

CONTINUING EDUCATION CALENDAR

the courses that fit *naturally*



september - december 2009 | selkirk.ca

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.

For example, for many years Kaslo/Nakusp instructor, Gerald Kirkland, has kindly donated his fee and the proceeds from his courses towards the CACE bursary.

This semester, the Continuing Education Dept. will contribute to this fund by donating proceeds from the following Occupational First Aid (OFA) and Emergency First Aid (EFA) courses:

OFA Level 1: Castlegar - Nov. 13
Grand Forks - Oct. 17
Nelson - Oct. 17
Trail - Oct. 17
EFA Industry: Kaslo - Nov. 20
Nakusp - Nov. 20

Detailed course info. is on pages 30-33.

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To apply for CACE Bursary funds contact the Continuing Education Department in your community - see page 78.

If you are interested in contributing to this worthwhile fund and would like to become a donor, please contact the Donor Services Coordinator at 250.505.1386 or foundation@selkirk.ca or online at selkirk.ca/about/ways-to-give/.

Selkirk Events

Founder's Day Dinner

If you are a Selkirk College Founding member, chartered student, retiree, chartered faculty or staff you are invited to attend this special event.

Oct. 16, 2009
Castlegar Campus
\$20.⁰⁰ per ticket

For tickets call
250.505.6601 ex 324.

Annual KSA Christmas Sale

Kootenay School of the Arts at Selkirk College hosts their annual sale of students works. Great gifts for Christmas!

Dec. 11 & 12, 2009

For details go to page 62 of this calendar or visit selkirk.ca/programs/ksa.

Gala 2009 "We've Gone Platinum!"

20 years of building relationships—come celebrate the 20th anniversary of the Selkirk College Gala.

Nov. 28, 2009
Mary Hall, Nelson
Tickets \$70 single or \$520 for a table of 8.

To reserve your tickets call 250.505.6601 ext 386. More info. at selkirk.ca/events/.

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how to register

OPTIONS:

- Email, fax, call, or visit the campus offering your course.
- Complete the registration form on page 79.
- 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

ksasloce@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 78 for full contact details.

arts & culture

KOOTENAY SCHOOL OF THE ARTS AT SELKIRK COLLEGE

Kootenay School of the Arts (KSA) is dedicated to graduating students who can make a living through their professions in art, craft and design. The school has four working studios: clay, fibre, jewellery, metal; as well as two large classrooms perfect for drawing and design. Classes offered through Continuing Education have the opportunity to use these well equipped studios under the direction of local and guest artists and teachers.

CLAY: LITTLE POTTER (AGES 9+)

Gain skills on the electric wheel and with hand-building. Come create your own handmade gifts.

Nelson: KSA Campus \$125

Eryn Prospero

7 classes: Oct. 7-18, Wed. 4-6 pm

7 classes: Oct. 19-Nov. 30, 4-6 pm



CLAY: POTTER'S WHEEL

Learn to throw pots on the wheel, or for those who have experience, develop more wheel-throwing skills or experiment with glazes. Bring an apron, small bucket, car-wash sponge and pottery tools. For beginners to advanced.

Nelson: KSA Campus \$279

Christine Dell

8 classes: Oct. 5-Nov. 30, Mon. 6-9 pm

8 classes: Oct. 1-Nov. 19, Thur. 6-9 pm

FIBRE: FABRIC PLAY

A 2-day workshop designed to inspire and employ a variety of innovative fabric applications and techniques includes demonstrations on how to mix colours and create dimension using only threads and fabrics. Visit katebridger.ca to view samples.

Nelson: KSA Campus \$120

Kate Bridger

2 classes: Nov. 7 & 8, 10 am-4 pm

INSPIRING YOUNG ARTISTS

An opportunity to explore your creative side in the mediums of clay, fibre, collage and more. Students will have a choice of projects to tackle under the guidance of an instructor. A great opportunity to make gifts for family and friends.

Nelson: KSA Campus \$50

Instructor TBA

5 classes: Oct. 1-29, Thur. 5:30-7:30 pm

5 classes: Oct. 25-Nov. 22, Sun. 1-3 pm

INTERIOR DESIGN: NEST BUILDING

This course is part psychology and part design. Explore the historic, environmental and cultural influences that have contributed to the appearance and function of personal and domestic living spaces. Find your unique sense of home and place and use this knowledge to create better living and working environments tailor-made to reflect and support your needs.

Nelson: KSA Campus \$120

Kate Bridger

6 classes: Oct. 20-Nov. 24, Tue. 6-9 pm

INTRO. TO PLEIN AIR

An opportunity to experience the age-old tradition and joy of painting outdoors. Learn how to capture those great images quickly while building a visual journal of your experiences. As a group you will take your provided watercolour set, brush, pen and sketch book and set out to explore, engage and paint.

Nelson: KSA Campus \$125 + \$35 Materials

June Hills, BFA

2 classes: Oct. 3&4, Sat. & Sun. 10 am-3 pm

JEWELLERY: 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 dyes and how to operate the hydraulic press. Intro. to Jewellery or equivalent is a prerequisite for this course.

Nelson: KSA Campus \$190
Anna Clark
6 classes: Sept. 26-Nov. 7, Sat. 10 am-1 pm

JEWELLERY: INTRO. TO JEWELLERY

Gain fundamental jewellery skills using a variety of techniques and materials. Design and construct a brooch, pendant, or ring.

Nelson: KSA Campus \$210
Daniel Rondeau
8 classes: Oct. 6-Nov. 24, Tue. 6-9 pm



JEWELLERY: SHINE AND SPARKLE

Design and create an eye-popping cocktail ring using big, colourful gemstones and sterling silver. Several ways of setting gemstones will be shown and different methods of construction will be covered. Intro to Jewellery or equivalent is a prerequisite for this course.

Nelson: KSA Campus \$180
Anna Clark
6 classes: Sept. 26-Nov. 7, Sat. 1:30-4:30 pm

METAL: FORGE FUN

Try blacksmithing for a day in our fully equipped metal studio. Learn some forging basics and create your own professional looking designer hooks. Bring safety glasses, ear plugs, work gloves and leather boots. Youth 14-18 should be accompanied by with an adult.

Nelson: KSA Campus \$70
Kevin Kratz
1 class: Sept. 27, Sun. 12-5 pm
1 class: Oct. 18, Sun. 12-5 pm
1 class: Nov. 22, Sun. 12-5 pm

VISUAL ARTS: PURE WATERCOLOUR

Learn about this immediate and fluid medium: watercolour. This two-fold course allows you to explore both colour and composition in depth. As each lesson expands your colour vocabulary, the mystery of mixing colour will disappear. Compositional strategies will transform ordinary subject work into a work with meaning and content.

Nelson: KSA Campus \$145
Teri Ward
6 classes: Oct. 27-Dec. 1, Tue. 6-9 pm

KARLA PEARCE

Karla has been teaching, painting and drawing in the West Kootenay for 12 years. Karla's main passion is painting, but she also balances it with writing, producing a television feature and publishing her own children's book. As a professional artist, Karla uses her unique perspective to share her knowledge of art with the community.

DEMYSTIFYING COLOUR: INTRODUCTION TO COLOUR THEORY

This is an introductory painting class for the student interested in exploring acrylic or watercolor paints. No previous painting experience is necessary. This class will focus on discovering the properties of the student's chosen medium and basic colour theory application techniques. Students will learn how to mix colour charts, use the triadic colour system and gain a new understanding of colour awareness in painting. Students will create a finished painting of their choice.

Castlegar: Artist Studio, 713-107 St. \$98
Karla Pearce
4 classes: Sept. 30-Oct. 21, Wed. 6-9 pm

HOW TO MAKE YOUR PAINTING GLOW

Learn how to see the bright and dark areas of painting in a brand new way. Students will develop an understanding of visual drama through the use of contrast and colour theory and how to employ it in painting. Some previous painting experience is an asset to this class, but is not necessary. The first half of the class focuses on perceiving light, shadows and learning to see colour in terms of value. In the

second half of the class, students will create a finished painting of their choice.

Castlegar: Artist Studio, 713-107 St. \$98
 Karla Pearce
 4 classes: Oct. 17-Nov. 7, Sat. 9:30 am-12:30 pm

PAINTING FOR PLEASURE

One of the most important and exciting things about learning to paint is "seeing" in a new way. This class will enrich your ideas about painting and open up a whole new dimension that is deeply creative and rewarding. Students will be encouraged to develop their own style while exploring a more intuitive approach to painting. This class will investigate ways to interpret and communicate ideas through lively discussions, demonstrations, and plenty of painting. While painting basics will be discussed, instruction will deal more with interpreting what you see and feel through colour. This class is for any level of student ranging from beginner to advanced.

Castlegar: Artist Studio, 713-107 St. \$98
 Karla Pearce
 4 classes: Nov. 14-Dec. 5, Sat.
 9:30 am - 12:30 pm

MIRJA VAHALA

Over the past six years, Mirja has instructed hundreds of students in the Lower Mainland and for the past year has been offering classes locally in her new studio, Windborne B&B. Educated in graphic design and visual arts, Mirja spent 20 years as a designer and company owner. All Mirja's classes are method-based, hands-on, fun and educational. Lessons are step-by-step with individualized attention and demonstrations. Visit inspiringminds.ca for more information.

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. Learn the first steps to designing a painting. 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: Artist Studio, \$144
 3905 Broadwater Road
 Mirja Vahala
 3 classes: Sept. 20-Oct. 4, Sun. 9:30 am-3:30 pm

ACRYLICS PLUS

Further develop your acrylic painting skills while creating landscapes or florals. Several techniques are offered, such as painting with shades and glazes and more. Drawings are provided, though feel free to bring your own ideas. Some experience is helpful. Personal style development is encouraged. Note: for each term, different images will be provided in case you want to take the class again. Supply list available upon registration.

Castlegar: Artist Studio, \$120
 3905 Broadwater Road
 Mirja Vahala
 5 classes: Nov. 3-Dec 1, Tue. 9:30 am-12:30 pm

ACRYLICS PLUS: FOCUS ON CLOUDS & ROCKS

Further develop your acrylic painting skills while focusing on a landscape that includes rocks and clouds. Drawings are provided, though feel free to bring your own ideas. Some acrylic painting experience is helpful. Supply list available upon registration.

Castlegar: Artist Studio, \$40
 3905 Broadwater Road
 Mirja Vahala
 1 class: Nov. 21, Sat. 9:30 am-3:30 pm



ACRYLICS PLUS: FOCUS ON FALL TREES

Further develop your acrylic painting skills while focusing on a Fallscape scene and colours. Drawings are provided, though feel free to bring your own ideas. Some acrylic painting experience is helpful. Supply list available upon registration.

Castlegar: Artist Studio, \$80
 3905 Broadwater Road
 Mirja Vahala
 2 classes: Nov. 7-14, Sat. 9:30 am-3:30 pm

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: Artist Studio, \$144
3905 Broadwater Road
Mirja Vahala
6 classes: Sept. 24-Oct. 29, Thur. 9:30 am-12:30 pm

WATERCOLOUR: FOCUS ON BASICS

Learn how to use age-old methods such as washes, wet-on-wet and charging. Create textures and use creative techniques for applying paint. Learn to make various brush strokes and how to mix clean, effective colours and shades. Paint simple shapes step-by-step. This prepares you for future watercolour classes. For an additional \$30, all materials will be provided for use in class. A supply list is also available.

Castlegar: Artist Studio, \$30
3905 Broadwater Road
Mirja Vahala
1 class: Nov. 5, Thur. 9:30 am-12:30 pm

WATERCOLOUR: FOCUS ON PAPERS

Play with papers such as cold, hot and rough press, plus plastic Yupo paper. Further develop your watercolour skills using these papers with a variety of techniques to create landscape or floral images. Demonstrations and drawings are provided, though feel free to bring your own ideas. Some experience helpful. Supply list available.

Castlegar: Artist Studio, \$112
3905 Broadwater Road
Mirja Vahala
4 classes: Nov. 12-Dec. 3, Thur. 9:30 am-12:30 pm

OPEN ART

CANDLES FOR CHRISTMAS

Adults and children alike will enjoy this fun-filled afternoon where you will learn to make a variety

of holiday candles for gifts or for decoration. Children under 10 must be accompanied by an adult. Materials included.

Grand Forks Campus \$25 indiv./
\$39 adult & child.

Darlainea Redlack & Sandy Mackelir
1 class: Dec. 5, Sat. 1-4 pm

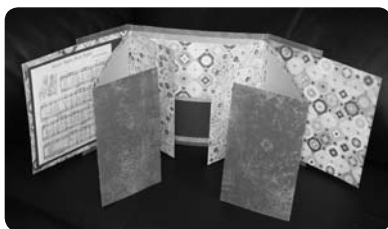
Greenwood, MacArthur Centre \$25 indiv./
\$39 adult & child

Darlainea Redlack & Sandy Mackelir
1 class: Nov. 21, Sat. 9 am-noon

CHRISTMAS GLASS BALL ORNAMENTS

Come and create a set of uniquely beautiful ornaments by decorating the inside of the glass ball with pigments and mica powders. Great gifts that your friends and family will love...if you can bear to part with them! Materials supplied.

Castlegar Campus \$25
Corrine Major
1 class: Nov. 19, Thur. 7-8:30 pm



COLLAGE DISCOVERY

Spend an evening collaging your life journey. You will make collages on cards and then use your images to explore your present experience and future dreams. You are encouraged to bring photos, cards, calendars or images that are personally meaningful. Materials supplied.

Castlegar Campus \$18
Robin Higgins
1 class: Oct. 21, Wed. 6:30-9:00 pm

CREATIVE WRITING 100: STUDIES IN WRITING I

The course focuses the writer's efforts on the value of compression and the reduction of ideas to their purest forms. An in-depth exploration of imagery, metaphor and word choice through the study of poetry will prepare students to produce original compositions in any genre. Students will be expected to submit original writing for workshop in at least two of the four genres—

poetry, fiction, non-fiction, or drama. The craft of writing essays and criticism on theory and form will be introduced.

Castlegar Campus \$236
 Almeda Glenn Miller
 Sept. 10-mid Dec., Thurs. 9:30 am-12:30 pm

CREATIVE WRITING 200 STUDIES IN WRITING III

The emphasis will be on portfolio development and preparation of manuscripts for publication. Students will submit their own imaginative writing for the workshop in any of the four genres: poetry, drama, fiction, and non-fiction. In addition, students will engage in a practice of response, analysis and critique of published and peer written work. Lectures will mirror the assigned readings and serve to initiate theoretical round table discussions on Image, Voice, Character, Setting, and Story.

Castlegar Campus \$315
 Almeda Glenn Miller
 Sept. 11-mid Dec., Fri., noon-4 pm



CULTURE & HEALTH EXPLORATION SERIES: ABORIGINAL HEALTH CULTURE

Cross reference to Health & Wellness section, see page 42.

CULTURE & HEALTH EXPLORATION SERIES: CHINESE HEALTH CULTURE

Cross reference to Health & Wellness section, see page 42.

DRAW WITH YOUR SEWING MACHINE

By referring to photos or sketches of your own house or another that captures your imagination, create a "welcome" wall hanging for your home. Bring your sewing machine and darning foot, fabric scraps, fabric glue or sticks,

sharp fabric scissors, coloured quilting thread, notebook and pen/pencil.

Nakusp Centre \$45
 Linda Dixon
 1 class: Nov. 7, Sat. 10 am-3 pm

DRAWING FOR ABSOLUTE BEGINNERS

If you want to draw but don't think you can, this is the course for you. Tackle any subject with confidence by learning the fundamentals of drawing—contour, shape, form, light and shade, proportion and perspective.

Nakusp Centre \$120
 Sharon Bamber
 6 classes: Oct. 6-Nov. 10, Tue. 7-9 pm

FABRICPLAY

Will experiment with contouring, collage, shading and highlighting, employing a variety of innovative fabric applications and techniques. Will demonstrate how to mix colours and add dimension using only thread and fabrics. Visit katebridger.ca to view samples. Materials list available upon registration.

Grand Forks Campus \$139
 Kate Bridger
 2 classes: Sept. 26 & 27, Sat. & Sun. 10 am-4 pm

INTRO. TO WIRE JEWELLERY DESIGN

Learn the basic wire jewelry techniques needed to design and create your own beautiful wire jewelry. Become familiar with the tools of the trade and their uses. Technical components, design elements and finishing techniques will all be covered. Pick up supply list when registering.

Nakusp Centre \$180
 Lori Stevenson
 6 classes: Oct. 17-Nov. 21, Sat. 10 am-1 pm

KNIT-A-THON FOR PEACE

Knitters (and crocheters) come together and spend the day creating hats, mitts, scarves or baby blankets for people in need throughout the world. This is an opportunity to join your fellow community members at the historic Mir Centre for Peace and share your time, stories and love of handwork to support others. All levels encouraged to join in. The products produced will be sent to countries where there is a need. Bring your own needles and yarn and a bag lunch.

Castlegar - MIR Centre for Peace \$8
 Claire Davison-Williams
 1 day: Nov. 7, Sat. 10 am-3 pm

KNITTING FOR BEGINNERS

For beginners of all ages. Learn how to knit a scarf. Learn to cast on and off, knit or rib, gauge your sample and make tassels. Needles and yarn will be supplied.

new Trail Campus \$45

Suzanne Belanger

4 classes: Nov. 2-30, Mon. 6:30-8pm

No class Nov. 16

KNITTING FOR PEACE

Has it been a while since you held knitting needles...or maybe you never knew how to knit? Come and learn the basics (casting on/off, knit & purl stitches) and join a growing movement of people who are "knitting for peace"—world peace, community peace, or peace of mind. Experience the pleasure of knitting for others. When you've finished the class, join the members of your community at the Knit-a-thon for Peace. Bring your own needles. Yarn provided.

Castlegar - Brilliant Cultural Centre \$45

820 Markova Rd, Cultural Interpretive Society Building

3 classes: Oct. 15-29, Thur. 7-9:30 pm

LET'S DRAW!

Will investigate the works of many classic and contemporary artists with an eye to thinking outside the drawing "box." Each session emphasizes fun and experimentation while exploring a different aspect of drawing, from basic experimentation with a variety of materials to a final session working with a live model. Suitable for all levels. Supplies will be available for purchase at the first session.

Midway, BCSS \$70

Nora Curiston

4 classes: Oct. 18-Nov. 8, Sun. 1-4 pm

PAPERBAG ALBUM

Designed for both adults and children, learn the techniques needed to make an extraordinary photo album or scrapbook out of ordinary of paper lunch bags. Children under 10 must be accompanied by an adult. Materials included.

Grand Forks Campus \$20 indiv./

\$35 adult & child

Darlainea Redlack

1 class: Oct. 24, Sat. 1-4 pm

Greenwood, MacArthur Center \$20 indiv./

\$35 adult & child

Darlainea Redlack

1 class: Nov. 7, Sat. 10 am-1 pm



PASTELS FOR BEGINNERS

Explore this beautiful medium and learn the techniques that will help you create satisfying art. The rich colours and texture of Conte pastels will be supplemented with black ink and charcoal. Materials supplied by instructor for an additional charge of approximately \$25.

Grand Forks Campus \$70

Register before Oct. 9

Ann Dahl

4 classes: Nov. 7-28, Sat. 1-4 pm

POTTERY - AN INTRODUCTION

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

Trail Campus Visac Gallery \$147

Melissa Marrandino

6 classes: Oct. 6-22, Tues., Thurs. 6-7:30 pm

SCRAPBOOKED FOLDOUT BOOKLET

This unique booklet will make a great gift or you may want to keep it all for yourself! Please bring about ten photos of a similar theme or event (your pet, kids, flowers, a trip, etc.) and scissors, an eraser and ruler. Materials supplied.

Castlegar Campus \$25

Corrine Major

1 class: Nov. 21, Sat. 9-noon

SCRAPBOOKED GIFT SET

Use scrapbooking techniques to create a matching gift bag, card and decorated photo frame. Just insert a photo or picture and your gift is complete. Please bring scissors, an eraser & ruler. Materials supplied.

Castlegar Campus \$30

Corrine Major

1 class: Nov. 21, Sat. 1-4 pm

THEATRE WORKSHOPS

"You can't be boring. Life is boring. The weather is boring. Actors must not be boring." - Stella Adler. Actors will build characters for the stage

using a process developed by Stella Adler, acclaimed American actress, acting teacher and pupil of Konstantin Stanislavski, founder of the Moscow Art Theatre. No previous stage experience necessary, however, actors are encouraged to bring a character that interests them from literature or the theatre.

Grand Forks Campus \$64
 Jean Pinto
 4 classes: Oct.14-Nov. 4, Wed. 7-9 pm

TRADITIONAL RUGGING

Learn the art of traditional rugging using strips of cotton cloth. The rug looks similar to a braided rug but is far more durable and takes less time to make. Bring colourful cotton cloth, a pair of scissors, and a toothbrush with a hole in one end.

Kaslo Centre \$30, portion donated to
 Carlton Scott bursary
 Marilyn Roberts
 2 classes: Nov. 7&14, Sat. 9:30 am-12:30 pm

WATERCOLOURS FOR BEGINNERS

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 the instructor at 250.442.8351 for supplies list (supplies approx. \$25.00).

Grand Forks Campus \$70
 Pat McNish
 4 classes: Oct. 3-Nov. 31, Sat. 9 am-noon
 (no class Oct. 10)

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, \$170
 Woodworking Shop
 Peter Bockner
 6 classes: Sept. 25-Nov. 6, Fri. 9 am-3 pm
 (no class Oct. 9)

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 \$90
 Heather Haake
 TBA

COLLEGE OVER COFFEE

"Man's mind, once stretched by a new idea, never regains its original dimensions." - Oliver Wendell Holmes. Enliven your minds in an educational speaker series that explores a range of arts and science topics in an informal and social atmosphere. Sessions are free but pre-registration is required. Series 1-3.

1-GUATEMALA AFTER THE CIVIL WAR: THE JOURNEY TO A JUST SOCIETY

Guatemala's long and violent civil war ended 12 years ago, but the legacy of the violence can still be seen and felt today. Randy Jansen, an Instructor in the Health and Human Services Dept. at Selkirk College, has recently returned after living in Guatemala for one year, where he was studying peace studies. This presentation is based on his recently published article in Peace Research: The Canadian Journal of Peace and Conflict Studies.

Grand Forks, Jogas Espresso, Free
 236 Market
 Randy Jansen
 1 class: Sept. 24, Thur. 7-9 pm

2-THE VALUE OF NATURE AND THE NATURE OF VALUE

This session will explore some of the ideas behind and what we value from our environment. Drawing on ecology and other natural sciences, we will discuss how environmental systems provide valuable goods and services to us. We will then explore the opportunities that a union of the natural and social sciences provides for re-thinking our current ethical systems.

Grand Forks, Jogas Espresso, Free
 236 Market
 Roly Russell, PhD
 1 class: Oct. 29, Thur. 7-9 pm

3-PICASSO'S WOMEN

This slide presentation looks at the most important women in Picasso's life. Dozens of photographs and paintings offer insights into Picasso's many artistic 'periods' as well as clues to the problematic nature of the man behind some of the world's most familiar masterpieces.

Grand Forks, Jogas Espresso, Free
 236 Market
 Nora Curiston
 1 class: Nov. 26, Thur. 7-9 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. Movies will be screened from the silent era right through to our own time, including classics from Europe, Asia and the US. A focus will be on placing these films in their historical context. Facilitator Ian Dawe, MSc, MA.

METROPOLIS (1927) DIR. FRITZ LANG

When the movies began, they were instantly used as a fantasy medium, telling spectacular stories marketed to an audience willing to be amazed. By the 1920s, Germany had pioneered a more sophisticated, psychological cinema with high artistic ideals, but Fritz Lang's *Metropolis* combines the best of both worlds.



Nelson: Silver King Campus \$12
1 class: Oct. 5, Mon. 6-9 pm

CASABLANCA (1942) DIR. MICHAEL CURTIZ

When one thinks of Hollywood, one can't help but think of *Casablanca*. What better way to explore the undoubted impact Hollywood had on the film world than with the ultimate film from its first "Golden Age"?

Nelson: Silver King Campus \$12
1 class: Oct. 19, Mon. 6-9 pm

NOTORIOUS (1947) DIR. ALFRED HITCHCOCK

Hitchcock has his own place in film history. A British director who became a Hollywood director, he was always uniquely "Hitchcock", combining a sense of showmanship with a deep understanding of the psychology of cinema. From the mid-1940s to the mid-1960s, he worked in Hollywood, producing some of the most compelling cinema of the Hollywood era, no more so than *Notorious* (1947).

Nelson: Silver King Campus \$12
1 class: Oct. 26, Mon. 6-9 pm

TOKYO STORY (1953) DIR. YASUJIRO OZU

One of the most subtle and devastating films ever made, Ozu's *Tokyo Story* stands at a

time when cinema itself was becoming truly international, and a recognized art form. His gift for still, but dramatic, portraiture places him in the top rank of the great filmmakers.

Nelson: Silver King Campus \$12
1 class: Nov. 2, Mon. 6-9 pm

THE SEVENTH SEAL (1957) DIR. INGMAR BERGMAN

By the late 1950s, cinema in Europe was going through a golden age, and one of the films from that period that gained a wide international audience was Bergman's *The Seventh Seal*. One of the most parodied and most loved of films, it has that rare quality of being a "great film" that's a lot of fun to watch.

Nelson: Silver King Campus \$12
1 class: Nov. 9, Mon. 6-9 pm

CLEO FROM 5 TO 7 (1960) DIR. AGNES VARDA

The French New Wave brought new energy, and a new sensibility to world cinema, embedded in the "café culture" of Paris, where discussion and debate over culture and art became almost a national pastime. Agnes Varda, a gifted Belgian photographer, produced several devastating films in this period, and her *Cleo, From 5 to 7* is an enthralling look at that time, and all time.

Nelson: Silver King Campus \$12
1 class: Nov. 16, Mon. 6-9 pm

8-1/2 (1963) DIR. FEDERICO FELLINI

The radically subjective filmmaking of Fellini mixed fantasy, sexual confusion and the grotesque with external "reality", laying the foundation for filmmakers like Terry Gilliam and Guillermo del Toro. A masterpiece of "La Dolce Vita", *8 1/2* explores religion, power, business, art, sex and life itself, all in the context of entertaining in a comedic fantasy.

Nelson: Silver King Campus \$12
1 class: Nov. 23, Mon. 6-9 pm

EASY RIDER (1969) DIR. DENNIS HOPPER

Easy Rider was, most of all, the ultimate expression of the effect of World Cinema on the American style. Lifting the biker movie genre into high art, Dennis Hopper borrows from the French New Wave, Fellini, neo-realism and the drive-in B-movie for this astute and clear-eyed vision of late-1960s America.

Nelson: Silver King Campus \$12
1 class: Nov. 30, Mon. 6-9 pm

OXYGEN ART CENTER

Oxygen Art Centre offers twenty weeks a year of classes in writing, visual art, performance, mixed media, interdisciplinary arts practice and creative process. oxygenartcentre.org

BE CREATIVE

An introduction to a variety of basic art making processes, including collage, low-tech printmaking, drawing and painting. Explore different art materials, how to mix paint and experiment freely with different techniques. \$30 Materials (most materials provided).

Nelson: Oxygen Art Centre \$100
Natasha Smith, BA

2 classes: Nov. 14-15, Sat. & Sun. 10 am-3 pm

CARTOONING FOR ADULTS

Join this local cartoonist and explore cartoon rendering, perspective, contour line drawings, proportions and perspectives all relating to building a character who moves through a sequential story. Learn how to render more effectively, how to create a cartoon character and write for a comic strip/graphic novel.

Nelson: Oxygen Art Centre \$60
Josh Wapp

2 classes: Oct. 27 & Nov. 3, Tue. 7-10 pm

COLLAGE PAINTING: BUILDING TEXTURE

Move from the flat 2D world of painting. Build interesting surfaces and textures on wooden panels through collaging objects, materials and papers and applying mediums. Learn design elements and principles, and colour mixing. Material fee \$10.

Nelson: Oxygen Art Centre \$240
Natasha Smith

8 classes: Oct. 1-Nov. 19, Thur. 7-10 pm

LOW-TECH PRINTMAKING

Printmaking that can be done without the use of a printmaking press. Various simple plate-making and image transfer techniques, including monoprinting, lino cuts and collagraphs. For artists of all levels. Material fee \$10.

Nelson: Oxygen Art Centre \$240
Natasha Smith, BA

8 classes: Sept. 30-Nov. 18, Wed. 7-10 pm

PERFORMANCE: SINGING THE BLUES

Each week learn a blues song and explore the rich swamp of the human voice in a relaxed and supportive environment. On the last class we'll get down and dirty with a live band for an audience of invited guests.

Nelson: Oxygen Art Centre \$160
Bessie Wapp

8 classes: Sept. 28-Nov. 23, Mon. 7-9 pm
(no class Oct. 12)

PHOTOGRAPHING PEOPLE

Photographing smiling people standing shoulder to shoulder is easy. Photographing people in other circumstances is challenging. Look at what those challenges are and investigate ways to meet them through discussion and looking at each others' photographs. 35mm or digital camera required.

Nelson: Oxygen Art Centre \$120
Fred Rosenberg

4 classes: Sept. 29-Oct. 20, Tue. 7-10 pm

WRITING: THE CRAFT OF THE SHORT STORY

Fiction workshop with renowned BC author Paul Headrick. Co-sponsored by Kootenay School of Writing.

Nelson: Oxygen Art Centre \$40
Paul Headrick

1 class: Oct. 3, Sat. 9 am-noon

WRITING: CREATIVE NON-FICTION: FROM SCENE SETTING TO STORY

Non-fiction workshop with renowned BC and Kootenay author Rita Moir. Co-sponsored by Kootenay School of Writing.

Nelson: Oxygen Art Centre \$50
Rita Moir

1 class: Nov. 7, Sat. 9 am-1 pm



WRITING: CREATIVE NON-FICTION INTENSIVE

Essential ingredients to non-fiction writing are a passionate curiosity and a willingness to engage with strategic craft and personal issues. Look at all forms of non-fiction focusing on memoir, personal journalism and the personal essay.

Nelson: Oxygen Art Centre \$180
Luanne Armstrong
4 classes: Oct. 19-22, Mon.-Thur. 9 am-noon
plus individual meetings

WRITING: THE WORDPRESS WEBLOG

Learn how easy it is for artists and writers to create beautiful weblogs using the sophisticated themes and simple tools of Wordpress.

Use traditional page composition skills and typography to transmit your messages thru the cybersphere with clarity, concision and elegance.

Nelson: Oxygen Art Centre \$90
Doug Wilton
3 classes: Nov. 10-24, Tue. 7-10 pm

WRITING: WRITING FOR CHILDREN

Writing for children is one of the most structured forms of writing. Learn the structure of various levels of children's books, on characterization, plot structure, setting, editing, and finding a publisher.

Nelson: Oxygen Art Centre \$120
Luanne Armstrong
2 classes: Nov. 21 & 22, Sat & Sun. 9 am-3 pm

YOUTH: CARTOONING FOR KIDS (10-14 YRS)

Join this local cartoonist to create fun projects custom-designed to build a cartoon character from scratch. Leave with heightened skills in rendering, contour line drawing, proportions and perspectives. Students go home with their own mini-strips.

Nelson: Oxygen Art Centre \$60
Josh Wapp
3 classes: Oct. 1-15, Thur. 3:30-5:30 pm

YOUTH: STILT MAKING & DANCING

Build your own stilts, learn to walk on them, and dance too! We begin with stretches & strengthening exercises to prepare our bodies to explore and expand into the up-high world of stilts. Material fee \$30.

Nelson: Oxygen Art Centre \$160
Bessie Wapp
8 classes: Sept. 30-Nov. 18, Wed. 3:30-5:30 pm



stay connected

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

For more information:

selkirk.ca/alumni | 250.505.1324 | alumni@selkirk.ca

Selkirk  College

SELKIRK

Classic Catering

AT SELKIRK COLLEGE

Selkirk Classic Catering is the catering arm of Selkirk College food services. This company is located on the beautifully landscaped grounds of Selkirk College Castlegar Campus.

The company is run by two Red Seal Chefs with a combined 48 years of experience. Whether your function is a luncheon for 10 people or a dinner for 500 we are happy to work with you. We will sit with you and design a menu that meets your needs. 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 and Mary Hall Campus 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**.



Conference Services

Are you looking to have an event in the region and want help to make it a success?

With Selkirk College's Conference Services, you can plan, enjoy and fully participate in your event without any concerns! Selkirk has it all when it comes to facilities and locations, so it makes good sense to choose the college as a venue for training, symposiums or conferences.

Our services offer competitive rates, quality service and affordable accommodation during spring and summer. Through our extensive network of contacts, we also access a variety of facilities in the Kootenay and Boundary as well as outside our region.

Contact our Conference Services Coordinator to:

- book a conference or special event
- create a customized event
- arrange for registration services
- book speakers, trainers and facilitators
- find & book accommodations on campus or locally

Conference Services include:

- marketing assistance
- food and beverage service
- pre and on-site registration
- tech equipment and support conference supplies

Call us at: 1.866.301.6601 local 227 or email conference@selkirk.ca.



adult basic education

Adult Basic Education (ABE) is designed with the adult learner in mind.

IF YOU WANT TO...

- upgrade reading, writing, spelling, math, science and computer skills
- complete courses for entry to post-secondary programs including Algebra, Physics, Biology, Chemistry and English
- complete Grade 10, 11 or 12
- get help with online or Home Study courses
- prepare for the LPI or GED Exam
- have a choice of evening or day classes
- get a literacy tutor
- have free tuition and books

THEN SELKIRK COLLEGE IS FOR YOU!

HOW DO YOU START ABE?

- call to arrange a time to meet with one of our instructors
- 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

DID YOU KNOW 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

BOOKKEEPING FOR SMALL BUSINESS

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

Castlegar Campus \$160
Bev Horst

4 classes: Oct 19-28, Mon. & Wed., 6-9pm

Grand Forks Campus \$160

Judi Thomas

2 classes: Oct. 24 & 25, Sat. & Sun. 9 am-4 pm

Kaslo Centre \$160

Brenda Wiest

2 classes: Oct. 24 & 25, Sat. & Sun. 9 am-4 pm

Nakusp Centre \$160

Brenda Wiest

2 classes: Sept. 26 & 27, Sat. & Sun. 9 am-4 pm

Nelson: Silver King Campus \$160

Brenda Wiest

4 classes: Sept. 28-Oct. 7, Mon. & Wed. 6-9 pm

Trail Campus \$160

Bev Horst

4 classes: Oct 19-27, Mon. & Tue. 12:30-3:30 pm



COMMUTE YOUR PENSION?

Understand whose interests are being served. Learn to evaluate your own situation and make the appropriate decision that will affect the rest of your life.

new Castlegar Campus \$20
Debbie Bayoff, CFP
1 class: Oct. 28, Wed. 6:30-8:30 pm

new Kaslo Centre \$20
Debbie Bayoff, CFP
1 class: Sept. 29, Tue. 7-9 pm

new Nelson: Silver King Campus \$20
Debbie Bayoff, CFP
1 class: Oct. 13, Tue. 7-9 pm

new Trail Campus \$20
Debbie Bayoff, CFP
1 class: Nov. 25, Wed. 7-9 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.

new Kaslo Centre \$20
Debbie Bayoff, CFP
1 class: Oct. 6, Tue. 7-9 pm

new Nelson: Silver King Campus \$20
Debbie Bayoff, CFP
TBA



NOT SURE WHAT THE RIGHT BEGINNER COURSE IS FOR YOU?

Contact your local campus for more information. See page 78 for campus details.

new Trail Campus \$20
Debbie Bayoff, CFP
1 class: Nov. 9, Mon. 7-9 pm

FINANCIAL EDUCATION SERIES

No matter what your age, your financial situation or your goals, you need to know about the power of investing. Learn about the stock market and other forms of ownership and loanership investments. Explore common investments and learn how to increase investment income while reducing taxes.

Castlegar Campus \$40
Gilbert Champagne
2 classes: Nov. 12-19, 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.

Trail Campus \$20
Debbie Bayoff, CFP
1 class: Oct. 8, Thur. 6:30-8:30 pm



MARKET COLLAPSE?

A serious look at the global economy and whether you should be invested or not.

new Kaslo Centre \$20
Debbie Bayoff, CFP
1 class: Nov. 17, Tue. 7-9 pm

new Trail Campus \$20
Debbie Bayoff, CFP
1 class: Oct. 19, Mon. 7-9 pm

NON-PROFIT MANAGEMENT INTRODUCTION

See Leadership & Management for course details, page 56.

Nelson Campus

PAY LESS TAX: OBJECTIVE INSURANCE PLAN

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
Debbie Bayoff, CFP
TBA

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
Jennifer Cook
2 classes: Oct. 21 & 28, Wed. 6-9 pm

SALES AND SALES MANAGEMENT FUNDAMENTALS PART 1:

This intensive program is suitable for the business owner, sales manager or sales person looking to take their business, team or career to the next level. Students will be immersed in active, practical real world training that can be implemented in the work force immediately. For a detailed course outline contact Selkirk College at 250.365.1208 or email shadikin@selkirk.ca.

Castlegar Campus \$225 or \$200 for companies with 3 or more registering
John Glennon, Sandler Training
1 class: Oct. 22, Thur. 8 am-4 pm

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

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

SALES AND SALES MANAGEMENT FUNDAMENTALS PART 2:

This course covers the second part of the Sandler Training model. Upon completion of the second day, students will receive a certificate of completion.

Castlegar Campus \$225, \$200 for companies with 3 or more registering
John Glennon, Sandler Training
1 class: Oct. 23, Fri. 8 am-4 pm

SENIOR FINANCIAL ABUSE PROTECTION

Financial abuse of seniors is quite often ignored. Learn to see the signs and understand how to protect your loved ones. Debbie Bayoff is a CFP and a Certified Senior Advisor that specializes in protecting assets of those who cannot protect themselves.

new Kaslo Centre \$20
Debbie Bayoff, CFP
1 class: Oct. 13, Tue. 7-9 pm

new Trail Campus \$20
Debbie Bayoff, CFP
1 class: Oct. 29, Thur. 7-9 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.

Castlegar Campus \$20
Debbie Bayoff
1 class: Sept. 30, Wed. 6:30-8:30 pm

Trail Campus \$20
Debbie Bayoff
1 class: Oct. 1, Thur. 6:30-8:30 pm

UNDERSTANDING MORTGAGES: WHAT THE BANKS MAY NOT TELL YOU

Do you own your own home or are you thinking of buying or building one? Are you thinking of obtaining a mortgage or renegotiating your mortgage? A house for most of us is our greatest single expense. Mortgages can help realize our dreams sooner, but they can also add considerably to the cost of buying a home. Join Robert Macrae for his presentation on understanding mortgages and saving money.

new Castlegar Campus \$15
Robert Macrae
1 class: Oct. 15, Thur. 6:30-8:30 pm

WHAT ALL CANADIAN CHARITIES NEED TO KNOW

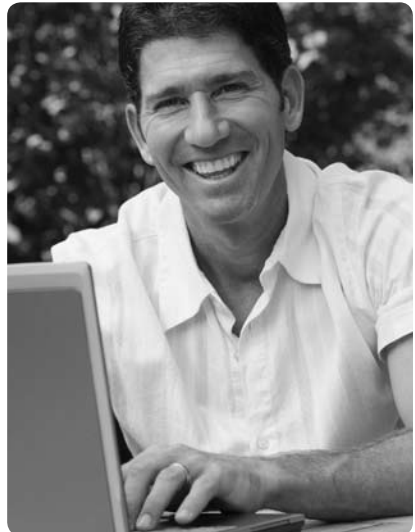
A free and interactive session that demystifies the language of the Canada Revenue Agency (CRA) and answers your charity questions. Learn proper recording, managing books and records, GST/HST for charities, the disbursement quota, the new T3010B information return, CRA audits and good Governance principles—which is extremely important for Board members. This session is also ideal for non-profit organizations considering pursuing charitable status.

new Trail Campus Free
Richard Bridge & Stacey Corriveau
BC Centre for Social Enterprise
1 class: Oct. 27, Tue. 10 am-5 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
Ann Lessard
1 class: Nov. 5, Thur. 6-9 pm



Selkirk Gymnasiums

ARE OPEN TO THE COMMUNITY

Nelson - Mary Hall



Drop-in fees

One time: \$3
10 tickets: \$25
20 tickets: \$45
Monthly: \$20
Semester: \$50

Volleyball League

Monday 5-7pm

Gym Soccer League

Thursday 5-7pm | \$30 | Sept. - Dec.

Weight Room Hours

Monday to Thursday
12 - 7:30pm

Private booking & rental available Friday/Saturday/Sunday

Contact:

Kim Barker
kbarker@selkirk.ca
Tel: 250.505.1325
Fax: 250.352.5716

Selkirk College
Tenth Street Campus
820 Tenth Street,
Nelson, BC V1L 3C7
250.352.6601

Castlegar Gym



Badminton

Tuesday & Thursday

Basketball

Monday

Fitness classes

Noon

Weightroom, Bouldering, Squash, Racquetball

Drop-in or various rates

Gym available for private bookings, birthdays or events!

Hours of Operation

Monday - Friday
7:30 am - 9:30 pm
Call Rod or Milane at 250.365.1292
for more information.

Selkirk College
Castlegar Campus
301 Frank Beinder Way,
Castlegar, BC V1N 4L3
250.365.7292

Equipment Room 250.365.1292
Court Bookings 250.365.1372

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.

Castlegar Campus \$198
Betty-Ann Mullen
3 classes: Oct. 13-27, Tue. 8:30 am-3:30 pm

Grand Forks Campus \$198
Judi Thomas
6 classes: Nov. 24-Dec. 10, Tue. & Thur.
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: Oct. 5-Dec. 14, Mon. 6:30-9:30 pm
(no class Oct. 12)

AUTOCAD: 3D

Become familiar with 3D Coordinate Systems, create and modify 3D objects, surfaces, dimensioning, plotting and rendering. Bring your own projects for discussion.

Nelson: Silver King Campus \$300
Kai Korinth
10 classes: Oct. 6-Dec. 8, Tue. 6:30-9:30 pm



CCNA 1: NETWORKING FUNDAMENTALS

Learn the Basics of Ethernet Technology, TCP/IP networking protocols, Networking media, IP addressing, and Routing. It is the only prerequisite for all of the courses in the CCNA program. Manual extra.

Trail Campus \$895
Dave Sweetnam, Sysmart Training Group
18 classes: Sept. 21-Nov. 25, Mon. & Wed.
6:30-9:30 pm

CCNA 2: ROUTING AND ROUTING BASICS

Learn the basics of configuring routers, routing protocols, further TCP/IP details, Access Control Lists, and network troubleshooting skills. Text is online.

Trail Campus \$895
Dave Sweetnam, SySmart Training Group
18 sessions: Nov. 30-Feb. 10, Mon. & Wed.
6:30-9:30 pm (no classes Dec. 21-Jan. 1)

COMPUTER MAINTENANCE FOR BEST PERFORMANCE

Over time, computers slowdown 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: Nov. 21, Sat. 9 am-noon

COMPUTER PURCHASES DEMYSTIFIED

What to buy a desktop or laptop? Do I need a video card? How much memory do I need? What operating system do I require? Come to this workshop and leave with the answers. Find out what all the numbers mean. Examine a variety of brands of computers on the market and identify the features that you need.

Kaslo Centre \$36
Eric Moon
1 class: Nov. 7, Sat. 1-4 pm

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 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: Sept. 29 & Oct. 1, 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: Oct. 8, Thur. 6-8:30 pm	
Grand Forks Campus	\$30
Judi Thomas	
1 class: Oct. 6, Tue. 12:30-3 pm	
1 class: Oct. 28, Wed. 6:30-9 pm	
Midway, BCSS	\$30
Wolfgang Schmidt	
1 class: Oct. 7, Wed. 6:30-9 pm	
Nakusp Centre	\$30
Marilyn Rivers	
1 class: Sept. 28, Mon. 9-11:30 am	
Nelson: Silver King Campus	\$30
Brenda Wiest	
1 class: Sept. 29, Tue. 6-8:30 pm	
Trail Campus	\$30
Marg Poohachoff	
1 class: Oct. 14, Wed. 6:30-9 pm	

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	\$30
Bev Horst	
1 class: Oct. 15, Thur. 6-8:30 pm	
Grand Forks Campus	\$30
Judi Thomas	
1 class: Oct. 8, Thur. 12:30-3 pm	
1 class: Nov. 2, Mon. 6:30-9 pm	
Midway, BCSS	\$30
Wolfgang Schmidt	
1 class: Oct. 14, Wed. 6:30-9 pm	
Nakusp Centre	\$30
Marilyn Rivers	
1 class: Oct. 5, Mon. 9-11:30 am	
Nelson: Silver King Campus	\$30
Brenda Wiest	
1 class: Oct. 1, Thur. 6-8:30 pm	
Trail Campus	\$30
Marg Poohachoff	
1 class: Oct. 19, Mon. 6:30-9 pm	



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	\$30
Bev Horst	
1 class: Oct. 22, Thur. 6-8:30 pm	

Grand Forks Campus \$30
 Judi Thomas
 1 class: Oct. 13, Tue. 12:30-3 pm
 1 class: Nov. 4, Wed. 6:30-9 pm

Midway, BCSS \$30
 Wolfgang Schmidt
 1 class: Oct. 21, Wed. 6:30-9 pm

Nakusp Centre \$30
 Marilyn Rivers
 1 class: Oct. 19, Mon. 9-11:30 am

Nelson: Silver King Campus \$30
 Brenda Wiest
 1 class: Oct. 6, Tue. 6-8:30 pm

Trail Campus \$30
 Marg Poohachoff
 1 class: Oct. 21, Wed. 6:30-9 pm

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 \$36
 Bev Horst
 1 class: Oct. 29, Thur. 6-9 pm

Grand Forks Campus \$36
 Judi Thomas
 1 class: Oct. 15, Thur. 12:30-3:30 pm
 1 class: Nov. 9, Mon. 6:30-9:30 pm

Midway, BCSS \$36
 Wolfgang Schmidt
 1 class: Oct. 28, Wed. 6:30-9:30 pm

Nakusp Centre \$36
 Marilyn Rivers
 1 class: Oct. 26, Mon. 9 am-noon

Nelson: Silver King Campus \$36
 Brenda Wiest
 1 class: Oct. 8, Thur. 6-9 pm

Trail Campus \$36
 Marg Poohachoff
 1 class: Oct. 26, Mon. 6:30-9:30 pm

EXCEL 2007: ESSENTIAL SKILLS

For those with little or no Excel experience. Learn to work with worksheets and workbooks to create, modify and format common business reports such as budgets, inventory reports, invoices and charts. Pre-requisite: Know your Computer Module 1-4 or equivalent. Manual extra.

Nakusp Centre \$36
 Marilyn Rivers
 1 class: Nov. 30, Mon. 9 am-noon



EXCEL 2007: LEVEL I

Create spreadsheets and charts, build worksheets, create simple formulas, functions and more. Manual \$35.

Castlegar Campus \$198
 Bev Horst
 3 classes: Nov 5-19, Thur. 8:30 am-3:30 pm
 Grand Forks Campus \$198
 Judi Thomas
 6 classes: Oct. 6-22, Tue. & Thur. 6:30-9:30 pm

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: Nov. 3-19, Tue. & Thur. 6:30-9:30 pm

EXCEL 2007 MODULES

In the following 8 modules, learn to expand and enhance your knowledge of Excel you may take one or take them all. Manuals extra: Module 1 through 4 requires Excel 2007 Level 2 manual, module 5-8 requires Excel 2007 Level 3 manual.

Module I: Using Functions

Learn Math and Trigonometric, Statistical, Financial, Logical, Date and Time, Text, Information and Advanced Functions.

Trail Campus \$36
 Bev Horst
 1 class: Oct. 6, Tue. 6:30-9:30 pm

Module II: Working with Tables and Formatting

Learn to work with tables including named ranges, aligning cell contents, using format painter, cell styles, custom cell formats, conditional formats and more!

Trail Campus \$36
 Bev Horst
 1 class: Oct. 13, Tue. 6:30-9:30 pm

Module III: Working with Illustrations and Customized Charts

Learn shapes, SmartArt graphics, drawing objects, customizing charts, trendlines and auditing a worksheet.

Trail Campus \$36
 Bev Horst
 1 class: Oct. 20, Tue. 6:30-9:30 pm

Module IV: Working with Databases

Learn to work with Databases including filtering information, database functions, sorting, plus more!

Trail Campus \$36
 Bev Horst
 1 class: Oct. 27, Tue. 6:30-9:30 pm

Module V: Using Data Tools

Learn autofill, finding and replacing data, paste special, consolidating data, automatic subtotals, grouping data and converting text to columns.

Trail Campus \$36
 Bev Horst
 1 class: Jan. 25, Mon. 6:30-9:30 pm

Module VI: Preparing Online Documents

Learn to validate data, pick lists, circle invalid data, work with templates, use hyperlinks and save worksheets to HTML.

Trail Campus \$36
 Bev Horst
 1 class: Feb. 2, Tue. 6:30-9:30 pm

Module VII: Collaborating With Other

Learn to use comments, workgroup functions, protect your workbook and prepare for distribution.

Trail Campus \$36
 Bev Horst
 1 class: Feb. 9, Tue. 6:30-9:30 pm

Module VIII: Using Analysis Tools

Learn to use what-if analysis, goal seeking tools, solver, data tables and pivot tables.

Trail Campus \$36
 Bev Horst
 1 class: Feb. 17, Wed. 6:30-9:30 pm

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

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

IT ESSENTIALS I

Get prepared for the CompTIA A+ certification examination. This desktop computer certification is the entry level requirement for many Human Resources departments and covers the basics of computer technology including hardware and operating systems. Online text required with lab work.

Trail Campus \$795
 Dave Sweetnam, Sysmart Training Group
 18 sessions: Sept. 29-Feb 2, Tue. 6:30-9:30 pm

MIGRATING TO OFFICE 2007: WORD, ACCESS AND EXCEL

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 course is specifically to address the needs of existing Office Users as they begin migrating to Office 2007. Register for all three classes for a discount—\$95. The same manual is used for all three classes. Manual is extra.

MIGRATING TO WORD 2007

Castlegar Campus \$36
 Marg Poohachoff
 1 class: Oct. 7, Wed. 9am-noon

MIGRATING TO ACCESS 2007

Castlegar Campus \$36
 Instructor TBA
 1 class: Oct. 14, Wed. 9am-noon

MIGRATING TO EXCEL 2007

Castlegar Campus \$36
 Bev Horst
 1 class: Oct. 21, Wed. 9am-noon

MICROSOFT OFFICE 2007 LAB

For those who have already completed any of our Microsoft Word, Excel or Publisher classes this term. A hands-on instructional lab with instructor available to assist with specific questions on documents you're currently working on (bring an electronic copy of your document to class). Pre-registration is required.

Nakusp Centre \$36
 Marilyn Rivers
 1 class: Dec. 7, Mon. 9 am-noon

MICROSOFT PUBLISHER 2007 BASICS

For those with little or no Publisher experience. Learn how you can start with and modify a pre-designed publication to create your own, professional-looking newsletter, brochures, business cards and more. Topics covered: add and revise text, columns and pictures, preview and print documents. Pre-requisite: Know your PC Modules 1-4 or equivalent PC experience.

Nakusp Centre \$36
Marilyn Rivers
1 class: Nov. 23, Mon. 9 am-noon

MICROSOFT OFFICE 2007

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

Grand Forks Campus \$120
Judi Thomas
4 classes: Oct. 16-Nov.6, Fri. 12:30-3 pm

Midway, BCSS \$120
Wolfgang Schmidt
4 classes: Nov. 12-Dec. 3, Thur. 6:30-9 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 \$60
Judi Thomas
2 classes: Oct. 27 & 29, Tue. & Thur. 6:30-8:30 pm

POWERPOINT 2007

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

Grand Forks Campus \$60
Judi Thomas
2 classes: Oct. 14 & 19, Mon. & Wed. 6:30-9 pm

QUICKBOOKS

Nelson: Silver King Campus \$198
Brenda Wiest
6 classes: Nov. 16-Dec. 2, Mon. & Wed. 6-9 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. Manual extra.

Grand Forks Campus \$198
Judi Thomas
3 classes: Nov. 13-15, Fri. Sat. & Sun. 9 am-4 pm

Kaslo Centre \$198
Brenda Wiest
3 classes: Oct. 31, Nov. 1, 8, Sat. & Sun. 9 am-4 pm

Nakusp Centre \$198
Brenda Wiest
3 classes: Oct. 17, 18, 25, Sat. & Sun. 9 am-4 pm

Nelson: Silver King Campus \$198
Brenda Wiest
6 classes: Oct. 19-Nov. 4, Mon. & Wed. 6-9 pm

Trail Campus \$198
Lisa Park
3 classes: Oct. 13, 20, 27, Tues. 9 am-3:30 pm



SIMPLY ACCOUNTING: LEVEL II

Learn more advanced functions of Simply Accounting like setting up data files and customizing settings, banking and credit cards, security, budgets, projects and inventory, advanced payroll features, and working with foreign currencies. Prerequisite: Simply Accounting Level I or basic operation experience. Manual extra.

Nakusp Centre \$198
Brenda Wiest
3 classes: Nov. 7, 8, 14, Sat. & Sun. 9-4 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: Oct. 28-Nov. 16, Mon. & Wed. 12:30-3:30 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. Pre-requisite: Know your Computer Module 1-4 or equivalent. Manual extra.

Nakusp Centre	\$36
Marilyn Rivers	
1 class: Nov. 9, Mon. 9 am-noon	

WORD 2007: LEVEL 2: BUILDING PRODUCTIVITY

Learn intermediate skills that can be combined with basic skills from Level 1 to create more complex documents. Learn about inserting pictures or shapes, setting up columns or tables, saving repetitive pieces of text or graphics for easy access at a later date, styles and templates. Pre-requisite: Know your Computer Module 1-4 or equivalent. Manual extra.

Nakusp Centre	\$36
Marilyn Rivers	
1 class: Nov. 16, Mon. 9 am-noon	

WORD 2007 MODULES

Module I

Introduction to Word 2007 screen, work with text and documents.

Grand Forks Campus	\$36
Judi Thomas	
1 class: Oct. 14, Wed. 12:30-3:30 pm	
1 class: Nov. 18, Wed. 6:30-9:30 pm	
Nelson: Silver King Campus	\$36
Brenda Wiest	
1 class: Oct. 13, Tue. 6-9 pm	



Trail Campus	\$36
Marg Poohachoff	
1 class: Oct. 28, Wed. 6:30-9 pm	

Module II

Manipulating and editing text, formatting characters and paragraphs.

Grand Forks Campus	\$36
Judi Thomas	
1 class: Oct. 19, Mon. 12:30-3:30 pm	
1 class: Nov. 23, Mon. 6:30-9:30 pm	
Nelson: Silver King Campus	\$36
Brenda Wiest	
1 class: Oct. 20, Tue. 6-9 pm	

Trail Campus	\$36
Marg Poohachoff	
1 class: Nov. 2, Mon. 6:30-9 pm	

Module III

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

Grand Forks Campus	\$36
Judi Thomas	
1 class: Oct. 21, Wed. 12:30-3:30 pm	
1 class: Nov. 25, Wed. 6:30-9:30 pm	
Nelson: Silver King Campus	\$36
Brenda Wiest	
1 class: Oct. 27, Tue. 6-9 pm	

Trail Campus	\$36
Marg Poohachoff	
1 class: Nov. 4, Wed. 6:30-9 pm	

Module IV - Headers and Footers

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

Castlegar Campus	\$36
Marg Poohachoff	
1 class: Nov. 4, Wed. 9 am-noon	
Grand Forks Campus	\$36
Judi Thomas	
1 class: Oct. 26, Mon. 12:30-3:30 pm	
1 class: Nov. 30, Mon. 6:30-9:30 pm	
Nelson: Silver King Campus	\$36
Brenda Wiest	
1 class: Nov. 3, Tue. 6-9 pm	
Trail Campus	\$36
Marg Poohachoff	
1 class: Nov. 9, Mon. 6:30-9 pm	

WORD 2007: MACROS (TEMPLATES) AND MERGES

Learn the power of merges and macros and how they can produce professional-looking documents. Prerequisite: basic knowledge of Word 2007.

Castlegar Campus	\$36
Marg Poohachoff	
1 class: Oct. 28, Wed. 9 am-noon	
Nakusp Centre	\$36
Marilyn Rivers	
1 class: Nov. 14, Sat. 9 am-noon	

WORD IN DEPTH: LEVEL II

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

Grand Forks Campus	\$198
Judi Thomas	
TBA	

DIGITAL

ADOBE PHOTOSHOP FOR ABSOLUTE BEGINNERS

Photoshop can be an intimidating program for beginners and in this course we will show you how to get started. Photoshop is very useful to manipulate and create images. Whether you are altering photos or creating logos, this is an essential program for anyone considering desktop publishing or web design. Prerequisites: basic computer skills.

Grand Forks, GFSS	\$132
Dave Schneider	
4 classes: Nov. 18-Dec. 9, Wed. 6:30-9:30 pm	
Midway, BCSS	\$132
Dave Schneider	
4 classes: Oct. 30 & 31 and Nov. 6 & 7, Fri. & Sat. 9 am-noon	

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	
6 classes: Sept. 29-Oct. 15, Tue. & Thur. 6:30-8:30 pm	

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. Completion of Intro. to Adobe Photoshop is recommended.

Nelson: Tenth Street Campus	\$88
Shane Hainsworth	
4 classes: Oct. 27-Nov. 5, Tue. & Thur. 6:30-8:30 pm	

ARCGIS DESKTOP INTRODUCTION

Learn fundamental concepts of Geographic Information Systems (GIS) and the common functions included in ESRI's ArcGIS® Desktop software. Explore the vast capabilities of ArcGIS Desktop tools. Learn to find geographic information, integrated GPS data, create and edit spatial data, design and create maps and use various geospatial tools to solve realistic problems. Textbook included.

Nelson: Silver King Campus	\$395
Mark van Giessel	
TBA	



BASIC COMPUTER SKILLS FOR DIGITAL PHOTOGRAPHY

Learn to import pictures, create, move and save files and folders and file management. Get the basic skills necessary for working with digital pictures or Adobe Photoshop. Previous Windows skills not necessary. This course is the same as Module 3 of Know Your Computer and What It Can Do.

Castlegar Campus Bev Horst 1 class: Oct. 29, Thur. 6-9 pm	\$36
Nelson: Silver King Campus Bev Horst 1 class: Nov 2, Mon. 5:30-8:30 pm	\$36
Trail Campus Bev Horst 1 class: Oct. 7, Wed. 6-9 pm	\$36

EDIT YOUR OWN VIDEO FOOTAGE

Want to learn more about the creative and technical aspects of editing video? Using both Soundtrack Pro and Final Cut Pro, you will learn how to create a DVD or web video from your original footage.

Nelson: Tenth Street Campus Amy Bohigian, Watershed Productions TBA	\$240
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GPS: BEYOND THE BASICS

Hands on exploration of 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 many other tools to maximize your GPS experience. Presented in an interactive format. Prerequisite: basic GPS skills. See Intro to Hand Held GPS.

Castlegar Campus Chris Gray 1 class: Oct. 7, Wed. 5:30-9:30 pm	\$48
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HOW TO USE YOUR DIGITAL CAMERA

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

Castlegar Campus Ed Chernoff 1 class: Oct. 7, Wed. 6-9 pm	\$36
Nelson: Silver King Campus Ed Chernoff 1 class: Oct. 19, Mon. 6-9 pm	\$36
Trail Campus Ed Chernoff 1 class: Oct. 6, Tue. 6:30-9:30 pm 1 class: Oct. 8, Thur. 6:30-9:30 pm	\$36



ORGANIZING AND EDITING YOUR PHOTOS WITH PICASA

Organize and fix your photographs with a free software program from Google. Learn how to download digital photographs and manipulate with easy to use editing and organizing features of Picasa. Find, fix, print and send your images on your computer to friends via email.

Castlegar Campus Jim Ford 1 class: Oct. 14, Wed. 6-9 pm	\$36
Nakusp Centre Marilyn Rivers 1 class: Nov. 14, Sat. 9 am - noon	\$36
Nelson, Silver King Campus Jim Ford 1 class: Dec. 9, Wed. 6-9 pm	\$36
Trail Campus Jim Ford 1 class: Nov. 18, Wed. 6-9 pm	\$36

PHOTO SLIDE SHOWS: ADDING PIZAZZ

Have you ever wanted to add narration, music, titles, and sound effects to organize your photographs? Explore transitions, titles, music and special effects. Create a slide show using images and music.

Castlegar Campus Jim Ford 1 class: Nov. 4, Wed. 6-9 pm	\$36
Nelson: Silver King Campus Jim Ford 1 class: Dec. 2, Wed. 6-9 pm	\$36
Trail Campus Jim Ford 1 class: Nov. 25, Wed. 6-9 pm	\$36

TAKING AND MAKING BETTER DIGITAL PICTURES

Learn to use all your digital camera functions and understand how they enable you to take better pictures. Go on an interactive photo shoot to really grasp what your camera can do and receive instructions to help you improve your photos. Afterwards we'll load the pictures onto the computer and learn some simple techniques to make them look even better.

Nakusp Centre \$40
 R. Lee Orr
 1 class: Oct. 3, Sat. 1-5 pm

TAKING BETTER DIGITAL PHOTOS

Want to get more from your digital camera? Explore basic features of digital cameras, file type size, downloading, editing, printing and shooting. Bring some digital photographs for discussion.

Castlegar Campus \$72
 Jim Ford
 1 class: Oct. 3, Sat. 9 am-4 pm

Trail Campus \$72
 Jim Ford
 1 class: Nov. 7, Sat. 9 am-4 pm



WORKING WITH DIGITAL PICTURES: PART I

Using Photoshop Elements 7, learn to load, edit and organize photos on your computers and understand resolution, file formats, resize and crop photos. Learn to manipulate photos to look better. Purchase Photoshop Elements 7 at a student discount rate.

Nakusp Centre \$100
 R. Lee Orr
 2 classes: Oct. 4, 11, Sun. 10 am-3:30 pm

WORKING WITH DIGITAL PICTURES: PART II

Using Photoshop Elements 7, learn to create photo collages, books, slide show, web galleries and panoramas. Pre-requisite: Working with Digital Pictures Part I or previous Photoshop experience.

Nakusp Centre \$100
 R. Lee Orr
 2 classes: Nov. 22, 29, Sun. 10 am-3:30 pm

WEB-BASED TRAINING

BLOG BASICS

Blogs (web logs) are effective communication tools for groups of people to keep in touch with each other, to publish journals or articles and to grow your online profile. Learn how to create a free blog site and how to post info.

Nelson: Silver King Campus \$33
 Anne Cavicchi
 1 class: Nov. 20, Fri. 3:30-5:30 pm

COMPUTER KEYBOARDING

Finding it slow to type an email or a letter? Get some practice, learn correct fingering techniques and how to continue improving.

Grand Forks Campus \$72
 Judi Thomas
 3 classes: Sept. 21-Oct. 2, Mon., Wed. & Fri. 12:30-2:30 pm

DESKTOP PUBLISHING

Did you ever want to create your own brochure or business card? This course will explore the techniques and guidelines that graphic designers use to guide a reader through any document or web page. This course could provide you with a useful skillset to use for creating pages containing text and graphics. Prerequisites: basic computer skills.

Grand Forks, GFSS \$132
 Dave Schneider
 4 classes: Oct. 14-Nov. 4, Wed. 6:30-9:30 pm

Midway, BCSS \$132
 Dave Schneider
 4 classes: Sept. 25 & 26 and Oct. 2 & 3, Fri. & Sat. 9 am-noon

EBAY BASICS

Earn \$\$\$ towards your dream purchase—find Bargains! Your imagination is your only limit! Learn tips and tricks to become confident and

knowledgeable with the eBay experience. You will learn internet safety and how to become a successful eBay. Familiarity with the computer and internet and an eBay account are required. Instruction sheet will be given upon registration.

Castlegar Campus \$72
Susan Field
TBA

Grand Forks Campus \$36
Judi Thomas
1 class: Nov. 7, Sat. 9 am-noon



EBAY BUYING

You've heard all about eBay-great bargains and hard-to-find items at your fingertips! Walk through the buying process, including safe financial transactions, the bidding process, proxy bidding and more.

Nelson: Silver King Campus \$36
Anne Cavicchi
1 class: Sept. 29, Tue. 6:30-8:30 pm

EBAY SELLING

You have a treasure in your attic, you just know it! You've heard the buzz about eBay, but don't know where to start. Learn how to set up an account, list your items for sale, correspond with potential bidders and complete the transaction when you have a successful bidder. Basic computer skills required. Experience buying on eBay or the Buying on e-Bay course are recommended.

Nelson: Silver King Campus \$54
Anne Cavicchi
2 classes: Sept. 30 & Oct. 7, Wed. 6:30-8:30 pm

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

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

EBAY: HOW TO BUY & SELL

In time for Christmas! Learn how easy and safe it is to buy and sell on eBay from Susan Field, a past eBay employee. 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.

Trail Campus \$72
Susan Field
2 classes: Sept. 28, 30, Mon. & Wed. 6-8:30 pm
2 classes: Oct. 15, 22, Thur. 6-8:30 pm

FACEBOOK

Facebook is catching on faster than light speed! Learn how to navigate this revolutionary, web-based tool that helps you keep in touch with family and friends new and old. Must have basic computer skills and an email account such as gmail, hotmail, or Yahoo. Telus and Shaw accounts are OK if you know how to access them remotely.

Nelson: Silver King Campus \$33
Anne Cavicchi
1 class: Nov. 13, Fri. 3:30-5:30 pm

Trail Campus \$36
Lisa Vanness
1 class: Oct. 1, Thur. 6-9 pm

INTERNET & EMAIL BASICS

Gain experience surfing and searching the Web and sending and receiving emails. Learn about spyware, SPAM and viruses and what to do about them. Learn how to use email programs, email attachments, save and delete messages and much more.

Midway, BCSS \$60
Wolfgang Schmidt
2 classes: Oct. 19 & 26, Mon. 6:30-9 pm

LIBRARY ORIENTATION ONLINE

Learn how to use Selkirk's Library online to find books, magazines, journals, newspapers. Please pre-register.

Kaslo Centre Free
Judy Deon, Librarian
1 class: Oct. 7, Wed. 9:30-11:30 am

Nakusp Centre Free
Judy Deon, Librarian
1 class: Oct. 7, Wed. 1:30-3:30 pm

PUBLISH YOUR BOOK

Ever wondered about publishing a book? Using "Blurb" (a simple and smart program) anyone can be an author: every parent,

traveler, blogger, cook, photographer, poet, entrepreneur, pet owner...well, everyone (this means you.) Document a special family vacation or event, write a story, or create a picture book! We'll show you how to create, publish on line and even sell your book in this interactive workshop. You will have homework between sessions. Basic computer skills required.

Nelson: Silver King Campus \$88
 Anne Cavicchi
 3 classes: Nov. 10, 17, Dec. 1, Tue. 6:30-8:30 pm

SOCIAL MEDIA: IS "TWITTERING" FOR THE BIRDS?

What's the buzz about social networking and how do you "click in"? You can become part of the social networking revolution! Learn how to install, set up and use Twitter and Skype to get in contact with friends and family. Discover how blogging is an effective way to share your thoughts and how it can help improve your knowledge and network.

Trail Campus \$60
 Mark van Giessel
 2 classes: Nov. 3 & 5, Tue. & Thur. 7-9:30 pm
 2 classes: Nov. 17 & 19, Tue. & Thur. 7-9:30 pm

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

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

SOCIAL MEDIA: WHAT IS IT & HOW DO I USE IT?

Learn how and why to use social media applications such as facebook, twitter, flickr, slideshare, youtube and myspace. Start connecting, advertising, sharing and engaging online.

Castlegar Campus \$24
 Dianna Ducs
 1 class: Oct. 28, Wed. 7-9 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
 Marilyn Rivers
 1 class: Nov. 28, Sat. 9 am-noon

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
 Marilyn Rivers
 1 class: Nov. 28, Sat. 1-4 pm

GO SAINTS GO!

This September, the Selkirk Saints will embark on their third year of official league play. An extensive recruiting campaign, coupled with very promising local student-athletes, has created a positive and exciting outlook for the 2009-2010 season!

Support your local Selkirk Saints! Enjoy a volleyball or hockey game with your friends and family!

Visit selkirk.ca/athletics for full schedule details.



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 programs are offered by distance:

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

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/.

first aid & safety training

FIRST AID

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

Learn 'A' level CPR, dealing with minor wounds and emergencies until medical aid arrives. Materials included. 2-year certificate.

Castlegar Campus \$95

Terry O'Gorman

Orion Farley

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

1 class: Oct. 24, Sat. 8:30 am-5 pm

1 class: Nov. 14, Sat. 8:30 am-5 pm

1 class: Nov. 28, Sat. 8:30 am-5 pm

1 class: Dec. 12, Sat. 8:30 am-5 pm

Grand Forks Campus \$95

Neil Krog

1 class: Sept. 26, Sat. 8 am-5 pm

1 class: Oct. 17, Sat. 8 am-5 pm

1 class: Nov. 25, Wed. 8 am-5 pm

1 class: Dec. 7, Mon. 8 am-5 pm

Midway, BCSS \$95

Marg Moore

1 class: Oct. 3, Sat. 8:30 am-5 pm

Nakusp Centre \$95

Neil Krog

1 class: Sept. 29, Tue. 8 am-4:30 pm

Nelson: Silver King Campus \$95

Tom Van Alstine, Orion Farley, Terry O'Gorman

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

1 class: Oct. 17, Sat. 8:30 am-5 pm

1 class: Nov. 14, Sat. 8:30 am-5 pm

1 class: Dec. 12, Sat. 8:30 am-5 pm

Trail Campus \$95

Marg Moore

1 class: Sept. 26, Sat. 8:30 am-5 pm

1 class: Oct. 6, Tue. 8:30 am-5 pm

1 class: Oct. 17, Sat. 8:30 am-5 pm

1 class: Nov. 17, Tue. 8:30 am-5 pm

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

1 class: Dec. 1, Tue. 8:30 am-5 pm

1 class: Dec. 12, Sat. 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. 2-year certificate.

Grand Forks Campus \$595

Neil Krog

5 classes: Nov. 16-20 (exam Nov. 24),

Mon.-Fri. 8 am-5pm



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. Prerequisite: none. Manual and exam fees included. 2 year certificate.

Castlegar Campus \$695

Terry O'Gorman

10 classes: Sept. 28-Oct. 9 (exam Oct. 13),

Mon.-Fri. 8:30 am-4:30 pm

15 classes: Nov. 1-Dec. 3 (exam Dec. 5),

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

Grand Forks Campus \$695
Neil Krog
10 classes: Oct. 19-30 (exam Nov. 3),
Mon.-Fri. 8 am-5 pm

Nakusp Centre \$695
Orion Farley
10 classes: Jan. 11-22, Mon.-Fri. 8:30 am-4:30 pm

Nelson: Silver King Campus \$695
Tom Van Alstine, Terry O'Gorman
10 classes: Sept. 21-Oct. 2, Mon.-Fri.
8:30 am-4:30 pm
10 classes: Nov. 23-Dec. 4, Mon.-Fri.
8:30 am-4:30 pm
15 classes: Nov. 2-Dec. 4 (exam Dec. 12),
Mon. & Wed. 6-9:30 pm, Sat. 8:30 am-4:30 pm

Trail Campus \$695
Marg Moore
10 classes: Oct. 19-30, Mon.-Fri. 8:30 am-4:30 pm

OCCUPATIONAL FIRST AID (OFA): LEVEL III RECERTIFICATION

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. Two year certificate.

Nelson: Silver King Campus \$595
Tom Van Alstine
5 classes: Oct. 26-30, Mon.-Fri. 8:30 am-4:30 pm

OCCUPATIONAL FIRST AID (OFA): TRANSPORTATION ENDORSEMENT

OFA 1 attendants learn to safely move workers with spinal injuries to medical aid. Prerequisite: Valid OFA Level I Certificate. Recommended for small operators situated more than 20 minutes from hospital. 2-year certificate.

Castlegar Campus \$95
Orion Farley
1 class: Oct. 25, Sun. 8:30 am-4:30 pm
1 class: Nov. 29, Sun. 8:30 am-4:30 pm

Grand Forks Campus \$95
Neil Krog
1 class: Sept. 27, Sun. 8 am-5 pm
1 class: Oct. 18, Sun. 8 am-5 pm
1 class: Nov. 26, Thur. 8 am-5 pm
1 class: Dec 8, Tue. 8 am-5 pm



Midway, BCSS \$95
Marg Moore
1 class: Oct. 4, Sun. 8:30 am-5 pm

Nakusp Centre \$95
Neil Krog
1 class: Sept. 30, Wed. 8 am-4 pm

Nelson: Silver King Campus \$95
Tom Van Alstine, Orion Farley, Terry O'Gorman
1 class: Sept. 20, Sun. 8:30 am-5 pm
1 class: Oct. 18, Sun. 8:30 am-5 pm
1 class: Nov. 15, Sun. 8:30 am-5 pm
1 class: Dec. 13, Sun. 8:30 am-5 pm

Trail Campus \$95
Marg Moore
1 class: Nov. 28, Sat. 8:30 am-5 pm

RED CROSS

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: Oct. 4, Sun. 8 am-5 pm
1 class: Nov. 22, Sun. 8 am-5 pm

Kaslo: JV Humphries School \$65
Candace Begg
5 classes: Oct. 6, 7, 8, 13, 14, Tue. - Thur.
3:30-5:30 pm

Midway, BCSS \$65
Andrea Krog
1 class: Oct. 25, Sun. 8 am-5 pm

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

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

RED CROSS: CHILD CARE EMERGENCY FIRST AID (FORMERLY CHILDSAFE)

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	\$95 or \$150/couple
Darcey Lutz	
1 class: Nov. 21, Sat. 8:30 am-4:30 pm	
Grand Forks Campus	\$95 or \$150/couple
Marg Moore	
1 class: Nov. 15, Sun. 9 am-5 pm	
Midway, BCSS	\$95 or \$150/couple
Marg Moore	
1 class: Nov. 29, Sun. 9 am-5 pm	
Trail Campus	\$95 or \$150/couple
Marg Moore	
1 class: Nov. 14, Sat. 8:30 am-4:30 pm	

RED CROSS: 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: Nov. 7, Sat. 8:30 am-2:30 pm	
Grand Forks Campus	\$70
Marg Moore	
1 class: Nov. 22, Sun. 8:30-3:30 pm	
Midway, BCSS	\$70
Marg Moore	
1 class: Oct. 2, Fri. 8:30-3:30 pm	
Nelson: Silver King Campus	\$70
Ferry O'Gorman	
1 class: Oct. 29, Thur. 5-10 pm	
1 class: Dec. 7, Mon. 5-10 pm	
Trail Campus	\$70
Diana Ferguson	
1 class: Oct. 13, Tue. 5-10 pm	

RED CROSS: CPR LEVEL C: RECERTIFICATION

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

Castlegar Campus	\$50
Peter Leach	
1 class: Oct. 28, Wed. 6-10 pm	
Grand Forks Campus	\$50
Marg Moore	
1 class: Oct. 7, Wed. 6-10 pm	
Midway, BCSS	\$50
Marg Moore	
1 class: Dec. 4, Fri. noon-4 pm	
Nelson, Silver King Campus	\$50
Ferry O'Gorman	
1 class: Sept. 22, Tue. 6-9 pm	
Trail Campus	\$50
Diana Ferguson or Marg Moore	
1 class: Oct. 29, Thur. 6-9 pm	
1 class: Nov. 30, Mon. 6-9 pm	
1 class: Dec. 8, Tue. 6-9 pm	



RED CROSS: STANDARD FIRST AID WITH CPR C

Learn comprehensive First Aid & CPR techniques, how to respond to emergencies, the EMS system, the 3 key principles in First Aid—Check, Call, Care. Covers airway, breathing & circulation emergencies. Also first aid for: respiratory & cardiac arrest, head & spine injuries, bone, muscle and joint injuries and wound care. Includes AED (Automated External Defibrillation). Prerequisite for Early Childhood Education, Forestry, Community Service, CCSU HS RCA and Coaching programs. Pick up the manual prior to course date for pre-reading. Manual included.

Castlegar Campus	\$165
Darcey Lutz	
3 classes: Oct. 1, 3, 4, Thu. 6-9 pm, Sat. & Sun. 8:30 am-4:30 pm	

Grand Forks Campus Neil Krog	\$165
2 classes: Oct. 3 & 4, Sat. & Sun. 8 am-6 pm	
2 classes: Nov. 28 & 29, Sat. & Sun. 8 am-6 pm	
Midway, BCSS Marg Moore	\$165
2 classes: Dec. 5 & 6, Sat & Sun. 8 am-6 pm	
Nelson Silver King Campus Terry O'Gorman	\$165
3 classes: Sept. 24-26, Thur. & Fri. 6-9 pm, Sat. 8:30 am-5 pm	
Trail Campus Marg Moore or Megan Olson	\$165
5 classes: Oct. 8, 15, 20, 22, 27, Tue. & Thu. 5-9 pm	
2 classes: Nov. 7 & 8, Sat. & Sun. 8 am-6 pm	

ST. JOHN'S AMBULANCE

ST. JOHN'S AMBULANCE FIRST AID: 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 Bob Crosthwaite	\$165
2 classes: Dec. 4 & 5, Fri. & Sat. 8 am-5 pm	
Nakusp Centre Bob Crosthwaite	\$165
2 classes: Sept. 21 & 22, Mon. & Tue. 8:30 am-4:30 pm	

ST. JOHN'S AMBULANCE FIRST AID: 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, 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 Bob Crosthwaite	\$95
1 class: Nov. 20, Fri. 8:30 am-4:30 pm	

WILDERNESS ALERT COURSES

To register for Wilderness Alert Courses call 1.800.298.9919 (discounts available for multiple course registration).

WILDERNESS FIRST AID: ADVANCED BACK COUNTRY

40 hours. Builds on foundation skills learned in Explorer course and develops crisis management skills. Use oxygen, backboards, and hard neck collars. Risk management, limiting liability, air evacuation, and common medical conditions are covered. Prerequisite: Explorer within three months OR a Skills Booster seminar.

Nelson: Silver King Campus	\$520
Save \$175 - Register for Explorer and Advanced Back-Country together - Double Combo Investment \$795	
Helen Clugston	
5 classes: Nov. 6-10, Fri.-Tue. 8 am-5:30 pm	

WILDERNESS FIRST AID: EXPLORER

40 hours. Intro. to backcountry crisis management, emphasis on making do with what's at hand and learning to use medical

supplies if available. No prerequisites. No age restrictions.

Nelson Silver King Campus \$495
 Helen Clugston, Wilderness Alert
 5 classes: Oct. 23-27, Fri.-Tue. 8 am-5:30 pm

WILDERNESS FIRST AID: SKILL BOOSTER

Nelson Silver King Campus \$150
 Helen Clugston, Wilderness Alert
 2 classes: Oct. 17 & 18, Sat. & Sun., Explorer
 9 am-5 pm or Advanced Back-Country 9 am-6 pm



WORKSAFE

WorkSafe BC Approved Education: these courses fulfill the annual 8-hour Occupational Health and Safety training entitlement given to committee members & worker representatives under Part 3, Division 4, Section 135 (1) of the Worker's Compensation Act. All WorkSafe BC courses can be customized to meet your training needs. Other WorkSafe BC approved courses available upon request.

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 \$85
 Neil Krog
 1 class: Sept. 25, Fri. 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 \$85
 Neil Krog
 1 class: Nov. 27, Fri. 8 am-5 pm

Nakusp Centre \$85
 Neil Krog
 1 class: Oct. 22, Thurs. 8 am-5 pm

Trail Campus \$85
 Neil Krog
 1 class: Oct. 2, 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 \$85
 Neil Krog
 1 class: Nov. 6, Fri. 8 am-5 pm

SAFETY

AVALANCHE SKILLS TRAINING LEVEL I

Learn avalanche phenomena, safe winter travel techniques, rescue and snow pack assessment. Includes one evening class and two full 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, field location TBA \$200
 Qualified CAA professionals

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

DON'T WAIT! REGISTER EARLY!

AVALANCHE AWARENESS FOR ALL USERS OF THE BACKCOUNTRY

Is the backcountry calling you? Learn what it takes to enjoy the mountains safely. Join Wren McElroy, Canadian Avalanche Association member, to understand what it takes to be safe through discussion and video. You must pre-register.

Nakusp Centre Free
 Sponsored by the Harlow Creek Touring Group Society
 Wren McElroy
 1 class: Jan. 6, Wed. 6:30-9:30 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 & 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.

Castlegar Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: Dec. 16, Wed. 8:30 am-4:30 pm	
Grand Forks Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: Nov. 5, Thur. 8:30 am-4:30 pm	
Nakusp Centre	\$185
Ron Tomlinson, C.S.O.	
1 class: Nov. 26, Thur. 8:30 am-4:30 pm	
Nelson: Silver King Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: Nov. 2, Mon. 8:30 am-4:30 pm	
Trail Campus	\$185
Ron Tomlinson, C.S.O.	
1 class: Nov. 25, Wed. 8:30 am-4:30 pm	

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.

Grand Forks Campus	\$175
Ron Tomlinson, C.S.O.	
1 class: Nov. 24, Tue. 8:30 am-4:30 pm	
Nelson: Silver King Campus	\$175
Ron Tomlinson, C.S.O.	
1 class: Oct. 21, Wed. 8:30 am-4:30 pm	
Trail Campus	\$175
Ron Tomlinson, C.S.O.	
1 class: Dec. 15, Tue. 8:30 am-4:30 pm	

H2S ALIVE

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

Castlegar Campus	\$215
Ron Tomlinson, C.S.O.	
1 class: Nov. 27, Fri. 8:30 am-4:30 pm	
Grand Forks Campus	\$215
Ron Tomlinson, C.S.O.	
1 class: Oct. 8, Thur. 8:30 am-4:30 pm	
Nakusp Centre	\$215
Ron Tomlinson, C.S.O.	
1 class: Oct. 30, Fri. 8:30 am-4:30 pm	
Nelson: Silver King Campus	\$215
Ron Tomlinson, C.S.O.	
1 class: Oct. 7, Wed. 8:30 am-4:30 pm	
Trail Campus	\$215
Ron Tomlinson, C.S.O.	
1 class: Oct. 3, Tue. 8:30 am-4:30 pm	

INFECTION CONTROL

This program teaches the basic elements of how public care workers can protect themselves, their co-workers, and clients from infectious disease. There are helpful tools, such as a glossary. Program allows trainee to take notes, provides full audio and available progress report.

Available at any Selkirk College location \$25 Online

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 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: A passport-size photo must be brought to class to receive certificate. Registration needs to be completed two weeks prior to course. Manual included.

Castlegar Campus Sue Davies	\$200
2 classes: Oct. 2 & 3, Fri. & Sat, 9 am-4 pm	
Grand Forks Campus Sue Davies	\$200
2 classes: Oct. 24 & 25, Sat. & Sun. 9 am-4 pm	
Nakusp Centre Sue Davies	\$200
2 classes: Oct. 6 & 7, Tue. & Wed. 9 am-4 pm	
Nelson: Silver King Campus Val Downing	\$200
2 classes: Oct. 2 & 3, Fri. & Sat. 9 am - 4 pm	
Trail Campus Sue Davies	\$200
2 classes: Oct. 15 & 16, Thur. & Fri. 9 am-4 pm	

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.

Castlegar Campus Ron Tomlinson, CSO	\$65
1 class: Nov. 4, Wed. 8 am-noon	
Grand Forks Campus Sue Davies	\$65
1 class: Oct. 17, Sat. 8 am-noon	
Midway, BCSS Sue Davies	\$65
1 class: Nov. 14, Sat. 8 am-noon	

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

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

Nakusp Centre Neil Krog	\$65
1 class: Sept. 29, Tue. 6-10 pm	
Nelson: Silver King Campus Ron Tomlinson, CSO	\$65
1 class: Oct. 22, Thur. 1 pm-5 pm	
Trail Campus Neil Krog	\$65
1 class: Nov. 5, Thur. 9 am-1 pm	

USING HANDHELD FIRE EXTINGUISHERS

We see them everywhere, in our homes, vehicles and places of work. If required to use one in an emergency could we safely and efficiently choose and use one to extinguish a small fire? Participants will have the opportunity to practice their newly learned skills while extinguishing live fires. As a portion of this course will be held outdoors, please dress accordingly.

Nelson: Silver King Campus Dan Markin	\$30
1 class: Oct. 16, Fri. 9 am-noon	
1 class: Nov. 21, Sat. 9 am-noon	



WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM (WHMIS)

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

Any Selkirk College Location Online	\$45
Castlegar Campus Tom VanAlstine	\$45
1 class: Oct. 22, Thur. 6:30-9:30 pm	
Grand Forks Campus Sue Davies	\$45
1 class: Oct. 17, Sat. 12:30-4:30 pm	
Midway, BCSS Sue Davies	\$45
1 class: Nov. 14, Sat. 12:30-4:30 pm	

Nakusp Centre Marilyn Rivers 1 class: Oct. 17, Sat. 8 am-noon	\$45
Nelson: Silver King Campus Tom Van Alstine 1 class: Nov. 18, Wed. 6:30-9:30 pm	\$45
Trail Campus Monashee Safety 1 class: Oct. 19, Mon. 9 am-1 pm 1 class: Nov. 16, Mon. 9 am-1 pm	\$45



MOTOR VEHICLE

AIR BRAKES (19+)

A prerequisite for a Class I driver's license. Motor Vehicle Branch requires an eye exam before endorsement of your license. Please pick up the manual in advance.

Grand Forks Campus Dave Griffin 3 classes: Sept. 25-27, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm	\$210
Nelson: Silver King Campus Dave Griffin 3 classes: Oct. 16-18, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm 3 classes: Dec. 4-6, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm	\$210

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

Kaslo Centre Columbia Driving Solutions Please call if interested.	\$439
Nakusp Centre Columbia Driving Solutions Please call if interested.	\$439

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

Kaslo Centre Columbia Driving Solutions Please call if interested	\$899
Nakusp Centre Columbia Driving Solutions Please call if interested	\$899

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 Berle Jablonsky 4 classes: Sept. 26-Oct. 4, Sat.& Sun. 9 am-5 pm	\$529
Kaslo Centre Berle Jablonsky Book now for May, 2010!	\$629



health & wellness

HEALTH

AIKIDO - DISCOVER THE MARTIAL ART OF PEACE

Develop greater flexibility, relaxation and power without aggression. This Japanese martial art is truly a holistic practice developing within us a vibrant integration of mind, body and spirit. Using powerful circular movements, the defender moves in complete harmony with the attacker, bringing the conflict to a peaceful conclusion for both. The techniques are natural and simple and their effectiveness is derived from timing and positioning rather than from physical strength. Uniform is extra.

Nelson: 213C Baker Street \$90

Joan Posivy, Anita Werner

12 classes: Oct. 3-Nov. 10, Sat. 9:15-10:45 am,
Tue. 6-7:30 pm

AROMATHERAPY FOR BEGINNERS

Come to an interactive and fun class for the budding aromatherapist. Learn a little history, safety, essential oil basics and production methods, custom blending and blending for conditions. All students will go home with one or two products of their choice. All materials included. Dress casually and bring pen and paper.

Nakusp Centre \$85

Marie Wrede

2 classes: Nov. 17 & 19, Tue. & Thur. 6-9 pm

AROMATHERAPY: AN INTRODUCTION

Come and find out about aromatherapy—both past & present. You'll learn about how to use oils safely; how oils are produced; and their properties and applications in everyday life. You will make a basic blend to take home. All materials included.

Castlegar Campus \$35

Sue White

1 class: Oct. 21, Wed. 6:30-9:30 pm

AROMATHERAPY: WHAT IS IT?

Come learn about aromatherapy applications past and present. Discussion on the safe use

of oils, methods of extraction/production. We will cover up to five different essential oils, their properties, contra-indications and their applications in everyday life. Students will make a basic blend for bath salts to take home. All materials included.

Nakusp Centre

\$35

Marie Wrede

1 class: Nov. 10, Tue. 7-9:30 pm

DEMENTIA/ALZHEIMER CAREGIVERS SERIES

Providing care for someone with Alzheimer or a related dementia? Learn about these diseases and the issues surrounding them including communication, behaviour, responsibilities, grief, stress and how to take care of yourself. Bursaries available.

Nelson: Silver King Campus \$35

Linda Hoskin

4 classes: Oct. 22-Nov. 12, Thur. 7-9 pm



HEALING YOUR BACK

HEALING YOUR BACK the Feldenkrais Way is a restorative workshop. Relieve chronic pain and tension. Create new strategies for healing and change, stimulating the nervous system for new levels of learning. The Feldenkrais Method uses a unique combination of gentle exercises and body awareness training to improve communication between the brain and the rest of the body to enhance efficiency and pleasure in movement. Bring two large blankets. For more info go to www.feldenkrais.com or contact Judy at 250.352.3319, [somatikatz@gmail.com](mailto:somatikatze@gmail.com).

Nelson: Silver King Campus \$60

Judy Katz

6 classes: Sept. 22-Oct. 27, Tue. 7-8 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 Disease and research-based advice on how to reduce your risk.

Castlegar Campus \$12

Linda Hoskin

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

QIGONG - MEDICAL INTRO.

Explore the world of Medical QiGong for the prevention and self-healing of illness and helping others. Practice some QiGong and feel the energy.

Nelson: Silver King Campus \$23

Ming Kwan

TBA

MASSAGE

MASSAGE FOR EVERYDAY USE: PAIRS

Does your back, shoulders, feet or head ache? Bring your partner or a friend to this interactive massage class. The instructor will tailor the content to address your individual needs and interests. Bring 2 pillows, a towel, oil or lotion & a lunch.

Castlegar Campus \$50/pair

Daniel Voykin, RMT

1 class: Oct. 17, Sat. 9 am - 3 pm

BASIC FULL-BODY

Learn full-body massage, plus techniques for the office. Bring a towel, pillow, hot water bottle and oil or lotion.

Nelson: Silver King Campus \$25

Christine Sutherland

1 class: Nov. 8, Sun. 9 am-noon

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 \$16

Christine Sutherland

1 class: Nov. 7, Sat. 1- 3:30 pm

FOR COUPLES

Renew & recover physically, emotionally & spiritually. Bring towel, pillow, hot water bottle & oil or lotion.

Nelson: Silver King Campus \$38/couple

Christine Sutherland

1 class: Nov. 7, Sat. 9 am-1 pm

STRESSBUSTER MASSAGE

Learn how to massage away the tension in your tight and tired muscles. The focus will be on the neck, upper back, arms and hands. Bring a towel, pillow, hot water bottle and oil or lotion.

Castlegar Campus \$16

Christine Sutherland

1 class: Nov. 14, Sat. 9 am-1 pm



| health & wellness |

NUTRITION

ENERGETIC DIET THERAPY

Energetic diet therapy is a food-based medicinal diet plan that uses the energetics of different foods to help alleviate and remove some health issues. It is based on the ancient Chinese health care system that takes into account the seasons, the person and their imbalance. Learn how to eat for optimum health: "Let food be your medicine and medicine be your food".

-Hippocrates

Grand Forks Campus \$15

Dr. Andre Borak

1 class: Nov. 12, Thur. 7-9 pm

FOOD SECURITY

Receive information on preserving, dehydration, composting, organic cultivation, food budgeting and nutrition. These classes are supported by the Columbia Basin Trust.

Nakusp: Arrow & Slocan Lakes

Community Services

By donation, funds received will go to the food bank.

Please contact Anne Miskulin, Arrow & Slocan
Lakes Community Services 250-265-3674,
ext. 213

GOURMET & NUTRITIOUS! SANDWICHES AND WRAPS WORKSHOP

Are you tired of the same old lunches? This workshop is designed to give you some creative ideas for nutritious and delicious sandwiches and wraps. Registered dietician, Tara Stark will make some of her favourite lunch combos that will be sure to inspire you. The class will be the official taste testers and critics. No cooking experience necessary. Includes supplies.

Trail Campus - Trail Middle School \$60
Tara Stark
1 class: Nov. 4, Wed. 6-9 pm

LET'S GO SHOPPING! SUPERMARKET TOUR

The only way to get healthy food into your fridge and your cupboards is to know how to buy it! Learn about healthy food choices, nutritional facts tables and take a closer look at the foods you buy, choose the healthiest cuts of meat and the best dairy foods and find out what to look for in a box of cereal or a loaf of bread.

Trail Campus \$33
Tara Stark
1 class: Sept. 23, Wed. 6:30-8 pm
1 class: Oct. 27, Tue. 6:30-8 pm



LOWER YOUR BLOOD PRESSURE - EAT THE DASH WAY

DASH stands for Dietary Approaches to Stop Hypertension. More than nine in ten Canadians will develop high blood pressure (Hypertension) unless they follow a healthy lifestyle. Following a DASH eating plan can reduce your risk and lower already elevated blood pressure. Learning DASH in detail will give you the tools you need to improve your blood pressure with a dietary approach and reduce your blood pressure in as little as two weeks.

Trail Campus \$35
Tara Stark
1 class: Sept. 29, Tue. 7-9 pm

PRENATAL

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.

Grand Forks Campus \$84
Andrea Hill, RN
6 classes: Oct. 13-Nov. 17, Tue. 6:30-8:30 pm

Castlegar: Kootenay Family Place \$105
767 - 11th Ave. Reunion class included.
Please pick up a free copy of "Baby's Best Chance" from your doctor prior to class.
Marty Suttmoller
5 classes: Sept. 23-Oct. 21, Wed. 6:30-9 pm
5 classes: Nov. 11-Dec. 9, Wed. 6:30-9 pm

Kaslo Centre \$84
Sherry Wagner
Please call if interested

Nakusp: Health Unit \$84
Linda Nero RN
2 classes: Oct. 3 & 17, Sat. 10 am-4 pm

Nelson: Health Unit, 333 Victoria St. \$105
M. Suttmoller, M. Morris, S. Whitman,
R. Gregory
6 classes: Sept. 24-Oct. 29, Thur. 6:30-9 pm
6 classes: Nov. 12-Dec. 17, Thur. 6:30-9 pm

Trail Campus \$105
Includes 1 early pregnancy class
Bev Harmston, Jacquie Johnson
5 classes: Sept. 8-Oct. 6, Tue. 6:30-9 pm
5 classes: Nov. 3-Dec. 1, Tue. 6:30-9 pm

PRENATAL REFRESHER

For those having another child. Includes support person.

Castlegar: Kootenay Family Place \$35
Marty Suttmoller
2 classes: Sept. 30 & Oct. 7, Wed. 6:30-9 pm
2 classes: Nov. 18 & 25, Wed. 6:30-9 pm

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

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

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. We will be exploring what Castlegar has to offer with regards to pregnancy classes and birth options. Please feel free to attend on your own, bring your partner, or come with a friend or two.

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

Sally Whitman

1 class: Sept. 16, Wed. 6:30-9 pm

1 class: Nov. 4, Wed. 6:30-9 pm

PRENATAL: EARLY PREGNANCY CLASS

One evening class should be taken within the first five months of your pregnancy. Topics covered include planning for the birth, eating for a healthy baby, warning signs and pre-term labour, relationships and stress management.

Trail Campus

Included in Prenatal registration

Jacquie Johnson

1 class: Oct. 19, Mon. 6:30-9 pm



SCHOOL OF HEALTH AND HUMAN SERVICES OUTREACH

APPRECIATIVE LIVING LEARNING CIRCLE

Would you like more joy and success in your life right now? Learn and take action with like-minded people! Learning Circles are designed to help you learn how to use appreciative learning in your life in a way that makes sense for you. Learn to see the good things that truly exist right alongside the bad and to expand your view of reality, not cover it up. Learning Circles are a powerful tool for personal change, and assist us all towards a more peaceful world.

Castlegar Campus \$42

Deb Wandler

4 classes: Oct. 13-Nov. 3, Tue. 6-7:30 pm

ETHICS OF TOUCH

Explore healthy and helpful boundaries in service to individuals with disabilities. Watch an excellent video, featuring David Hingsburger, and participate in exercises designed to develop practical skills to apply on the job.

Castlegar Campus \$25

Jane Green

1 class: Nov. 19, Thur. 9-11:50 am

OBJECTIVE DOCUMENTATION WORKSHOP

Take the mystery out of Objective Documentation in Service Settings for individuals with disabilities. Learn practical skills for respectful documentation and the ability to design and implement objective person-centred practice in your work setting.

Castlegar Campus \$25

Jane Green

1 class: Dec. 3, Thur. 9-11:50 am

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
\$200 for nurses, \$350 for physicians
(with CME credits)
2 classes: Sat. & Sun., Oct. 24 & 25,
8:30 am-4:30 pm

SEXUALITY & SOCIAL SKILLFULNESS

Explore the facts, issues and approaches helpful in supporting individuals with disabilities in the sensitive area of social skillfulness and healthy sexuality.

Castlegar Campus \$25
Jane Green
1 class: Nov. 12, Thur. 9-11:50 am

ONLINE GERONTOLOGY CERTIFICATE

This certificate program for RN's and LPN's provides specialized knowledge to help meet the needs and challenges of our aging population. Learning focuses on developing stronger geriatric assessment skills and gerontological leadership in community, acute and residential settings. The introductory course and some electives may be of interest to other health or social sciences students and professionals seeking geriatric education.

Distance Health Courses. See page 29.

WELLNESS

ART THERAPY

This course is intended to offer a brief introduction to the potential benefits of art therapy. Time will be spent creating and exploring the images made in the session. Students will work at their own pace and comfort level. No art experience is necessary. While the intention of this course is to be a more relaxed personal exploration, it is imperative that students are aware of the potential for therapeutic issues to arise. Materials included.

Grand Forks Campus \$50
Amy Allan, CYMH Clinician, Reg. Art Therapist
2 classes: Nov. 17 & 24, Tue. 6:30-8:30 pm

Midway, Midway Elementary \$50
Amy Allan, CYMH Clinician, Reg. Art Therapist
2 classes: Oct. 19 & 26, Mon. 6:30-8:30 pm



CULTURE & HEALTH EXPLORATION SERIES

1-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 wholistic view, which incorporates physical, emotional, spiritual and mental aspects, will include the use local plants and herbs as food & medicine, smudging to clean & balance oneself and the medicine wheel approach in health & healing.

Castlegar Campus \$16
Marilyn James (Sinixt Spokesperson)
1 class: Oct. 29, Thur. 7-9 pm

2-CHINESE HEALTH & HEALING

How does the Chinese culture view health & healing? Jennifer, a registered Chinese medicine herbalist & instructor, foodie and lover of life will guide you through an introduction to the Chinese wholistic approach to health and healing. Class discussion will include 5 super foods for optimal health, home herbal remedies and the pleasure of cooking with Chinese herbs. There will be a short section on Qi Gong exercises, along with the introduction of a routine for home.

Castlegar Campus \$16
Jennifer Gawne, RTCM H
1 class: Nov. 5, Thur. 7-9 pm

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

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

LEARNING IN RETIREMENT

Take part in this exciting new venture if you are interested in learning and are over 50 years old (or the spouse/partner of a member). Membership is \$15 and is valid September 1, 2009 to August 31, 2010. The courses will be facilitated by peer volunteers and costs will be minimal with some additional costs for materials. To become a member or for more information on the courses that will be offered this fall, contact the Learning In Retirement executive, birthe@netidea.com.

CURRENT AFFAIRS

An interactive group discussion of current affairs which could include local, provincial, national and international topics of interest.

Nelson: Silver King Campus
TBA

LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Better manage your chronic health condition- arthritis, diabetes, heart disease, asthma, fibromyalgia or others, through the University of Victoria free Chronic Disease Self Management Program: six sessions once/week. You do not need to be a Learning In Retirement Member to participate in this course.

Nelson: Silver King Campus
TBA

THE HISTORY OF NELSON

Includes a trip to Touchstones Museum and a walking tour of historical sites.

Nelson: Silver King Campus
TBA



Learning for Living

Learning for Living is a 22-week program designed for individuals with self-identified disabilities who want to develop or enhance their skills to enter the workforce. Students will assess their career goals, develop essential workplace and life skills and participate in an 11-week work experience. Funding assistance is available to those meeting the criteria. For more information or to register, contact Sheila Adcock at 250.364.1104.

Trail Campus
Oct. 5 -Mar. 26, Mon.-Fri. 9:30 am-3 pm

Learning for Pleasure

The Learning for Pleasure Initiative provides a wide variety of new learning opportunities for retired or semi-retired people in an informal, fun way, with no tests or certificates, through a membership fee or low tuition fee. It's simply about "learning for the pleasure" of it. Learning for Pleasure is a partnership initiative of Selkirk College and St. Andrew & St. George's Anglican Church in Trail. For information about upcoming courses or to volunteer to facilitate a course, please contact Neil Elliot at standy1@telus.net or Judy Wray at wrayrobi@shaw.ca. Check out the website at: learningforpleasure.ca or call 250.368.5581.

Trail Campus \$52 membership fee



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 |

PEACE STUDIES PROGRAMS

Selkirk College's School of University Arts and Sciences and the Mir Centre for Peace currently offer two interdisciplinary university transfer programs, combining coursework in the 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. For more details visit selkirk.ca/programs/uas/twoyear.

MIR PEACE CAFES

Selkirk College's Mir Centre for Peace and the Cocoa-Nut Lounge in Nelson have joined together in the name of peace, up-stream thinking, coffee and meaningful conversation. The "Peace Café" is an ongoing initiative that will provide an opportunity for individuals to produce community-based solutions for global challenges and will encourage "reconciliation and connection" through open discussion.

Join us in an informal intimate cafe setting. Come participate in one or all four discussions! Admission is FREE. Dates TBA.

WARS UNLIMITED?

Exploring Humanitarian Boundaries in Armed Conflict. George Chandler, Manager for the Red Cross Humanitarian Issues Program leads this four-part interactive dialogue to explore modern warfare, international humanitarian law and justice.

Nelson: Cocoa-Nut Lounge,
116 Vernon St.
4 classes: Nov. 4-25, Wed. 7-9 pm
George Chandler

KNIT FOR PEACE AND KNIT-A-THON FOR PEACE

See p.6, Arts & Culture, for details.

MIR LECTURE SERIES

We recognize that world peace will come, not through one simple act but rather as the final outcome of thousands of smaller undertakings. There is no doubt that dialogue will play a key role. The Mir Lecture Series seeks to encourage this dialogue and will bring the following inspiring local/regional and international speakers to our area, promoting cultures of peace in our community.

SEE LISTING OF MIR LECTURES SERIES 2009/10 ON FOLLOWING PAGE.

Mir Lecture Series 2009/10

THE SPIRIT OF PEACE

Honour the United Nations' International Day of Peace! Engage in meaningful conversations intended to inspire personal reflection and connection with others.

John Verigin Jr., Dr. Duncan Grady,
Linda Wilkinson
Sept. 21, Mon. 6:30-8:30 pm
Castlegar: Brilliant Cultural Centre
Tickets: \$10 Advanced/\$15 Door/Students \$8

WHITE GRIZZLY: THE CLASH OF CULTURES

Artist, sculptor, painter, designer and author, Lawney Reyes, grandson of Alex Christian, known as "White Grizzly" among the Sinixt first Nations of the Kootenays, explores what knowledge might be gained from cultural conflict.

Lawney Reyes
Oct. 1, Thur. 7-9 pm
Castlegar Campus: Mir Centre
By Donation. Please pre-register.

THE PURA VIDA FOUNDATION

Pura Vida presents the documentary "Through Their Eyes" and shares their goals and current projects and how they are changing the world one small step at a time.

Marni Beninger, President & Exec. Director
Oct. 22, Thur. 7-9 pm
Castlegar Campus: Mir Centre
By Donation. Please pre-register.

PARTICIPATORY PRACTICES OF LIBERATION ARTS

Reflect on types of healing necessary for building resilient citizens and fostering just and peaceful places. Janis Timm-Bottos, an adjunct instructor for Gonzaga University, founder of two successful nonprofit organizations.

Janis Timm-Bottos PhD, ATR-BC
Nov. 12, Thur. 7-9 pm
Castlegar Campus: Mir Centre
By Donation. Please pre-register.

THE MEANING OF LIFE

Dr. Hugh Brody, internationally recognized scholar, anthropologist, land claims researcher, policy adviser, film-maker and writer, will show a segment of his film "Meaning of Life" and share his research related to aboriginal land claims and aboriginal youth.

Dr. Hugh Brody
Winter 2010
Castlegar Campus: Mir Centre

HUMANITARIAN ACTION

A young medical student, James Orbinski, embarked on a research trip to Rwanda—a trip that would change who he would be as a doctor and as a man. Investigating the conditions of pediatric AIDS, he confronted widespread pain and suffering. Fueled by this injustice, he helped establish the Canadian chapter of Medicin Sans Frontieres (Doctors Without Borders).

Dr. James Orbinski, Medecins Sans Frontieres
Mar. 19, Fri. 7-9 pm
Castlegar: Brilliant Cultural Centre
Tickets \$20

Additional lectures to be announced. Visit selkirk.ca/research/mir-centre-for-peace/.

Help Us Inspire Others to Live Lives of Peace

With your support, the Peace Lecture Series at the Mir Centre for Peace will attract speakers of great vision and passion; engaging audiences, expanding perceptions and inspiring individuals to live lives of peace.

If the Mir Centre for Peace Lecture Series is to reach its potential, \$200,000 must be raised by March 31, 2010. These funds will go directly into the Mir Centre Speaker Series Endowment. The annual rate of return on the endowment investment will help support the Lecture Series for years to come.

The first 100 donors to give \$100 or more will receive a 09/10 Mir bronze medallion created by Kootenay School of the Arts metal student Eric MacLellan. Each medallion is one of a kind - handcrafted. As a medallion recipient, you will also receive 50% off the ticketed events for the Mir Lectures held in fall 2009 and spring 2010.

Donations to the Mir Centre for Peace Lecture Series can be made by email mircampaign@selkirk.ca, phone 250.505.1324 or visit selkirk.ca/waystogive.



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 \$250
Carol Erickson
14 classes: Apr. 6-May 13, 2010, Tue. & Thur.,
6-9 pm, 2 Sat. TBA, 9 am-2 pm

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 foodborne illness. For more information or to register phone your local Selkirk College campus.

Any Selkirk College Location \$85
Online
At your convenience!



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 foodhandlers. Bring your health card to registration.

Castlegar Campus \$85
Carol Erickson
1 class: Oct. 3, Sat. 9 am-5 pm
1 class: Nov. 7, Sat. 9 am-5 pm



Grand Forks Campus \$85
Andrea Krog
1 class: Sept. 27, Sun. 8 am-5 pm
1 class: Nov. 29, Sun. 8 am-5 pm

Kaslo Centre \$85
Carol Erickson
1 class: Oct. 2, Fri. 9 am - 5 pm

Midway, BCSS \$85
Andrea Krog
1 class: Nov. 14, Sun. 8 am-5 pm

Nakusp Centre \$85
Carol Erickson
1 class: Oct. 26, Mon. 9 am-5 pm

Nelson: Silver King Campus \$85
Carol Erickson
1 class: Sept. 22, Tue. 9 am-5 pm
1 class: Oct. 10, Sat. 9 am-5 pm
1 class: Oct. 20, Tue. 9 am-5 pm
1 class: Nov. 24, Tue. 9 am-5 pm
1 class: Dec. 15, Tue. 9 am-5 pm

Trail Campus \$85
Carol Erickson
1 class: Sept. 29, Tue. 9 am-5 pm
1 class: Oct. 27, Tue. 9 am-5 pm
1 class: Nov. 28, Sat. 9 am-5 pm

SERVING IT RIGHT

Required to serve alcohol to the public.

Nelson: Tenth Street Campus \$45
Carol Erickson
1 class: Apr. 8, 2010, Thur. 6-9 pm

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

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

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.

Nelson: To register call 250.352.6601

8 months: continuous intake.

For more info email: trades@selkirk.ca or visit www.selkirk.ca/programs/trades/eleccode/

REFRIGERATION PLANT OPERATOR: HOME STUDY

This nine unit Refrigeration Plant Operator program is approved by the BC Boiler Inspection Branch. Recommended if you want to challenge the BC Refrigeration 5th Class Power Engineering exam. Plus you get 4 months work credit toward the one year of operating time required. Phone tutorials for 6 months and all materials included.

Nelson: To register call 1.250.352.6601

For more info email: trades@selkirk.ca or

Visit: selkirk.ca/programs/trades/rpo



INDUSTRY AND TRADES

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 (P&ID's) will also be briefly discussed.

Trail Campus \$65

Alan Karges

3 classes: Nov. 2, 9, 17, Mon., Tue., 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 vsis.qp.gov.bc.ca prior to the course.

Nelson: Silver King Campus, \$220

Automotive Shop

Dave Griffin

3 classes: Oct. 2-4, 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.

Nakusp \$180

1 class: Nov. 14, Sat. 8:30 am-4:30 pm

new Nelson: Silver King Campus \$180

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

new Trail \$180

1 class: Nov. 28, 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. On-site contract rates available for groups. Manual included.

Grand Forks Campus \$220
 Dave Griffin or Jim McIntyre
 2 classes: Oct. 30 & 31, Sat. & Sun. 8 am-4 pm

Nelson: Silver King Campus \$220
 Dave Griffin, Jim McIntyre
 2 classes: Sept. 18-19, Fri. 5-9 pm, Sat. 8 am-4 pm
 2 classes: Oct. 23-24, Fri. 5-9 pm, Sat. 8 am-4 pm

FORKLIFT RECERTIFICATION

Nelson: Silver King Campus \$170
 Jim McIntyre, Dave Griffin
 TBA

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 2 classes: Nov. 10 & 12, Tue. & Thur. 6-10 pm

INTERIOR LOG SCALING AND GRADING

Receive necessary training and learn the skills to perform the jobs and challenge the provincial interior scaling examination. Bring hard hat, steel toed boots, high visibility vest, safety glasses and calculator. Logger's tape measure, scale sticks, clipboard, half volume tables and pencils are supplied. A deposit of \$50 is required for these materials refundable at end of program. Appropriate clothing for the outdoor sessions is required. Manual extra.

Nakusp Centre \$1,100
 Tom Zeleznik, Pattom Services
 15 classes: TBA - Apr. 2010



PIPEBENDING FOR ELECTRICIANS

Nelson: Silver King Campus
 Jeff Kelly
 TBA

WELDING

Learn basic welding skills for the handyman/hobbyist, or work toward C.B. or A Level Welding certification and upgrade for Provincial testing.

Nelson: Silver King Campus \$275
 Dick Schultz
 12 classes: Oct. 6-Nov. 12, Tue. & Thur. 6:15-9:45 pm

WORK AT HEIGHTS

Take an orientation of WCB regulations for work at heights. Topics covered: harness, usage, fitting, storage, proper usage of rope grab and lifelines, and other aspects of safe work at heights.

new Kaslo Centre \$65
 Bruce Walker
 1 class: Nov. 15, Sun. 10 am-2 pm

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

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

languages

GERMAN: LEVEL 1

Build your conversational skills. Learn basic grammar and vocabulary in an activity based learning environment. Lessons will be tailored to individuals needs.

Nelson: Silver King Campus \$112

Andrea Bruckner

8 classes: Oct. 6-29, Tue. & Thur. 6:30-8:30 pm

ITALIAN - LEVEL I

Learn Italian in a fun and relaxed environment. Basic grammar is covered, including how to build simple key sentences. Learn verb conjugation, numbers, colours, vocabulary and more! Materials extra.

Trail Campus \$84

Samantha Notari

6 classes: Sept. 22-Oct. 27, Tues., 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

Samantha Notari

6 classes: Nov. 3-Dec. 8, Tue. 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

Samantha Notari

6 classes: Sept. 23-Oct. 28, Wed. 6:30-8:30 pm

JAPANESE: LEVEL I

Nelson: Silver King Campus \$112

Yukako Krause

8 classes: Sept. 14-Nov. 9, Mon. 6:30-8:30 pm

(no class Oct. 12)

JAPANESE: LEVEL II

Nelson: Silver King Campus \$84

Yukako Krause

6 classes: Nov. 16-Dec. 21, 6:30-8:30 pm

KOREAN - FUN FUN FUN

Have a good time speaking Korean, learn some reading and writing too while exploring Korea's culture, customs and dress.

Nelson: Silver King Campus \$112

Misoon Jang

8 classes: Oct. 6-29, Tue. & Thur. 7-9 pm

SPANISH: BEGINNER LEVEL I

Nelson: Silver King Campus \$112

Pablo Pastor

TBA

SPANISH FOR TRAVELERS-LEVEL I

For those with little or no knowledge of Spanish, with an emphasis on conversation. Handouts extra.

Castlegar Campus \$84

Jose Padilla

6 classes: Oct. 6-22, Tue. & Thur. 7-9 pm

Trail Campus \$84

Jose Padilla

6 classes: Oct. 5-26, Mon. & Wed. 6-8 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.

Castlegar Campus \$84

Jose Padilla

6 classes: Nov. 3-19, Tue. & Thur. 7-9 pm

Trail Campus \$84

Jose Padilla

6 classes: Nov. 2-23, Mon. & Wed. 6-8 pm



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. Over 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 and 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 CERTIFICATES

Access to Practical Nursing	9 mo
Advanced Medical Transcription	9.5 mo
BC Electrical Code	sp
Carpentry Apprenticeship (Levels 1-4)	6 wk
Carpentry Entry Level (Foundation)	24 wk
Classroom & Community Support Worker	9 mo
Cook Training - Professional (Level 1/Level 2)	28/14 wk
Early Childhood Care & Education	1 yr
Electrical Apprenticeship (Levels 1-4)	10 wk
Electrical Entry Level (Foundation)	24 wk
English Language Program (ESL) of English	24 wk
Esthetics	32 wk
Fine Woodworking Entry Level (Foundation)	36 wk
General Mechanics Entry Level (Foundation)	36 wk
Gerontology	1 yr
Golf Club Operations Online (GCOOL)	10 mo
Hairdressing (Cosmetology)	36 wk
Health Care Assistant	6 mo
Metal	1 yr
Millwright Apprenticeship (Levels 2-4)	7 wk
Millwright/Machinist Entry Level (Foundation)	36 wk
Nursing Unit Clerk	6 mo
Pharmacy Technician	10 mo
Refrigeration Plant Operator	sp
Renewable Energy	1yr
Skilled Trades Exploratory Program (STEP) for Women	11 wk
Social Service Worker	9 mo
Welding (C Level/B Level/A Level)	28/16/8 wk

DIPLOMAS/ADVANCED DIPLOMAS

Aviation - Professional Pilot	2 yr
Business Administration	2 yr
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
Integrated Environmental Planning Technology	2 yr
International Business	4 mo
Independent Digital Film	1 yr
Jewellery & Small Object Design	2 yr
Liberal Arts	2 yr
Music & Technology - Contemporary	2 yr
Office Management	2 yr
Peace Studies	2 yr
Recreation, Fish & Wildlife Technology	2 yr
Resort & Hotel Management	2 yr
Ski Resort Operations & Management	2 yr
Social Service Worker Specialty	2 yr
Teaching English to Speakers of Other Languages (TESOL)	4 mo
Writing Studies	2 yr

DEGREES/ASSOCIATE DEGREES/UNIVERSITY TRANSFER

Applied Science (Engineering)	2 yr
Biochemistry	2 yr
Biology	2 yr
Elementary Education	2 yr
English	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	1 yr
Writing Studies	2 yr

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

leadership & management

FITNESS EDUCATORS

FITNESS KNOWLEDGE

Prerequisite for all CFES courses. Class or home study. Fee is \$245 for class format and \$210 for homestudy. There will be a pre-course assignment issued upon registering for the face to face program.

Castlegar Campus

Kirsty Brown

3 classes: Oct. 16-18, Fri. 6-9 pm, Sat. & Sun.

8:30 am-4:30 pm

3 classes: Feb. 5-7, Fri., 6-9 pm, Sat. & Sun.

8:30 am-4:30 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: Apr. 16-18, Fri. 6-9 pm, Sat. & Sun.

8:30 am-4:30 pm

PERSONAL TRAINING SPECIALIST PROGRAM

Includes the Weight Training Course, Practicum and Personal Training Course and Practicum. This comprehensive 90-hour program prepares you to work one on one with all types of clients as a BCRPA Weight Trainer & Personal Trainer and be respected in an industry that demands quality. You will gain hands on practical experience; therefore, as a graduate you will be confident to enter the workforce as a registered fitness professional. See dates for Weight Training Instructor Level 1 and Practicum and Personal Trainer Course and Practicum. This program can be completed over 6 months.

WEIGHT TRAINING COURSE

This 20-hour course is designed to teach individuals the principles of exercise prescription, training principles, program design,

anatomy, physiology, safety, body mechanics, and nutrition related to weight training. Emphasis is placed on the weight room and you will leave the course able to design a weight training program for adults, adolescents, mature adults and pregnant clients.

Castlegar Campus

\$220

Samantha Reid

3 classes: Nov. 6-8, Fri. 6-9 pm, Sat. & Sun.

8:30 am-4:30 pm



WEIGHT TRAINING PRACTICUM

Includes practical hands on experience and the Weight Training Instructor Competency evaluation. The practicum is designed to complement the Weight Training Course by providing scenarios, labs and "real" clients allowing you to gain the hours of experience required as pre-requisite to become a registered personal trainer.

Castlegar Campus

\$165

Samantha Reid

2 classes: Nov. 28-29, Sat. & Sun. 8:30 am-4:30 pm

PERSONAL TRAINER COURSE

This 38-hour course is designed to teach advanced program design for healthy and special populations, testing, assessment, consultation, goal setting, advanced anatomy and physiology and the business of personal training. You will feel confident writing the Personal Training provincial exam at the end of the course. Materials and exam provided: Students may choose to order the NSCA

Essentials of Personal Training manual from BCRPA atbcrrpa.bc.ca. This manual is NOT required.

Castlegar Campus \$350
Samantha Reid
6 classes: Feb. 26-Mar. 7, 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, completing the 10-hour logbook of experience required to become a registered personal trainer.

Castlegar Campus \$165
Samantha Reid
2 classes: Mar. 27-28, Sat. & Sun.
8:30 am-4:30 pm

LEADERSHIP

ACING YOUR INTERVIEW

Terrified of job interviews? The team at outreach Employment Services will help you learn how to ace your next job interview. Attend this workshop to have a fun, interactive experience while honing these skills. Bring a copy of your resume.

new Nakusp Centre
Free, you must pre-register
Susan Gustafson, Margaret Driscoll
1 class: Sept. 28, Mon. 1:30-4:30 pm

BERTI BAKER

Berti Baker is a Life Coach, writer, speaker, facilitator, consultant and mediator. She has over 35 years experience assisting people on the journey to success. Offering practical tools for everyday applications in your business and in your home, Berti provides participants with an opportunity like no other for achieving desired changes. Berti has accumulated a wealth of experience, and she says that there is no "perceived problem" no challenge, no desire for improvement, no area where change is sought which cannot be happily addressed and dramatically enhanced with results that are tangible, deeply meaningful and lasting.



CLEARING CLUTTER

Learn the no-fail approach to clearing any/all areas of your life. Using basic natural laws governing the movements of energy in our lives, discover the underlying causes of your own unique blockages to the clearing process; learn how to release and move through them to transform your life.

new Trail Campus \$95
Berti Baker
1 class: Oct. 23, Fri.
8:30 am-4:30 pm

FENG SHUI FOR BEGINNERS

Feng Shui is working with the natural movement of energy in our environment to enhance our lives. Learn quick and easy applications which you can use immediately for dramatic results in every area of your life. Fun, easy and absolutely magical!

new Grand Forks Campus \$95
Berti Baker
1 class: Oct. 17, Sat. 8:30 am-4:30 pm

new Trail Campus \$95
Berti Baker
1 classes: Nov. 7, Sat. 8:30 am-4:30 pm

NINE KEYS TO TOTAL TRANSFORMATION

Learn how to dramatically enhance the quality of your life with nine primary activities which require just 45 minutes per day. Master simple and easy techniques, founded on basic principles of natural law, for accessing and honouring your true essence. Rewarding and fun-with totally amazing results.

new Trail Campus \$95
Berti Baker
3 classes: Nov. 2, 9, 16, Mon. 6-9 pm

THE 3D WORKSHOP: DARE TO DO WHAT DELIGHTS YOU

Learn the importance of paying attention to, and honouring, the paths and activities which give you JOY. Gain insights into those paths and master quick, easy techniques and unleash your creativity to enhance all areas of your life.

new Trail Campus \$95

Berti Baker

1 class: Dec. 6, Sun. 8:30 am-4:30 pm

THE JOYS OF JOURNALING

Using quick and easy, but powerful, techniques, learn how to add the invaluable practice of journaling to your repertoire of "discovery tools" in just minutes a day. From the creative to the therapeutic, you will gain tremendous insights and gain confidence in your own problem-solving, decision-making capabilities.

new Grand Forks Campus \$95

Berti Baker

1 class: Nov. 14, Sat. 8:30 am-4:30 pm

new Trail Campus \$95

Berti Baker

3 classes: Oct. 13, 20, 27, Tue. 6-9 pm

WHEN SPIRITUALITY & SCIENCE MEET

A light-hearted adventure requiring an open mind and a willing heart. Learn the basics about how the ways in which energy moves and behaves affect absolutely every aspect of our lives, our thoughts, our emotions, our physical conditions, our relationships, our finances, our creativity and so on.

new Trail Campus \$95

Berti Baker

3 classes: Nov. 24, Dec. 1, 8, Tue. 6-9 pm

YOUR RELATIONSHIP WITH MONEY

Gain deeper awareness of the patterns governing your relationship with money. Discover what is really going on with the "Law of Attraction" and how it affects your financial situation and your life. Learn practical approaches for transforming your undesired habits, dramatically shifting the patterns and welcoming abundance into your life, no matter what the "economic climate" is!

new Trail Campus \$95

Berti Baker

3 classes: Nov. 12, 19, 26, Thur. 6-9 pm



BRIDGING THE GENERATION DIVIDE

Whether you are an employer trying to tap into young talent, or a parent trying to understand the young adult that is living in your basement, learn who Gen Y are, why they behave as they do, how to hook them and what you can do to engage them in the workplace.

Trail Campus \$45

Carol Corbett

1 class: Sept. 16, Wed. 8 am-4 pm

1 class: Oct. 27, Tue. 8 am-4 pm

CAREER COUNSELLING

Selkirk College counsellors 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

Oct. 8, Thur. starting at 9:30 am

Nakusp Centre Free

Laurie Read

Oct. 28, Wed. starting at 9:30 am

CAREER OPTIONS

Are you laid off? Wondering what to do next? In this information session, find out about programs available to help you get back in the workforce.

Kaslo Centre Free

Pre-register required.

Patricia Rawson, Employment Specialist,

Kootenay Career Development Society

Oct. 16, Fri. 10 am-noon

COMMUNICATIONS & CONFLICT RESOLUTION FUNDAMENTALS

Ever had a failure to communicate or be understood? Have you been frustrated by unnecessary conflict? Want to prepare yourself to get that raise, experience a better outcome in the next negotiation, or influence others to your way of thinking? Learn fundamental concepts of effective communication and conflict resolution. Discover how to understand yourself and others to achieve greater success in dealing with these difficult situations.

Trail Campus \$275
 Bill Cave, Breakthrough Strategies Consulting
 1 class: Nov. 20, Fri. 8:30 am-4:30 pm

Nakusp Centre \$45
 Pauline Daniels
 1 class: Sept. 26, Sat. 1-3:30 pm

Nelson: Silver King Campus \$45
 Pauline Daniels
 1 class: Oct. 3, Sat. 9-11:30 am

new Trail Campus \$45
 Pauline Daniels
 1 class: Oct. 31, Sat. 1-3:30 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 register, go to instructordiploma.com or phone 1.888.332.3212.

ID 3105 EVALUATION OF INSTRUCTION

Nelson: Silver King Campus
 6 classes: Sept. 18-20, Oct. 2-4, Fri. 6-9 pm,
 Sat. & Sun. 9 am-4 pm

ID 3106 ELEMENTS OF INSTRUCTION

Nelson: Silver King Campus
 6 classes: Feb. 5-7, Feb. 19-21, 2010,
 Fri. 6-9 pm & Sun. 9 am-4 pm

LEAD YOURSELF TO WISDOM

Based on popular demand, this dynamic workshop will help women reconnect with themselves and learn how to create inner harmony and outer balance to calm the internal struggle. You can live with a sense of joy.

new Grand Forks Campus \$45
 Pauline Daniels
 1 class: Nov. 7, Sat. 1-3:30 pm

new Kaslo Centre \$45
 Pauline Daniels
 1 class: Oct. 17, Sat. 1-3:30 pm



MYERS BRIGGS (MBTI) CERTIFICATION PROGRAM: STEPS I & II

Whether you work in human resources, counselling or management, add this powerful personality type indicator tool to your list of professional resources. Learn to apply the Myers-Briggs Type Indicator (MBTI) to your organization's or clients' important business, career and personal decisions. Empower employees, enhance team productivity and reduce conflict. Obtain the certification necessary to purchase the MBTI instrument while earning credit towards your Human Resources Professional Association's (HRPA) or CHRP designation, Canadian Counselling Assoc. or Canadian Professional Counsellors' Assoc. continuing education credit. Manual costs extra. For those only needing Step II the fee will be \$390 plus materials. Precourse preparation required.

Trail Campus \$2195
 (\$1995 if registered before Sept. 23)
 Donna Dunning; Psychometrics Canada
 4 classes: Oct. 19-22, Mon.-Thur. 8:30 am-4:30 pm

MYERS-BRIGGS TYPE INDICATOR

Discover yourself through the Myers-Briggs Type Indicator (MBTI). MBTI helps you to understand yourself and to better understand and appreciate those who differ from you. In this workshop, you will explore your

personality preferences. What are the benefits of knowing your type? Greater understanding of yourself and others, improved communication skills, knowledge of your personal and work style, and help identifying your unique gifts. Participants will be required to complete an online assessment before the workshop. Once you have registered, you will be given the information to access the internet website. You will receive your results during the workshop. Patricia Rawson is a qualified MBTI practitioner. She has been an employment counselor in the Kootenays for over 12 years and encourages people to find work they love through the MBTI.

Kaslo Centre \$65
 Patricia Rawson
 1 class: Sept. 26, Sat. 10 am-4:30 pm



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 conference@selkirk.ca or 866.301.6601 ext 227 for details.

Nelson: Silver King Campus Free to sponsored nonprofit organizations
 Phil Kolbuc www.philkolbuc.com
 7 classes: Oct. 23, 24, 31 / Nov. 7, 14, 20, 21,
 Fri. 6-9 pm & Sat. 9 am-4 pm

PERSONAL PLANNING & TIME MANAGEMENT

Always out of time and frustrated by not getting the right things done? Learn how to avoid these frustrations by applying practical time management strategies and developing an understanding of personal mission, vision and values and how they can be applied to effectively manage time and priorities.

Trail Campus \$125
 Bill Cave
 1 class: Oct. 2, Fri. 8:30 am-12:30 pm

STANDARDS OF PRESENCE: PRACTICAL SKILLS FOR FULL ACCEPTANCE

For teachers, learners, facilitators, peace-builders, parents, business owners, community members who want to create positive conditions for learning and group activity. Ten guidelines for creating safe, inspired learning environments that facilitate openness, discovery and connection with others. Includes: introduction of Standards of Presence (SOP's), practical application opportunities, and hands-on participation, demonstration and celebration!

Nelson: Silver King Campus \$45
 Ruth Beck, Susan Merz Anderson
 3 classes: Oct. 19-Nov. 2, Mon. 7-9 pm yes

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/year
 + \$35 one-time new member fee
 Linda Kendall

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

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

recreation & leisure

RECREATION

BADMINTON: DROP-IN

Sponsored by the RDKB

Midway, BCSS Free
10 classes: Oct. 1-Dec. 3, Thur. 7-9 pm

Rock Creek, West Boundary Elementary Free
10 classes: Sept. 29-Dec. 1, Tue. 7-9 pm

BALLROOM DANCING FOR BEGINNERS

Do you dream of "Dancing with the Stars"? Learn basic positions, movements and steps. Wow friends and family with dances like the Foxtrot, Waltz, East Coast Swing, Triple-step East Coast Swing, Rumba and Cha Cha. To register call: 250.365.2896.

Castlegar: Kinnaird Hall \$160 / couple
Lui Marinelli
9 classes: Sept. 25-Dec. 4, Fri. 6-7:30 pm

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.

Nakusp Centre \$65
Dorian Boswell
1 class: Sept. 20, Sun. 1-4 pm

Kaslo Centre \$70
Second family members \$60 each
Wayne Zloty
1 class: Sept. 19, Sat. 9 am-4 pm
1 class: Oct. 17, Sat. 9 am-5 pm

Nelson: Silver King Campus \$70
Second family members \$60 each
Wayne Zloty
1 class: Sept. 26, Sat. 9 am-4 pm
1 class: Oct. 24, Sat. 9 am-4 pm

Trail Campus \$65
Mike Fairweather
1 class: Oct. 17, Sat. 9 am-5 pm
1 class: Nov. 21, Sat. 9 am-5 pm

CARDIO & WEIGHTS

No more running in the cold this Winter! Try out our elliptical trainer and weights.

Midway, BCSS \$30
42 classes: Sept. 28-Dec. 10, Mon-Thur.
7-9 pm (no classes on Oct. 12 or Nov. 11
due to stat. holidays)

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. This is a demonstration session, so no need to bring your bike.

Trail - Gerick Cycle \$15
Gerald Klassen, Gerick Cycle
1 class: Sept. 23, Wed. 6-7:30 pm



DIVING: DISCOVER SCUBA

Try SCUBA in the comfort of a pool, to see if it's the exciting sport you think it is! Cost includes all equipment & pool time. Monthly classes. Space limited, sign up soon. Visit goldencityscuba.com or call 250.365.1208

Castlegar Campus & Field Location TBA \$50
Rob Wyatt and Steve Tomich
1 class: Sept. 10, Thur.
1 class: Oct. 21, Wed.
1 class: Nov. 5, Thur.
1 class: Dec. 16, Wed.

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
 Rod Zavaduk
 4 classes: Oct. 13, 15, 20, 22, Tues. & Thur. 6-9 pm

VOLLEYBALL: DROP-IN

Sponsored by RDKB.

Midway, BCSS Free
 10 classes: Sept. 29-Dec. 1, Tues. 7-9 pm

Rock Creek, West Boundary Elementary Free
 10 classes: Sept. 30-Dec. 9, Wed. 7-9 pm

YOGA - INTRO.

Yoga and Pilates increase strength, flexibility and muscle tone, help you breathe better and can relieve pain. Mentally, Yoga and Pilates make you feel calm, reduce stress and give you a sense of body awareness. This is a beginner program for those who are starting out.

Trail Campus \$98
 Kristy (Lees) Shields
 8 classes: Sept. 15 - Nov. 3, Tue. 4:15-5:15 pm

YOGA

Yoga is for the young and old, flexible or not, men and women. Focus on postures, breath awareness and meditation in a relaxed atmosphere. Bring yoga mat and blanket. If you are interested in designing your own yoga program to fit your individual needs, please contact Amy at 250.442.7197.

Midway, Midway Elementary \$60
 Amy Allan, RYT10 classes: Sept. 28-Dec. 7,
 Mon. 4:30-5:30 pm (no class Oct. 12 due to
 stat. holiday)

LEISURE

A CELEBRATION OF LOCAL FOOD: A SPECIAL DINNER WITH DAWNA VANDRICK

Come celebrate our local food systems by enjoying a very special meal made from fresh, local ingredients and prepared by talented chef, Dawna Vandrick (The Maples Custom Catering). The meal will be followed by a short film, "Beyond Organic" and discussion facilitated by ecologist, Roly Russell.

new Grand Forks \$40
 The Maples Bed & Breakfast, 931 Central Ave.
 Roly Russell & Dawna Vandrick
 1 class: Sept. 26, Sat. 6-9 pm

AQUATIC / WATER GARDENS

Water is considered by many to be essential in the garden; be it a quiet, still-reflecting pool, or the music of falling water. With the introduction of modern flexible liners, the creation of beautiful water gardens has never been easier. This workshop will discuss the design, installation and maintenance of water gardens, select suitable aquatic and poolside plants and fish.

new Trail Campus \$35
 Chris Holt
 1 class: Sept. 30, Wed. 6-9 pm



ASTRONOMY CAN BE FUN

It is the International Year of Astronomy: a celebration of the imagination of Galileo. Learn about telescope and/or binocular buying options and how to use your telescope. Plus learn some Night Sky fun that doesn't even need any equipment, explore some Astronomical Software, and visit great Astronomy Web Sites and other resources. The 2nd night of this workshop will be a Dark Sky Observation and we will look for Orion, Orion Nebula, the Pleiades, Mizar and anything other sights available for viewing in the fall sky.

Trail Campus \$15
 Jack Larocque
 2 classes: Oct. 8, Thur. 7-9 pm & Oct 10, Sat.
 8:15-10:30 pm

CLUTTER BUSTING

Ever since a simple little book appeared a few years ago, 'Clear Your Stuff, Change Your Life', many have tuned into how re-evaluating our attachment to useless items can free up time, money and energy! In a few hours you can learn how to tackle the clutter in your house and live in a systematic manner that can be painless and fun!

Kaslo Centre \$20
 Janet Mayfield, Certified Feng Shui
 Practitioner 1 class: Nov. 3, Tue. 7-9 pm

COOKING ITALIAN

MANGIA BENE! (Eat well!) Come and learn some of the basics of Italian cooking—sauces, vegetables, meats, desserts—using traditional techniques and recipes. Create dishes that will please the palate and turn each meal into a gourmet delight!

new Grand Forks, GFSS \$99
Willy Traveri
4 classes: Nov. 9-30, Mon.
6:30-9 pm

COOKING MULTI-COURSE MEALS IN MINUTES

Dinner hour getting you down? Learn time-saving techniques to create delicious, multi-course, nutritious, budget-friendly, everyday meals in a matter of minutes! Taught by local chef and SAIF graduate, Dean Engen.

new Grand Forks, GFSS \$99
Dean Engen
4 classes: Oct. 6-27, Tue. 6:30-9 pm

EDIBLE WILD MUSHROOMS PART 1

Before you go picking wild mushrooms for your salads and fall stews, get the facts, especially how to tell the good from the bad. This course consists of Part 1: a theory class and Part 2: a field trip. Part 1 is offered in many communities, however, due to environmental conditions Part 2 is only offered in Grand Forks and Kaslo.

Castlegar Campus \$16
Robert Macrae
1 class: Sept. 29, Tue. 6:30-8:30 pm

Grand Forks Campus \$16
Robert Macrae
1 class: Oct. 3, Sat. 10 am-noon

Kaslo Centre \$16
Robert Macrae
1 class: Oct. 24, Sat. 10 am-noon

Nelson: Silver King Campus \$16
Robert Macrae
1 class: Oct. 6, Tue. 6:30-8:30 pm



EDIBLE WILD MUSHROOMS: PART 2

Join instructor, Rob Macrae, for a leisurely walk along local trails to hunt for mushrooms. Wear long pants, sturdy shoes and bring a bag for your mushrooms.

Grand Forks Campus \$24
Robert Macrae
1 class: Oct. 3, Sat. 1-4 pm

Kaslo Centre \$24
Robert Macrae
1 class: Oct. 24, Sat. 1-4 pm

FENG SHUI 101: THE BASICS

So you've heard about Feng Shui but don't really know what it's all about? Find out how to use this fascinating ancient knowledge at home and at work. Leave feeling confident and ready to put your new tool to work!

Kaslo Centre \$20
Janet Mayfield, Certified Feng Shui Practitioner
1 class: Oct. 27, Tue. 7-9 pm

FENG SHUI FOR BEGINNERS

Feng Shui is working with the natural movement of energy in our environment to enhance our lives. Learn quick and easy applications which you can use immediately for dramatic results in every area of your life. Fun, easy and absolutely magical! See page 53 for course dates.

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 \$35
Chris Holt
1 class: Oct. 1, Thur. 6:30-9 pm

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

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

HONEY: A SWEET HISTORY LESSON

Hear the fascinating history of this "food of the gods". Learn how and why honey bees produce this sweet treat. Spend an evening with an enthusiastic bee biologist and wind down the evening with a tasting event, sampling honey from across North America.

new Castlegar Campus \$25
Lynn Westcott, Entomologist
1 class: Nov. 25, Wed. 7-9 pm

HORSE MANURE COMPOSTING

Design and locate composting facilities appropriate for individual properties, ensure composting is occurring in an environmentally sound manner and use compost as part of pasture management. This course is developed under the Manure Maven program and is designed for horse owners, farmers and other people interested in compost making.

new Castlegar Campus \$24
Harry Quesnel
1 class: Oct. 3, Sat. 9 am-noon

new Rock Creek Medical Society, \$24
100 Rock Ck. Cutoff
Harry Quesnel
1 class: Sept. 26, Sat. 1-4 pm

INTRO. TO GARDEN DESIGN

Learn how to create and draft a garden plan. Topics include: identifying, analyzing and managing site characteristics, outdoor rooms, the aesthetic principles of landscape design and defining plant design qualities. The use of woody and herbaceous plants in the landscape will be discussed. A slide show is included.

new Castlegar Campus \$66
Chris Holt
1 class: Sept. 26, Sat. 9 am-4 pm

new Nakusp Centre \$66
Chris Holt
1 class: Oct. 25, Sun. 9 am-4 pm

new Nelson: Silver King Campus \$66
Chris Holt
1 class: Oct. 3, Sat. 9 am-5 pm

new Trail Campus \$66
Chris Holt 1 class: Oct. 17, Sat. 9 am-5 pm

INTRO. TO GENEALOGY

Do you ever wonder where you came from? Are you becoming curious about your family history? Are you online? This course will equip you with the tools to begin tracing your

ancestors and provide you with some simple, accessible, online, local resources and templates to get you started.

Trail Campus \$25
Sarah Benson
1 class: Nov. 17, Tues. 6:30-8:30 pm

LANDSCAPING: XERISCAPING

Create attractive and sustainable landscapes that conserve water, based on sound horticultural practices.

Castlegar Campus \$35
Chris Holt
TBA

Nakusp Centre \$35
Chris Holt
1 class: Oct. 24, Sat. 1-4 pm

Nelson: Silver King Campus \$35
Chris Holt
1 class: Oct. 7, Wed. 6-9 pm

Trail Campus \$35
Chris Holt
1 class: Oct. 14, Wed. 6-9 pm

MANAGING YOUR SEWING MACHINE

Are you a quilter? Learn to fix and maintain your machine to avoid costly repairs and identify problems that need professional help. Explore oiling, tension, cleaning, needles, thread and timing. Bring your own machine. Tuition supports the CACE Bursary.

Kaslo Centre \$30
Gerald Kirkland
1 class: Oct. 2, Fri. 9 am-noon

Nakusp Center \$30
Gerald Kirkland
1 class: Oct. 3, Sat. 9 am-noon
1 class: Oct. 24, Sat. 9 am-noon



MIND YOUR BEESWAX!

Learn to make your own rolled beeswax candles and make your own Christmas gifts. Introduce yourself to the delightful insects that make this remarkable material used throughout the ages to provide light and cheer. The evening will include a short presentation followed by a hands-on candle making session. Materials and handouts included.

new Castlegar Campus \$30
Lynn Westcott, Entomologist
1 class: Nov. 18, Wed. 7-9 pm

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.

new Trail Campus \$25
Sarah Benson
1 class: Dec. 1, Tue. 6:30-8:30 pm

PROCRASTINATOR'S WORKSHOP FOR SEWERS AND QUILTERS

Scratching your head on how to sew in a zipper? Baffled by the concept of "mitered corners"? If you are looking for some advice and encouragement on finishing that sewing project that you started five years ago, this course is for you! Bring your project to class.

new Midway, BCSS \$25
Alexa Lucente
1 class: Dec. 5, Sat. 10 am-2 pm

QUILTING FOR BEGINNERS

Learn the basics of quilt construction, gain familiarity with specialized quilting tools, how to mix and match colours and other valuable techniques from an experienced teacher. Make a wall hanging or a crib quilt. Materials extra; materials list available upon registration.

new Midway, BCSS \$70
Alexa Lucente
6 classes: Oct. 20-Nov. 24, Thur. 7-9 pm

SEWING

Have fun learning how to create and alter your own pattern. For beginner and intermediate sewers. Bring your own machine.

Nelson: Silver King Campus \$115
Linda Chan Afford
6 classes: Oct. 3-Nov. 14, Sat. 1-5 pm
(no class Oct. 10)



SEWING TECHNIQUES

Improve your sewing using attachments and tips. Bring your machine. Prerequisite: Managing Your Sewing Machine. Tuition supports the CACE Bursary.

Kaslo Centre \$30
Gerald Kirkland
1 class: Oct. 2, Fri. 1-4 pm

Nakusp Centre \$30
Gerald Kirkland
1 class: Oct. 3, Sat. 1:30-4:30 pm
1 class: Oct. 24, Sat. 1:30-4:30 pm

STALKING THE EDIBLE WILD

The West Kootenay region 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
Libby Rujancich
1 class: Oct. 3, Sat. 9:30 am-3:30 pm

Trail Campus \$38
Dianne Luchtan
1 class: Sept. 26, Sat. 9:30 am-3:30 pm

SUSHI MAKING

Learn the art of building and rolling sushi and more! Miso soup, vegetable sunomono, and spinach gomaе!

Nelson: Silver King Campus \$30
Linda Chan Afford
1 class: Oct. 4, Sun. 1-5 pm
1 class: Nov. 8, Sun. 1-5 pm

WEST KOOTENAY GEOLOGY TOUR

Join retired Selkirk Geology Instructor, Lesley Anderton, for a tour of the local geology, including the rocks of Gyro Park, evidence of ancient volcanoes, mountain building and plate collision and a visit to an old mine. The day will begin with a slide show on the Geology of the

West Kootenay. Wear good hiking shoes, bring a lunch and come prepared to carpool.

new Trail Campus \$35
Lesley Anderton
1 class: Oct. 3, Sat. 9 am-5 pm

WINE TASTING

Learn how to sniff, swirl, slurp and spit your way to a deeper understanding of wine. Alex Nichol, formerly of Nichol Vineyard Winery in Naramata, leads you through the tasting of wines using your senses. Bring a wine glass!

Nelson: Silver King Campus \$37
Alex Nichol
1 class: Nov. 25, Wed. 7:30-9:30 pm



Annual KSA Christmas Sale

Kootenay School of the Arts at Selkirk College

| recreation & leisure |



Shawna Walker



Dani Ortman



Charlene Stallard



Robert Dudley

Photo credit: Jeremy Addington

NAUGHTY OR NICE? Either way, adorn yourself with things that sparkle, shimmer and shine! Fine handmade jewellery is being featured, along with fibre, clay and metal.

OPENING RECEPTION

Friday, December 11th 5:30
pm to 6:30 pm

606 Victoria Street
Nelson, BC

SALE CONTINUES

Friday, December 11th until
9:30 pm and Saturday,
December 12th 10:00 am to
4:00 pm

1.877.552.2821 | selkirk.ca/ksa

Selkirk  College

wilderness & the environment

BUILDING YOUR OWN GREENISH HOME

Have you dreamed of reducing your carbon footprint and building a green home incorporating green building design, geothermal heating, super insulated walls ceiling and basement, energy efficient doors and windows, with some of those creature comforts you've always wanted without breaking the bank? If you've answered yes, this presentation is for you. Join Robert Macrae for his illustrated talk on his recent experiences building his dream green home.

new Castlegar Campus \$16
Robert Macrae
1 class: Oct. 14, Wed. 6:30-8:30 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. (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, Ivan Hawley
2 classes: Nov. 14 & 15, Sat. 9 am-5 pm,
Sun. 9 am-1 pm

Grand Forks Campus \$105
Ron Ready, Ivan Hawley
2 classes: Oct. 24 & 25, Sat. 9 am-5 pm,
Sun. 9 am-1 pm

Kaslo Centre \$105
Dennis Millan
1 class: Nov. 28 & 29, Sat. 9 am-5 pm,
Sun. 9 am-1 pm

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

Nelson: Silver King Campus \$105
Dennis Millan
2 classes: Dec. 5 & 6, Sat. & Sun. 9 am-5 pm

Trail Campus \$105
Colin Kenning, West Kootenay Marksmen
2 classes: Oct. 24 & 25, Sat. & Sun. 9 am-5 pm
5 classes: Nov. 17-26, Tue. & Thur. 7-9:30 pm
& Nov. 28, Sat. 8:30 am-3:30 pm

| wilderness & the environment |



CANADIAN FIREARMS SAFETY: RESTRICTED FIREARMS

Prerequisite: Non-Restricted Firearms. Manual included.

Castlegar Campus	\$55
Ron Ready, Ivan Hawley	
2 classes: Nov. 14 & 15, Sat. 1-5 pm, Sun. 9 am-1 pm	
Grand Forks Campus	\$55
Ron Ready, Ivan Hawley	
2 classes: Oct. 24 & 25, Sat. 1-5 pm, Sun. 9 am-1 pm	
Trail Campus	\$55
Collin Kenning, West Kootenay Marksmen	
1 class: Oct. 31, Sat. 9 am-5 pm	
3 classes: Dec. 1, 3, 8, Tues. & Thur. 7-9:30 pm	

COLUMBIA BASIN ALLIANCE FOR LITERACY SPEAKER SERIES: WOLVERINES AND OTHER WEST KOOTENAY WILDLIFE

Come and learn more about this elusive and vulnerable carnivore that has a fierce reputation with an ability to take on prey much larger than themselves. Explore other wildlife species found in the region, as well as the conservation properties to help support them. Enjoy some breathtaking images from local wildlife photographer, Jim Lawrence.

new Kaslo Centre	Free
Please pre-register. Sponsored by Columbia Basin for Literacy	
John Krebs, senior wildlife biologist, Fish & Wildlife Compensation Program	
1 class: Nov. 19, Thur. 7-9 pm	

GEOCACHING

You've heard of geocaching and now you want to find out how to do it. Review GPS basics, find websites for geocaching, then go and find one! This is a great family recreation. Bring your GPS if you have one and dress for outdoors.

Trail Campus	\$48
Stu Deverney	
1 class: Oct. 4, Sun. 1-4 pm	

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 On-line 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	\$48
Stu Deverney	
1 class: Oct. 3, Sat. 9 am-1 pm	
Grand Forks Campus	\$48
Stu Deverney	
1 class: Oct. 17, Sat. 10 am-2 pm	
Trail Campus	\$48
Stu Deverney	
1 class: Sept. 26, Sat. 12-4 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: Oct. 7, Wed. 5:30-9:30 pm	

GREEN YOUR HOME - FROM LOW-TECH TO HIGH-TECH

Join an unbiased residential Energy Advisor for a conversation about practical steps you can take to improve the energy performance of your home, following a free information session highlighting how to access thousands of dollars of government incentives for greening your home and lifestyle.

Castlegar Campus
 Register for the initial half hour free session,
 subsequent workshop \$10
 James Rodgers, Certified Energy Advisor,
 City Green Solutions

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 in course fee. Student is responsible for BCWF Registration fee (\$30).

Castlegar Campus \$125 plus \$30 exam fee
 Ron Ready, Ivan Hawley
 4 classes: Nov. 7-15, Sat. & Sun. 9 am-5 pm

Grand Forks Campus \$125
 Ron Ready, Ivan Hawley
 4 classes: Oct. 17-25, Sat. & Sun. 9 am-5 pm

Kaslo Centre \$125
 Dennis Millan
 2 classes: Oct. 17 & 18, Sat. & Sun. 9 am-5 pm

Nakusp Centre \$125
 Dorian Boswell
 2 classes: Sept. 26 & 27, Sat. Sun. 9 am-5 pm

Nelson: Silver King Campus \$125
 Dennis Millan
 2 classes: Oct. 24 & 25, Sat. & Sun., 9 am-4 pm

Trail Campus \$125
 Jim Smee 9 classes: Sept. 22-Oct. 20, Tue. & Thur. 7-9:30 pm



REDUCING YOUR CARBON FOOTPRINT

Okay, we've all heard of it but what do scientists really mean when they talk about the role of greenhouse gasses in effecting global climate change? Also, learn about the major sources of emissions, ways to reduce them, as well as what it means to become "carbon neutral."

new Castlegar Campus \$16
 Adam James, PhD Community Energy Assoc.
 1 class: Oct. 20, Tue. 6-9 pm

Grand Forks Campus \$16
 Adam James, PhD Community Energy Assoc.
 1 class: Oct. 16, Fri. 6-9 pm

new Nelson: Silver King Campus \$16
 Adam James, PhD Comm. Energy Assoc.
 1 class: Oct. 6, Tue. 6-9 pm

new Trail \$16
 Adam James, PhD Comm. Energy Assoc.
 1 class: Sept. 29, Tue. 6-9 pm
 1 class: Oct. 29, Thur. 6-9 pm

SUSTAINABILITY FILM AND DISCUSSION NIGHT

This series of three films and discussion will explore the idea of sustainability in our social and ecological systems. Our goal will be to stimulate conversation and thought about where we've come from to get to where we are now, where our momentum is taking us and where we might imagine going.

Grand Forks Campus \$15 for series
 Roly Russell, PhD
 3 classes: Oct. 8, Nov. 5 & Dec. 3, Thur. 7-9:30 pm

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

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

Selkirk College Annual

It has been another successful year for Selkirk College!

Created by and for our communities through public referendum in 1966, Selkirk College continues to contribute to the local economy and healthy communities in the West Kootenay and Boundary Region.

On behalf of the Board of Governors and Selkirk College, it is our pleasure to present the highlights of the 2008-09 Annual Report.*

- We enjoyed our highest enrolment numbers ever with 2535 full-time equivalent students.
- We have increased the delivery of online courses by over 15%, providing students with even more learning choices.
- By working together to create savings and through a willingness to do things differently, we were able to eliminate the previous year's deficit and find ourselves in a healthier fiscal position going into 2009-10.
- We successfully acquired federal and provincial Knowledge Infrastructure Funding for a \$1.9M Heating, Ventilating and Air Conditioning (HVAC) renovation at the Castlegar Campus, in addition to Ministry and other monies to upgrade the boilers at the Silver King Campus in Nelson. Selkirk will reduce its greenhouse gas emissions by approximately 40%.
- The Environmental Sustainability Committee was successful at implementing Power-Down and Recycling projects. An Environmental Benchmark Study was completed and an action plan will be approved that will guide our further work next year and in the years ahead.
- We have celebrated together: recognizing twenty years of Contemporary Music & Technology; Distinguished Educator Dr. Peter Wood; and Honorary Diploma recipients Dr. Jack Colbert and Michael Chapman.
- We have made progress on the international education front with our first students graduating from Nanjing Technical Institute (China); with our Georgia, Eastern Europe project making great strides despite a very difficult political landscape; and with international students continuing to choose Selkirk for their studies. Selkirk International continues to enrich our culture and, at the same time, is an important source of revenue.
- Despite the drastic downturns in the economy, donations for scholarships and bursaries have increased by over 50%. In addition to an increase in contributions from donors, Selkirk College received the single largest student awards donation in its history from the Southern Interior Development Trust (SIDIT).
- Our Regional Innovation Chair, George Penfold, has focused on the development of housing information for the Columbia Basin and Boundary regions, utilizing two sources of data - the 2006 Census, and the 2001 and 2008 BC Assessment rolls. With the help of the BC Real Estate Foundation, an inventory of Social Housing Resources has also been developed. All reports, data bases and a sample of related presentations are available at selkirk.ca/research/ric/housing-resources/.

Report HIGHLIGHTS

In addition to these highlights, there have been numerous ongoing successful learning, service and community partnership activities occurring within all areas of the college. None of this could have been accomplished without the hard work, dedication and expertise of Selkirk College faculty and staff and the support of our many community and provincial partners. Our appreciation is extended to each and every one of you.

Financial Report 2008/09 (actual)

Assets	\$7,928	Operating
	\$4,881	Foundation Endowment & Investments
	\$22,402	Capital
	\$35,211	Total Assets
Liabilities & Net Assets	\$7,911	Payables & Accruals
	\$3,004	Deferred Revenue
	\$10,000	Deferred Contributions
	\$20,915	Total Liabilities
	\$14,296	Net Assets
	\$35,211	Total Liabilities & Net Assets

Operations 2008/09 (actual)

Revenues & Endowment Contributions	\$29,873	Government Grants
	\$6,016	Tuition
	\$2,603	Contract & Special Purpose
	\$2,077	Ancillary Services
	\$362	Donations
	\$1,805	Other
	\$42,736	Total Revenues
	\$466	Total Endowment Contributions
Expenditures	\$28,968	Salaries & Benefits
	\$10,097	Supplies & Services
	\$4,418	Amortization, lease & Interest
	\$528	Award & Donation payments
	\$44,011	Total Expenditures

(all figures in thousands of dollars)

For complete financial statements please go to selkirk.ca/staff/finance.

* To view the full Annual Report, visit selkirk.ca/about/governance/.

course index

LEGEND

C Castlegar • GF Grand Forks • K Kaslo • NA Nakusp • NE Nelson • T Trail

ARTS & CULTURE	#	C	GF	K	NA	NE	T
8 ½ (1963) Dir. Federico Fellini	9					•	
Acrylics for True Beginners	4	•					
Acrylics Plus	4	•					
Acrylics Plus: Focus on Clouds & Rocks	4	•					
Acrylics Plus: Focus on Fall Trees	4	•					
Be Creative	10					•	
Candles for Christmas	5		•				
Cartooning for Adults	10					•	
Casablanca (1942) Dir. Michael Curtiz	9					•	
Christmas Glass Ball Ornaments	5	•					
Clay: Potter's Wheel	2					•	
Cleo from 5 to 7 (1960) Dir. Agnes Varda	9					•	
Collage Discovery	5	•					
Collage Painting: Building Texture	10					•	
College Over Coffee Series	8		•				
Creative Writing 200 Studies in Writing III	5	•					
Creative Writing 100 Studies in Writing I	5	•					
Culture & Health Exploration Series: Aboriginal Health Culture	6						
Culture & Health Exploration Series: Chinese Health Culture	6						
Demystifying Colour: Intro. to Colour Theory	3	•					
Draw with your Sewing Machine	6				•		
Drawing for Absolute Beginners	6				•		
Easy Rider (1969) Dir. Dennis Hopper	9					•	
FabricPLAY	6		•				
Fibre: Fabric Play	2					•	
Fibre: Nest Building	2					•	
Guatemala after the Civil War: The Journey to a Just Society	8		•				
How to Make Your Painting Glow	3	•					
Inspiring Young Artists	2					•	
Intro. to Plein Air	2					•	

	#	C	GF	K	NA	NE	T
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Jewellery: Into the Third Dimension	2					•	
Jewellery: Intro. to Jewellery	3					•	
Jewellery: Shine and Sparkle	3					•	
Karla Pearce	3	•					
Knit-a-Thon for Peace	6	•					
Knitting for Beginners	6						•
Knitting for Peace	6	•					
Kootenay School of the Arts at Selkirk College	2					•	
Learn to Draw in 18 Hours	4	•					
Let's Draw!	7		•				
Low-tech Printmaking	10					•	
Metal: Forge Fun	3					•	
Metropolis (1927) Dir. Fritz Lang	9					•	
Mirja Vahala:	4	•					
Notorious (1947) Dir. Alfred Hitchcock	9					•	
Open Art	5	•					
Painting for Pleasure	3	•					
Paperbag Album	7		•				
Pastels for Beginners	7		•				
Performance: Singing the Blues	10					•	
Photographing People	10					•	
Picasso's Women	8		•				
Pottery - An Introduction	7						•
Scrapbooked Foldout Booklet	7	•					
Scrapbooked Gift Set	7	•					
The Seventh Seal (1957) Dir. Ingmar Bergman	9					•	
The Value of Nature and the Nature of Value	8		•				
Theatre Workshops	7		•				
Tokyo Story (1953) Dir. Yasujiro Ozu	9					•	
Traditional Rugging	7			•			
Visual Arts: Pure Watercolour	3					•	
Watercolour: Focus on Basics	5	•					
Watercolour: Focus on Papers	5	•					
Watercolours for Beginners	8		•				
Woodcarving For Beginners	8					•	
World Cinema Series	9					•	

	#	C	GF	K	NA	NE	T
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Writing: Creative Non-Fiction Intensive	11					•	
Writing: Creative Non-Fiction: From Scene Setting to Story	10					•	
Writing: The Craft of the Short Story	10					•	
Writing: The Wordpress Weblog	11					•	
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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

nakuspc@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/SLOCAN VALLEY:

TENTH STREET CAMPUS

nelsonce@selkirk.ca
820 Tenth Street
Nelson BC V1L 3C7
Tel 250.352.6601 toll-free 1.866.301.6601
Fax 250.352.5716

TRAIL CAMPUS

trailce@selkirk.ca
900 Helena Street
Trail BC V1R 4S6
Tel 250.364.5770
Fax 250.368.4983

READY TO REGISTER? | my course wish list

TITLE

PAGE

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, go to page 79 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 78 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: Course fees totalling more than \$100 are income tax deductible. Keep your receipt as no duplicates will be issued.

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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
- 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 30 for a preview of upcoming courses in First Aid & Safety or contact your local campus to customize your own first aid training package.



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 \$129.⁰⁰.

All instructor bios, course listings, lesson overviews, and fees are available online: www.ed2go.com/selkirk.

ED2GO SAMPLE COURSES

- Achieving Success with Difficult People
- Design Projects for Adobe Illustrator CS2
- Build Teams that Work
- Creating Your Own Non-Profit
- Discover Digital Photography
- Effective Business Writing
- Effective Selling
- Film Literacy
- Fundamentals of Supervision and Management
- Fundamentals of Technical Writing
- Intro to Business Analysis
- Intro to Dreamweaver 8
- Intro to Macromedia Director MX 2004
- 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 Fundamentals
- Speed Spanish
- Understanding the Human Resources Function

For more courses go to www.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 enroll before a class can run.

