore the health practices that are common to the interior Salish peoples and other Aboriginal groups. A discussion of this holistic view, which incorporates physical, emotional, spiritual and mental aspects, will include the use local plants and herbs as food & medicine, smudging to cleanse and balance oneself and the medicine wheel approach in health and healing.

Kaslo Centre \$16 +HST
Marilyn James, Sinixt Spokesperson
1 class: Mar. 10, Thur. 6:30-8:30 pm

Nakusp Centre \$16 +HST
Marilyn James, Sinixt Spokesperson
1 class: Feb. 9, Wed. 3-5 pm

BODY MANDALAS

Discover well-being and empowerment techniques from present and ancient teachings: conscious breathing with movement, Sedona method, guided visualizations and yoga. Learn to manage stress and difficult emotions, solve problems, and to trust your inner truth. Learn practices to harmonize mind, body, senses and spirit connection.

Nelson: Silver King Campus \$79 +HST
Marisa Vachon
10 classes: Feb. 9-Mar. 9, Wed. 6-8 pm

DREAMS, DREAM INTERPRETATION & LUCID DREAMING: 1

Introduction to the inner world of dreams, an experience that can hold remarkable insights into our subconscious. This course will cover how different cultures view the dream world, dream interpretation, and Lucid Dreaming—a learnable skill that allows the dreamer to be aware of the dream while it is occurring and to develop control over them.

Castlegar Campus \$144 +HST
Larry McKone
10 classes: Feb. 15 - Mar. 17, Tue. & Thur.
6:30 - 8:30 pm

DREAMS, DREAM INTERPRETATION & LUCID DREAMING: 2

This course focuses on the same basic ideas, but in greater depth. This course still covers dreams and interpretation, but focuses even greater on tools and skills for learning the art of Lucid Dreaming. Anyone can do it, with a minimum of practice and control your dreams will change your life, opening magic vistas and windows on the soul.

Castlegar Campus \$144 +HST
Larry McKone
10 classes: Mar. 28 - Apr. 28, Tue. & Thur.
6:30 - 8:30 pm

HEALTH IN A HURRY: FAST, FUN FOOD

Come discover quick, delicious dishes for every meal of the day that are packed with nutrition, and learn why incorporating these foods into your daily life might be important to you. This class includes demos, samples, handouts and access to the full recipes!

Castlegar Campus \$25 +HST
Teralee Trommehauser
1 class: Mar. 3, Thur. 6:30-8:30 pm

HEALTH IN A HURRY: FAST, FUN FITNESS

Does lack of time prevent you from getting the exercise you know you need? Then this course is for you! Learn three fun, yet effective, 10 minute full-body workouts that you can fit into your busy schedule or implement into your existing workout regime. All the workouts can be done at home, with minimal equipment needed!

Castlegar Campus \$20 +HST
Teralee Trommehauser
1 class: Mar. 10, Thur. 6:30-8:30 pm

KEEPING ON TRACK AND TAKING CARE OF YOURSELF

Discuss important health topics including blood pressure, cholesterol, glycemic index of food, stress and exercise. Join the group discussion on what health topics are important to you and what you would like to see discussed at future sessions. Please join us on our road to wellness.

Kaslo Centre \$24 \$24 +HST
Georgie Humphries, RN
1 class: Feb. 3, Thurs. 7-9 pm

KUNDALINI YOGA

This safe, comprehensive and powerful system includes pranayam, postures, chanting, deep relaxation and meditation. It builds strength, flexibility, endurance and improves mental focus.

Nelson: Silver King Campus \$108 +HST series/\$12 +HST drop in
Chathrine Leighland
9 classes: Jan. 13-Mar. 10, Thur. 5-6:30 pm
9 classes: Mar. 31-May 26, Thur. 5-6:30 pm



LAUGHING YOGA

Fun and freeing! Opens breathing capacity, tones the abdominals, increases blood flow and oxygen and lots more.

Nelson: Silver King Campus \$60 series/\$10/drop in +HST
Brenda Wiseman
6 classes: Feb. 7-Mar. 14, Mon. 5:30-6:30 pm
6 classes: Apr. 4-May 16, Mon. 5:30-6:30 pm

SHAKING THE SUGAR HABIT

Calling all sweet-a-holics! Do you know how to break away from conventional, refined sugars while still satisfying your sweet tooth? This interactive workshop will help you shake that sugar habit and curb cravings. Come learn the dangers of refined sugars and discover some very satisfying substitutions!

Castlegar Campus \$10 +HST
Teralee Trommehauser
1 class: May 4, Wed. 6-7 pm

LEARNING IN RETIREMENT

Learning in Retirement, a volunteer non-profit organization, provides a variety of workshops and trips for the educational interests of retired people in the area. Membership is open to retired, 50+ years (and spouses/partners) who share a love of learning regardless of their formal education. Presentations are planned by its members and held in partnership with Selkirk College. Watch for details in local papers. For information email birthe@netidea.com.

- No tests or grades
- No academic or experience requirements
- Affordable
- Annual membership: \$15
Nelson: Silver King Campus
Fri. 10 am-12 pm

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Offered in conjunction with the University of Victoria Centre on Aging. Better manage your chronic health condition - arthritis, diabetes, heart disease, asthma, fibromyalgia or others. For information: coag.uvic.ca.cdsm. Registration is mandatory.

call Terry at UVic to register 1-866-902-3767
Nelson: Silver King Campus Free
6 classes: Apr. 1-May 6, Fri. 9:30 am-noon



Conference Services

Are you looking to have an event in our region? Enjoy and fully participate in your special day without any concerns!

Your first point of contact at Selkirk College is our Conference Services, a division of our 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 1.877.552.2821 or 250.551.1587 or email mlalonde@selkirk.ca.

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



Job Readiness Skills Training for Women

Job searching for the first time? Looking to change jobs or re-enter the workplace? Sign up now!

This program will help you identify the work you would enjoy doing and find the “best fit”. Explore “who you are” using top of the line self assessment tools, and research what’s out there to make informed decisions on how to get there with more confidence and strategies for success.

3 weeks: Feb. 21-Mar. 13, Mon. – Fri., 9 am-4 pm.
Additional follow up sessions TBA.

Instructor: Phyllis White

Fee: \$1140.00. Funding may be available through the Employment Skills Access Program. For more information go to esa@selkirk.ca or call 250.364.5760.



Saints Golf Camp

Golfers of all abilities, ages 7 to 17, are welcome to participate in the Saints Golf Camp, July 11-15, 2011.

Instructors will provide training on all aspects of the game; short game, long game, specialty shots, mental aspects, rules and etiquette. All campers will benefit from:

- 24+ hours of on/off course training
- Two 9-hole rounds and one 18-hole round
- Virtual computerized swing analysis
- Video analysis
- Mental training, history of the game, strategy, course management
- Specialized swing instruction including tough lies, trouble shots and much more...



Golf Camp 2009

Students may choose from the day or residence camp options. Registration opens February 2011. **Call 250.365.1208 to register or 250.365.1304 for more information.**

selkirk.ca/athletics/campusrecreation/summercamps/

hospitality & tourism

BARTENDING

Learn frontline bartending, theory and practical. Please purchase Guide to Bartending and Recipe Book from the Selkirk College Bookstore. Note: Includes Serving It Right Certificate.

Nelson: Tenth Street Campus \$275
 Carol Erickson
 12 classes: Mar. 29-Apr. 28, Tue. & Thur.
 6-9 pm, & 2 Sat.



FOOD SAFETY FOR FOOD HANDLERS

An internet-based course equivalent to FoodSafe Level 1. On successful completion, students will be issued an officially recognized certificate and will have an understanding of basic food safety principles and how to protect themselves and others from food-borne illness. For more information or to register phone your local Selkirk College Campus.

Online- Available at any Selkirk location for your convenience! \$85

FOODSAFE - LEVEL I

Learn the prevention of food-borne illness, including food protection, preparation, receiving, safe storage, germs and types of food-borne illnesses. Required for all food handlers. Bring your health card to registration.

Castlegar Campus \$85

Carol Erickson
 1 class: Mar. 5, Mon. 9 am-5 pm
 1 class: Apr. 15, Fri. 9 am-5 pm

Grand Forks Campus \$85

Andrea Krog
 1 class: Mar. 11, Fri. 8 am-5 pm
 1 class: May 15, Sun. 8 am-5 pm
 1 class: June 03, Fri. 8 am-5 pm

Midway: Boundary Central Secondary, 355 - 5th Ave \$85

Andrea Krog
 1 class: Mar. 6, Sun. 8 am-5 pm

Nakusp Centre \$85

Carol Erickson
 1 class: Apr. 4, Mon. 9 am-5 pm

Nelson: Silver King Campus \$85

Carol Erickson
 1 class: Jan. 25, Tue. 9 am-5 pm
 1 class: Mar. 8, Tue. 9 am-5 pm
 1 class: May 3, Tue. 9 am-5 pm

Online \$85

1 class: Available at any Selkirk location online. At your convenience!

Trail Campus \$85

Carol Erickson
 1 class: Jan. 29, Sat. 9 am-5 pm
 1 class: Mar. 26, Sat. 9 am-5 pm
 1 class: Apr. 30, Sat. 9 am-5 pm

SERVING IT RIGHT

Required to serve alcohol to the public.

Nelson: Tenth Street Campus \$45

Carol Erickson
 1 class: Mar. 31, Thur. 6-9 pm

To ensure the course you want doesn't get cancelled...

**DON'T WAIT!
 REGISTER EARLY!**

Mir Centre 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. You are invited to experience the unique programs, courses, discussions and lectures offered through the Mir Centre.



Visit selkirk.ca/research/mir-centre-for-peace/ for detailed information.

| mir centre for peace |

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 in Peace Studies. Both programs combine coursework in humanities, social sciences and sciences with core courses in peace studies and conflict resolution.

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. As part of their program, students may choose to engage in service learning experiences, or in directed peace and conflict studies academic research.

MIR PEACE CAFES

Selkirk College's Mir Centre for Peace has joined together with Self Design High (Nelson) and the Alpine Grind Cafe (Rossland) in the name of peace, up-stream thinking, coffee and meaningful conversation. The "Peach 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 discussion. Join us in an informal intimate cafe setting.

Visit selkirk.ca/mir for more information.

Mir Lecture Series - Winter 2011

We recognize world peace will come, not through one simple act but rather as the final outcome of thousands of smaller undertakings. Dialogue plays a key role. The Mir Lecture Series seeks to encourage this dialogue with the following inspiring speakers, promoting culture of peace in our communities.

- Nazanin Afshin-Jam, Wednesday, Feb 2, 7 pm Mary Hall, Nelson
- Sharon Batula, Tuesday, March 8, 7 pm, Mir Centre, Castlegar
- Sharon McIvor, please refer to website for date and location.

Visit selkirk.ca/mir/ for more information.

SHARON BATULA is a Canadian author who has had four non-fiction books on the Canadian bestseller lists. She will give a lecture on International Women's Day on the poverty of older North American women and the fact that there has never in history been such a large cohort of women living on into their eighties. She speaks about their role (or lack thereof) in our culture.

SHARON MCIVOR will be speaking of her decades-long struggle to correct a century of discrimination against Aboriginal women, and her recent Supreme Court victory won on behalf of all Aboriginal women in Canada.

NAZANIN AFSHIN-JAM is an Iranian-born Canadian singer, celebrity and human rights activist. She speaks passionately about the rights of women and children in her native Iran and in the Middle East.

| mir centre for peace |

NONVIOLENT CONFLICT INTERVENTION WORKSHOP

Join Madelyn MacKay in an exploration of how nonviolent methods can lesson or prevent violence-in your daily life, in your community and around the world.

Date: Saturday, January 15

Time 9 am to 5 pm

Cost: \$40

Location: Mir Centre for Peace, Castlegar

AMNESTY FILM FESTIVAL

Join us for the latest films on peace and human rights from around the world.

Date: Thursday, January 27

Location: Mir Centre for Peace, Castlegar

Visit selkirk.ca/mir/ for times and film details.

KOOTENAY SCHOOL OF THE ARTS Summer 2011

The summer months are a great time to try new artistic adventures. Take part in two-day to three-week sessions in July and August. From Drama to Jewellery, we have something for all ages and skill levels.



ADULT CLASSES

- Basic and Advanced Blacksmithing
- Champleve Enamel Jewellery
- Damascene Inlay- Gold and Silver Inlay on Steel Jewellery
- Drawing
- Fibre
- Low Tech Jewellery Casting
- Painting
- Pottery
- Printing on Clay
- Weaving

CHILDREN & YOUTH CAMPS

- Art Camps in: Drawing, Painting, Sewing, Clay and more
- Digital Film
- Drama and Performance

Visit selkirk.ca/ksa for updated listings and session details.

industry & trades

HOME STUDY/ONLINE

BC ELECTRICAL CODE: HOME STUDY

An approved BC Safety Authority course, enabling you to write the Field Safety Representative exam. Learn the proper use of the BC Code book and the correct interpretations of code rules, a working knowledge of the BC Safety Standards Act, the BC General Regulation and the Electrical Safety Regulation (new in 2004), and the BC Authorization Procedures for electrical contractors.

Online Continuous Intake - call Silverking Campus \$575

REFRIGERATION PLANT OPERATOR: HOME STUDY

This nine-unit Refrigeration Plant Operator program is approved by the BC Safety Authority. The course is one of the requirements needed to challenge the Refrigeration Operator's Certificate of Qualification. Phone tutorials for 6 months and all materials included.

Online Continuous Intake - call Silverking Campus \$725

INDUSTRY AND TRADES

BUILDING SERVICE WORKER CERTIFICATION

Learn to apply current methods and procedures for the economical use of time, the elimination of waste and the conservation of energy. Classroom theory on each subject is followed by a hands-on training, practical components, written exam on theory as well as an instructor's evaluation on practices and procedures. Inc. OFA1 and WHMIS.

Nelson: Tenth Street Campus \$1449
Paul Stooshnoff
Jan. 17-Mar. 11, Mon.-Fri. 3:30-9 pm

BLUEPRINT BASICS

An introduction to blueprint reading and engineering drawing with the principles of orthographic projection (front view, side view top view), reading and interpreting technical drawings and the basics around the symbols and nomenclature found on drawings. The course focuses on mechanical drawings (machines). Civil (buildings), piping, electrical, process and instrument diagrams will also be briefly discussed.

Trail Campus \$65 +HST
Alan Karges
3 classes: Mar. 30, Apr. 6 & 13, Wed.
6-8 pm



COMMERCIAL VEHICLE INSPECTION

For journeymen automotive, commercial transport and heavy duty mechanics who are working, or wish to work, for a designated inspection facility. Employers, please sign up for Vehicle Inspection Standards Online at vsiis.qp.gov.bc.ca prior to the course.

Nelson: Silver King Campus \$220, plus manual \$60+HST
Dave Griffin
2 classes: Mar. 4-6, Fri. 6-10 pm, Sat. & Sun. 8:30 am-4:30 pm
3 classes: May 6-8, Fri. 6-10 pm, Sat. & Sun. 8:30 am-4:30 pm

FALL PROTECTION

Examine the components of fall protection systems, review the governing bodies, regulations and standards. A hands-on component provides a working familiarity with some of the systems and enables problem solving in the workplace.

Nelson: Silver King Campus \$180
 Rob Schwarzer
 1 class: Apr. 9, Sat. 8:30 am-4:30 pm

Trail Campus \$180
 Rob Schwarzer
 1 class: Mar. 12, Sat. 8:30 am-4:30 pm

FORKLIFT OPERATOR CERTIFICATION

Learn safe operation techniques for forklift trucks, current regulations, instructions on how to safely operate a lift truck, an overview of the most common types of trucks and their features, pre-shift inspection forms and more. Please pick up the manual in advance. Onsite contract rates available for groups. Manual included.

Nelson: Silver King Campus \$220
 Dave Griffin
 2 classes: Apr. 1-2, Fri. 5-9 pm, Sat. 8 am-4 pm
 2 classes: May 13-14, Fri. 5-9 pm, Sat. 8 am-4 pm
 2 classes: June 10-11, Fri. 5-9 pm, Sat. 8 am-4 pm

FORKLIFT RECERTIFICATION

Nelson: Silver King Campus
 Dave Griffin
 Call 250-352-6601

HRAI ENVIRONMENTAL AWARENESS CERTIFICATION

(Heating, Refrigeration, Air Conditioning) For HVAC/R Appliance and Transportation Technicians. Obtain certification for the purchase and handling of refrigerants.

Nelson: Silver King Campus \$115
 Dave Griffin
 1 class: May 28, Sat. 8 am-4:30 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 Kamloops, BC, in May 2011. 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
 Ernie Hayward
 12 classes: Mar. 12 - Apr. 24, Sat. & Sun. 9 am-4 pm

PIPEBENDING FOR ELECTRICIANS

An intensive, hands-on, instructor-directed course with emphasis on mastering the art of pipe bending. Learn to skillfully form custom complex combination bends with precision, speed and facility (every time). Visit selkirk.ca/ce for details.

Nelson: Silver King Campus \$220
 6 classes: Apr. 5-21, Tue. & Thur. 6-9 pm



WELDING

Learn basic welding skills for the handyman/hobbyist, or work toward C.B. or A Level Welding certification and upgrade for provincial testing. Students need steel-toed boots, leather gauntlet gloves, 10" vice grips and hat/hair covering.

Nelson: Silver King Campus \$275 +HST
 Dick Schultz
 12 classes: Feb. 15-Mar. 24, Tue. & Thur. 6:15-9:45 pm

languages

FRENCH LEVEL I

Learn to speak French including alphabet, numbers, greetings, time, days, months, seasons and vocabulary. Handouts extra.

Nelson: Silver King Campus \$149 +HST
Marie-Claude Hebert
10 classes: Feb. 7-Mar. 9, Mon. & Wed. 7-9 pm

Trail Campus \$53 +HST
Jose Padilla
5 classes: Feb. 7-21, Mon. & Wed. 6-7:30 pm

FRENCH LEVEL II

For those with some previous level of French training. We will reinforce Level I learnings and include French sounds, sentences and dialogues. Handouts extra.

Trail Campus \$53 +HST
Jose Padilla
5 classes: Feb. 23-28, Mar. 2-9, Wed. & Mon. 6-7:30 pm

ITALIAN - LEVEL I

A challenging beginner Italian course taught in a fun and relaxed atmosphere. Basic grammar is the focus of this course and much emphasis is focused on building simple key sentences. Verb conjugation, numbers, colours, vocabulary and much more!

Trail Campus \$84 +HST
Samantha Notari
6 classes: Feb. 2-Mar. 9, Wed. 6:30-8:30 pm

ITALIAN - LEVEL II

A great continuation to Italian - Level I. Learn more grammar and sentence building, as well as the addition of new vocabulary. A great course if you have completed Italian Level I or if you have a good understanding of basic Italian grammar. Materials extra.

Trail Campus \$84 +HST
Samantha Notari
6 classes: Apr. 4-May 16, Mon. 6:30-8:30 pm

ITALIAN - LEVEL III

The third step in the Italian series; perfect if you have completed Level 1 and 2 and have had some practice speaking Italian at an intermediate level. This level focuses on more Italian grammar and essential vocabulary and is a great opportunity to practice speaking the language. Materials extra.

Trail Campus \$84 +HST
Samantha Notari
6 classes: Feb. 7-28, Mar. 7 & 28, Mon. 6:30-8:30 pm

ITALIAN: CONVERSATIONAL

A challenging Italian class for those who have already completed Level 3 Italian, or for anyone who has a good understanding of Italian grammar and vocabulary. The focus of this level is on lots of conversation as well as a continuation of grammar study.



Trail Campus \$84 +HST
Samantha Notari
6 classes: Mar. 30-May 4, Wed.
6:30-8:30 pm

JAPANESE: LEVEL I

Nelson: Silver King Campus \$112 +HST
Yukako Krause
7 classes: Feb. 3-Mar. 17, Thur.
6:30-8:30 pm

JAPANESE: LEVEL II

Trail Campus \$112 +HST
Shoko Kurizaki
6 classes: Apr. 28-June 2, Thur.
6:30-8:30 pm

SPANISH FOR TRAVELERS -LEVEL I

For those with little or no knowledge of Spanish, with an emphasis on conversation. Handouts extra.

Castlegar Campus \$53 +HST
Jose Padilla
5 classes: Feb. 15-Mar. 1, Tue. & Thur.
7-8:30 pm

Trail Campus \$53 +HST
Jose Padilla
5 classes: Feb. 28, Mar. 2, 7, 9 & 14, Mon. & Wed. 6-7:30 pm

SPANISH FOR TRAVELERS -LEVEL II

A great continuation to Level I. Study more lessons on grammar and sentence building as well as new vocabulary. Must have an understanding of basic Spanish grammar. Handouts extra.

Castlegar Campus \$53 +HST
Jose Padilla
5 classes: Mar. 15-29, Tue. & Thur.
7-8:30 pm

Trail Campus \$53 +HST
Jose Padilla
5 classes: Mar. 16, 21, 23, 28 & 30, Mon. & Wed. 6-7:30 pm

SPANISH: BEGINNER LEVEL I

Nelson: Silver King Campus \$120 +HST
Pablo Pastor
Call 250-352-6601



FOOD AND BEVERAGE SERVER TRAINING

This program will help you develop the skills you need to become a successful food and beverage server.

Add to your resume with industry recognized certificates.

JANUARY 31 - FEBRUARY 25. FEE: \$1750.

Funding may be available through the Employment Skills Access (ESA) Program.

For more information email esa@selkirk.ca or call 250.364.5760.

leadership & management

FITNESS EDUCATORS

FITNESS KNOWLEDGE

This is the first step to becoming a fitness instructor. Prerequisite for all CFES courses. Class or home study options available. FYI: See Fitness Theory Completion & Provincial Exam description below. This supplementary course is not required but is extremely helpful.

Castlegar Campus \$210
Heather Bouchier
3 classes: Feb. 4-6, Fri. 6-9 pm, Sat. & Sun.
9 am-5 pm

FITNESS THEORY COMPLETION & PROVINCIAL EXAM

Be ready to review the Theory Examination, answer all questions, and work through application of theory, building your confidence in writing the provincial exam. 80% is required to pass the exam and is a prerequisite to moving onto specialty courses. Separate fee of \$70 to BCRPA. Fitness knowledge in class and homestudy students welcome.

Castlegar Campus \$50
Samantha Read
1 class: Mar. 5, Sat. 9 am-2 pm

GROUP FITNESS INSTRUCTOR

Foundation skills to design and deliver a safe, effective group-exercise class. Prerequisite: Fitness Knowledge.

Castlegar Campus \$210
Heather Bouchier
3 classes: Nov. 18-20 2011, Fri. 6-9 pm,
Sat. & Sun. 9 am-5 pm

To ensure the course you want
doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**

PERSONAL TRAINING SPECIALIST PROGRAM

Register for both Personal Trainer and Personal Training Practicum and receive 10% discount.

PERSONAL TRAINER COURSE

This course is designed to teach advanced program design for healthy and special populations, testing, assessment, consultation, advanced anatomy and physiology and the training business. You will feel confident writing the Personal Training Provincial Exam at the end of the course. Optional resource manual: NSCA Essentials of Personal Training.

Castlegar Campus \$ 360
Samantha Read
6 classes: Feb. 18-27, Fri. 6-9 pm, Sat.
& Sun. 8:30 am-4:30 pm

PERSONAL TRAINING PRACTICUM

This course allows students to gain hands-on experience and to complete the Personal Training Instructor Competency evaluation. The practicum is designed to complement the personal training course by providing scenarios, labs and "real" clients.

Castlegar Campus \$165
Samantha Reid
2 classes: Mar. 19-20, Sat. & Sun. 8:30
am-4:30 pm

WEIGHT TRAINING COURSE

This course is designed to teach individuals the principles of exercise prescription, training principles, body mechanics, and program design related to weight training. Learn the skills required to design and deliver personalized weight training programs.

Castlegar Campus \$210
Samantha Reid
3 classes: Nov. 4-6 2011, Fri. 6-9 pm, Sat. &
Sun. 9 am-5 pm

WEIGHT TRAINING PRACTICUM

Includes practical hands-on experience and a Competency Evaluation. The practicum is designed to complement the Weight Training Course by providing scenarios, labs and 'real' clients gaining you the hours of experience required as a prerequisite to become a personal trainer.

Castlegar Campus \$165
 Samantha Reid
 2 classes: Nov. 26 & 27 2011, Sat. & Sun.
 8:30 am-4:30 pm

INSTRUCTOR DIPLOMA PROGRAMS

Offered in conjunction with the Vancouver Community College (VCC), the Provincial Instructor Diploma helps educators develop skills in program planning, instructional design and the use of media in instruction and evaluation. Consists of six 30-hour courses and a final assignment. For information, a schedule of all courses, or to apply for admission to the program, go to instructordiploma.com or phone 1.888.332.3212.

ID 3106 ELEMENTS OF INSTRUCTION

Nelson: Silver King Campus
 6 classes: Feb. 4-6 & Feb. 18-20, 2011, Fri.
 6-9 pm, Sat. & Sun. 9 am-4 pm

LEADERSHIP

CAREER COUNSELING

Selkirk College counselors are here to assist you with career and educational decisions. We can suggest activities and resources to help you consider your options. 45-minute appointments available, both in person and by phone. Please call to make your appointment.

Kaslo Centre Free
 Laurie Read
 1 class: Mar. 30, Wed. 45 min. appts.

Nakusp Centre Free
 Laurie Read
 1 class: Apr. 6, Wed. 45 min. appts.

LIVE YOUR JOY...FIND IT...FREE IT...BE IT

Women of all ages want more fun, freedom, laughter and joy in their lives. Finding your way to lasting Joy and learning to express it may be the most important thing you do in your life. Learn to live life more joyfully and feel truly connected with what is possible in every area of your life.

Kaslo Centre \$49 +HST
 Pauline Daniel
 1 class: Feb. 26, Sat. 1-4 pm

PROJECT MANAGEMENT PROCESS 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. Those who are involved in projects of any type, as either a professional or a volunteer, will realize increased effectiveness and competence and with skills that you can immediately apply. Improve your understanding and use of: project management terms and definitions; techniques and tools for planning and executing projects by establishing positive project procedures and practices that encompass the full life cycle of a project; the PMI Project Management Framework, Processes and Knowledge Areas; how to use collaborative processes for planning and executing projects; how to monitor and control project scope, quality, time, costs and risk; how to set realistic budgets and schedules; and the principles of building, developing, motivating and leading effective teams. This workshop is eligible for 21 PMI Professional Development Units. Instructor Denise Holleran-Boswell is President of Collaborators In Knowledge Inc. She has over 30 years of industry experience as a practicing project manager. In her role as a workshop leader, Denise has developed project management methodologies and workshop materials and has trained over 1000 people. She is a certified Project Management Professional (PMP), a member of the Project Management Institute (PMI), and is a past President of the Society of PMP's of Greater Vancouver. Denise is also an advisor to UBC 's Business Analysis Certificate

Program and Program Management Certificate Program.

Trail Campus \$1299
Denise Holleran-Boswell
3 classes: Feb. 21-23, Mon.-Wed.
8:30 am-4:30 pm
3 classes: May 9-11, Mon.-Wed.
8:30 am-4:30 pm

STRATEGIC PLANNING AND GRANT WRITING FOR NON-PROFITS

Don't miss this opportunity to help strengthen your non-profit organization through sound strategic planning and getting the grants you deserve! In the morning session, learn how to lead a strategic planning process for non-profit organizations. Will outline the four steps in strategic planning: environmental scanning, strategic positioning, setting strategic directions and developing an operational plan. In the afternoon, explore where to look for grants, how to build partnerships that can strengthen your proposal, how to write applications that get noticed and how to ensure that you maintain a good, ongoing relationship with funders. Course is co-sponsored by Learning Initiatives for Rural and Northern Communities (LIRN) and Selkirk College. Lunch provided.

Grand Forks Campus \$20
Scott Graham, Manager of Research and Consulting, and Director of Community Development Education, Social Policy and Research Council of BC (SPARC); Colleen Rockliffe, Senior Development Officer, Labour Market and Social Development Programs, Service Canada; and Brandon Hughes, Regional Advisor, Canada Rural Partnerships
1 class: Mar. 4, Fri. 9 am-4 pm

TOASTMASTERS CLUB: ARROW LAKES

Want to become a better speaker? In a fun, supportive environment, the Toastmaster program helps you develop communication skills and open doors in your personal and professional life. For more info visit: toastmasters.bc.ca

Nakusp Centre \$90 per year
Linda Kendall, Toastmasters BC
ongoing

VISUAL MEETINGS: HANDS ON WRITING ON WALLS

What if you drew your notes instead of wrote them? Visually captured what is happening at a meeting or in a classroom? Engage people beyond words and text? Even if you believe you cannot draw, in this introductory session you will learn to write on walls, the base elements of the wider practice of Graphic Recording and Facilitation. All materials supplied. Dress comfortably and for getting your hands dirty.

Nelson: Silver King Campus \$75 + HST
Michelle Laurie
1 class: May 26, Thur. 1-3 pm

Trail Campus \$75 +HST
Michelle Laurie
1 class: Mar. 1, Tue. 9-11 am
Please note registration deadline: Feb. 15

WOMEN & LEADERSHIP

This workshop is designed for young women aged 14-20. The program will provide participants with a foundation of basic skills required to be a successful leader in today's society. Topics include: conflict resolution, effective communication, goal setting, networking, life balancing, fitness planning, positive thinking and teamwork. Guest speakers and discussion circles are featured within this safe and supportive workshop environment.

Castlegar Campus \$45
Vivian Kingdon, Recreation Manager & Life Enrichment Coordinator
2 classes: Oct. 14 & 21 Thur. 6:30-9 pm

EFFECTIVE MEETINGS

Michelle Laurie is a collaboration and communications specialist with 10 years professional experience in the area of sustainable development. Michelle holds a MSc from the London School of Economics.



PART 1: FACILITATING ENGAGING MEETINGS

Learn how to facilitate more effective participation from everyone in the meeting for a more engaging experience, improved knowledge sharing and improved outcomes in your work. Practice participatory facilitation skills; methods to create a more engaging, knowledge sharing experience and; designing, facilitating in a great meeting for everyone.

Nelson: Silver King Campus \$99 +HST
Michelle Laurie
1 class: May 12, Thur. 9 am-noon

Trail Campus \$99 +HST
Michelle Laurie
1 class: Mar. 3, Thur.9-noon

PART 2: DESIGNING YOUR ENGAGING MEETING

Bring your real meeting ideas to practice and improve upon: creative methods for structuring different types of meetings; developing an effective agenda and; choosing the best tools for engaging your meeting participants. Part 1 is recommended. This course comes with a 30 min post-workshop coaching session.

Nelson: Silver King Campus \$99 +HST
Michelle Laurie
1 class: May 12, Thur. 1-4 pm

Trail Campus \$99
Michelle Laurie
1 class: Mar. 3, Thur.1-4 pm

INTRODUCTION TO ONLINE COMMUNICATIONS FOR TEAMS

Do you work with a remote team? Have your email messages been misinterpreted? Do you want to go beyond email to help your group share information? Improve your ability to communicate with email and learn a suite of free, easy to use online tools for communicating in geographically dispersed environments.

Nelson: Silver King Campus \$99 + HST
Michelle Laurie
1 class: May 26 Thur. 9 am-12 pm

Trail Campus \$99 +HST
Michelle Laurie
1 class: May 11, Wed. 9-noon

NON-PROFIT MANAGEMENT: INTRO.

Working or volunteering in the non-profit sector? The BC Centre of Non-Profit Development credited course consists of 10 modules to improve your skills in leading and managing, financial management, marketing and public relations, board governance, strategic planning, evaluation and resource development. Contact 250-365-1208 for details.

Castlegar Campus
free if sponsored by your non-profit organization

Phil Kolbuc
6 classes: Apr. 1 - May 20, Fri. 9 am-4 pm
No class on April 22 & May 13.

LEADERSHIP SKILLS FOR SMALL BUSINESS

Today's most successful companies know that leadership skills are not just for owners and managers; they must be embedded throughout the organization. Attend these two sessions with your key employees. Together, you will learn proven leadership strategies for sparking the full potential of your business and taking it to the next level. \$60 for both modules.

MODULE 1: CUSTOMER SERVICE AND INNOVATION

Nakusp Centre \$35 +HST
Marie Low
1 class: Mar. 7, Mon. 9 am-noon

MODULE 2: PROJECT MANAGEMENT & STRATEGIC PLANNING

Nakusp Centre \$35 +HST
Marie Low
1 class: Mar. 28, Mon. 9 am-noon



recreation & leisure

LEISURE

BBQ: THE BASICS AND BEYOND

Summer is coming and it is time to hone your pit master skills. Take your grill and smoker beyond hotdogs and frozen patties. You will learn BBQ care, what and how to cook, how to make your own signature rubs and sauces, as well as eat some tasty BBQ (includes cost of food).

Grand Forks Campus \$149 +HST
Neil Krog, Bent Spoon BBQ Company
3 classes: Apr. 7 & 14, Thur. 6-9 pm & Apr.
16, Sat. 9 am-5 pm

BEGINNER BASIC SEWING

Have you ever wanted to learn how to use the sewing machine that sits in the corner? In this beginner class you will learn how to use your machine, basic sewing skills and you will create a project of your choice with one on one instruction. Materials are extra. Please bring your own machine. Supply list will be provided when you register.

Trail Campus \$120 +HST
Wilma Hughes
6 classes: Apr. 2-May 14, Sat. 1-4 pm

BEGINNER WRITER'S WORKSHOP

This exciting, hands-on course for the creative writing novice is filled with challenging exercises, expert advice, and plenty of direct support and encouragement. As you work your way through the lessons, you'll develop your own short, creative fiction or nonfiction piece.

Online \$134 +HST
ed2go.com/selkirk
continuous intake

BETTER SOILS BETTER GARDENS

Great gardens are developed from the ground up. In this workshop we will discuss soil texture and structure and the improvement and maintenance of a healthy soil using organic methods. Effective methods of creating compost will be explored.

Nakusp Centre \$35 +HST
Chris Holt
1 class: Mar. 26, Sat. 5-8:30 pm

BOUNDARY GEOLOGY TOUR

Join retired Selkirk College Geology Instructor, Lesley Anderton, for an informative day looking at the geology, scenery and mining history of the Grand Forks area. A slide show is followed by a field trip to view and gain knowledge of local rocks and minerals. Bring your lunch, good walking shoes, dress for the weather, and be prepared to car pool.

Grand Forks Campus \$35
Lesley Anderton
1 class: May 7, Sat. 9 am-5 pm



COOL CLIMATE VITICULTURE - AN INTRO.

An introduction to viticulture appropriate for anyone interested in pursuing entry level employment or further education in this growing industry. Basic information on topics such as physiology of the vine, vineyard establishment, pruning and trellising, irrigation, pests and disease are included. This condensed overview includes four days of classroom instruction and a field trip on the final day.

Nakusp Centre \$649
David Ledderhof, Okanagan College
5 classes: Mar. 30-Apr. 3, Wed.-Mon.
9 am-4 pm

GARDEN PLANNING FOR CONTINUOUS COLOUR

This workshop will look at ways to enjoy colour in your garden all year long; a little careful planning and selection will provide four seasons of interest.

Trail Campus \$30 +HST
Chris Holt
1 class: Apr. 16, Sat. 12-2:30 pm

GARDEN PLANTS WORTHY OF ATTENTION

This workshop looks at trees, shrubs and herbaceous perennials that possess characteristics that elevate them above the ordinary and offer something extra special to the garden.

Trail Campus \$36 +HST
Chris Holt
1 class: Apr. 16, Sat. 8:30-11:30 am

GREENHOUSES FOR THE HOME GARDNER

A greenhouse is capable of adding immensely to the enjoyment of a garden. This workshop will discuss greenhouse management for the home gardener, greenhouse structures, environmental controls and plant propagation.

Nakusp Centre \$54 +HST
Chris Holt
1 class: Mar. 27, Sun. 9 am-3 pm

GROW WILD: NATIVE PLANTS FOR WEST KOOTENAY GARDENS

A practical workshop featuring native shrubs, grasses and flowers that need less water, create wildlife habitat and enhance your garden. You will go home with knowledge to start propagating your own native plants. This free workshop, funded by CBF, is hosted by the West Kootenay Native Plant Study Group.

Castlegar Campus Free
Val Huff & Eva Johannson
1 class: Apr. 9, Sat. 10-noon

Nelson: Silver King Campus Free
Eva Johannson
1 class: Apr. 16, Sat. 10 am-noon

HANDS ON MUSHROOM GROWING

All ages welcome! Join Peter McAllister at Lofstedt Farm and learn how to inoculate your own log to take home and grow mushrooms. Slideshow offered on May 12 not

required but recommended.

Kaslo: Lofstedt Farm 5795 Kaslo South Road (Back Road) \$48 +HST
Peter McAllister, Operator Underbelly Farm
1 class: May 14, Sat. 10 am-2 pm

HELP THE BEES, HELP YOUR GARDEN

Not getting enough fruit or berries from your garden? Learn to identify bees, why they're our champion pollinators and build a nest box to take home! This workshop is not about keeping honey bees. Bring a hand or power drill and drill bit sizes 3/32" to 3/8". Other materials included.

Castlegar Campus \$30 +HST
Lynn Westcott
1 class: Apr. 6, wed. 6:30-9 pm

Nelson: Silver King Campus \$30 +HST
Lynn Westcott
1 class: Apr. 9, Sat. 9:30 am-12:30 pm



HOW TO GROW CULINARY AND MEDICINAL MUSHROOMS

Join Peter McAllister for a slideshow discussion on how to grow an assortment of useful mushrooms on local materials, indoors or outdoors. Check out the hands-on growing workshop on Saturday, May 14!

Kaslo Centre \$24 +HST
Peter McAllister, Operator Underbelly Farm
1 class: May 12, Thur. 7-9 pm

INTRODUCTION TO GENEALOGY

Do you ever wonder where you came from? Are you curious about your family history? This course will provide you with the tools to begin tracing your ancestors and provide you with some simple, accessible, online and local templates to get you started.

Trail Campus \$25 +HST
Sarah Benson
1 class: Apr. 26, Tue. 6:30-8:30 pm

PEST AND DISEASE CONTROL NATURALLY

Explore methods to manage pests and diseases in your garden without resorting to the use of toxic chemicals.

Castlegar Campus \$27 +HST

Chris Holt

1 class: Apr. 13 Wed. 6-9 pm

Nelson: Silver King Campus \$27 +HST

Chris Holt

1 class: Apr. 2, Sat. 1-4 pm

Trail Campus \$27 +HST

Chris Holt

1 class: Apr. 30, Sat. 3-5:30 pm



PLUMBING DILEMMAS

Back by popular demand! Join local plumber, Jim Van Horn and discover the mysteries of plumbing. Conquer your fears! Learn how to explain a plumbing problem to a professional and how to fix it yourself. Jim will cover basics such as leaky faucet repair or a running toilet and will tailor sessions to participant interest. Come to one, two, three or all of the classes: \$29 per class.

Kaslo Centre \$29 +HST

4 sessions: \$29 +HST per session

Jim Van Horn

4 classes: Mar. 5-26, Sat. 9 am-noon

PRESERVING YOUR FAMILY PHOTOGRAPHS

Are you coming across shoe boxes of old photographs or albums? Are you worried about losing them forever? Are you concerned about your digital photography files? This course will help you develop a system of stabilizing your photograph collections in a relatively inexpensive way.

Trail Campus \$25 +HST

Sarah Benson

1 class: May 3, Tue. 6:30-8:30 pm

PRUNING AND TREE CARE

Learn to prune and repair fruit, shade and various trees, shrubs and ground covers. Learn about responses to pruning, timing and equipment used. Course includes field trip and hands-on demo.

Castlegar Campus \$54 +HST

Chris Holt

1 class: Mar. 12, Sat. 9 am-3:30 pm

Nakusp Centre \$54 +HST

Chris Holt

1 class: Mar. 26, Sat. 9 am-3 pm

Nelson: Silver King Campus \$54 +HST

Chris Holt

1 class: Mar. 5, Sat. 9 am-3:30 pm

QUILTING FOR EVERYONE!

Are you a beginning or experienced quilter wanting to try a new project but needing some help? Now is your chance; choose a project and come for helpful advice from an experienced quilting teacher. Any skill level, any project welcome! Come have fun and learn!

Midway: Boundary Central Secondary,

355 - 5th Ave

\$75 +HST

Alexa Lucente

6 classes: Jan. 31-Mar. 2, Tue. 6:30-8:30 pm

STALKING THE EDIBLE WILD

The West Kootenays offers up a wide array of useful culinary and medicinal wild plants (fruits, nuts and roots.) Learn where and how to identify them. Dress for the weather, wear walking shoes and bring a small pressing book and lunch.

Nelson: Silver King Campus \$38 +HST

Libby Ruljanchich

1 class: May 28, Sat. 9:30 am-3:30 pm

Trail Campus \$38 +HST

Dianne Luchtan

1 class: May 14, Sat. 9:30 am-3:30 pm

STAYING ORGANIZED

In today's busy world, it requires time, focus and systems that work to stay organized. Sarah and guests bring tips to stay on top of your finances, home or workshop/studio/kitchen. Visit selkirk.ca/ce for class themes.

Nelson: Silver King Campus \$64 +HST

Sarah Simonet

4 classes: Jan. 27, Feb. 10, 24, Mar. 10,

Thur. 6:30-8:30 pm

TAILORING BASICS: 1:GET THE RIGHT FIT

Trouble shoot fit problems with your current sewing project and review how to take accurate body measurements to aid in future pattern sizing. Review pattern alterations for shortening, lengthening, body shape differences and pattern selection. Supply list provided upon registration.

Grand Forks Campus \$36 +HST
Leta Bak
2 classes: Feb. 7 & 9, Mon. 7-9 pm

TAILORING BASICS: 2:KNOCK YOUR PANTS OFF!

A great way to make a pattern of your favorite jeans, pants or shorts! After the pattern is created we will test the fit and make any necessary adjustments. Will also discuss fabric selection for your perfect pants!

Grand Forks Campus \$36 +HST
Leta Bak
2 classes: Feb. 21 & 28, Mon. 7-9 pm

TAILORING BASICS: 3:SEWING YOUR KNOCKS OFF!

Now 's the fun part: use your new pattern to make your favorite jeans! Tips and technical support will be provided to advance your home sewn beauties from very nice to where did you buy those?

Grand Forks Campus \$54 +HST
Leta Bak
2 classes: Mar. 7 & 14, Mon. 6:30-9:30 pm

TAROT: INSIGHTFUL BEGINNINGS

Learn how to begin to read less complicated Tarot spreads. The day will progress from each participant pulling a card that answers a question concerning some aspect of importance in your life to doing the Celtic Cross spread with the Ryder-Waite deck. Learn the four suits associated with water, earth, air and fire astrological signs that make up the Minor Arcana as well as the Major Arcana. Using your intuition and meditation will be demonstrated and encouraged. Bring two to four questions you would like answered at the workshop.

Nakusp Centre \$65 +HST
Tanya Lester
1 class: May 3 & 4, Tue. Wed. 6-8:30 pm

WEDDING 101

You have set the date, now what? This evening course will give you the tools to help make your special day flawless. We will look at the latest wedding trends, and cover topics such as venue, food, decorations and the essential planning.

Grand Forks Campus \$30 or \$40/couple +HST
Neil Krog, Twisted Fork Catering Company
1 class: Mar. 30, Wed. 6-9:30 pm

XERISCAPING

Create attractive and sustainable landscapes that conserve water, based on sound horticultural practices.

Nelson: Silver King Campus \$27 +HST
Chris Holt
1 class: Apr. 2, Sat. 9 am-12 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.

Trail: Columbia Valley Greenhouse 8195 Old Waneta Hwy., Trail \$20 +HST
Bill Garnett
1 class: Apr. 13, Wed. 6:30-8:30 pm
1 class: Apr. 20, Wed. 6:30-8:30 pm

GROWING GREAT GRAPES

Even when not much else would grow in Trail, grapes popped up in yards and along some of the hillsides in the Gulch. Today, the area has its first full-run commercial winery. If you want to grow grapes to make wine, or just grow grapes for the fun of it, Lawrence Wallace of Columbia Gardens Vineyard and Winery will provide tips and answer questions about growing and pruning grape plants for the best results.

Trail: Columbia Gardens Vineyard & Winery 9340 Station Rd., Trail \$20 +HST
Lawrence Wallace
1 class: Apr. 9, Sat. 1-3 pm

LUSCIOUS LAWNS

Don't we all want that emerald lush look for our lawns? Trail Rossland Country Club's golf pro Greg Kennedy provides knowledge and inspiration to get area gardeners growing during this one-night session. Bring your questions/concerns.

Trail Campus \$20 +HST
Greg Kennedy, Trail Rossland Country Club
1 class: May 5, Thur. 7-9 pm

PONDS & WATER FEATURES

Suzanne Noad (Kootenay Critters & Pet Supplies) provides a how-to class in creating a pond for your garden. Learn great ideas on how to use your own pottery for water features, as well as how to make a pondless waterfall.

Trail Campus \$20 +HST
Suzanne Noad
1 class: May 12, Thur. 6:30-8:30 pm

RAISING ROSES

Bill Garnett of Columbia Valley Greenhouse shares his secrets on planting, pruning, feeding and getting the most out of your roses.

Trail: Columbia Valley Greenhouse 8195 Old
Waneta Hwy., Trail \$20 +HST
Bill Garnett
1 class: Apr. 6, Wed. 6:30-8:30 pm

THE CONSUMMATE COMPOSTER

Questions about composting ask Tim Dueck, the solid waste program coordinator for the Regional District of Kootenay Boundary, he has all the answers. Come to this informative and fun evening in which Tim will walk participants through all the steps to happy, healthy composting.

Trail Campus \$20 +HST
Tim Dueck, Regional District of Kootenay
Boundary
1 class: Apr. 28, Thur. 7-9 pm

To ensure the course you want
doesn't get cancelled...

**DON'T WAIT!
REGISTER EARLY!**



RECREATION

ATHLETIC TRAINING BOOT CAMP

Ate too much over the holidays? Join us for an athletic based cardio and strength workout. Using simple and basic drills, you will get your heart pounding and muscles working!

Kaslo: JVH Multipurpose Room \$96 +HST
Asia Snook
12 classes: Jan. 25-Feb. 24, Tue. &
Thur. 5:30-6:30 pm

BADMINTON: DROP:IN

Free but pre-registration is required.
Sponsored by RDKB Area E.

Midway: Boundary Central Secondary,
355-5th Ave.
10 classes: Feb. 3-Apr. 21, Thur.
6:30-8:30 pm

Rock Creek: West Boundary Elementary
10 classes: Feb. 1-Apr. 19, Tue. 6:30-8:30 pm

BALLROOM DANCING FOR BEGINNERS

Tired of sitting and watching others "cut a rug"? Learn basic position, movements, and steps for the Foxtrot, Waltz, East Coast Swing, Rumba and Cha Cha. In no time at all you'll wow your friends and family. To register call: 250.365.2896.

Castlegar: Kinnaird Hall 2320 Columbia Ave.
\$160/couple +HST
Lui Marinelli
9 classes: Jan. 28-Apr. 8, Fri. 6-7:30

BOAT OPERATOR CARD CPS

Obtain your Pleasure Craft Operators card with course emphasis on local waterways and lakes. This license is mandatory for all boaters regardless of age and/or horse power of motorcraft, as of Sept. 2009. Includes manual and exam.

Trail Campus \$70
Mike Fairweather
1 class: Mar. 12, Sat. 9 am-5 pm
1 class: Apr. 9, Sat. 9 am-5 pm
1 class: May 14, Sat. 9 am-5 pm

BOATSMART

BOATsmart! is Canada's Boating Educator and the largest Pleasure Craft Operator Card provider in the country. BOATsmart! has partnered with Selkirk College to enable students and faculty to obtain their card. Friends and family can also obtain their card through this program.

The Pleasure Craft Operator Card (PCOC) is now mandatory for all operators of motorized vessels regardless of age, size of boat or engine horsepower – it's the law. By obtaining a PCOC, commonly known as a boating license or BOATsmart! Card, you are confirming that you know and understand the knowledge of how to boat safely, and once obtained, the BOATsmart! Card is good for life. Boaters caught without the card face a minimum \$250 fine. Getting your PCOC is also valuable addition to your resume and is an added bonus for specific programs. Obtaining your Operator Card is easy with BOATsmart! Canada's online study guide and exam. Official Transport Canada Approved study material is available for free at BoatSmartExam.com, including practice tests to help you prepare for the exam. Once you're ready, you can take the official online exam at BoatSmartExam.com and get your card.

The BOATsmart! exam consists of 36 multiple choice questions and a score of 75% is required to pass. Free retries are included and boaters are able to print a temporary

card immediately upon passing the exam. The exam covers safe boating topics including navigation, right-of-way, marker buoys and boating terminology.

In order to complete the exam online you will require a Supervisor. Your Supervisor can be a non-family member, is age of majority in your province. Supervisors can register for free, and can be a friend or classmate, or you can contact your local campus to provide one for you. Supervisors do not require a Pleasure Craft Operator Card in order to register. Both your personal information as a boater, and your Supervisors personal information are registered confidentially in accordance with Canada's Privacy Act. Avoid the \$250 fine and be sure to get certified and obtain your BOATsmart! Card today. Register online at BoatSmartExam.com. Cost is \$52.45.



CARDIO & WEIGHTS

No more running in the cold this winter! Try out our elliptical trainer and weights.
\$30 +HST
42 classes: Jan. 24-Apr. 21, Mon.-Thur.
6:30-8:30 pm

DO IT YOURSELF BIKE MAINTENANCE

For those individuals who are just learning and want to get an understanding of the basic concepts of bike maintenance. Learn how to change tires and tubes, minor repairs and basic maintenance including basic brake and gear adjustments and settings. If you have questions or problems bring them along.

Trail: Gericks Cycle & Sports
930 Rossland Ave., Trail \$15 +HST
Gerald Klassen
1 class: Apr. 21, Thur. 6-7:30 pm



FLY FISHING WORKSHOP

Learn fly fishing techniques with Rod Zavaduk in this one-day workshop. Course includes flycasting and flyfishing theory; rod, reel, fly lines, knots and entomology. Must bring your own fly rod and reel complete with line. Dress for the outdoors.

Nakusp Centre \$85 +HST
 Rod Zavaduk
 1 class: May 8, Sun. 10 am-4 pm

FLY TYING WITH ROD ZAVADUK

Learn basics to intermediate fly-tying skills. Rod, a master of fly-tying, will lead you through tying techniques, hook preferences, dubbing, tie streamers, nymphs, wet flies and dry flies. All materials supplied.

Trail Campus \$90 +HST
 Rod Zavaduk
 4 classes: Feb. 15-24, Tue. & Thur.
 6:30-9:30 pm

GOLF LESSONS - INDOOR BEGINNER LEVEL

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.

Castlegar Campus \$75 +HST
 Denny McArthur
 6 classes: Feb. 17 - Mar. 24, Thur. 5, 6 or 7 pm

To ensure the course you want doesn't get cancelled...

**DON'T WAIT!
 REGISTER EARLY!**

GOLF LESSONS - INDOOR ADVANCED LEVEL

Get a 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.

Castlegar Campus \$120 +HST
 Denny McArthur
 6 classes: Feb. 17-Mar. 24, Thur. 8 pm

INTRODUCTION TO CROSS COUNTRY SKIING

In this two-part introduction, learn how to choose your skis and then learn how to ski with certified instructor Gerald Klassen. For further information please call 250-364-5770.

Trail: Gericks Cycle & Sport; Cross Country Ski Course
 2 classes: Jan. 20 & 23, Thur. 5:30-6:30 pm,
 Sun. 1-2 pm

INTRODUCTORY HORSEMANSHIP

Basic horsemanship topics will include stable management essentials, first aid, basic anatomy, hoof care, common ailments and unsoundness. Competitions, equines activities, clubs and associations will be discussed. Saturday's class includes hands-on application in a safe and positive environment with live horses.

Castlegar: Steen Icelandic Horse Farm 8735
 Slocan S. Rd, Slocan \$56 +HST
 Tammy Steen
 2 classes: May 6 & 7, Fri. 6-8 pm, Sat.
 9 am-4 pm

LEARN TO CURL

Learn curling basics in a few hours including how to warm up, move around the ice safely, and slide some rocks down the ice! Move to concentrating more on improving your style of delivery and learning tricks to make your rocks curl in the right direction. Two sessions will be instructional and the last two sessions are for you to have fun and play the game!

Nakusp Centre \$30 +HST
 Nakusp Curling Rink
 4 classes: Jan. 6-27, Thur. 7-9 pm
 Trail: Trail Curling Rink \$30 +HST
 Flo Woodhouse
 4 classes: Jan. 26-Feb 16. Wed, 7-9 pm

LEARN TO RUN CLINIC

This "learn to run" clinic is based on a walk-run program. The program includes a 20 to 30 minute seminar followed by a 30 minute walk/run. Topics covered include: running in hot and cold weather, proper footwear, nutrition, goal setting, and pacing and injury prevention. The goal is to get you to the point where you can run comfortably.

Castlegar Campus \$40 +HST

Pat Hinds

10 classes: Mar. 30 - June 1, Wed. 6-7 pm

Trail Campus \$40 +HST

Pat Hinds

10 classes: Mar. 29-May 31, Tue. 6-7 pm

OFF-TRAIL ALPINE HIKING

Learn how to plan an extended off-trail hike in the alpine; techniques for packing, food-hanging, safety and comfort.

Nakusp Centre \$20 +HST

Mark Adams

1 class: Feb. 9, Wed. 7-9 pm

TAI CHI CHUAN

Tai Chi Chuan is a martial art that is usually practiced to promote health and vitality to give you increased flexibility, better balance, coordination, stronger mental focus and a sense of rejuvenation. Emphasis will be placed on fluid motion, balance, and on generating movement from relaxation.

Trail: Warfield Hall \$45 +HST

Oscar Bot

6 classes: Jan. 18-Feb. 22, Tue. 4:30-5:30 pm

6 classes: Mar. 1-Apr. 12, Tue. 4:30-5:30 pm

6 classes: Apr. 26-May 31, Tue. 4:30-5:30 pm

VOLLEYBALL: DROP-IN

Free but pre-registration is required.

Sponsored by RDKB Area E.

Midway: Boundary Central Secondary,
355-5th Ave.

10 classes: Feb. 1-Apr. 19, Tue. 6:30-8:30 pm

Rock Creek: West Boundary Elementary

10 classes: Feb. 3-Apr. 21, Thur.
6:30-8:30 pm

KOOTENAY MOUNTAIN SPORTS

BASIC BIKE MAINTENANCE

Don't get stranded again! Learn basic bike maintenance to protect your bike and keep it performing well. Learn simple repairs like changing a flat, gear and brake adjustments.

Kaslo: Kootenay Mountain Sports

441 Front Street \$32 +HST

Shon Neufeld, Owner/Operator Kootenay
Mountain Sports

2 classes: Feb. 23 & 24, Wed. & Thur. 6:30-
8:30 pm

BIKE SUSPENSION

Learn the proper techniques for suspension maintenance and repairs.

Kaslo: Kootenay Mountain Sports

441 Front Street \$16 +HST

Shon Neufeld, Owner/Operator Kootenay
Mountain Sports

1 class: Mar. 30, Wed. 6:30-8:30 pm

DISC BRAKES

Learn how bleed and service your disc brakes.

Kaslo: Kootenay Mountain Sports

441 Front Street \$16 +HST

Shon Neufeld, Owner/Operator Kootenay
Mountain Sports

1 class: Mar. 9, Wed. 6:30-8:30 pm



GEAR ADJUSTING

Join Shon and learn how to adjust the gears on your bike.

Kaslo: Kootenay Mountain Sports
411 Front Street \$16 +HST
Shon Neufeld, Owner/Operator Kootenay Mountain Sports
1 class: Mar. 31, Thur.6:30-8:30 pm

LADIES ONLY ROAD BIKE

Learn road bike handling skills, riding in a group, time trialing/triathlon, cornering, descending, training methods and basic bike maintenance repairs in a fun, social ladies only class. Make it a weekend getaway in Kaslo! Lots of riding to kick start your spring training. Bike, helmet and accessories available for sale or rent at KMS.

Kaslo: Kootenay Mountain Sports
441 Front Street \$129 +HST
Janis Lampimaki
3 classes: Apr. 29-May 1, Fri.-Sun. 6-8 pm/
9 am-4 pm/8 am-noon

LEARN TO TRI!

Learn to tri-athlon! Open water swimming techniques, triathlon-specific bike skills, bike fit and positioning, changing a flat tire, running technique, transitions and how to train. Must have a wetsuit, bike, helmet, and running shoes. All equipment available for purchase or rent at KMS.

Kaslo: Kootenay Mountain Sports
441 Front Street \$129 +HST
Janis Lampimaki
3 classes: June 3-5, Fri.-Sun. 6-8 pm/
9 am-4 pm/8 am-noon

WHEEL BUILDING & TRUING

Level 2: Learn the skills needed for wheel building and truing. No prerequisite.

Kaslo: Kootenay Mountain Sports
441 Front Street \$16 +HST
Shon Neufeld, Owner/Operator Kootenay Mountain Sports
1 class: Mar. 2, Wed. 6:30-8:30 pm



| recreation & leisure |

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 94.

Selkirk College 2009-10

Created over 44 years ago through the dedication and persistence of local citizens, Selkirk College is not simply surviving, it is going strong. In fact, the College is enjoying the highest enrolment numbers in its history.

On behalf of the Selkirk College Board of Governors, it is our pleasure to present an abridged version of the 2009-10 Annual Report which includes the high level financial statements and highlights from the year past. Please visit selkirk.ca/about/governance for the full report.

RECORD STUDENT ENROLMENT

Selkirk had the highest enrolment numbers in its 44-year history in 2009-10. In fact, we had the privilege of serving a total of 13,571 students; of these, approximately half were registered in full-time programs and half in continuing education skills courses. These enrolments resulted in a full-time equivalent (FTE) student delivery of 2,585—an increase of 50 over last year.

UPGRADING FACILITIES

In November 2009, the federal and provincial governments along with the Columbia Basin Trust came together to provide \$7 million in funding for the complete renovation of the Nelson Tenth Street campus student residence. This residence, which has been closed for the last seven years, will provide reasonably priced accommodation for approximately 100 students beginning in the 2011-12 academic year. The residence will be renovated to certified environmental standards.

ATTRACTING RENOWNED NATIONAL AND INTERNATIONAL SPEAKERS

The Mir Centre for Peace offers peace-related programming to students and a lecture series. It is through the lecture series that students, college staff and members of the community come together. In 2009-10, the College announced the launch of a campaign to

establish an endowment, the revenue from which would supplement the cost of attracting inspirational national and international speakers. The target was \$200,000; however, the campaign reached considerably beyond this goal.

RECOGNIZING OUR FOUNDERS

Selkirk College had its very beginnings in 1966. Over four decades later, on October 16, 2009, the College invited those who were there in the beginning to come together in celebration of Selkirk's founders. Nearly forty of these pioneers attended the first Founders' Day. A new tradition has been established and each October 16, we will celebrate Founders' Day.

THE MILLIONTH TREE IS PLANTED

Forest Technology is a program that has been part of Selkirk from the beginning and tree planting projects have been part of that program. The very first trees were planted in 1966; the millionth was planted on May 14, 2010 in a celebratory manner by the founder of the program, John Adams. Interestingly, some of those original seedlings are now 18 metres tall!

REDUCING ENERGY CONSUMPTION

On November 4, 2010, Selkirk College received a FortisBC PowerSense Conservation Excellence Award for having shown a commitment to innovation, conservation and

Annual Report

sustainability by completing energy-efficiency project that saved more than 100,000 kWh annually. Selkirk replaced the HVAC system on the Castlegar Campus with highly efficient and innovative equipment which will result in gas consumption and subsequent Green House Gas emissions being reduced by 40%.

FORMING PARTNERSHIPS FOR THE BENEFIT OF LEARNERS

In the past year, leaders from the College of the Rockies, Okanagan College, University of British Columbia Okanagan, Thompson Rivers University and Selkirk College signed a Memorandum of Understanding (MoU) that links the institutions in the creation of a

better integration of the learning opportunities and services for citizens of the Southern Interior. It is believed that these institutions working together can provide their communities with access to a much broader range of program and service opportunities.

BRINGING THE WORLD TO SELKIRK

International students continue to be an important element of the culture at Selkirk College and a reliable source of revenue. In the past year we enrolled approximately 150 students from around the world. For the first time, the College welcomed Saudi students as part of the King Saud Scholarship program.

FINANCIALS – ANNUAL REPORT 2009-10

In fiscal 2009-10, the College had an operating deficit of \$339,704 based on a budget in excess of \$44 million. Going forward, the college has presented a balanced operating budget for the 2010-11 fiscal year.

Please visit selkirk.ca/staff/finance for complete financial statements.

ANNUAL REPORT

2009/10 ACTUAL

Revenues & Endowment Contributions

29,498	Government Grants
6,216	Tuition
2,488	Contract & Special Purpose
2,129	Ancillary Services
298	Donations
1,693	Other
42,322	Total Revenues
266	Total Endowment Contributions

Expenditures

29,650	Salaries & Benefits
10,641	Supplies & Services
3,892	Amortization, lease & Interest
462	Award & Donation payments

44,645

Total Expenditures

course index

LEGEND C - Castlegar | GF - Grand Forks | K - Kaslo
NA - Nakusp | NE - Nelson | T - Trail | O - Online

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registration 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

KSA: KOOTENAY SCHOOL OF THE ARTS

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

artsce@selkirk.ca
606 Victoria Street
Nelson BC V1L 4K9
Tel 250.352.2821 toll-free 1.877.552.2821
Fax 250.352.1625

TRAIL CAMPUS

trailce@selkirk.ca
900 Helena Street
Trail BC V1R 4S6
Tel 250.364.5770
Fax 250.368.4983

Continuing Education classes can also be viewed online at selkirk.ca/ce.

READY TO REGISTER?

| my course wish list

TITLE

PAGE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, go to page 95 to complete the registration form!

registration form

name _____

address _____

_____ date of birth _____

tel _____ email _____

course title course location course start date fee

card# _____ expiry _____

signature _____

HOW TO REGISTER

OPTIONS

- Email, fax, call or visit the campus offering your course—see page 94 for campus details.
- Complete this registration form.
- Choose payment method (cheque, Visa or MasterCard).

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 most locations.

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

POLICIES

CLASS CANCELLATIONS: If there are not enough registratons to cover the cost of instruction, the course will be cancelled and fees refunded in full. No classes are on Statutory Holidays.

WITHDRAWALS: Full refund will be given for withdrawals made 4 days prior to course start. 50% of the course cost will be refunded for withdrawals 1-3 days prior to course start.

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, 2011 at selkirk.ca/downloads.

HST

Some continuing education courses may have HST applied.

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YOUR

FIRST AID & SAFETY TRAINING CENTRE

TRAINING COURSES

- Avalanche Awareness
- Avalanche Rescue
- Avalanche Skills: Level 1 & 2
- Boat Pro
- 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.

See page 34 for a preview of upcoming courses in First Aid & Safety or contact your local campus to customize your own first aid training package.

ed2go

You've always wanted to learn how to edit your digital photos, but your life is so hectic. How can you possibly find the time to attend evening Continuing Education courses? It's easy. It's called ed2go.

Selkirk College is proud to partner with ed2go, an online Continuing Education network that offers a wide range of highly interactive general interest courses that you can take entirely over the internet. Through ed2go, adult learners have access to a catalogue of more than 300 instructor-facilitated online courses from reading music and understanding adolescents to discovering digital photography.

"Ed2go is a terrific complement to our Continuing Education program," says Vi Kalesnikoff, Dean of Community, Corporate, and International Development.

"The delivery of material via the internet makes Continuing Education even more accessible to individuals in our communities. It eliminates the barriers of scheduling and location; this is learning at its most convenient."

Most ed2go courses are offered over a six-week period, with two lessons released each week. All courses are delivered by expert instructors, including many internationally renowned authors who deliver high-quality instruction and exceptional insight into their respective areas of knowledge. Each course is only \$134.⁰⁰ (HST may apply to some courses).

All instructor bios, course listings, lesson overviews, and fees are available online: ed2go.com/selkirk.

ED2GO SAMPLE COURSES

- Achieving Success with Difficult People
- Intro to Microsoft Word 2007
- Build Teams that Work
- Creating Your Own Non-Profit
- 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
- Speed Spanish
- Understanding the Human Resources Function

For more courses go to ed2go.com/selkirk.

Continuing Education courses can get cancelled if too many people wait until the last minute to register.

TO ENSURE THE COURSE YOU WANT DOESN'T GET CANCELLED
DON'T WAIT! REGISTER EARLY!

Courses must be cost-recoverable and a minimum number of students are required to enrol before a class can run.

CONTINUING EDUCATION CALENDAR

january - july 2011 | **selkirk.ca/ce**

ARTS | CULTURE | BUSINESS | FINANCE | COMPUTERS | CONTRACT SER
DIGITAL TECHNOLOGY | DISTANCE EDUCATION | FIRST AID | OCCUPATIONAL H
SAFETY | HEALTH & WELLNESS | HOSPITALITY & TOURISM | INDUSTRY & TR
LEADERSHIP | MANAGEMENT | RECREATION & LEISURE | ARTS | CULTURE
INESS | FINANCE | COMPUTERS | CONTRACT SERVICES | DIGITAL TECHNO
DISTANCE EDUCATION | FIRST AID | OCCUPATIONAL HEALTH & SAFETY | HE
WELLNESS | HOSPITALITY & TOURISM | INDUSTRY & TRADES | LEADERSHIP
MANAGEMENT | RECREATION & LEISURE | ARTS | CULTURE | BUSINESS | FIN
| COMPUTERS | CONTRACT SERVICES | DIGITAL TECHNOLOGY | DISTANCE
CATION | FIRST AID | OCCUPATIONAL HEALTH & SAFETY | HEALTH & WELL
HOSPITALITY & TOURISM | INDUSTRY & TRADES | LEADERSHIP | MANAGEME
RECREATION & LEISURE | ARTS | CULTURE | BUSINESS | FINANCE | COMPUTE
TRACT SERVICES | DIGITAL TECHNOLOGY | DISTANCE EDUCATION | FIRST AI
OCCUPATIONAL HEALTH & SAFETY | HEALTH & WELLNESS | HOSPITALITY & TOU
INDUSTRY & TRADES | LEADERSHIP | MANAGEMENT | RECREATION & LEISU
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SAFETY | HEALTH & WELLNESS | HOSPITALITY & TOURISM | INDUSTRY & TR
LEADERSHIP | MANAGEMENT | RECREATION & LEISURE | ARTS | CULTURE
INESS | FINANCE | COMPUTERS | CONTRACT SERVICES | DIGITAL TECHNO
DISTANCE EDUCATION | FIRST AID | OCCUPATIONAL HEALTH & SAFETY | HE
WELLNESS | HOSPITALITY & TOURISM | INDUSTRY & TRADES | LEADERSHIP
MANAGEMENT | RECREATION & LEISURE | ARTS | CULTURE | BUSINESS | FIN
| COMPUTERS | CONTRACT SERVICES | DIGITAL TECHNOLOGY | DISTANCE
CATION | FIRST AID | OCCUPATIONAL HEALTH & SAFETY | HEALTH & WELL
HOSPITALITY & TOURISM | INDUSTRY & TRADES | LEADERSHIP | MANAGEME
RECREATION & LEISURE | ARTS | CULTURE | BUSINESS | FINANCE | COMPUTE
TRACT SERVICES | DIGITAL TECHNOLOGY | DISTANCE EDUCATION | FIRST AI
CUPATI | HEALTH & WELLNESS | HOSPITALITY & TOU
INDUST | SHIP | MANAGEMENT | RECREATION & LEISU
FS | FINANCE | COMPUTERS | CONTRACT SERVI
ITAL TE | EDUCATION | FIRST AID | OCCUPATIONAL H