

CONTINUING EDUCATION CALENDAR

the courses that fit *naturally*



january - july 2009 | selkirk.ca

WHAT'S HAPPENING

in 2009

ADULT BASIC EDUCATION

Get up to speed with the subjects you need. Free tuition, start anytime! See page 17.

BUILDING COMMUNITIES FROM THE INSIDE OUT

Renowned speaker, John McKnight explores ways to build strong, resilient communities and local economies April 21 in Grand Forks. See page 57.

GENEALOGY

On April 4th the West Kootenay Family History group will host a Genealogy workshop to celebrate their 20 year anniversary. See page 64.

SALES AND SALES MANAGEMENT TRAINING

An exciting new partnership with Sandler Training offers world class training beginning March 27 in Castlegar. See page 16.

WOMEN IN LEADERSHIP LUNCHEONS

Two truly inspiring events for women of all ages and in all stages of their lives happen in March in Nakusp and Kaslo. See page 58.

WORLD CINEMA

Film history instructor, Ian Dawe, takes you on a "guided tour" through the history of narrative film weekly beginning March 23 in Nelson. See page 10.

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.

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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

KSA: Kootenay School of the Arts

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 — KSA

Kootenay School of the Arts 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.

ACTING AND SCENE CLASS

Designed for beginners and experienced individuals alike, age 17 and beyond. Explore acting techniques based on the "Method" developed by Constantine Stanislavsky, the famous Russian theatre innovator. Choose scenes, prepare text, rehearse with a partner, and perform for the class. Participate as audience members and contribute constructive criticism. Script analysis, technique, and exercised to prepare the actor for performance.

new Nelson: KSA Campus \$140
Pat Henman
8 classes: Feb. 12-Apr. 16, Thur. 6:30-9:30 pm
(no class Mar. 9&20)



CLAY

INTERMEDIATE/ADVANCED WHEEL THROWING

Develop and enhance your wheel-throwing pottery skills under the guidance of local potter, Lisa Martin. Progress through creating forms such as mugs, bowls, plates, vases and teapots. Learn and experiment with glazes. Bring apron, small bucket, car-wash sponge and pottery tools.

Nelson: KSA Campus \$279
Lisa Martin
8 classes: Feb. 10-Mar. 31, Tue. 6-9 pm

MASK-MAKING WORKSHOP

Transform yourself! Cast your face with plaster cloth and create a mask of your ideal self. Learn the techniques of hand-building: pinching forms and texturing clay. Finish by colouring your mask with inks. Great fun for all ages!

new Nelson: KSA Campus \$105
Christine Dell
3 classes: May 9, 10 & 16, Sat. & Sun. 10 am-2 pm

POTTER'S WHEEL

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

Nelson: KSA Campus \$279
Christine Dell
8 classes: Jan. 29-Mar. 19, Thur. 6-9 pm

Nelson: KSA Campus \$279
Lisa Martin
8 classes: Apr. 9-May 28, Thur. 6-9 pm

FIBRE

FABRIC ABSTRACTIONS

This workshop is designed to help students break out of "the rules." Explore and experiment with abstract, random and accidental art using fabric collage and machine

embroidery. These techniques can be applied to future projects such as soft furnishings, clothing embellishment, wall hangings, and more.

Nelson: KSA Campus \$120

Kate Bridger

4 classes: Jan. 24-Feb. 14, Sat. 10 am-2 pm

SAORI FREESTYLE WEAVING

Immerse yourself in the freedom and creativity of weaving the Saori way. Whether you are an experienced weaver or have never woven before, you will learn creative ways to weave with colour and texture while exploring the Saori Philosophy.

new Nelson: KSA Campus \$175

Terri Bibby

3 Classes: TBA

INSPIRING ARTISTS

BODY OF WORK

Editors, curators, and gallery owners are always looking to see a cohesive body of work. This workshop is designed to coach artists in all disciplines to define, review and refine a body of work into that WOW presentation wanted.

Nelson: KSA Campus \$75

Ruth Parish

5 classes: Mar. 11-Apr. 8, Wed. 7-9 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 dies, and how to operate the hydraulic press. Intro. to Jewellery or equivalent is a prerequisite for this course.

new Nelson: KSA Campus \$190

Anna Clark

6 classes: Feb. 21-Mar. 28, Sat. 10 am-1 pm



INTRODUCTION 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

Anna Clark

6 classes: Jan. 13-Feb. 24, Tue. 6-9 pm

LOW-TECH JEWELLERY CASTING

Learn direct-pour silver and bronze casting methods. Explore proper and safe handling of fuel gases, torches, molten metal and finishing accessories. Prerequisite: Any intro level jewellery course that involves the use of torches and soldering.

Nelson: KSA Campus \$210

Daniel Rondeau

6 classes: TBA

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.

new Nelson: KSA Campus \$180

Anna Clark

6 classes: Feb. 21-Mar. 28, 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 & leather boots. Youth 14-18 should be accompanied by an adult.

Nelson: KSA Campus \$70
Kevin Kratz
1 class: Feb. 1, Sun. 12-5 pm
1 class: Mar. 1, Sun. 12-5 pm
1 class: Apr. 5, Sun. 12-5 pm

new Nelson: KSA Campus \$125
Patrick Lloyd
4 classes: Apr. 18-26, Sat. & Sun. 10:30 am-2 pm

VISUAL ARTS

OPEN STUDIO FIGURE DRAWING

Draw from a wide variety of unique models and express yourself. With one-on-one instruction, group support and on-going feedback, work with the figure on your own terms in a relaxed but conscientious environment. Start with gestures and work towards poses.

Nelson: KSA Campus \$175 / \$35
drop-in if space is available
TBA
6 classes: Mar. 1-Apr. 5, Sun. 1:30-4:30 pm

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 an ordinary subject work into a work with meaning and content.

Nelson: KSA Campus \$145
Teri Ward
6 classes: Feb. 3-Mar. 10, Tue. 6-9 pm

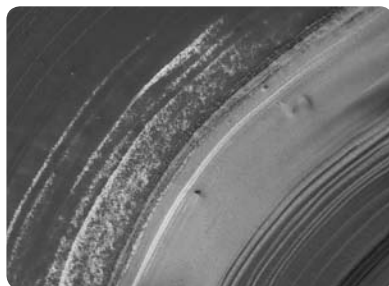
RENDERING NELSON WITH WATERCOLOUR AND INK

Depict Nelson's land and cityscapes using watercolour and pen/ink. Special emphasis will be given to colour, structure, viewpoint, atmospheric perspective, as well as personal interpretation.

Nelson: KSA Campus \$145
Teri Ward
6 classes: Mar. 28-May 2, Sat. 1-3 pm

TEXTURE MANDALA

Explore the richness and variety of texture as an expressive element for the creation of patterns in a mandala construction. Contrasts of similarity and variety are exploited as structuring ideas.



DEB ANDREWS

This ongoing series of courses has been offered by Deb Andrews regionally for 14 years. Students will develop a foundation for their art practice with emphasis on skill and concept development as well as information on materials and technique. The atmosphere is fun, upbeat, and supportive. The intention is to inspire and help build confidence.

DRAWING WORKSHOP

Learn the essentials for working with drawing media and subject matter. Choose from various themes: nature, objects, people, self portraits, abstraction, expressive impulses and ideas. Methods covered include pencils, charcoal and pastels.

Nelson: KSA Campus \$150
Debra Andrews
6 classes: Feb. 7-Mar. 14, Sat. 10 am-1 pm

MIXED MEDIA PAINTING & DRAWING

Learn the essential skills and concepts of drawing, painting and design. Examine how different drawing and painting media work alone in combination on dry and wet surfaces. Work in a collaborative supportive environment.

Nelson: KSA Campus \$150
Debra Andrews
6 classes: Feb. 7-Mar. 14, Sat. 1:30-4:30 pm

KARLA PEARCE

Karla has been teaching, painting and drawing in the West Kootenays 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.

DRAWING WITH A PAINT BRUSH

Learn preliminary sketch work using a paintbrush. Practice visualization techniques in finding form, shape, light and negative space to see and paint in an holistic manner. Several still life's will be used as well as a model. Supply list available upon registration.

Castlegar: Artist Studio, 713, 107 St. \$98

Karla Pearce

4 classes: Apr. 19-May 10, Sun. 1:30-4:30 pm

PAINTING NATURAL ELEMENTS

Explore drawing fundamentals including composition and perspective. Develop a landscape scene using the painting techniques of colour theory/mixing and paint handling/application. Use brushstrokes to create various effects such as blending, layering and colour transitions as well as the qualities of reflection, transparency, movement and depth to emphasize the interaction of natural elements.

new Castlegar: Artist Studio, \$98

713, 107 Street

Karla Pearce

4 classes: Feb. 15-Mar. 8, Sun. 1:30-4:30 pm

PERSONAL DEVELOPMENT FREESTYLE (WATERCOLOUR AND ACRYLIC)

The subject of study will vary according to your interests, with the objective being the continuation of developing one's own individual style and conceptualizing and producing paintings. Look at how to successfully compose, build and finish a painting. Focus on problem-solving techniques for painting issues that arise. Time will be spent on positive and supportive group critique.

new Castlegar: Artist Studio, \$98

713, 107 Street

Karla Pearce

4 classes: Mar. 15-Apr. 5, Sun. 1:30-4:30 pm



MIRJA VAHALA

Educated in graphic design and visual arts, Mirja spent 20 years as a designer and company owner. Most recently she has been instructing students in the Kootenays and Lower Mainland. All Mirja's classes are method-based, hands-on, fun and educational. Lessons are step-by-step with individualized attention and demonstrations. Visit www.inspiringminds.ca

ACRYLICS FOR TRUE BEGINNERS

Acrylics are versatile, easy-to-use and very popular. Discover the techniques and tricks of using this medium, make various brush strokes and mix clean, 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,

3905 Broadwater Road

\$120

Mirja Vahala

5 classes: Feb. 17-Mar. 17, Tue. 9:30 am-noon

5 classes: Apr. 2-30, Thur. 6:30-9:30 pm

ACRYLICS: LEARN ENOUGH TO GET GOING

Take home a landscape painting and new skills. Acrylics are versatile, easy-to-use and very popular. Discover the techniques and tricks of using this medium, make various brush strokes and mix clean, effective colours and shades. Paint simple shapes and a landscape, step-by-step, using the old masters' 'thick over thin' method. Drawings and images provided. Bring a lunch and a smock to protect your clothes.

new Nakusp Centre: \$135
 Supplies included -register before March 20
 Mirja Vahala
 2 classes: Apr. 17 & 18, Fri. & Sat. 9:30 am-4 pm

ACRYLICS PLUS

Further develop your acrylic painting skills while creating landscapes, step-by-step. Use the 'thick-over-thin' method for your first painting. Learn to use shades of grey that are then glazed with colour for your second (grixaille method). Drawings are provided, though feel free to bring your own ideas. Some acrylic painting experience 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,
 3905 Broadwater Road \$120
 Mirja Vahala
 5 classes: Mar. 31-Apr 28, Tue. 9:30 am-12:30 pm



ACRYLICS PLUS METHODS CLASS

Painting on tin foil methods class.

new Castlegar: Artist studio,
 3905 Broadwater Road \$72
 Mirja Vahala
 3 classes: May 7-21, Thur. 6:30-9:30 pm

ACRYLICS PLUS MORE TECHNIQUES

Begin two new paintings using two different techniques: collage and modeling paste. Both can be used to create texture and shape.

Castlegar: Artist studio,
 3905 Broadwater Road \$96
 Mirja Vahala
 2 classes: May 23 & 30, Sat. 9:30 am-4 pm

ART MENTORSHIP SESSIONS

Quickly improve your artistic skills through guidance from method instructor, Mirja Vahala. Develop your drawings, paintings, ideas and personal style, and improve your techniques. Need help beginning or finishing? Need inspiration? Looking for new ways and means? This is the class for you. Learn, too, by seeing what others do in class. All levels and mediums.

new Castlegar: Artist studio,
 3905 Broadwater Road \$144
 Mirja Vahala
 6 classes: Apr. 2-May 7, Thur. 9:30 am-12:30 pm

new Castlegar: Artist studio,
 3905 Broadwater Road \$96
 Mirja Vahala
 4 classes: May 5-26, Tue. 6:30-9:30 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 be amazed at how your drawing skills develop in just 18 hours. Improve your creative thinking too. 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 www.inspiringminds.ca/gallery.htm. Mirja will provide some supplies for a fee of \$15.

Castlegar: Artist studio,
 3905 Broadwater Road \$144
 Mirja Vahala
 6 classes: Feb. 12-Mar 19, Thur. 9:30 am-noon
 6 classes: Feb. 12-Mar. 19, Thur. 6:15-9:15 pm

WATERCOLOUR FOR THE TRUE BEGINNER: WEEKEND EDITION

Learn 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. Materials included. Note: students must pre-register before Apr. 10, 2009 so that materials can be arranged.

new Grand Forks Campus \$142
 Mirja Vahala
 2 classes: Apr. 25 & 26, Sat. 10 am-5 pm, Sun. 9:30 am-4:30 pm

WATERCOLOUR FOR TRUE BEGINNERS

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 Watercolour Plus. For an additional \$30, all materials will be provided.

Castlegar: Artist studio,
3905 Broadwater Road \$48
Mirja Vahala
2 classes: Feb. 17 & 24, Tue. 6:15-9:15 pm
1 classes: Feb. 28, Sat. 9:30 am-4 pm

WATERCOLOUR PLUS

Further develop your watercolor skills while painting a series of 4 or 5 images. Be introduced to pen & ink and watercolour pencils. Demonstrations and drawings are provided, though feel free to bring your own ideas. Experience required. Materials extra.

Castlegar: Artist studio,
3905 Broadwater Road \$120
Mirja Vahala
5 classes: Mar. 3, 10, 31, Apr. 7 & 14, Tue.
6:30-9:30 pm

WATERCOLOUR: LEARN ENOUGH TO GET GOING

Take home a landscape painting and new skills. Explore five age-old-methods such as washes, wet-on-wet and charging. Create textures and use creative techniques for applying paint. Learn

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.

This program is to commence Fall 2009 at the Trail Campus.

various brush strokes and how to mix clean, effective colours and shades. Bring a lunch and a smock to protect your clothes.

new Nakusp Centre: \$135
Supplies included - register before Mar. 22
Mirja Vahala
2 classes: Apr. 19 & 20, Sun. & Mon.
9:30 am-4 pm

OPEN ART

BIRTH OF FABRISCAPE

Learn freestyle machine embroidery and fabric collage. Experiment with technique and practice 'sketching' with your sewing machine. Learn to add colour and dimension to your compositions using fabrics and freestyle stitching. For a materials list email: kbridger@telus.net

Grand Forks Campus \$139
Kate Bridger
2 classes: Apr. 4 & 5, Sat. & Sun. 10 am-4 pm

CLAY: POTTERY

Learn the basics of wheel-throwing, hand building, sculpting and glazing. All materials provided. Please register by Mar. 31, 2009 as materials need to be ordered in advance.

Grand Forks, GFSS \$199
Jan DeHaan
6 classes: Apr. 15-May 20, Wed. 6:30-9:30 pm

CLAY: AN INTRODUCTION

If you have always wanted to try the potter's wheel but have never had the opportunity, this is the class for you! Learn hand-building techniques with slabs and coils. All creations will be glazed and fired using pit-firing/horsehair and raku firings. Come and have fun. Little or no experience necessary.

Nakusp Centre \$130
Susan Janzen
4 classes: Feb. 16-Mar. 14, Mon. 7-9 pm, Sat.
10 am-4 pm

CREATIVE WRITING 101: STUDIES IN WRITING II

This university transfer course is open to any aspiring writer focusing the writer's efforts on crafting story. An exploration of scene development, characterization, setting, point-of-view, and the leading ideas in stories will prepare students to produce original

compositions in any genre other than poetry. Students will submit original writing for workshop in at least two of the three genres. CWRT is part of Selkirk College's Studies in Writing Program. Prerequisite: "C" or better in ENGL 12 or LPI level 4 or permission from the instructor.

new Castlegar Campus \$274
 Almeda Glenn Miller
 Jan. 6-Apr. 24, Tue. & Fri. 2:30-4 pm

CREATIVE WRITING 201: STUDIES IN WRITING IV

This university transfer course is open to any writer wanting to continue to develop their craft. Portfolio development and manuscript preparation are emphasized, students will write and submit grant proposals, and a composition for publication. CWRT 201 is part of Selkirk College's Writing Studies program. Prerequisite: "B" or better in CWRT 200, or permission of the instructor.

new Castlegar Campus \$274
 Almeda Glenn Miller
 Jan. 6-Apr. 24, Tue. 11 am-1 pm & Fri.
 12:30-2:30 pm



FUN WITH FELTING FOR KIDS

A great way to mix up colour and creativity with children. Your child can learn needle felting by making a felted ball. The completed ball will be about the size of a tennis ball, rainbow coloured or one colour, it can have strips, circles or triangles. Let your imagination run wild. All materials provided.

new Nakusp Centre \$15
 Cindy Hagen
 1 class: Mar. 20, Fri. 1-3 pm

KOOTENAY FIDDLE, GUITAR & PIANO WORKSHOP

This popular workshop caters to a broad range of skill levels, from novice to professional. Back by popular demand is Nova Scotian, Gord Stobbe, former host of UP HOME TONIGHT.

Castlegar Campus \$195
 before May 31 or \$220 as of June 1
 Various Instructors from across Canada
 5 classes: July 13-17, Mon.-Fri. 9 am-4 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.

Grand Forks Campus \$70
 Nora Curiston
 4 classes: Feb. 8-Mar. 8, Sun. 1-4 pm
 (no class Mar. 1)

ORIGAMI: THE ART OF PAPER FOLDING

Learn this ancient art in a fun and relaxed environment. Discover folds, symbols and six diagrammed project. Materials & handouts included.

Trail Campus \$45
 Rosemary Browne
 1 class: Mar. 7, Sat. 11 am-3 pm
 1 class: Apr. 25, Sat. 11 am-3 pm

PINE NEEDLE BASKETRY

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

Grand Forks Campus \$45
 Joan Holmes
 1 class: Feb. 21, Sat. 9 am-noon
 Midway, BCSS \$45
 Joan Holmes
 1 class: Apr. 4, Sat. 10 am-1 pm
 Trail Campus \$45
 Rosemary Browne
 1 class: Feb. 7, Sat. 11 am-3 pm

1 class: Mar. 31, Tue. 11 am-3 pm
1 class: May 9, Sat. 11 am-3 pm

PINE NEEDLE BASKETRY: ADVANCED

Create a lid and/or embellish your own hand-made basket! Bring fine-pointed scissors and a bag. Materials included.

new Grand Forks Campus \$45
Joan Holmes
1 class: Feb. 21, Sat. 1-4 pm

PAINTING: PUT LIFE INTO YOUR PAINTING

A weekend of drawing and painting with special emphasis on the use of gesture to create paintings with life. Practice positive and negative painting to build shape and form. Get supply list upon registration.

Nakusp Centre \$110
Barbara Wilson
3 classes: Feb. 27, 28 Mar. 1, Fri. 7-9 pm,
Sat. & Sun. 10 am-4 pm

SPEAKER SERIES

1. HOW TO SURVIVE THE 21ST CENTURY: THE INSIDE SCOOP

Author Randy Morse (with 5 published books under his belt) is working on a new book project - a primer for coping with the already-tumultuous 21st Century. Drawing upon his most recent work, expect a wild melange of wry humour, arcane information, and pointed tips on how to cope in a world that sometimes seems way too crazy to be for real. Complete with illustrative slides and music to ensure you stay awake! Pre-registration is required.

new Kaslo Centre Free
(Sponsored by the Columbia Basin Alliance for Literacy)
Randy Morse
1 class: Feb. 12, Thur. 7-8:30 pm

2. WHAT'S THE BUZZ? BEES OF THE WEST KOOTENAYS

Meet an enthusiastic insect biologist. Learn why bees are our most important pollinators, about the wealth of bee species living in the West Kootenays, ways you can help bees and attract them to your garden. Learn how to build "bee houses". Enjoy spending an evening

immersed in the wonderful world of bees. Door prize. Sponsored By Columbia Basin Alliance for Literacy. Pre-registration is required.

new Kaslo Centre Free
1 class: Mar. 3, Tue. 6-7:30 pm
Lynn Westcott, Entomologist

3. GRIZZLY BEARS IN THE KOOTENAYS AND BEYOND

A brief look at grizzly bears around the world with a closer focus on bears in the Kootenays including the conservation status of bears in our region, and research updates from Proctor's local work. Sponsored by Columbia Basin Alliance for Literacy. Pre-registration is required.

Kaslo Centre Free
Michael Proctor
1 class: Jan. 27, Tue. 7-8:30 pm



| arts & culture |

WEAVING: CARD/TABLET

Card weaving is one of the oldest forms of weaving and produces a very sturdy strap. These straps work great for guitars, pet leashes or other items that require a strap. Cards are laced in a certain order and turned in sequence producing an intricate design. All materials included.

new Nakusp Centre \$65
Cindy Hagen
1 class: Feb. 21, Sat. 12:30-4:30 pm

WEAVING: INKLE

One of the simplest and more diverse forms of weaving. Make shoelaces, Christmas tree decorations, bookmarks, boxes, purses and placemats. All materials included.

new Nakusp Centre \$65
Cindy Hagen
1 class: Feb. 7, Sat. 12:30-4:30 pm

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,
Woodworking Shop \$170
Peter Bockner
6 classes: Jan. 30-Mar. 6, Fri. 9 am-3 pm



WORK AS SPIRITUAL PRACTICE

Are you tempted to be more focused on future results than what is happening in the moment? Be more creative and at ease at work. Dr. Duncan Grady combines native heritage (Siksika/Sauk) with teachings of Tibetan Buddhism to promote peace and creativity for all.

Grand Forks Campus \$15
Duncan Grady
1 class: Mar. 27, Fri. 1-3 pm

WORLD CINEMA

Film history instructor, Ian Dawe, takes you on a "guided tour" through the history of narrative film, with weekly screenings, lecture and discussion. If you've always wanted to build a film literacy, but somehow never got around to it, this is the course for you. We'll be screening movies from the silent era right through to our own time, including classics from Europe, Asia and the US, with a focus on placing these films in their historical context.

new Nelson: Silver King Campus \$12
Ian Dawe, MSc, MA
8 classes: Mar. 23-May 18, Mon. 6-9 pm
(no class April 13)

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
6 classes: TBA

OXYGEN ART CENTRE

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

BE CREATIVE: DON'T JUST THINK ABOUT IT!

Have you always wanted to take an art course but felt intimidated? In this 8 week class learn how to mix paint, experiment freely with different techniques, learn about different art materials and most importantly, have fun doing it!

Nelson: Oxygen Art Centre \$210
Natasha Smith, BA
7 classes: Feb. 18-Apr. 8, Wed. 7-10 pm

COLOUR MY WORLD: A COURSE FOR THE ARTISTIC, SCIENTIFIC, AND SPIRITUALLY MINDED

Colour is full of mystery and complexity and often affects us on deeper levels than we realize. Using drawing, painting, art history, collage and sculpture, we will touch upon the physical, spiritual, scientific and emotional lives of colour. This class is designed for the child at heart, the inquisitive and the playful.

Nelson: Oxygen Art Centre \$180
Anita Levesque, BEd, BFA
6 classes: Feb. 17-Mar. 31, Tue. 7-10 pm

CREATIVE RE-CONNECT : A BEGINNER COURSE FOR ADULTS

A beginner class for adults wanting to explore their creative side. An emphasis will be placed on the creative process, exploring various art methods through the act of play, experimentation, and group co-operation. This class is a safe environment for those who have always wanted to tap into their creative side.

Nelson: Oxygen Art Centre \$240
Anita Levesque, BEd, BFA
8 classes: Apr. 7-May 26, Tue. 7-10 pm

DRAWING: STRETCHING THE LINE

Build a foundation of drawing skills with an emphasis on line, value, contour, proportion, perspective and form. Work from still life, photographs and live models using observation, memory and imagination to bring forth vitality to the drawn image. Any level of experience welcome.

Nelson: Oxygen Art Centre \$180
Deb Thompson, MFA
6 classes: Apr. 16-May 21, Thur. 3:30-6:30 pm

FIELDS OF COLOR: ABSTRACT PAINTING INTENSIVE

Explore abstract painting through a series of hands-on exercises that work with formal concerns, including mark-making, balance, movement and colour contrasts, and conceptual concerns, including transcendence, metaphysics, the self and the sublime.

Nelson: Oxygen Art Centre \$140
Deb Thompson, MFA
3 classes: May 8, 9, & 10, Fri. 6-9 pm, Sat. 10 am-4 pm & Sun. 10 am-3 pm



FINE-ARTS THEATRE

Come act and play as we put together original short theatre pieces that relate to the fine arts as a whole. Honing stage and story technique, while having fun, we'll explore the live performance aspect inherent in artistic creation.

Nelson: Oxygen Art Centre \$240
Jeff Forst, BA
8 classes: Feb. 19 -Apr. 16, Thur. 7-10 pm

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

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

HOME-STYLE: ENRICHING YOUR CHILD'S CREATIVE EXPRESSION

For parents (or guardians) and their children wanting to bring more visual art into their child's lives. We will explore various activities, both traditional and contemporary, that will satisfy and challenge a whole range of ages and interests. Have fun creating with your child in a supportive and inspiring environment.

Nelson: Oxygen Art Centre \$120
Anita Levesque, BEd, BFA
2 classes: May 23 & 24, Sat. & Sun. 9 am-3 pm

INTRO TO ACTING

Dip your toe in the water in a safe, playful environment. Working with games, monologues and scenes, we will explore movement, voice, character and text.

Nelson: Oxygen Art Centre \$120
Nicola Harwood, BFA, MFA
2 classes: Mar. 28 & 29, Sat. & Sun. 9 am-3 pm

LOW-TECH PRINTMAKING

Investigate processes that can be done without the use of a printmaking press to create beautiful images. Various simple plate-making and image transfer techniques will be explored.

Nelson: Oxygen Art Centre \$240
Natasha Smith, BA
8 classes: Feb. 17-Apr. 14, Tue. 9:30 am-12:30 pm

MANDALA: ART AS MEDITATION: INTENSIVE

Mandalas are an ancient circular art form used primarily in sacred traditions. Explore the process of art making as a sacred act/meditation, and focus on the use of watercolour, pen and ink, mixed media collage, and co-operative art making.

Nelson: Oxygen Art Centre \$240
Anita Levesque, BEd, BFA
4 classes: May 4-7, Mon.-Thur. 9 am-3 pm

MOVING INTO ABSTRACTION

Develop an image and create a series of works moving into the realm of abstraction. Various media will be used to explore texture, composition and colour.

Nelson: Oxygen Art Centre \$180
Natasha Smith, BA
6 classes: Apr. 15-May 20, Wed, 7-10 pm

MUSICAL THEATRE INTENSIVE

Explore music, movement and expression through the wonder of Broadway. Students will receive vocal coaching, learn delightful dance moves (jazz hands anyone?) and have fun while connecting their voices, minds and bodies.

Nelson: Oxygen Art Centre \$120
 Robyn Lamb and Mackenzie Hope
 2 classes: Feb. 28 & Mar. 1, Sat. & Sun.
 9 am-3pm

PAINTING 2: COMPOSITION

Focus on the formal elements in a painting and how they are organized into compositions that are expressive and effective. Emphasis will be on the exploration of perspective, placement, repetition, rhythm, pattern and focal point.

Nelson: Oxygen Art Centre \$280
 Deb Thompson, MFA
 6 classes: Mar. 25-Apr. 29, Wed. 9 am-2 pm

SCULPTING AND MOLD-MAKING

Using simple materials such as plaster, burlap, chicken wire, clay and silicone caulking, learn how to make one and two part molds to create multiples of simple sculptural objects. Using

the same materials, we will introduce some construction techniques for three-dimensional one-of-a-kind pieces.

Nelson: Oxygen Art Centre \$150
 Boukje Elzinga BSc, BFA and Bridget Corkery
 BFA, MFA.
 5 classes: Apr. 23-May 21, Thur. 7-10 pm



SINGING THE BLUES

Life is the only experience required to growl, groan, wail and moan! Each week we'll learn a blues song and explore the 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. (Min. age 16yrs)

Nelson: Oxygen Art Centre \$240
 Bessie Wapp
 8 classes: Apr. 20-June 15, Mon. 7-10 pm

Stay Connected

If you are a
Selkirk College Alumni
 membership benefits are
BIG & FREE!

View the benefits and
 register online!
selkirk.ca/alumni



WRITING

CREATIVE NON-FICTION INTENSIVE

Writing nonfiction encompasses both the power of the real and the deep resonance of the literary. Essential ingredients 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: May 11-14, Mon.-Thur. 9 am-noon
 plus individual meetings.

OFFBEAT: ONLINE POETRY WORKSHOP

It's a new world for poets! You can work on-line and in person too, in a combination of online

mentorship & face-to-face workshops. You will need an email address, a computer and a willingness to meet with your fellow poets on three occasions over the eight weeks.

Nelson: Oxygen Art Centre and online \$240
Susan Andrews Grace, MFA
8 classes: Feb. 16- Apr. 6, On-line and meetings TBD.

SCREENWRITING FOR SHORTS

Shorts are doable, shorts are fun and shorts can also be your calling card to festivals. Write an original screenplay for a short film, examining structure, style, character and story. Watch exemplary samples of short films in order to understand the genre and also how it relates to feature length films.

Nelson: Oxygen Art Centre \$180
Nicola Harwood
6 classes: Feb. 16-Mar. 30, Mon. 7-10 pm

WRITE FROM THE SOURCE

The primary tool of a writer is the writing mind. In Writing Practice we alternate between sitting meditation, mindful walking and writing to reach deep into our creative minds and write from the source. Recommended pre-reading, "Writing Down the Bones," by Natalie Goldberg.

Nelson: Oxygen Art Centre \$120
Kuya Minogue
3 classes: Apr. 3, 4 & 5, Fri. 7-10 pm, Sat. 9 am-3 pm, Sun. 9 am-noon

WRITING FOR CHILDREN

Writing for children is one of the most structured forms of writing. Information will be given on 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
3 classes: May 1, 2 & 3, Fri. 6-10 pm, Sat. & Sun. 9 am-1 pm.

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

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



YOUTH

AFTER-SCHOOL THEATRE (7-15YRS)

Calling all youth actors from age 7-15! Theatre for the shy and the daring! Students will be given exercises and positive encouragement to develop and enhance their radical acting skills. Come on down, the play is right!

Nelson: Oxygen Art Centre \$120
Jeff Forst, BA
7 classes: Feb. 19-Apr. 9, Thur. 3:30-5 pm

SPRING BREAK ART CAMP: THROUGH THE AGES (8-11YRS)

Spring Break Art Camp! Learn about cool artists, look at their art, and make your own art! Looking at the work of 8 influential artists and explore various approaches to art-making as inspired by their work.

Nelson: Oxygen Art Centre \$80
Anita Levesque, BEd, BFA
5 classes: Mar. 16-20, Mon.-Fri. 9-11 am.

SPRING BREAK ART CAMP: MANDALAS! (12-15YRS)

Learn about an ancient art form, while having fun with paint, ink pen, chalk pastel, and collage. Have the opportunity to create your own personal mandala & contribute to a group mural!

Nelson: Oxygen Art Centre \$80
Anita Levesque, BEd, BFA
5 classes: Mar.16-20, Mon.-Fri. 1-3 pm

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: Feb. 19, 24 & Mar. 3, 12,
Tue. & Thur. 6-9 pm

Grand Forks Campus \$160

Monique Lalonde

2 classes: May 2 & 3, Sat. & Sun. 9 am-4 pm

Kaslo Centre \$160

Monique LaLonde

2 classes: Feb. 21-22, 9 am-4 pm

Nelson: Silver King Campus \$160

Brenda Wiest

4 classes: Feb. 3-12, Tue. & Thur. 6-9 pm

Trail Campus \$160

Bev Horst

4 classes: Apr. 20-29, Mon. & Wed. 6-9 pm

President, Investments at CBF.

new Nakusp Centre

Johnny Strilaeff, CFA

1 class: Jan. 28, Wed. 12-1 pm

\$5

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

Debbie Bayoff, CFP

1 class: Feb. 24, Tue. 6:30-8:30 pm

\$20



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: Feb. 5-12, Thur. 6:30-9:30 pm

FINANCIAL MARKET MELTDOWN

Come join us over the lunch hour to discuss the global causes and local impacts of the financial market meltdown with Johnny Strilaeff, Vice

GROW YOUR MIND

Did you know that education provides growth personally, economically, and financially? Attend a FREE information session in your area and find out what Selkirk College has to offer in terms of professional development, financial assistance, and course selection. Pre-registration required.

Castlegar Campus

Amy Kinakin

1 class: Mar. 12, Thur. 6:30-7:30 pm

Free

Grand Forks Centre

Amy Kinakin

1 class: Mar. 31, Tue. 6:30-7:30 pm

Free

NOT SURE WHAT THE RIGHT BEGINNER COURSE IS FOR YOU?

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

Kaslo Centre Amy Kinakin 1 class: Apr. 2, Thur. 6:30-7:30 pm	Free
Nakusp Centre Amy Kinakin 1 class: Mar. 11, Wed. 6:30-7:30 pm	Free
Nelson Campus Amy Kinakin 1 class: Apr. 1, Wed. 6:30-7:30 pm	Free
Trail Campus Amy Kinakin 1 class: Mar. 10, Tue. 6:30-7:30 pm	Free

INTRO TO NON-PROFIT MANAGEMENT

See page 56 for course details.

JOB FAIR

A great way to introduce employers and job seekers! Employers book a spot for your 2009 recruitment. Job seekers bring copies of your resume.

new Kaslo Centre business/Admission by donation 1 class: Mar. 28, Sat. 10 am-2 pm	\$10
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JOB SEEKING SAVVY

Easily navigate internet job postings to find your dream job. Create a resume and cover letter that will get you noticed. Learn to upload your application and resume on line to get the job you want!

Trail Campus Cheryl Gnyp 1 class: Mar. 3, Tue. 1:30-3 pm	Free
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PAYROLL: LEVEL I

Acquire a comprehensive introduction to the payroll function. Topics include: introduction to

payroll, processing a payroll, employment labour standard, government reporting and records retention.

Trail Campus The Canadian Payroll Association 1 class: Apr. 30, Thur. 8:30 am-4:30 pm	\$450
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PAYROLL: LEVEL II

Designed for those with a basic understanding of the payroll function and a working knowledge of some of its more complex functions. Although Learning Payroll Level I is not a prerequisite, it is strongly recommended. Topics include: taxable earnings, allowances, overview of common taxable benefits, termination of employment and introduction to garnishments.

Trail Campus The Canadian Payroll Association 1 class: May 1, Fri. 8:30 am-4:30 pm	\$450
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PLANNING STRATEGIES FOR YOUR SMALL BUSINESS OR PERSONAL LIFE

If you own a small business, planning basics are essential, whether you are seeking outside financing or just want to manage your business more successfully. These same strategies can also help you manage your personal finances and life goals more productively. Create a draft plan for your business or your personal life and have the opportunity to obtain instructor and peer review.

Grand Forks Campus Marie Low 1 class: Mar. 7, Sat. 9 am-1 pm	\$39
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RETIREMENT PLANNING

Whether you are planning or procrastinating for your retirement, this course is for you! In a simple terms, learn what income you will need for retirement and what savings are required to ensure it. Discover how pension, personal savings and government benefits work together. How do RRSP's work? Why have one? What is a spousal RRSP? Learn how investments and income are taxed and what vehicles exist to maximize retirement income.

new Grand Forks Campus Rob Ogloff 1 class: Feb. 11, Wed. 6:30-8:30 pm	\$15
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RETIREMENT PLANNING

Attend an in-depth workshop on the importance of smart retirement planning. It will include discussion on the activities of retirement and sources of income, tax implications and how to prepare for the inevitable. Sponsored by KSCU.

Nakusp Centre Free
 John Merlo
 1 class: Jan. 14, Wed. 6:30-8:30 pm



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.

Castlegar Campus	\$23
Debbie Bayoff, CFP	
1 class: Mar 12, Thur. 6-9 pm	
 Kaslo Centre	 \$23
Debbie Bayoff, CFP	
1 class: Mar. 4, Wed. 6-9 pm	
 Nelson: Silver King Campus	 \$23
Debbie Bayoff, CFP	
1 class: Mar. 11, Wed. 6-9 pm	
 Trail Campus	 \$45
Jennifer Cook	
2 classes: Mar. 30-31, Mon. Tue. 6-9 pm	

SALES AND SALES MANAGEMENT FUNDAMENTALS

Selkirk College is pleased to announce an exciting new partnership with Sandler Training who will offer world leading sales and sales management training in the Kootenays. With over 225 locations worldwide, Sandler Training is the leader in the development of sales and sales management training. 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. Upon completion, students will receive a certificate of completion of the Sandler Training Fundamentals Course. For more information on Sandler Training visit www.sandler.com, for a detailed course outline email dchernoff@selkirk.ca

new Castlegar Campus \$750 or \$650
 with 3 or more from the same company.

John Glennon
 3 classes: Mar. 27, Apr. 24, May 29, Fri. 8 am-4 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: Feb. 19, Thur. 6-8 pm	
 new Kaslo Centre	 \$20
Debbie Bayoff	
1 class: Mar. 25, Wed. 6-8 pm	
 Trail Campus	 \$20
Debbie Bayoff	
1 class: Feb. 17, Tue. 6:30-8:30 pm	

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

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

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
- complete Intermediate, Advanced or Provincial Certificates
- 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
- Begin the courses you want or need
- 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	Ron Greavison	250.365.1474
Grand Forks	Christy Luke	250.442.2704
Kaslo	Marilyn Roberts	250.353.7773
Nakusp	Andrea Kösling	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

computer & digital technology

COMPUTERS

ACCESS: LEVEL I

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

Grand Forks Campus \$198
Judi Thomas
6 classes: Mar. 30-Apr. 20, Mon. & Wed.
6:30-9:30 pm (no class Apr. 13).

AUTO CAD: 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.

new Kaslo Centre \$300
Steve Begg
10 classes: Jan. 26-Feb. 25, Mon. & Wed. 6-9 pm
Nelson: Silver King Campus \$300
Kai Korinth
10 classes: Feb. 4-Apr. 8, Wed. 6:30-9:30 pm

AUTOCAD: 3D

Nelson: Silver King Campus \$300
Kai Korinth
10 classes: Feb. 3-Apr. 7, Tue. 6:30-9:30 pm

CCNA: FUNDAMENTALS OF WIRELESS LANS

This hands-on, instructor led course is designed to prepare the student to design, implement, and trouble shoot Wireless Lan systems at a commercial level. Although real Cisco Systems equipment is used, the course provides more than enough information to work with almost any manufacturer's equipment. Manual extra. Prerequisite: None but the CCNA program and/

or a good understanding of the TCP/IP protocol suite is strongly recommended.

new Trail Campus \$895
Dave Sweetnam, Sysmart Training Group
18 classes: Feb. 24-Apr. 28, Tue. 6:30-9:30 pm

CCNA 3: SWITCHING BASICS & INTERMEDIATE ROUTING

Understand tools and troubleshooting skills, an intro to classless routing, switching concepts and configuration. Manual extra.

Trail Campus \$895
Dave Sweetnam, Sysmart Training Group
18 classes: Feb. 7-Apr. 15, Mon. & Wed. |
6:30-9:30 pm



CCNA 4: WAN TECHNOLOGIES

Get the necessary skills and knowledge to write the CCNA online certification examination such as Network Address Translation, WAN technologies, Point to point protocol and more. Manual extra.

Trail Campus \$895
Dave Sweetnam, Sysmart Training Group
18 classes: Apr. 20-June 22, Mon. & Wed.
6:30-9:30 pm

COMPUTER MAINTENANCE FOR BEST PERFORMANCE

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

Kaslo Centre \$36

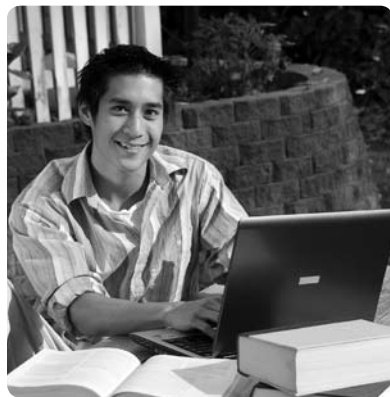
Greg Quinby

1 class: Feb. 12, Thur. 9 am-noon

Nakusp Centre \$36

Marilyn Rivers

1 class: Mar. 9, Mon. 9 am-noon



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.

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.

new Grand Forks Campus \$48

Judi Thomas

2 classes: Feb. 10 & 12, Tue. & Thur.
12:30-2:30 pm

Module I: PC and Windows Basics

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

Castlegar Campus \$30

Bev Horst

1 class: Feb. 16, Mon. 6-8:30 pm

Grand Forks Campus \$30

Judi Thomas

1 class: Feb. 3, Tue. 6:30-9 pm

1 class: Feb. 17, Tue. 12:30-3 pm

1 class: Mar. 30, Mon. 12:30-3 pm

Nakusp Centre \$30

Marilyn Rivers

1 class: Feb. 2, Mon. 9-11:30 am

Nelson: Silver King Campus \$30

Brenda Wiest

1 class: Jan. 26, Mon. 6-8:30 pm

Trail Campus \$30

Marg Poohachoff

1 class: Feb. 19, Thur. 6:30-9 pm

Module II: Windows Tools and Filing

Learn what files and folders are, recognize the parts of a window, 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: Feb., 23, Mon. 6-8:30 pm

Grand Forks Campus \$30

Judi Thomas

1 class: Feb. 5, Thur. 6:30-9 pm

1 class: Feb. 19, Thur. 12:30-3 pm

1 class: Apr. 1, Wed. 12:30-3 pm

Nakusp Centre \$30

Marilyn Rivers

1 class: Feb. 16, Mon. 9-11:30 am

Nelson: Silver King Campus \$30

Brenda Wiest

1 class: Jan. 28, Wed. 6-8:30 pm

Trail Campus \$30

Marg Poohachoff

1 class: Feb. 24, Tue. 6:30-9pm

Module III: Working with Windows Programs

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

Castlegar Campus Bev Horst 1 class: Mar. 2, Mon. 6-8:30 pm	\$30
Grand Forks Campus Judi Thomas 1 class: Feb. 10, Tue. 6:30-9 pm 1 class: Feb. 24, Tue. 12:30-3 pm 1 class: Apr. 6, Mon. 12:30-3 pm	\$30
Nakusp Centre Marilyn Rivers 1 class: Feb. 23, Mon. 9-11:30 am	\$30
Nelson: Silver King Campus Brenda Wiest 1 class: Feb. 2, Mon. 6-8:30 pm	\$30
Trail Campus Marg Poohachoff 1 class: Mar. 4, Wed. 6:30-9 pm	\$30

Module IV: Organizing Your Files

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

Castlegar Campus Bev Horst 1 class: Mar. 9, Mon. 6-9 pm	\$36
Grand Forks Campus Judi Thomas 1 class: Feb. 12, Thur. 6:30-9:30 pm 1 class: Feb. 26, Thur. 12:30-3:30 pm 1 class: Apr. 8, Wed. 12:30-3:30 pm	\$36
Nakusp Centre Marilyn Rivers 1 class: Mar. 2, Mon. 9 am-noon	\$36
Nelson: Silver King Campus Brenda Wiest 1 class: Feb. 4, Wed. 6-9 pm	\$36
Trail Campus Marg Poohachoff 1 class: Mar. 12, Thur. 6:30-9 pm	\$36

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. Prerequisite Know Your Computer Modules 1-4 or equivalent.

Manual extra.

Nakusp Centre: Marilyn Rivers 1 class: Apr. 20, Mon. 9 am-noon	\$36.
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EXCEL 2007: LEVEL I

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

Castlegar Campus Bev Horst 3 classes: Feb. 25-Mar. 11, Wed. 8:30 am-3:30 pm	\$198
Grand Forks Campus Judi Thomas 6 classes: Feb. 24-Mar. 12, Tue. & Thur. 6:30-9:30 pm 6 classes: Apr. 21-May 7, Tue. & Thur. 12:30-3:30 pm	\$198

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 Judi Thomas 6 classes: Mar. 31-Apr. 16, Tue. & Thur. 6:30-9:30 pm 6 classes: May 12-28, Tue. & Thur. 12:30-3:30 pm	\$198
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To ensure the course you want doesn't get cancelled...

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

EXCEL 2007 MODULES

In the following 8 modules, learn to expand and enhance your knowledge of Excel, take one or take them all. Manual extra. Prerequisite: 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: Feb. 17, Tue. 6:30-9:30 pm

Module II: Working with Table 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: Feb. 26, Thur. 6:30-9:30 pm

Module III: Working with Illustrations and Customized Charts

Learn about shapes, SmartArt graphics, drawing objects, customizing charts, trend lines and auditing a worksheet.

Trail Campus \$36
 Bev Horst
 1 class: Mar. 5, Thur. 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: Mar. 10, Tue. 6:30-9:30 pm

Module V: Using Data Tools

Learn to auto fill, find and replace data, paste special, consolidate data, automatic subtotals, group data and convert text to columns.

Trail Campus \$36
 Bev Horst
 1 class: Mar. 31, Tue. 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: Apr. 8, Wed. 6:30-9:30 pm

Module VII: Collaborating With Other

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

new Trail Campus \$36
 Bev Horst
 1 class: Apr. 14, 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.

new Trail Campus \$36
 Bev Horst
 1 class: Apr. 23, Thur. 6:30-9:30 pm



MICROSOFT OFFICE 2007

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

Grand Forks Campus \$120
 Judi Thomas

4 classes: Jan. 28-Feb. 9, Mon. & Wed. 6:30-9 pm
 4 classes: Mar. 2-11, Mon. & Wed. 12:30-3 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.

new Kaslo Centre \$60
 Greg Quinby
 2 classes: Jan. 31-Feb.7, Sat. 10 am-12:30 pm

OUTLOOK 2007: LEVEL I

Learn how Outlook is structured, how to use the Mail module to create, edit, format and send messages as well as how to manage incoming messages, use the Calendar module to schedule meetings and then use the Contacts module to create and edit a list of contacts. Manual extra.

new Castlegar Campus \$72
 Bev Horst
 2 classes: Mar. 16-18, Mon. & Wed. 6-9 pm
 1 class: Mar. 26, Thur. 8:30 am-3 pm

OUTLOOK 2007: LEVEL II

Learn how to begin integrating some of the features within Outlook. Topics include: adding or removing additional address books, setting up task, working with notes, and looking at how to maintain your system, as well as collaborating with others. Manual extra.

new Castlegar Campus \$72
 Bev Horst
 2 classes: Apr. 2 & 7, Thur. & Tue. 6-9 pm
 1 Class: April 16, Thur. 8:30 am-3 pm.

POWERPOINT 2007

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

Grand Forks Campus \$66
 Judi Thomas
 2 classes: Apr. 21 & 23, Tue. & Thur. 6:30-9 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
 TBA
 3 classes: TBA

Nelson: Silver King Campus \$198
 Brenda Wiest
 6 classes: Feb. 16-Mar. 5, Mon. & Thur. 6-9 pm

Trail Campus \$198
 Lisa Park
 6 classes: Jan. 26-Feb. 11, Mon. & Wed. 6-9 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.

new Kaslo Centre \$198
 Brenda Wiest
 3 classes: Jan. 24-Feb.1, Sat. & Sun. 9 am-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: Feb. 25-Mar. 11, Mon. & Wed. 6:30-9:30 pm
 5 classes: Apr. 15-29, 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. Prerequisite: Know your Computer Module 1-4 or equivalent. Manual extra.

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

LEVEL 2: BUILDING PRODUCTIVITY

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

Nakusp Centre \$36
Marilyn Rivers
1 class: Apr. 6, Mon. 9 am-noon

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.

new Trail Campus \$36
Marg Poohachoff
1 class: Mar. 3, Tue. 6:30-9:30 pm

WORD 2007 MODULES

Module I

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

Castlegar Campus \$36
Marg Poohachoff
1 class: Apr. 8, Wed. 9 am-noon

new Grand Forks Campus \$36
Judi Thomas
1 class: Feb. 11, Wed. 6:30-9:30 pm
1 class: Mar. 31, Tue. 12:30-3:30 pm

Module II

Manipulating and editing text, formatting characters and paragraphs.

Castlegar Campus \$36
Marg Poohachoff
1 class: Apr. 15, Wed. 9 am-noon

new Grand Forks Campus \$36
Judi Thomas
1 class: Feb. 16, Mon. 6:30-9:30 pm
1 class: Apr. 2, Thur. 12:30-3:30 pm

Module III

Setting tabs and indents. Prerequisite: Understanding of Word and word processing.

Castlegar Campus \$36
Marg Poohachoff
1 class: Apr. 22, Wed. 9 am-noon

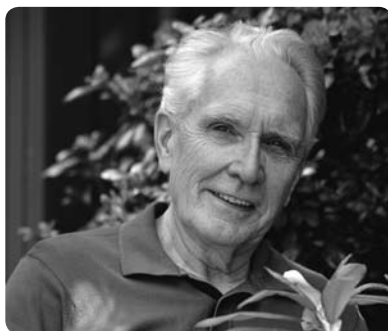
new Grand Forks Campus \$36
Judi Thomas
1 class: Feb. 18, Wed. 6:30-9:30 pm
1 class: Apr. 7, Tue. 12:30-3:30 pm

Module IV

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

Castlegar Campus \$36
Marg Poohachoff
1 class: Apr. 29, Wed. 9 am-noon

new Grand Forks Campus \$36
Judi Thomas
1 class: Feb. 23, Mon. 6:30-9:30 pm
1 class: Apr. 9, Thur. 12:30-3:30 pm



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
6 classes: Apr. 27-May 13, Mon. & Wed. 6:30-9:30 pm

DIGITAL TECHNOLOGY

A SUMMER DIGITAL FILM CAMP FOR YOUTH

Create your own short digital films! Learn how to make dynamic digital films that connect you in meaningful ways to your local community, to your own leadership potential and to life-long creativity. Call your CE office for a detailed flyer.

Production Crew : 8-10 year olds

Nelson: Tenth Street Campus
Amy Bohigian, Watershed Productions
TBA

Director's Seat: 11-13 year olds

Nelson: Tenth Street Campus
Amy Bohigian, Watershed Productions
TBA

Intensive Director 's Seat: 11-13 year olds

Includes extensive editing. Previous experience required.

Nelson: Tenth Street Campus
Amy Bohigian, Watershed Productions
TBA

Senior Director's Seat: 14-17 year olds

Includes extensive editing or internship/assistant instructor with film program.

Nelson: Tenth Street Campus
Amy Bohigian, Watershed Productions
TBA



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: Apr. 14-30, 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: May 5-14, 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. Topics include: how 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

5 classes: Feb. 10-24, Tue. & Thur. 6:30-9:30 pm

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.

Castlegar Campus \$36

Bev Horst
1 class: Feb. 18, Wed. 6-9 pm

Nelson: Silver King Campus \$36

Bev Horst
1 class: Mar. 23, Mon. 6-9 pm

Trail Campus \$36

Bev Horst
1 class: Feb. 25, Wed. 6-9 pm

DISCOVER THE WORLD AT YOUR FINGERTIPS

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

Kaslo Centre Free

Judy Deon, Head Librarian
1 class: Apr. 1, Wed. 9:30-11:30 am

Nakusp Centre Free

Judy Deon, Head Librarian
1 class: Apr. 1, Wed. 1:30-3:30 pm



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 \$240
Amy Bohigian, Watershed Productions
1 class: Apr. 1, Wed. 1:30-3:30 pm

GPS UNLEASHED

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 will be presented in an interactive format. Prerequisite: basic GPS skills. See Intro. to Handheld GPS page 66.

new Castlegar Campus \$100
Chris Gray
1 class: May 2, Sat. 9 am-5 pm

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 \$36

Ed Chernoff
1 class: Feb. 17, Tue. 6-9 pm

Nakusp Centre \$36

Ed Chernoff
1 class: Mar. 21, Sat. 9 am-noon

Nelson: Silver King Campus \$36

Ed Chernoff
1 class: Feb. 3, Tue. 6:30-9:30 pm

Trail Campus \$36

Ed Chernoff
1 class: Feb. 4, Wed. 6:30-9:30 pm

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 \$36

Jim Ford
1 class: Apr. 8, Wed. 6-9 pm

Nelson, Silver King Campus \$36

Jim Ford
1 class: Mar. 11, Wed. 6-9 pm

Trail Campus \$36

Jim Ford
1 class: Apr. 22, Wed. 6-9 pm

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 \$36

Jim Ford
1 class: Apr. 1, Wed. 6-9 pm

Nelson: Silver King Campus \$36
 Jim Ford
 1 class: Mar. 18, Wed. 6-9 pm

Trail Campus \$36
 Jim Ford
 1 class: Apr. 29, Wed. 6-9 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.

Trail Campus \$72
 Jim Ford
 3 classes: May 6-20, Wed. 7-9 pm

WORKING WITH DIGITAL PICTURES: PART I

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

Castlegar Campus \$100
 Ed Chernoff
 3 classes: Feb. 26-Mar. 5, Thur. & Tue. 6-9 pm

Nakusp Centre \$100
 Ed Chernoff
 2 classes: Mar. 21 & 22, Sat. 1-4 pm, Sun. 9 am-4 pm

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

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

WORKING WITH DIGITAL PICTURES: PART II

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

new Castlegar Campus \$100
 Ed Chernoff
 3 classes: Mar. 17-24, Tue. & Thur. 6-9 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: Mar. 4, Wed. 6-8:30 pm

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. Learn internet safety and how to become a successful eBayer. Familiarity with the computer and internet and having an eBay account are required. (Instruction sheet will be given upon registration.)

Castlegar Campus \$72
 Susan Field
 2 classes: Feb. 10 & 12, Tue. & Thur. 6-8:30 pm
 2 classes: Mar. 10 & 12, Tue. & Thur. 6-8:30 pm

Grand Forks Campus \$36
 Judi Thomas
 1 class: Feb. 21, Sat. 9 am-noon
 1 class: Mar. 7, Sat. 1-4 pm

Trail Campus \$72
 Susan Field
 2 classes: Feb. 16 & 18, Mon. & Wed. 6-8:30 pm
 2 classes: Mar. 9 & 11, Mon. & Wed. 6-8:30 pm

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: Mar. 25, Wed. 6-9 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: Apr. 8, Wed. 6-9 pm & Apr. 15,
Wed. 6:30-8 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: Apr. 28, Tue. 6-8 pm

Trail Campus \$36
Lisa Vanness
1 class: Feb. 23, Mon. 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.

Grand Forks Campus \$60
Judi Thomas
2 classes: Feb. 17 & 19, Tue. & Thur. 6:30-9 pm
2 classes: Mar. 10 & 12, Tue. & Thur. 12:30-3 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. Homework will be assigned between sessions. Basic computer skills required.

Nelson: Silver King Campus \$88
Anne Cavicchi
3 classes: Apr. 7-21, Tue. 6-8 pm

WEB: GETTING STARTED

Module 1:

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 get you started.

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

WEB: CREATING YOUR SITE

Module 2:

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: Mar. 7, Sat. 1-4 pm



selkirk college distance education

ARE YOU LOOKING TO IMPROVE YOUR JOB PROSPECTS, RE-ENTER THE WORKPLACE, START A NEW CAREER OR IMPROVE YOUR EDUCATION FOR YOUR PERSONAL SATISFACTION?

Selkirk College offers a wide range of 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.

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

| distance education |

The following programs are offered by distance:

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



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

first aid & safety training

| first aid & safety training |

FIRST AID

OCCUPATIONAL FIRST AID (OFA)

Alberta Endorsement

Required to work as a first aid attendant in Alberta. Learn automated external defibrillation and blood pressure. You must have a current OFA Level III certificate. Certificate is valid for 2 years but **MUST** coexist with valid Level III certificate. Handouts and certificate included.

Grand Forks Campus \$95
 Marg Moore
 1 class: Mar. 1, Sun. 9 am-4 pm
 1 class: Apr. 25, Sat. 9 am-4 pm



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
 1 class: Jan. 30, Fri. 8:30 am-5 pm
 1 class: Feb. 21, Sat. 8:30 am-5 pm

1 class: Mar. 22, Sun. 8:30 am-5 pm
 1 class: Apr. 17, Fri. 8:30 am-5 pm
 1 class: May 30, Sat. 8:30 am-5 pm
 1 class: June 26, Fri. 8:30 am-5 pm

Grand Forks Campus \$95
 Neil Krog
 1 class: Feb. 7, Sat. 8 am-5 pm
 1 class: Mar. 7, Sat. 8 am-5 pm
 1 class: Apr. 4, Sat. 8 am-5 pm

Kaslo Centre \$95
 Terry O'Gorman
 1 class: Apr. 3, Fri. 8:30 am-5 pm

Midway, Midway Community Hall \$95
 Neil Krog
 1 class: May 2, Sat. 8 am-5 pm

Nakusp Centre \$95
 Terry O'Gorman, Orion Farley
 1 class: April 25, Sat. 8:30 am-5 pm
 1 class: May 13, Wed. 8:30 am-5 pm
 1 class: May 23, Sat. 8:30 am-5 pm

Nelson: Silver King Campus \$95
 Tom Van Alstine, Orion Farley, Terry O'Gorman
 1 class: Jan. 24, Sat. 8:30 am-5 pm
 1 class: Feb. 21, Sat. 8:30 am-5 pm
 1 class: Mar. 14, Sat. 8:30 am-5 pm
 1 class: Apr. 4, Sat. 8:30 am-5 pm
 1 class: May 9, Sat. 8:30 am-5 pm
 1 class: May 30, Sat. 8:30 am-5 pm
 1 class: June 27, Sat. 8:30 am-5 pm

Trail Campus \$95
 Brenda Neil or Marg Moore
 1 class: Jan. 31, Sat. 8:30 am-5 pm
 1 class: Feb. 10, Tue. 8:30 am-5 pm
 1 class: Feb. 21, Sat. 8:30 am-5 pm
 2 classes: Feb. 24-26, Tue. & Thur. 6-10 pm
 1 class: Mar. 11, Wed. 8:30 am-5 pm
 1 class: Mar. 28, Sat. 8:30 am-5 pm
 1 class: Apr. 8, Wed. 8:30 am-5 pm
 1 class: Apr. 25, Sat. 8:30 am-5 pm
 1 class: May 9, Sat. 8:30 am-5 pm
 1 class: May 20, Wed. 8:30 am-5 pm
 1 class: June 4, Thur. 8:30 am-5 pm

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

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

OFA: Transportation Endorsement

OFA I 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
Terry O'Gorman
1 class: Feb. 22, Sun. 8:30 am-4:30 pm
1 class: Apr. 18, Sat. 8:30 am-4:30 pm

Grand Forks Campus \$95
Neil Krog
1 class: Feb. 8, Sun. 8 am-5 pm
1 class: Mar. 8, Sun. 8 am-5 pm
1 class: Apr. 5, Sun. 8 am-5 pm

Kaslo Centre \$95
Terry O'Gorman
1 class: May 15, Fri. 8:30 am-5 pm

Midway, Midway Community Hall \$95
Neil Krog
1 class: May 3, 8 am-5 pm

Nakusp Centre \$95
Terry O'Gorman, Orion Farley
1 class: April 26, Sun. 8:30 am-4:30 pm
1 class: May 14, Thur. 8:30 am-4:30 pm
1 class: May 24, Sun. 8:30 am-4:30 pm

Nelson: Silverking Campus \$95
Tom Van Alstine, Orion Farley, Terry O'Gorman
1 class: Jan. 25, Sun. 8:30 am-5 pm
1 class: Feb. 22, Sun. 8:30 am-5 pm
1 class: Mar. 15, Sun. 8:30 am-5 pm
1 class: Apr. 5, Sun. 8:30 am-5 pm
1 class: May 10, Sun. 8:30 am-5 pm
1 class: May 31, Sun. 8:30 am-5 pm
1 class: June 28, Sun. 8:30 am-5 pm

Trail Campus \$95
Marg Moore
1 class: Apr. 18, Sat. 8:30 am-5 pm

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: May 25-29, Mon.-Fri. 8 am-5 pm

Trail Campus \$595
Brenda Neil
5 classes: Feb. 2-6, Mon.-Fri. 8:30 am-5 pm



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

Castlegar Campus \$695
Wren McElroy, Terry O'Gorman
10 classes: May 19-23, Tue.-Sat. & May 25-29, Mon.-Fri. 8:30 am-4:30 pm
10 classes: Aug. 17-28, Mon.-Fri. 8:30 am-4:30 pm
15 classes: Mar. 30-May 3, Mon. & Wed. 6-9:30 pm, Sun. 8:30-4:30 pm

Grand Forks Campus \$695
Neil Krog
10 classes: Jan. 12-23, Mon.-Fri. 8 am-5 pm
10 classes: Mar. 16-27, Mon.-Fri. 8 am-5 pm

COMMUNITY DEVELOPMENT TRUST: TUITION ASSISTANCE PROGRAM FOR DISPLACED FORESTRY WORKERS

Are you a forestry worker on temporary lay-off for four months or more? Why not take the opportunity to upgrade your skills or education?

The Community Development Trust Tuition Assistance program provides up to \$5,000 for tuition for up to a year at designated BC public or private schools. Funding is available until March 31, 2011.

For eligibility criteria see: <http://www.cd.gov.bc.ca/cdt/docs/eligibility.htm>

new Kaslo Centre \$695
 Terry O'Gorman
 10 classes: June 8-19, Mon.-Fri. 8:30 am-4:30 pm

Nelson: Silver King Campus \$695
 Tom Van Alstine, Terry O'Gorman
 10 classes: Jan. 26-Feb. 6, Mon.-Fri.
 8:30 am-4:30 pm
 15 classes: Feb. 23-Mar. 28, Mon. & Wed.
 6-9:30 pm, Sat. 8:30 am-4:30 pm
 10 classes: Mar. 23-Apr. 3, Mon.-Fri.
 8:30 am-4:30 pm
 10 classes: Apr. 27-May 8, Mon.-Fri.
 8:30 am-4:30 pm
 10 classes: June 8-19, Mon.-Fri.
 8:30 am-4:30 pm
 10 classes: July 13-24, Mon.-Fri.
 8:30 am-4:30 pm

Trail Campus \$695
 Brenda Neil
 15 classes: Mar. 31-May 3, Tue. & Thur.
 6:30-10 pm, Sun. 8:30 am-4:30 pm
 10 classes: June 15-26, Mon.-Fri. 8:30 am-4:30 pm

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. 2 year certificate.

Castlegar Campus \$595
 Wren McElroy, Terry O'Gorman
 5 classes: Apr. 20-24, Mon.-Fri. 8:30 am-4:30 pm

Nelson: Silver King Campus \$595
 Tom Van Alstine
 5 classes: Jan. 12-16, Mon.-Fri. 8:30 am-4:30 pm
 5 classes: Apr. 14-18, Tue.-Sat. 8:30 am-4:30 pm

Trail Campus \$595
 Brenda Neil
 5 classes: May 25-29, Mon.-Fri. 8:30 am-5:30 pm

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: Mar. 8, Sun. 8 am-5 pm
 1 class: Apr. 19, Sun. 8 am-5 pm

Kaslo Centre \$65
 Heather Hamilton
 2 classes: Apr. 4 & 18, Sat. 9 am-3 pm



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
 Peter Leach
 1 class: Apr. 18, Sat. 8:30 am-4:30 pm

Grand Forks Campus \$95 or \$150/couple
 Marg Moore
 1 class: Feb. 28, Sat. 9 am-5 pm

Nakusp Centre
 TBA

Nelson, Silver King Campus \$95 or \$150/couple
 Terry O'Gorman
 2 classes: May 19-May 21, Tue. & Thur., 6-10 pm

Midway, BCSS \$95 or \$150/couple
 Marg Moore
 1 class: Feb. 7, Sat. 9 am-5 pm

Trail Campus \$95 or \$150/couple
 Brenda Neil
 1 class: Apr. 4, Sat. 8:30 am-4:30 pm

CHILD CARE EMERGENCY FIRST AID: RECERTIFICATION

For those already holding a valid Childcare Emergency First Aid Certificate. Manual extra if required.

Nakusp Centre	\$45
Terry O'Gorman	
1 class: Apr. 25, Sat. 9 am-2 pm	

CPR LEVEL C

For police, firefighters, first responders, workplace teams, nursing students and lifeguards. Learn CPR for adults, children and infants, two-rescuer CPR, barrier devices, and AED. Circulation check and rescue breathing may be covered. Manual and barrier device included.

Castlegar Campus	\$70
Peter Leach	
1 class: Mar. 21, Sat. 8:30 am-2:30 pm	
1 class: Jun. 17, Wed. 5-10 pm	

Grand Forks Campus	\$70
Marg Moore	
1 class: Jan. 31, Sat. 8:30 am-3:30 pm	

Kaslo Centre	\$70
Terry O'Gorman	
1 class: Mar. 26, Thur. 5-10 pm	

Midway, BCSS	\$70
Marg Moore	
1 class: Feb. 21, Sat. 8:30 am-3:30 pm	

Nakusp Centre	\$70
Terry O'Gorman	
1 class: fBA	

Nelson: Silver King Campus	\$70
Terry O'Gorman	
1 class: Feb. 3, Tue. 5-10 pm	
1 class: May 12, Tue. 5-10 pm	

Trail Campus	\$70
Diana Ferguson or Brenda Neil	
1 class: Jan. 29, Thur. 5-10 pm	
1 class: Feb. 16, Mon. 5-10 pm	
1 class: May 5, Tue. 5-10 pm	

CPR LEVEL C: RECERTIFICATION

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

Castlegar Campus	\$50
Terry O'Gorman	
1 class: Feb. 24, Tue. 6-10 pm	

Trail Campus	\$50
Diana Ferguson or Brenda Neil	
1 class: Feb. 12, Thur. 6-10 pm	
1 class: Mar. 30, Mon. 6-10 pm	
1 class: Apr. 20, Mon. 6-10 pm	
1 class: May 21, Thur. 6-10 pm	
1 class: June 9, Tue. 6-10 pm	

Grand Forks Campus	\$50
Marg Moore	
1 class: Feb. 1, Sun. 9 am-1 pm	

Midway, BCSS	\$50
Marg Moore	
1 class: Apr. 18, Sat. 9 am-1pm	

Nelson, Silver King Campus	\$50
Terry O'Gorman	
1 class: Feb. 10, Tue. 6-9 pm	
1 class: May 20, Wed. 6-9 pm	



FIRST AID INSTRUCTOR RECERTIFICATION

Prerequisites: Current Level "C" CPR and Standard First Aid Instructors Certificate. Includes manuals and certificate.

new Trail Campus	\$125
Diana Ferguson	
1 class: Apr. 24, Fri. 4-10 pm	

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 & 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
 Peter Leach
 3 classes: Mar. 12-15, Thur. 6-9 pm, Sat. & Sun. 8:30 am-4 pm
 3 classes: May 28-31, Thur. 6-9 pm, Sat. & Sun. 8:30 am-4 pm

Grand Forks Campus \$165
 Neil Krog
 2 classes: Feb. 14 & 15, Sat. & Sun. 8 am-6 pm
 2 classes: Apr. 18 & 19, Sat. & Sun. 8 am-6 pm
 2 classes: May 23 & 24, Sat & Sun. 8 am-6 pm

Kaslo Centre \$165
 Terry O'Gorman
 3 classes: Mar. 26-29, Thur. 5-10 pm, Fri. 5-8 pm, Sun. 8:30 am-4:30 pm

Midway, BCSS \$165
 Marg Moore
 2 classes: Mar. 7 & 8, Sat. & Sun. 8 am-6 pm

Nelson: Silver King Campus \$165
 Terry O'Gorman
 2 classes: June 6-7, Sat. & Sun. 8:30 am-5 pm

Trail Campus \$165
 Marg Moore or Brenda Neil
 2 classes: Feb. 28 & Mar. 1, Sat. & Sun. 8:30 am-5 pm
 2 classes: May 30 & 31, Sat. & Sun. 8:30 am-5 pm
 2 classes: June 6 & 7, Sat. & Sun. 8:30 am-5 pm

STANDARD FIRST AID RECERTIFICATION

Nelson: Silver King Campus \$95
 Terry O'Gorman
 TBA

WILDERNESS ALERT COURSES

To register for all Wilderness Alert courses call 1.800.298.9919. (Discounts available for multiple course registration.)

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.

Castlegar Campus \$495
 Helen Clugston, Wilderness Alert
 5 classes: Apr. 15-19, Wed.-Sun. 8 am-5:30 pm



WILDERNESS FIRST AID: EXPLORER BOOSTER

Castlegar Campus \$150
 Helen Clugston, Wilderness Alert
 2 classes: Mar. 28 & 29, Sat. & Sun. 8 am-5:30 pm

WILDERNESS FIRST AID: ADVANCED BACK COUNTRY BOOSTER

Castlegar Campus \$175
 Helen Clugston, Wilderness Alert
 2 classes: Mar. 28 & 29, Sat. & Sun. 8:30 am-6:30 pm

WORKSAFE

WorkSafe BC Approved Education: Note: 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 H&S 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: May 8, Fri. 8 am-5 pm

PREVENTING WORKPLACE VIOLENCE

Developed by Worksafe BC the course aims at providing employers and workers with tools to reduce workplace violence, which has increasingly become a concern within a number of occupational sectors-health care, social services and retail business, for example. Suitable for joint health and safety committee members, worker health and safety reps, supervisors, workers, and health and safety professionals.

new Castlegar Campus \$85
Neil Krog
1 class: May 14, Thur. 8 am-5 pm

RESPONSIBILITY OF JOINT HEALTH & SAFETY COMMITTEES

Foundation for effective Occupational Health and Safety in the workplace. Identify and interpret committee members' functions and duties, develop skills in the use of OH&S regulations, safety inspections, accident investigations, reports, OH&S programs and refusal of unsafe work.

Castlegar Campus \$85
Neil Krog
1 class: Feb. 20, Fri. 8 am-5 pm

Grand Forks Campus \$85
Neil Krog
1 class: Apr. 3, Fri. 8 am-5 pm

Trail Campus \$85
Neil Krog
1 class: Apr. 17, Fri. 8 am-5 pm

SUPERVISOR SAFETY MANAGEMENT

Learn 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: Mar. 13, Fri. 8 am-5 pm

Grand Forks Campus \$85
Neil Krog
1 class: Feb. 13, Fri. 8 am-5 pm

Trail Campus \$85
Neil Krog
1 class: Feb. 19, Thur. 8 am-5 pm



WORK SAFETY

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: Mar. 25, Wed. 8:30 am-4:30 pm

Grand Forks Campus \$185
Ron Tomlinson, C.S.O.
1 class: Feb. 13, Fri. 8:30 am-4:30 pm

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

Trail Campus \$185
Ron Tomlinson, C.S.O.
1 class: Apr. 24, Fri. 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: Feb. 24, Tue. 8:30 am-4:30 pm

Nelson: Silver King Campus \$175
 Ron Tomlinson, C.S.O.
 1 class: Feb. 2, Mon. 8:30-4:30 pm

Trail Campus \$175
 Ron Tomlinson, C.S.O.
 1 class: Apr. 25, Sat. 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: Feb. 27, Fri. 8:30-4:30 pm

Grand Forks Campus \$215
 Ron Tomlinson, C.S.O.
 1 class: Feb. 23, Mon. 8:30-4:30 pm

Nakusp Centre \$215
 Ron Tomlinson, C.S.O.
 1 class: Mar. 30, Mon. 8:30 am-4:30 pm

Nelson: Silver King Campus \$215
 Ron Tomlinson, C.S.O.
 1 class: Jan. 31, Sat. 8:30 am-4:30 pm

Trail Campus \$215
 Ron Tomlinson, C.S.O.
 1 class: Apr. 20, Mon. 8:30 am-4:30 pm

INJURED AT WORK-CARED FOR AT WORK

For all levels of Occupational First Aid attendants, supervisors & members of Health & Safety committees. An excellent review for first aid attendants between certification periods. Promotes team building between groups responsible for first aid programs and helps make first aid programs more effective. Included: improving injury documentation, ensuring medical referrals are appropriate, controlling unnecessary time loss claims, how to make use of alternate work opportunities, and injury prevention.

Grand Forks Campus \$45
 Neil Krog
 1 class: Apr. 2, Thur. 9 am-1 pm
 1 class: Jun. 3, Wed. 9 am-1 pm

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 2 weeks prior to course. Manual included.

Castlegar Campus \$200
 Pam Malekow
 2 classes: Apr. 18 & 19, Sat. & Sun. 9 am-4 pm
 2 classes: May 30 & 31, Sat. & Sun. 9 am-4 pm

Grand Forks Campus \$200
 Pam Malekow
 2 classes: Mar. 7 & 8, Sat. & Sun. 9 am-4 pm

Nakusp Centre \$200
 Pam Malekow
 2 classes: Apr. 4 & 5, Sat. & Sun. 9 am-4 pm

Nelson: Silver King Campus \$200
 Pam Malekow
 2 classes: Feb. 2 & 3, Mon. & Tue. 9 am-4 pm
 2 classes: Mar. 26 & 27, Thur. & Fri. 9 am-4 pm
 2 classes: May 4 & 5, Mon. & Tue. 9 am-4 pm

Trail Campus \$200
 Pam Malekow
 2 classes: Apr. 16 & 17, 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. 3-year certificate. Booklet and handouts included.

Castlegar Campus \$65
 Ron Tomlinson, CSO
 1 class: Mar. 24, Tue. 1-5 pm

Grand Forks Campus \$65
 Neil Krog
 1 class: Feb. 18, Wed. 6-10 pm
 1 class: Apr. 11, Sat. 8 am-noon

Midway, BCSS Neil Krog 1 class: May 9, Sat. 8 am-noon	\$65
Nelson: Silver King Campus Ron Tomlinson, CSO 1 class: Feb. 3, Tue. 1-5 pm	\$65
Trail Campus Neil Krog 1 class: Mar. 14, Sat. 9 am-1 pm	\$65

Midway, BCSS Neil Krog 1 class: May 9, Sat. 12:30-4:30 pm	\$45
Nakusp Centre Marilyn Rivers 1 class: Feb. 21, Sat. 8 am-noon	\$45
Nelson: Silver King Campus Tom Van Alstine 1 class: Mar. 4, Wed. 6:30-9:30 pm	\$45
Trail Campus Monashee Safety 1 class: Feb. 23, Mon. 9 am-12pm 1 class: Mar. 27, Fri. 9 am-12pm 1 class: Apr. 27, Mon. 9 am-12pm	\$45



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.

new Nelson: Silver King Campus Dan Markin 1 class: Feb. 20, Fri. 9am-noon 1 class: Mar. 28, Sat. 9am-noon 1 class: Apr. 24, Fri. 9am-noon	\$30
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WORKPLACE HAZARDOUS MATERIAL INFORMATION SYSTEM (WHMIS)

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

Castlegar Campus Tom VanAlstine 1 class: Feb. 25, Wed. 6:30-9:30 pm	\$45
Grand Forks Campus Neil Krog 1 class: Feb. 17, Tue. 6-10 pm 1 class: Apr. 11, Sat. 8 am-noon	\$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: Apr. 3-5, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm	\$210
Nakusp Centre Mountain Transport Institute 3 classes: May 1-3, Fri. 6-10 pm, Sat. & Sun. 8 am-4:30 pm	\$210
Nelson: Silver King Campus Dave Griffin 3 classes: Feb. 20-22, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm 3 classes: Apr. 17-19, Fri. 6-10 pm, Sat. & Sun. 9 am-4 pm	\$210

DEFENSIVE DRIVING

Learn how to be a safer driver in all weather conditions. Topics include: pre-tripping your vehicle, winter driving and driving to avoid collisions. Manual included.

Grand Forks Campus Andy Cruden 1 class: Feb. 28, Sat. 10 am-4 pm	\$95
Nakusp Centre Andy Cruden 1 class: Mar. 7, Sat. 9 am-4 pm	\$95

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 \$439
 Columbia Driving Solutions
 Please call if interested

GRADUATED LICENSE PROGRAM

18 hours in-class, 14 hours in-car (3 hours in Kaslo/Nakusp and the balance in Nelson/Castlegar. In-car sessions to be arranged with instructor. For more information, please contact Wilf Warner, Columbia Driving Solutions at: 1.877.365.6367.

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

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



MOTORCYCLE SAFETY

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

Castlegar Campus \$529
 Berle Joblonsky
 4 classes: Apr. 25-May 3, Sat. & Sun. 9 am-5 pm
 4 classes: May 23-May 31, Sat. & Sun. 9 am-5 pm

Kaslo Centre \$629
 Berle Jablonsky
 4 classes: May 9-17, Sat. & Sun. 9 am-5 pm

AVALANCHE SAFETY

AVALANCHE AWARENESS FOR SLEDDERS

Do you want to enjoy the winter mountains safely? Join Wren McElroy, Canadian Avalanche Association Professional, for this informative one day session on Avalanche Awareness. Spend a couple of hours in the classroom covering topics including the equipment needed, terrain selection, weather, trip planning and preparation, then head outside to learn the latest techniques of avalanche rescue including transceiver practice and strategic shovelling.

Castlegar Campus, field location TBA \$95
 Wren McElroy
 1 class: Jan. 31, Sat. 8:30 am-4 pm

AVALANCHE RESCUE

Have you been riding in the backcountry and need practice in avalanche rescue? With a strong focus on leadership and communication learn the current methods of position probing, strategic shovelling and multiple beacon burials in an outdoor setting. Basic first aid, evacuation techniques and use of a rescue toboggan will also be covered. Must have an avalanche transceiver, probe, shovel or reserve college equipment when registering.

new Castlegar Campus, field site TBA \$180
 Wren McElroy, Keyes Lessard CAA
 Professionals
 2 classes: Jan. 10 & 11, Sat. & Sun. 8 am-5 pm

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. Participants must have their own avalanche transceiver, shovel and probe or reserve college equipment when registering. Prerequisite for Canadian Avalanche Level II course. If you have seven or more people requiring this training, we can set a custom course to suit your time schedule and sport.

Castlegar Campus, field location TBA \$200
 Wren McElroy, Keyes Lessard, CAA members
 3 classes: Jan. 15, 17 & 18, Thur. 6-10 pm,
 Sat. & Sun. 8 am-5 pm
 3 classes: Feb. 5, 7 & 8, Thur. 6-10 pm,
 Sat. & Sun. 8 am-5 pm
 3 classes: Mar. 5, 7 & 8, Thur. 6-10 pm,
 Sat. & Sun. 8 am-5 pm



AVALANCHE TERRAIN: FOR SNOWMOBILERS AND SLEDNECKS

Travelling into the backcountry this spring? Learn what to pack, pre-trip planning, the use of the Canadian Avalanche Association Public Avalanche Bulletin and Avaluator Card, terrain identification, clues and layers in the snowpack, weather factors, safety issues and risk management, assess and avoid avalanche hazards and how to organize a self-rescue. Join Professional Canadian Avalanche Association member, and hardcore winter backcountry enthusiast, Emily Grady, for an evening of interesting and entertaining information.

Trail Campus \$35
Emily Grady
1 class: Apr. 2, Thur. 6-9 pm

COMMUNITY SCIENCE CELEBRATION

Science World and Science Fair exhibition returns for another dynamite day of activities, displays and demos. A partnership with Selkirk College, Science World BC, KAST and our regional School Districts. Watch for posters in your community!

Castlegar Campus: Gymnasium
Free Family Event
Apr. 4, Sat. 11 am-4 pm

AVALANCHE TRAINING LEVEL II

Learn advanced avalanche theory, including avalanche formation, snowpack structure, decision making, and rescue. Four days in the back-country focus on hazard recognition, stability evaluation, route finding, rescue, and group management. Must be physically fit, advanced-intermediate or expert skier or boarder and must have your own backcountry travel equipment (backcountry skis with climbing skins, snowboard with snowshoes, or split board). Avalanche safety equipment is available through Selkirk College. Recognized by the Canadian Avalanche Association.

Castlegar Campus, Field location TBA
Wren McElroy, Keyes Lessard
7 classes: TBA

EXPERIENCE SELKIRK DAY

Experience Selkirk is a day for secondary school students in grades 10 and 11 to explore options they have with their community college, meet instructors and have some fun doing so.

The top five things students have enjoyed about Experience Selkirk Day:

- Experiencing the many fun and interesting activities and classes
- Making new friends and meeting instructors
- Learning about courses and exploring potential career possibilities
- The complimentary lunch and numerous prizes
- The comfortable and friendly atmosphere

Watch for registration info at your local school.
Castlegar & Nelson Campuses
Apr. 30, Thur. 9:30 am-2:30 pm

health & wellness

HEALTH

AGES & STAGES: SOCIAL EMOTIONAL QUESTIONNAIRE TRAINING

The ASQ:SE is an easy-to-use screening tool with a focus on children's social and emotional behavior. This system helps home visitors, educators, caregivers, and service providers to assess children's social-emotional development 6-60 months. With the results, professionals and caregivers can quickly recognize young children at risk for social or emotional difficulties, identify behaviors of concern to caregivers, and identify any need for further assessment. Prepare to administer and score the ASQ:SE.

Castlegar Campus \$40
Taya Whitehead
1 class: Mar. 10, Tues. 9 am-3 pm



AROMATHERAPY FOR BEGINNERS

Come to an interactive and fun class for the budding aromatherapist. Students will learn a little history, safety, essential oil basics and production methods, custom blending, blending for conditions and basic cooking with oils.

new Nakusp Centre: \$75
Marie Wrede
2 classes: Feb. 7 & 14, Sat. 9 am-1 pm

AROMATHERAPY AN INTRODUCTION

Come learn about aromatherapy applications past and present. Discussion on the safe use of oils, methods of extraction/production.

We will cover up to 5 different essential oils, their properties, contra- indications and their applications in our lives. Students will make a basic blend for bath salts to take home.

new Nakusp Centre: \$25
Marie Wrede
1 class: Jan. 24, 10 am-12:30 pm

CARING FOR AGING PARENTS AND RELATIVES

Do you have concerns about your aging parent or relative? Are you providing care and support to your aging husband/wife? While caregiving can be rewarding, it can also be very stressful and challenging. This course will provide you with information, resources, practical strategies and support to help you with your individual caregiving journey and care for yourself. The facilitator, Liz Gillis, brings over 20 years of knowledge in the field of gerontology, professional experience supporting caregivers as well as her own personal experience as a caregiver.

new Nakusp Centre: \$40
Liz Gillis
2 classes: Apr. 18 & 25, Sat. 1-4 pm

CREATING HEALTHY COMMUNITY PATTERNS

See Mir Centre for Peace on Page 48 for details.
Castlegar: Brilliant Cultural Centre
Chief Mark Wedge
Jan. 31, Sat. 9 am-4 pm

DEMENTIA/ALZHEIMER'S CAREGIVERS WORKSHOP

Providing care for someone with Alzheimer's 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.

Grand Forks Campus \$18
Linda Hoskin
1 class: Apr. 3, Fri. 10 am-3 pm

Trail Campus \$35
 Linda Hoskin
 3 classes: Feb. 16- Mar. 2, Mon. 6:30-9 pm

attain and maintain a healthy balance in your life.

new Grand Forks Campus \$39
 Krista Chursinoff
 2 classes: Feb. 14 & 21, Sat. 10 am-noon

EARLY YEARS FRAMEWORK IMPLEMENTATION PROJECT

This workshop is for Early Childhood Educators, Strong Start facilitators, First Nations ECEs, Kindergarten Teachers and others working with children under six. This workshop will introduce the new Framework being implemented around B.C. and provide an exciting way to create real examples that bring the Early Learning Framework to life in your setting. For more info. contact Judy Pollard (250) 354-4028 or tedpollard@shaw.ca

new Castlegar Campus
 Free but please register as seats are limited.
 Judy Pollard
 1 class: Feb. 21, Sat. 9 am-4 pm
 1 class: Feb. 28, Sat. 9 am-4 pm

ENERGETIC DIET THERAPY

"Let food be your medicine and medicine be your food". - Hippocrates. Explore the Traditional Chinese Medicine approach to eating for energy, healing and superior health.

Grand Forks Campus \$15
 Dr. Andre Borak
 1 class: Feb. 9, Mon. 6:30-8:30 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.

new Nelson: Silver King Campus \$60
 Judy Katz
 6 classes: Feb. 4-Mar. 11, Wed. 7-8 pm

HEALTHY BALANCE, HEALTHY LIFE

"Life is like riding a bicycle. To keep your balance you must keep moving". Albert Einstein
 Sensible nutrition and exercise solutions to

HEALTHY BRAIN

Research is showing ways that all of us, especially people with dementia and their caregivers, can work on brain health emphasizing mind, body and spirit. Learn an overview of Alzheimer's Disease and research-based advice on risk reduction. **new**

Castlegar Campus \$12
 Linda Hoskin
 1 class: Mar. 5, Thur. 7-9 pm

Kaslo Campus \$12
 Linda Hoskin
 1 class: Apr. 27, Mon., 7-9 pm

Nelson: Silver King Campus \$12
 Linda Hoskin
 1 class: Jan. 29, Thur. 7-9 pm

Salmo: Location TBA \$12
 Linda Hoskin
 1 class: Mar. 31, Tue. 7-9 pm

Trail Campus \$12
 Linda Hoskin
 1 class: Feb. 12, Thur. 7-9 pm

IT'S NOT ABOUT FOOD

For those with food challenges: recovery, emotional, spiritual, physical. Includes massage, cooking lessons, exercise, journaling, art therapy and more. For those wanting to achieve a healthy and balanced lifestyle or if you are wanting to get off sugar or caffeine.

Nelson: Silver King Campus
 \$750 financing available
 Christine Sutherland
 8 classes: July 11-18, 9 am-5 pm
 (July 11, 1-5 pm, July 18, 9 am-noon)

MASSAGE

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: Jan. 25, Sun. 9 am-1 pm

FOOT & REFLEXOLOGY

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

Nelson: Silver King Campus \$16/person
Christine Sutherland
1 class: Jan. 24, Sat. 1:30-4 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: Jan. 24, Sat. 9 am-noon

THE POWER OF TOUCH: PALLIATIVE MASSAGE

For lay people, medical professionals, friends and family. Register with Christine Sutherland at 1-800-611-5788 or online www.sutherlandproductions.com

Nelson: Silver King Campus
\$650 financing available
Christine Sutherland
8 classes: July 4-11, Sat.-Sat. 9 am-5 pm. (July 4, 1-5 pm, July 11 9 am-noon)



NUTRITION

FOCUS ON THE CHILD

Receive information on helping to prepare the young mind for later in life. Focus is on brain health and behavioural challenges using diet and supplementation. Additional information on childhood allergies, asthma, hyperactivity and other problems with focus and learning is covered.

new Nelson: Silver King Campus \$15
Aaron Ander, R.N.C.P.
1 class: Feb. 16, Mon. 6-9 pm

INSULIN RESISTANCE IN ADULT ONSET DIABETES

Sugar abuse and the consequences to the body are well documented in scientific literature. Discover about type II diabetes, its relationship to nutrition, and the effects of nutritional deficiencies on blood sugar metabolism. This talk focuses on specific nutritional therapies that can increase the body's sensitivity to insulin.

new Nelson: Silver King Campus \$15
Aaron Ander, R.N.C.P.
1 class: Mar. 31, Tue. 6-9 pm

MASSAGE AWAY THOSE SUGAR/ CAFFEINE BLUES

Strengthen your New Year's Resolutions through the Power of Touch. Learn Massage for withdrawal symptoms and sample wannabe coffees and special decadent snacks. Christine has been caffeine and sugar free for 20 years. Come away relaxed, refreshed and resolved.

new Nelson: Silver King Campus \$15
Christine Sutherland
1 class: Jan. 25, Sun. 2-4 pm

USING SUPPLEMENTS AS A COMPLIMENTARY THERAPY IN HEART DISEASE

Surgery alone may fix the symptom but the underlying condition persists. Learn about nutrition and its connection to arterial plaque, irregular heart rhythms, and blood clots. Emphasis is on prevention and researched based therapies that assist the body to correct itself. Includes a discussion on research by Dr. Matthias Rath and his work on heart disease. Suggested Reading "Why Animals Don't Get Heart Disease" by Dr. Matthias Rath.

new Nelson: Silver King Campus \$15
Aaron Ander, R.N.C.P.
1 class: Mar. 24, Tue. 6-9 pm

GERONTOLOGY NURSING 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. This program is under review and will be available September 2009.



PRENATAL

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

Castlegar: Kootenay Family Place, \$105/couple
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

6 classes: Jan. 28-Feb. 25, Wed. 6:30-9 pm

6 classes: Mar. 18-Apr.15, Wed. 6:30-9 pm

6 classes: May 20-June 17, Wed. 6:30-9 pm

Grand Forks: Boundary Hospital \$84/couple
Jane Wilde, RN

6 classes: TBA. Please call 250.442.2704 to register.

Nakusp: Health Unit \$84/couple

Linda Nero RN

2 classes: Apr. 18 & 25, Sat. 10 am-4 pm

Nelson: Health Unit, \$105/couple

333 Victoria St.

6 classes: Jan. 15-Feb. 19, Thur. 6:30-9 pm

6 classes: Feb. 26-Apr. 2, Thur. 6:30-9 pm

6 classes: Apr. 9-May 14, Thur. 6:30-9 pm

6 classes: May 21-June 25, Thur. 6:30-9 pm

Trail Campus \$105/couple

includes 1 early pregnancy class

Bev Harmston, Jacquie Johnson

6 classes: Jan. 6-Feb. 2, Tue. 6:30-9 pm

6 classes: Mar. 3-31, Tue. 6:30-9 pm

6 classes: Apr. 7-May 5, Tue. 6:30-9 pm

6 classes: June 2-30, Tue. 6:30-9 pm

6 classes: Sept. 8-Oct. 6, Tue. 6:30-9 pm

PRENATAL IN A DAY

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

Salmo: Location TBA \$75/couple

M. Suttmoller, M. Morris, S. Whitman,

R. Gregory

2 classes: Mar. 28 & Apr. 4, Sat. 9 am-12:30 pm

Slocan Valley: Location TBA \$75/couple

M. Suttmoller, M. Morris, S. Whitman,

R. Gregory

2 classes: Apr. 18 & 25, Sat. 9 am-12:30 pm

Trail Campus \$75/couple

Jacquie Johnson, Bev Harmston

1 class: Aug. 15, Sat. 9 am-4 pm

PRENATAL REFRESHER

For those having another child. Includes support person.

Castlegar: Kootenay Family Place \$35

Marty Suttmoller

2 classes: Feb. 4 & 11, Wed. 6:30-9 pm

2 classes: Mar. 25 & Apr. 1, Wed. 6:30-9 pm

2 classes: May 27 & June 3, 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: Jan. 19, Mon. 6:30-9 pm

1 class: Apr. 20, Mon. 6:30-9 pm

1 class: Jul. 13, Mon. 6:30-9 pm

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

1 class: Apr. 4, Sat. 9 am-noon

VOLUNTEER AS AN ADULT TUTOR

Are you looking for a rewarding experience as a volunteer? Would you like to help someone improve their reading, writing, math and/or computer skills? Are you looking for a volunteer experience that offers training and skill building? The Columbia Basin Alliance for Literacy (CBAL) is looking for volunteers for their adult tutoring program. Volunteer tutors are provided training and are matched up with adult/senior learners to provide one to one support. Come to this free 1 hour session to learn more about the volunteer tutoring program and how you can get involved.

new Nakusp Centre: Free
 Sponsored by Columbia Alliance for Literacy
 Liz Gillis
 1 class: Jan. 24, Sat. 1-2 pm

WELLNESS

ANISAH MADDEN - SERIES

Anisah Madden is a dedicated holistic health educator and practitioner who has, over the past ten years, trained in herbal medicine theory and preparations, ayurveda, classical ashtanga yoga, bach flower remedies, and more. She enjoys sharing her knowledge with others in an interactive, hands-on, and playful approach that facilitates learning. Her intention is to guide others to connect with their innate healing abilities, and to develop the skills to apply them.

BACH FLOWER REMEDIES

new Grand Forks Campus \$36
 Anisah Madden
 1 class: May 2, Sat. 9 am-noon

new Midway, BCSS \$36
 Anisah Madden
 1 class: Feb. 28, Sat. 9 am-noon

HERBAL MEDICINE MAKING

Learn how to make simple herbal preparations for common ailments with local herbs and basic kitchen equipment. Learn different methods of making herbal teas (infusions & decoctions), external applications (poultices, compresses, plasters) and medicinal foods (herbal soups & congees).

new Grand Forks Campus \$36
 Anisah Madden
 1 class: May 30, Sat. 9 am-noon

INTRODUCTION TO HERBAL MEDICINE

Every culture in the world uses plant medicines in their healing system. Plant medicines, when used correctly, are safe, effective, and support the body's natural healing process. Explore locally available herbs for prevention and healing, and learn simple applications you can prepare easily and affordably at home.

new Grand Forks Campus \$36
 Anisah Madden
 1 class: Apr. 18, Sat. 9 am-noon

INTRODUCTION TO NATURAL SELF-HEALING

Why do we get sick, and who or what do we look to for healing? Learn how to see beyond your symptoms and explore a holistic approach that treats the person, rather than the disease. Self-healing begins with self awareness. Learn tools for greater self awareness, and simple foods and herbs that support healing.

new Midway, BCSS \$36
 Anisah Madden
 1 class: Mar. 7, Sat. 9 am-noon

SPRING CLEANING: HERBS AND FOODS

Revitalise and rejuvenate your sluggish system after the winter! This workshop outlines basic principles of cleansing, cleansing foods that can easily be incorporated into the diet, and herbs to assist the process. Each participant will leave with their own, personal 1-week cleansing program.

new Grand Forks Campus \$36
 Anisah Madden
 1 class: May 16, Sat. 9 am-noon

UNDERSTANDING YOUR AYURVEDIC CONSTITUTION

Ayurveda is the ancient art and science of life developed in India over 5000 years ago. Through a fun, interactive exploration of this system, we will develop a practical understanding of ourselves - our physical tendencies, emotional temperament, and mental perspective. Identify current imbalances and learn simple foods and herbs to restore harmony to your system.

new Grand Forks Campus \$36
 Anisah Madden
 1 class: Apr. 4, Sat. 9 am-noon

new Midway, BCSS \$36
Anisah Madden
1 class: Feb. 14, Sat. 9 am-noon

YOGA FOR YOUR AYURVEDIC CONSTITUTION

Enhance and deepen your personal yoga practice with an understanding of your personal constitution according to Ayurveda - the ancient Indian science and art of life. In this fun and interactive workshop, we will explore physical tendencies, emotional temperament, and mental perspective, and then develop specific yoga practices to maintain personal balance (Note: participants must have some previous yoga experience).

new Grand Forks Campus \$36
Anisah Madden
1 class: June 13, Sat. 9 am-noon



THE MAGIC OF BODY MIND COMMUNICATION

INTRODUCTION TO PSYCHOMATIC THERAPY

Discover the different languages the body speaks and how we can learn these languages. Whether face, body, hands or feet, a message is being sent internally and externally. Renowned speakers such as Dr. Wayne Dwyer, Deepak Chopra MD, James Twyman and movies such as "What the Bleep Do We Know", Down the Rabbit Hole, and the Secret, are effecting the world, tapping into mass consciousness with how and what we think and do. Your Body is talking to you all the time. Are you listening?

new Nelson: Silver King Campus Free
Leo Trinker
1 class: Jan. 21, Wed. 6-9 pm

THE ART OF READING FACES

Understand how the patterns of your thoughts have been expressed in the fleshing out of your tissue. What are the causal patterns of your DNA? Every thought your parent's and grandparent's had is living in your DNA. What emotional patterns are you carrying in your genes? Face reading is one of the most powerful experiences of getting to know yourself and others.

new Nelson: Silver King Campus \$300
Leo Trinker
2 classes: Jan. 24 & 25, Sat. & Sun. 8:30 am-4:30 pm

BODY MIND ANALYSIS

Take conscious responsibility through awareness of the 'shape you're in'. Designed to release tensions and create in depth healing in mental emotional and physical states. By understanding how you hold your tension, you will be able to let go.

new Nelson: Silver King Campus \$575
Leo Trinker
3 classes: Feb. 20-22, Fri-Sun, Fri. 6-9 pm, Sat. & Sun. 8:30 am-4:30 pm

LANGUAGE OF THE HANDS

Your hands are extensions of your heart. The sense of touch is the finest form of emotional and mental expression. They are the fine tools of the body/mind. How are they expressing you?

new Nelson: Silver King Campus \$300
Leo Trinker
1 class: Mar. 7, Sat. 8:30 am-4:30 pm

EMOTIONAL ANATOMY AND THERAPY

Anatomical Structure is the blueprint that supports the expression of our experiences of life. The internal pulsation of life that maintains this structure and the organs is eventually expressed outside as psychosomatic attitudes and behaviour that grow into belief systems. Discover how this works for you.

new Nelson: Silver King Campus \$300
Leo Trinker
1 class: Apr. 4, Sat. 8:30 am-4:30 pm

mir centre for peace

About the Mir Centre for Peace

Mir is an ancient Russian word with a complex meaning of peace, community and the world. The Centre's goals are to provide a safe, neutral space for activities and assemblies that encourage education and artistic expression relating to peace. The Centre, located on the Castlegar Campus, is housed in a restored early 20th century Doukhobor communal dwelling and sits on what once were traditional aboriginal lands inhabited by the Sinixt First Nations. For more information on this initiative, please contact Neil Coburn 250.365.1285.

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: www.selkirk.ca.

CREATING HEALTHY COMMUNITY PATTERNS

Chief Mark Wedge, an experienced Tlingit circlekeeper and Chief from Carcross/Tagish First Nation in the Yukon, uses peacemaking circles and the medicine wheel, with a focus on re-building families, as a strategy to build sustainable peace from the ground up. He has worked internationally as a trainer in conflict resolution and community justice. In 2003, he received the CANDO Economic Developer of the



Year award, created to recognize and promote recent or long-standing Aboriginal economic development initiatives throughout Canada. Chief Wedge co-authored Peacemaking Circles: From Crime to Community. Contact conference@selkirk.ca for more details and registration.

Castlegar: Brilliant Cultural Centre \$95
Jan. 31, Sat. 9 am-4 pm

GEOGRAPHY OF HOPE, A GUIDED TOUR OF THE WORLD WE NEED

Journalist and author, Chris Turner from Calgary, researches the state of the art in sustainable living. He was assembling "a patchwork map of a world that works," but what he was really looking for was an answer or two for his newborn daughter – something he could tell her, once she was old enough to ask, about how we were going to get out of this mess. He quickly came to realize that the tools for building this sustainable world were more plentiful and much closer at hand than he'd imagined.

Nelson: Capitol Theatre
\$10 advance, \$15 at door. Tickets at College Campuses/Centres
Feb. 16, Mon. 7 pm



mir centre for peace

MIR LECTURE SERIES

Genocide in Canada

Are Truth & Reconciliation Compatible?
A look at the history of residential school genocide, especially in BC, asking how, and if, that legacy can be resolved.
Visit www.hiddenfromhistory.org for more info on Kevin's work.

Castlegar Campus: Mir Centre
Kevin Annett
By Donation. Please pre-register.
Feb. 12, Thur. 7-9 pm

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. Like many countries that have successfully ended violent struggles, the vision of the people to achieve a society built on the tenets of social justice remains elusive.

Randy has recently returned after living for a year in Guatemala, where he was studying Peace Studies. This presentation is based on a recently published article in The Canadian Journal of Peace and Conflict Studies.

Castlegar Campus
Randy Janzen
By Donation. Please pre-register.
March 5, Thur. 12-1 pm

A War Without Bullets: Scenes from the African Battlefield with AIDS

Upon her return from Africa in 2006, Michelle was so inspired she began her Masters of Arts in Human Security and Peacebuilding at Royal Roads University. This gave her another opportunity to travel back in 2008, where she journeyed to Raikai District in Uganda, considered to be the birthplace of AIDS in Africa.

Castlegar Campus: Mir Centre
Michelle Mungall
By Donation. Please pre-register.
March 11, Wed. 7-9 pm

Sounds of Travel, Sounds of Freedom

A reflection on traveling and memorial songs of the North American Church, their history and origin; looking at how music around the world holds witness to the resistance of colonialism from Indigenous people around the world.

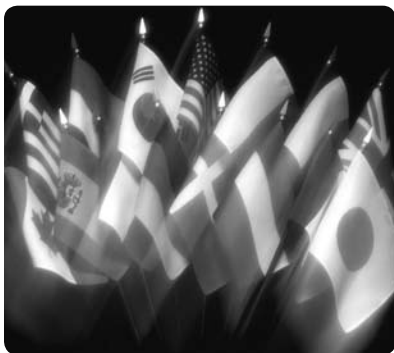
Castlegar Campus: Mir Centre
Henry Oso Quintero
By Donation. Please pre-register.
March tba 7-9 pm

Spiritual Practice and Social Action

"You can't influence anyone that you hold contempt for." Martin Luther King Jr.

Perspectives and a lively conversation on how to practice peace and bridge our spiritual life with social action in a rapidly changing world. "Out beyond ideas of wrongdoing and right-doing, there is a field. I'll meet you there." Rumi

Castlegar Campus: Mir Centre
Ruth Beck and Terence Buie
By Donation. Please pre-register.
Apr. 2, Thur. 7-9 pm



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: Mar. 31-May 7, Tue. & Thur. 6-9 pm,
2 Sat. TBA, 9 am-2 pm

1 class: Mar. 21, Sat. 9 am-5 pm

1 class: Apr. 7, Tue. 9 am-5 pm

1 class: May 12, Tue. 9 am-5 pm

1 class: June 9, Tue. 9 am-5 pm

Trail Campus

\$85

Carol Erickson

1 class: Jan. 31, Sat. 9 am-5 pm

2 classes: Mar. 9 & 16, Mon. 6-10 pm

1 class: May 4, Mon. 9 am-5 pm



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 healthcare card to class.

Castlegar Campus \$85

Carol Erickson

1 class: Mar. 14, Sat. 9 am-5 pm

1 class: Apr. 18, Sat. 9 am-5 pm

1 class: May 6, Wed. 9 am-5 pm

Grand Forks Campus \$85

Andrea Krog

1 class: Feb. 8, Sun. 8 am-5 pm

1 class: Mar. 29, Sun. 8 am-5 pm

1 class: May 3, Sun. 8 am-5 pm

1 class: May 24, Sun. 8 am-5 pm

Kaslo Centre \$85

Carol Erickson

1 class: Apr. 24, Fri. 9 am-5 pm

Nakusp Centre \$85

Carol Erickson

1 class: May 9, Sat. 9 am-5 pm

Nelson: Silver King Campus \$85

Carol Erickson

1 class: Jan. 27, Tue. 9 am-5 pm

1 class: Mar. 10, Tue. 9 am-5 pm

FOOD SAFETY FOR FOOD HANDLERS - ONLINE

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.

new Any Selkirk College Location \$85

On-going

SERVING IT RIGHT

Required to serve alcohol to the public.

Nelson: Tenth Street Campus \$45

Carol Erickson

1 class: Apr. 2, Thur. 6-9 pm

SUPERHOST

Learn the skills and techniques that comprise the basics of service professionalism. Discover how to communicate with customers more effectively and efficiently and demonstrate attentiveness to customer needs. Get an understanding of the social and economic contribution that a healthy tourism industry brings to your home communities and to the province as a whole. This workshop is interactive, informative and offers valuable service skills that can be applied in any work environment.

Nakusp Centre \$90

Margaret Graig, Nelson & District Chamber of Commerce

1 class: Apr. 21, Tue. 10 am-5 pm

industry & trades

HOME STUDY

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 1.250.352.6601
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: www.selkirk.ca/programs/trades/rpco



INDUSTRY & TRADES

BLUEPRINT BASICS

An introduction to blueprint reading and engineering drawing. Learn to apply 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 will focus on mechanical drawings (machines) but civil (buildings) and process and instrument diagrams (P&ID's) will also be covered if time permits.

Trail Campus \$65
Alan Karges
3 classes: Feb. 25, Mar. 4, 12, Wed. &
Thur. 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.

Nelson: Silver King Campus, \$350
Automotive Shop
Dave Griffin
3 classes: May 15-17, Fri. 6-10 pm, Sat. & Sun.
8:30 am-4:30 pm

FALL PROTECTION

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
Mar. 1, Sun. 10 am-2pm

new Nelson: Silver King Campus \$65
Bruce Walker
TBA

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
Jim McIntyre
3 classes: Apr. 17-19, Fri. 5-9 pm, Sat. & Sun. 8 am-4 pm

Nelson: Silver King Campus \$220
Dave Griffin, Jim McIntyre
2 classes: Mar. 6, 7, Fri. 5-9 pm, Sat. 8 am-4 pm
2 classes: May 8, 9, Fri. 5-9 pm, Sat. 8 am-4 pm

FORKLIFT RECERTIFICATION

Nelson: Silver King Campus \$170
Jim McIntyre, Dave Griffin
1 class: Please contact the Nelson Continuing Education office if you require recertification.

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: Mar. 31, Apr. 2, Tue. & Thur. 6-10 pm

INTERIOR LOG SCALING AND GRADING: OVERVIEW

Designed for those who already have an Interior Scaling Licence but wish to upgrade themselves for effective understanding and use of the new Interior Scaling and Grading rules. Everyone should bring a Scaling Stick, a Logger's metric tape (preferably 25 meters long), a field note book, hard hat and weather-appropriate clothing.

new Midway (location TBA)

\$65

Debbie Hachey

1 class: Apr. 25, Sat. 9 am-4 pm

PERMACULTURE DESIGN

This 78-hour intensive course combines theory with practical hands-on learning. Topics include permaculture design techniques and principles, site analysis, soil fertility, organic gardening techniques, herbs, medicinal plants, tree identification, water uses and ecological buildings. To register call: 1.250.352.6601.

Nelson: Silver King Campus & Kootenay Permaculture Institute, Slocan Valley

\$900 before Apr. 30, \$975 after Apr. 30
Gregoire Lamoureux, a permaculture designer, consultant and teacher

13 classes: May 31-June 13, Sun.-Sat. 9 am-5 pm
(no class Sat. June 6)

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
Welding Shop
Dick Schultz
12 classes: Feb. 17-Mar. 26, Tue. & Thur. 6:15-9:45 pm



NOT SURE WHAT THE RIGHT COURSE IS FOR YOU?

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

languages

ITALIAN: CONVERSATIONAL

Perfect if you have completed Level 3 Italian or if you are experienced in speaking Italian. In a fun atmosphere you will practice your Italian in order to enhance your conversational skills. Correct grammar will remain a very important element of this course. Handouts extra.

Trail Campus \$84

Samantha Notari

6 classes: Mar. 25-Apr. 29, Wed. 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! Handouts extra.

Trail Campus \$84

Samantha Notari

6 classes: Feb. 3-Mar. 10, Tue. 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. Handouts extra.

Trail Campus \$84

Samantha Notari

6 classes: Mar. 24-Apr. 28, Tue. 6:30-8:30 pm

ITALIAN: LEVEL III

Must have a good understanding of Italian or taken Level 1 & 2. Handouts extra.

Trail Campus \$84

Samantha Notari

6 classes: Feb. 4-Mar. 11, Wed. 6:30-8:30 pm

JAPANESE: LEVEL I

Nelson: Silver King Campus \$112

Yukako Krause

8 classes: Feb. 9-Mar. 30, Mon. 6:30-8:30 pm

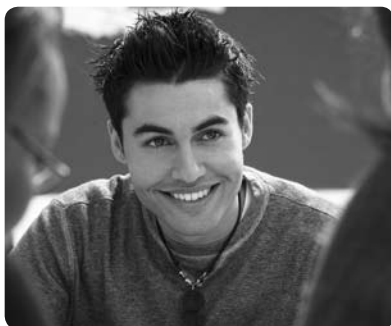
KOREAN: FUN FUN FUN

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: Feb. 17-Mar. 12 Tue & Thur. 7-9 pm



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: Feb. 17-Mar. 5, Tue. & Thur. 7-9 pm

6 classes: Mar. 17-Apr. 2, Tue. & Thur. 7-9 pm

new Grand Forks Campus \$56

Michael Kelly

8 classes: Feb. 17-Mar. 12, Tue. & Thur. 7-8 pm

Trail Campus \$84

Jose Padilla

6 classes: Feb. 23-Mar. 11, 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: Mar. 17-Apr. 2, Tue. & Thur. 7-9 pm
 No class Easter Monday.

Trail Campus \$84
 Jose Padilla
 6 classes: Mar. 30-Apr. 20, Mon. & Wed. 6-8 pm



SPANISH: BEGINNER LEVEL 1

Nelson: Silver King Campus \$112
 Pablo Pastor
 10 classes: TBA

COLUMBIA BASIN ALLIANCE FOR LITERACY (cbal)

is a registered non-profit society that provides literacy programs for all ages – birth to seniors - throughout the Kootenays and Boundary. CBAL's goal is the development of healthy learning communities by giving each member the basic skills necessary for lifelong learning. All programs are free.



Programs are available for:

- PARENTS and their CHILDREN who want to enjoy fun learning activities together
- ADULTS who want help with reading, writing and math and/or computer skills
- ESL ADULTS who want to improve their English skills
- VOLUNTEERS who want to help others with reading, writing, math and/or computer skills

To find out more about the programs in your community you can contact a coordinator in the following communities:

Castlegar	Margaret Sutherland	250.365.3336
Grand Forks/Boundary	Lizanne Eastwood	250.442.2533
Kaslo	Barb Szuta	250.353.7691
Arrow and Slocan Lakes	Rhonda Palmer	250.265.3779
Nelson	Joan Exley	250.352.6698
Trail	Desneiges Profili	250.364.1275
Salmo	Laurie Macdonald	250.357.2874
Slocan Valley	Christine Nichol	250.355.0032

Or contact the Regional Literacy Coordinator - Margaret Sutherland
 250.365.3336.

Or visit www.cbal.org



leadership & management

FITNESS EDUCATORS

FITNESS INSTRUCTORS CONFERENCE

Mark your calendars! Leading presenters, hot ideas, innovative new workouts, latest advances in fitness knowledge, networking, credit hours, affordable and tons of fun! See local posters and selkirk.ca for details and registration info. A BC Recreation and Parks Association annual event.

new Castlegar Campus

1 class: May 9, Sat. 8 am-4:30 pm

NCCP COACHING COURSE

Introduction to Competition A, Multisport module which replaces Theory 1.

Nelson: Silver King Campus \$125

Dennis Milan

TBA Sat. & Sun. 9 am-4 pm

FITNESS KNOWLEDGE

Prerequisite for all CFES courses. Class or home study. Fee is \$245 for class format and \$210 for homestudy.

Castlegar Campus

Heather Bouchier

3 classes: Feb. 20-22 Fri. 6-9 pm, Sat. & Sun. 9 am-5 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: Mar. 13-15, Fri. 6-9 pm, Sat. & Sun. 9 am-5 pm

PERSONAL TRAINING SPECIALIST PROGRAM

Upon completion of this comprehensive 120 hour program, graduates will become a registered BCRPA Fitness Leader, Weight Trainer

& Personal Trainer. Includes enrollment in the Weight Training, Weight Training Practicum, Personal Training, and Personal Training Practicum courses. (Value of \$900) Prerequisite: Fitness Knowledge

Castlegar Campus \$810 manuals included
Samantha Reid

To be offered Fall 2009.

WEIGHT TRAINING INSTRUCTOR: LEVEL I

Skills to design and deliver personalized programs. Prerequisite: Fitness Knowledge.

Castlegar Campus \$210

Samantha Reid

To be offered Fall 2009.

WEIGHT TRAINING PRACTICUM

Designed to complement the weight-training course by providing scenarios, labs, and 'real' clients, including a practical hands on experience and a Weight Training Instructor Competency evaluation. Prerequisite in becoming a registered personal trainer.

Castlegar Campus \$150

Samantha Reid

To be offered Fall 2009.

STUBBORN FAT LOSS

See page 61 for details.

AT WAR WITH YOUR CORE

See page 59 for details.





LEADERSHIP

BILL CAVE SERIES

With an MBA specializing in Managerial Leadership, Bill has extensive experience in Strategic Organizational Development and Redesign, Training and Human Resources Systems and Services. Bill was also an Occupational Hygienist and subsequently Regional Manager for Health and Safety with the Workers' Compensation Board of BC. Bill's passion and skill is assisting individuals, organizations and communities to achieve excellence through breakthrough strategic development.

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.

new Trail Campus \$125
 Bill Cave
 1 class: Feb. 20, Fri. 8:30 am-12:30 pm

BC Employment And Labour Legislation

A practical introduction to BC's Labour Code, Employment Standards Act, Human Rights Code and WorkSafe BC's Occupational Health and Safety Regulations. Develop a working understanding of each of these pieces of legislation, what they cover, how and to whom they apply and how to access the information they contain.

new Trail Campus \$125
 Bill Cave
 1 class: Mar. 13, Fri. 8:30 am-12:30 pm

Defining A Future For Your Organization

There is an old proverb that states, "Failing to plan is planning to fail." Learn a practical introduction to the fundamentals of strategic and operational planning including how to develop a clear and shared understanding of the mission, vision, values and key performance indicators for your organization, along with an action plan to make it happen.

new Trail Campus \$125
 Bill Cave
 1 class: Apr. 2, Thur. 8:30 am-12:30 pm

Managing Employee Performance, Development & Succession Planning

Focus on practical examples of how to effectively manage employee performance to achieve the desired personal and organizational outcomes. Learn to apply a number of different performance management and appraisal techniques including 360 feedback to achieve success! Learn the 'how-to's' of creating an organizational succession plan and the principles of developing competency based training for your employees.

new Trail Campus \$275
 Bill Cave
 1 class: Apr. 24, Fri. 8:30 am-4:30 pm

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
 1 class: May 29, Fri. 8:30 am-4:30 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
 1 class: Apr. 8, Wed. 45-minute appointments
 starting at 9:30 am

Nakusp Centre Free
 Laurie Read
 1 class: Apr. 15, Wed. 45-minute appointments
 starting at 9:30 am



CAREER OPTIONS FOR FOREST WORKERS - CHARTING YOUR COURSE

Information on programs and services that are available to help with the transition to new employment. Geared for forest workers who are seeking a different career path. Decision making programs available and funding sources will all be discussed. Sponsored by Arrow and Slocan Community Services.

new Nakusp Centre Free
 You must pre-register
 Susan Gustafson, Outreach Employment
 1 class: Feb. 4, Wed. 10 am-noon

CAREER PORTFOLIO

Supplement your resume and demonstrate concrete evidence of your skills, abilities and successes. Learn what types of evidence to collect, and how to organize it. Use your portfolio to make career decisions, to apply for college or credits, and to gain an edge over your competitors. It's never too early or too late to begin!

Nakusp Centre \$30
 Annette Cantaloupe
 1 class: Feb. 21, Sat. 9 am-noon

COMMUNICATIONS 101

Learn to deliver your message and produce results. Proving the basics of Communications - strategic marketing, advertising and media relations, this courses teaches successful

communications theory and practical techniques. Skills learned can be applied to business, not-for-profit or community programs.

new Trail Campus \$145
 Rachel Hamilton
 3 classes: Feb. 20-Mar. 6, Fri. 2-4 pm

FRED MARSHALL

Conflict Resolution

The most common conflict resolution techniques available and used in resolving many of the various types of disputes we face today. Practice in using such techniques as time permits.

new Grand Forks Campus \$39
 Fred Marshall
 1 class: Feb. 20, Fri. 9 am-1 pm

new Midway, BCSS \$39
 Fred Marshall
 1 class: Apr. 17, Fri. 9 am-1 pm

Consensus Building

A description of what "consensus" is, its advantages and disadvantages, and how it can be most effectively used to resolve disputes and reach agreement. Practice in consensus building as time permits.

new Grand Forks Campus \$18
 Fred Marshall
 1 class: Feb. 13, Fri. 1-3 pm
 Fred Marshall: Consensus Building

new Midway, BCSS \$18
 Fred Marshall
 1 class: Apr. 3, Fri. 1-3 pm

Effective Meetings

A practical guide on how to organize and run a successful meeting so that time is effectively used and goals are achieved.

new Grand Forks Campus \$18
 Fred Marshall
 1 class: Feb. 13, Fri. 10 am-noon

new Midway, BCSS \$18
 Fred Marshall
 1 class: Apr. 3, Fri. 10 am-noon

Setting Personal and Professional Goals

A simple plan to ensure one's success, happiness and fulfillment in life are achieved.

new Midway, BCSS

Fred Marshall

1 class: Mar. 13, Fri. 9 am-1 pm

\$39

INSTRUCTIONAL DIPLOMA PROGRAMS

Offered in conjunction with the Vancouver Community College (VCC), the Provincial Instructor Diploma helps adult 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. Most courses are available online at www.vcc.bc.ca. For info package call 250.352.6601. To register call VCC at 1.888.332.3212.

Nelson: Silver King Campus

Spring 2009 dates TBA



JANE GREEN

Difficult People: How to Deal With Them

We all have people in our lives who behave in difficult ways. The "Steam Roller", "The Sniper", "The Super Agreeable". This course based on the best-selling book, *Coping with Difficult People* by Dr. Robert M. Bramson, explores useful skills in dealing with these so-hard-to-handle people.

new Castlegar Campus

\$22

Jane Green, MEd

1 class: Jan. 28, Wed. 1:35:00 pm

It's About Time: Procrastination, Prioritization and Action Planning

Time management is about choice management. Explore practical strategies for understanding our decisions about time and how we choose to spend it. Emerge with a clearer sense of your own personal relationship with time and 6 practical tools you can use to get more out of your time and your life!

new Castlegar Campus

\$22

Jane Green, MEd

1 class: Jan. 21, Wed. 9-11:50 am

NON-PROFIT MANAGEMENT: INTRODUCTION

Working or volunteering in the non-profit sector? The BC Centre of Non-Profit Development credited course consists of 10 modules including: 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.

Trail Campus

Free to sponsored non-profit organizations

Phil Kolbuc www.philkolbuc.com

6 classes: Jan. 29-30, Feb. 19-20, Mar. 12-13, Thur. & Fri. 9 am-4 pm

LEADERSHIP TRAINING AND DEVELOPMENT PROGRAM

Module 1: Building Relationships for Success: Get the Best from Yourself and Others

Module 2: Learning How to Lead and Motivate: Going Beyond Compliance and Getting Commitment

Module 3: Team Building for Continuous Improvement: Using Meetings for Team Building

Module 4: Managing Change, Stress and Time: Looking after Yourself and Others.

Nelson: Silver King Campus

\$375

Phil Kolbuc

Module 1: Feb. 5-6, Thur. & Fri. 8:30 am-4:30 pm

Module 2: Mar. 5-6, Thur. & Fri. 8:30 am-4:30 pm

Module 3: Apr. 2-3, Thur. & Fri. 8:30 am-4:30 pm

Module 4: May TBA

REINVENT YOURSELF BY EMBRACING CHANGE

What's preventing you from realizing your dreams? A shortage of personal resources, fear

of failure or lack of confidence? Experience success as we explore concepts, skills and tools that apply to the professional and personal segments of your life to empower your quest for rejuvenation. Learn a variety of techniques to determine where you want to be and strategies to help you get there. Come prepared with 3 goals and a journal to track your progress.

Trail Campus \$125

Sharon Wieder

4 classes: Mar. 11, 18, Apr. 1, 15, Wed. 7-9 pm

RESUME DEVELOPMENT

Offers information on developing a resume and cover letter that will help you to shine! Find out what 'soft skills' you have that can be highlighted in your resume. Sponsored by Arrow and Socran Community Services. You must pre-register.

new Nakusp Centre Free

Susan Gustafson, Outreach Employment

1 class: Feb. 11, Wed. 10 am-noon



THE LEADER IN YOU RETREAT

An interactive summer retreat to sharpen your ability to motivate with passion and purpose, understand group dynamics, recognize behavioural styles and maximize your communication skills with compassion. For details and facilitator bios, email conference@selkirk.ca, visit www.selkirk.ca/events or call 1.866.301.6601 loc 227

Castlegar Campus: \$450

Mir Centre for Peace

Dave Douglas, Sue Bock, Joan Poisney,
Tom Hierk

3 classes: July 20-22, Mon. 7-9 pm, Tue.
8 am-9 pm, Wed. 8 am-2:30 pm

TOASTMASTER 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:

www.toastmasters.bc.ca

Nakusp Centre

\$90/year + \$35 one-time new member fee

Linda Kendall

LEADERSHIP: BUILDING COMMUNITIES FROM THE INSIDE OUT

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has." Margaret Mead

The Safer Boundary Initiative and Community Futures Boundary invite you to explore ways we can build strong, resilient communities and local economies by "Building Communities from the Inside Out". Internationally renowned speaker, teacher and community organizer, John McKnight from Northwestern University has spent the last three decades working with communities to assist them in rebuilding themselves based on their assets or existing resources. His work has inspired an entire paradigm shift within the field of community development by challenging us to shift our tendency of focusing mainly on the problems or limitations within our communities, to making a clear commitment to discovering our community's capacities and assets and helping these grow. Join us in exploring how we can build on our community's assets to secure a promising future for ourselves, our children and grandchildren. Lunch provided. Please register early!

new Community Futures Boundary, \$25

1647 Central Ave. Grand Forks

John McKnight

1 class: Apr. 21, Tue. 8:30 am-3:30 pm

WOMEN IN LEADERSHIP LUNCHEON SERIES

Two truly inspiring and exhilarating events for women of all ages and in all stages of their lives. We've gathered phenomenal women from our region who bring not only their unique backgrounds to bear, but also their talents and experiences to reflect on their personal and professional journey of "leading from within". Sponsored by Women in Post Secondary Education Association.



WOMEN WHO WANT TO LEAD IN THEIR LIVES

Connect to the number one strength you bring to your world in your home, community or workplace and use that strength to face challenges in your life. Be inspired to create a future filled with success and achievement.

new Kaslo: Golf Course Clubhouse \$10
 Pauline Daniels
 1 class: Mar. 24, Tue. 11 am-1 pm

WOMEN LEADING FROM WITHIN

You won't want to miss this opportunity to network with others in our rural area who provide mentorship, lead with their hearts and inspire others to also connect with their number one strength.

new Nakusp Centre \$10
 Kate Tupper, Pauline Daniels & others
 1 class: Mar. 3, Tue. 11 am-2 pm

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, 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

recreation & leisure

WEST BOUNDARY

BADMINTON: DROP-IN

Sponsored by the RDKB

Midway, BCSS Free
10 classes: Feb. 5-Apr. 23, Thur. 7-9 pm. Note: there will be no classes on Mar. 19 & 26 due to the Spring Break holiday.

Rock Creek, West Boundary Elementary Free
10 classes: Feb. 3-Apr. 21, Tue. 7-9 pm. Note: there will be no classes Mar. 17 & 24 due to the Spring Break holiday.

CARDIO & WEIGHTS

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

Midway, BCSS \$30
40 sessions: Feb. 2-Apr. 23, Mon. -Thur. 7-9 pm
(School closed Mar. 13-27 for Spring Break)

TAEKWONDO

Do you have a desire to become more physically fit, have greater mental focus and try something new? Why not try TAEKWONDO? Suitable for ages six to adult, Taekwondo is the Korean martial art that teaches self-defence, self-discipline, and builds self-confidence. Uniform extra.

Rock Creek, West Boundary Elementary \$75
Bo MacFarlane
12 classes: Feb. 5-May 7, Thur. 6-7 pm
(6 to 12 year-olds), 7-8 pm (13 to adult)
Note: there will be no classes Mar. 19 & 26 due to the Spring Break holiday.

VOLLEYBALL: DROP-IN

Sponsored by the RDKB

Midway, BCSS Free
10 classes: Feb. 3-Apr. 21, Tue. 7-9 pm
Note: there will be no classes Mar. 17 & 24 due to the Spring Break holiday.

Rock Creek, West Boundary Free
Elementary
10 classes: Feb. 4-Apr. 22, Wed. 7-9 pm.
Note: there will be no classes on Mar. 18 & 25 due to the Spring Break Holiday.

RECREATION

AT WAR WITH YOUR CORE

Creeping weight gain is a reality for most people. Explore the best ways to trim that abdominal fat and why it is so important to do so. Discuss potential obstacles between you and your life-long dream of a 6-pack. Effectively train the abdominal muscles, find out what exercises are most appropriate, and how to kick start your 'same old' abdominal routine. Learn new ideas on how to ramp up your existing training program, whether it is weights, cardio, core conditioning, or whether you are just getting started. For fitness professionals and general public. BCRPA continuing education credits available.

new Castlegar Campus \$30
Samantha Reid
1 class: Apr. 4, Sat. 9-noon



BALLROOM DANCING 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, Rumba and Cha Cha. To register call: 1.250.365.2896.

Castlegar: Kinnaird Hall \$160/couple
Lui Marinelli
9 classes: Jan. 23-Apr. 3, 6-7:30 pm
Trail: Warfield Hall \$160/couple
Lui Marinelli
9 classes: Jan. 19-Mar. 30, 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 September 15, 2009. Includes manual and exam.

Kaslo Centre \$65
 Bill Bevan, Canadian Power & Sail Squadron
 1 class: Apr. 5, Sun. 9 am-4 pm

Nakusp Centre \$65
 Dorian Boswell
 1 class: May 23, Sat. 9 am-2 pm

Nakusp Centre - Challenge Exam \$35
 Dorian Boswell
 1 class: May 23, Sat. 2-4 pm

Nelson: Silver King Campus \$65
 Bill Bevan, Canadian Power & Sail Squadron
 1 class: Feb. 28, Sat. 9 am-4 pm
 1 class: Apr. 25, Sat. 9 am-4 pm
 1 class: May 30, Sat. 9 am-4 pm

Trail Campus \$65
 Mike Fairweather Castlegar Power Squadron
 1 class: Mar. 21, Sat. 9 am-5 pm
 1 class: Apr. 18, Sat. 9 am-5 pm

10 hours: July 12-Aug. 23, Sat. & Sun.
 times TBA

10 hours: Aug. 22-23, Sat. & Sun. times TBA

RESCUE DIVER COURSE

Preparations, Prevention, Performance! Become the best dive buddy you can be with this rewarding course! Learn self rescue, how to head off problems before they start and how to deal with full blown emergency situations. One of PADI's best courses! Requirements: Participants must be PADI Advanced Divers.

new Castlegar Campus, field location TBA \$450
 Rob Wyatt & Steve Tomich
 25 hours: Aug. 30-Oct. 3, day and times TBA



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: www.goldencityscuba.com or call:

1.250.365.1208

Castlegar Campus & Field \$50
 Location TBA
 Rob Wyatt and Steve Tomich
 1 class: Jan. 20, Tue. times TBA
 1 class: Feb. 26, Thur. Times TBA

TREASURE HUNT

Come out and find the Treasure! This all day event will be held at Nelson's waterfront park. Dive teams will look for over \$500 in cash and prizes! A free BBQ will be served after this event and prizes for the best teams will be awarded. All of our proceeds will go to the KBRH Pediatrics! Come out and enjoy a Treasure Hunt! To register call Golden City Scuba, 250-362-7693.

new Nelson Location TBA \$50
 Rob Wyatt and Steve Tomich
 1 class: Aug. 30, Sun. times TBA

ADVANCED OPEN WATER DIVER

Take your diving to the next level with this exciting course. No formal classroom sessions.... just dives! Do 5 exciting dives in some great local dive sites during a weekend of diving! Includes all gear (except mask, fins and snorkel). Requirements: Participants must be PADI Open Water Divers.

new Castlegar Campus \$250
 Rob Wyatt & Steve Tomich

OPEN WATER DIVER

Receive PADI Open Water Diver Certification (able to dive to 20 metres anywhere in the world). Five pool, five theory modules and 4 Open Water Dives. Equipment included. Includes PADI Openwater Diver Crew pack. Visit: www.goldencityscuba.com or call:

1.250.365.1208

Castlegar Campus and \$500
 Field Location TBA
 Rob Wyatt & Steve Tomich
 31 hours: Mar. 8-Apr. 19, day and times TBA
 31 hours: Mar. 15-Apr 26, day and times TBA

31 hours: May 3-Jun. 14, day and times TBA
31 hours: Jun. 28-Aug 9, day and times TBA
31 hours: Jul 5-Aug 16, day and times TBA

GOLF LESSON

Learn everything from grip, stance and posture to course management and club selection. Special instructional tools include video analysis and virtual swing analysis. Weather permitting, the final lesson will be at the Castlegar Golf Club.

BEGINNER LEVEL: Basic instruction suitable for the new golfer or those with little experience.

ADVANCED LEVEL: For the more experienced golfer looking to refresh his/her swing for the season. More advanced teaching techniques will focus on specific problem areas.

JUNIOR LEVEL: For youth 17 years and younger.



SPRING MOUNTAIN BIKE MAINTENANCE

An open forum course on basic bicycle mechanics and general care, including adjustments, lubes, bearings, brakes, tires and wheel tuning. Students are encouraged to bring their own bikes as there will be hands on with

them in a functioning shop. Written materials provided.

Rossland: Revolution Cycles, \$45
2044 Columbia
Tyler Merringer, Revolution Cycles
1 class: TBA

STALKING THE EDIBLE WILD

Learn where and how to identify edible wild plants. Dress for the weather, wear walking shoes and bring a lunch.

Nelson: Silver King Campus \$38
Libby Rujancich
1 class: May 23, Sat. 9:30 am-3:30 pm

SOUL EXERCISES

A unique combination of techniques, Eastern and Western, ancient and modern, for dealing with the extreme stress of modern life.

new Grand Forks Campus \$28
Michael Kelly
4 classes: Feb. 11-Mar. 4, Wed. 7-8 pm

STUBBORN FAT LOSS

Learn the myths and misconceptions about fat burning and metabolism. Explore how genetics, physiology and metabolism play a role in whether we are proficient in weight gain or weight loss. Learn strategies to optimize the fat burn through changes in your exercise routine, your eating patterns, and what you eat. Activate your metabolism and tackle that stubborn fat loss. For fitness professionals and general public. BCRPA continuing education credits available.

new Castlegar Campus \$30
Samantha Reid
1 class: Apr. 25, Sat. 9-noon

SELKIRK SAINTS GOLF CAMP

Golfers of all abilities welcome. Instructors will provide training on all aspects of the game; short game, long game, specialty shots, mental aspects, rules and etiquette. All campers will benefit from: 24+ hours of on/off course training, two 9-hole rounds and one 18-hole round, virtual computerized swing analysis, video analysis, mental training, history of the game, strategy, course management, specialized swing instruction including tough lies, trouble shots and much more. Students may choose from the day or residence camp options. Registration opens February 2009. Call 250.365.1208 to register or 250.365.1304 for more information.

LEISURE

AN ARCHIVE EXPLAINED

Come for a tour of the Nakusp Archives as they celebrate their 25 year anniversary. The fundamentals of an archive will be explained.

new Nakusp Centre \$5
Milton & Rosemary Parent
1 class: Feb. 21, Sat. 9 am-3:30 pm

CLUTTER BUSTING FOR SPRING

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
Kaslo Centre \$22
Janet Mayfield, Certified Feng Shui Practitioner
1 class: Feb. 5, Thur. 7-9 pm

Nakusp Center \$30
Janet Mayfield, Certified Feng Shui Practitioner
1 class: Apr. 4, Sat. 1-4 pm

COOKING ASIAN

Learn to create appetizers from four South East Asian countries (Burma, Thailand, Laos and Vietnam). Covers traditional and authentic appetizer preparation, style of cooking and traditional presentation. Includes the cost of food. Please bring your own containers to take your goodies home after you have prepared them.

new Grand Forks, GFSS \$99
Ma Yin
4 classes: Feb. 12-Mar. 5, Thur. 6:30-9 pm

COOKING JAPANESE

Enjoy an evening of Japanese culture and learn to cook delicious, healthy, traditional Asian cuisine. You will also have an opportunity to sample each evening's creations.

Class I: Rolled Sushi (California Roll), pickled ginger, and clear tofu soup.

Class II: Tempura (deep fried vegetables or seafood) and miso soup

Class III: Okonomiyaki (Japanese style pizza) and Chawanmushi (Japanese steamed custard).

Class IV: Kushidango (Japanese sweet dumplings on skewers, Warabimochi (a cold summer dessert) and toasted Japanese tea.

Class V: Maccha dango (Green Tea Chocolate Cake), macche tea (green tea)

new Castlegar Campus
\$20 class/\$80 for the series
Mami Sugimoto

Class I: Mar. 3, Tue. 6-8:30 pm
Class II: Mar. 10, Tue. 6-8:30 pm
Class III: Mar. 17, Tue. 6-8:30 pm
Class IV: Mar. 24, Tue. 6-8:30 pm
Class V: Mar. 31, Tue. 6-8:30 pm

COOKING RUSSIAN

Reach into the local Doukhobor culture and celebrate these tasty vegetarian dishes. Participate in the preparation and enjoy the meal when completed.

Class I: Borsht and Blini, an authentic Russian crepe.

Class II: Vareniki, filled dumplings; Vinigret, vegetable salad.

Class III: Kwas, cold summer soup; Nalesniki, cottage cheese crepes.

new Castlegar: \$25/class
Paulette Markin
Class I: Tue. Feb. 5, 6:30-9 pm
Class II: Tue. Feb. 12, 6:30-9 pm
Class III: Tue. Feb. 19, 6:30-9 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: Jan. 29, Thur. 7-9 pm

Nakusp Centre \$30
Janet Mayfield, Certified Feng Shui Practitioner
1 class: Apr. 4, Sat. 9 am-noon

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: Apr. 18, Sat. 9-11:30 am	

GARDEN: IT'S EDIBLE

This workshop will discuss ways in which edible & food-producing plants can be effectively and attractively integrated into garden planting schemes.

new Trail Campus	\$35
Chris Holt	
1 class: Apr. 18, Sat. 12 - 2 pm	

GARDENING WITH COLOUR

Looks at ways to keep colour in your garden year round.

new Nelson: Silver King Campus	\$27
Chris Holt	
1 class: Apr. 2, Thur. 6:30-9:30 pm	

LANDSCAPE DESIGN: AN INTRODUCTION

Learn how to create and draft a landscape plan for the home. Topics include identifying, analyzing and managing site characteristics, outdoor rooms, the aesthetic principles of landscape design, and defining plant design qualities.

Grand Forks	\$66
Grazyna Manturzyk	
1 class: Apr. 4, Sat. 9 am-4 pm	

PRUNING & TREE CARE

Learn to prune and repair fruit, shade and various trees, shrubs and ground covers. Learn about responses to pruning, timing and equipment used. Course includes field trip and hands-on demo.

Castlegar Campus	\$54
Chris Holt	
1 class: Mar. 14, Sat. 9 am-3:30 pm	
Nakusp Centre	\$54
Chris Holt	
1 class: Mar. 7, Sat. 9 am-3:30 pm	

Nelson: Silver King Campus	\$54
Chris Holt	
1 class: Mar. 21, Sat. 9 am-3:30 pm	

Trail Campus	\$54
Chris Holt	
1 class: Feb. 28, Sat. 9 am-3:30 pm	

XERISCAPING

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

new Castlegar Campus	\$35
Chris Holt	
1 class: Apr. 7, Tue. 6-9 pm	

new Grand Forks Campus	\$35
Grazyna Manturzyk	
1 class: Apr. 18, Sat. 9 am-noon	

new Kaslo	\$35
Chris Holt	
1 class: Apr. 25, Sat. 9 am-noon	

Nelson: Silver King Campus	\$35
Chris Holt	
1 class: Mar. 28, Sat. 9 am-noon	

Trail Campus	\$35
Chris Holt	
1 class: Apr. 4, Sat. 9 am-noon	



PEST AND DISEASE CONTROL NATURALLY

Explore methods to manage pests and diseases in your garden without resorting to the use of toxic chemicals.

Kaslo Centre	\$24
Chris Holt	
TBA	

Nakusp Centre	\$27
Chris Holt	
1 class: Mar. 6, Fri. 6-9 pm	

Nelson: Silver King Campus	\$27
Chris Holt	
1 class: Mar. 28, Sat. 1-4 pm	

SAVE THE BEES: BUILD A BEE HOUSE

Learn why bees are our most important pollinators and why they're on the front lines of local food sustainability efforts. Explore the wealth and diversity of bee species living in the West Kootenay region. Understand how to help bees and attract them to your garden. Learn about the variety of easy-to-make bee houses and how to build your own.

new Castlegar Campus \$40
Lynn Westcott
1 class: Mar 7, Sat. 9 am-1 pm

SEWING

Learn the fundamentals of sewing from a professional tailor including precise measuring, cutting, piecing and stitching. Bring your current sewing project to class including your pattern. Suitable for beginner and intermediate level sewers.

new Grand Forks, GFSS \$65
Iris Braun
4 classes: Feb. 10-Mar. 3, Tue. 6:30-9 pm

TAROT READING 101

Learn the fundamentals of tarot reading, card meanings/interpretations and several different layouts. Bring your favourite tarot deck or Rider Waite decks will be available for in-class use. Students will receive a copy of the instructor's 'Essentials of Tarot Reading' guide-book.

new Grand Forks Campus \$57
Paige Garnett
1 class: Mar. 7, Sat. 10 am-4 pm

new Midway, BCSS \$57
Paige Garnett
1 class: Apr. 18, Sat. 10 am-4 pm

TEA LEAF READING WORKSHOP

Take a day to enjoy developing your intuition and wisdom, and learn the ancient art of tea

leaf reading. Discover how your intuition and traditional symbols in the leaves tell the story of your future. Please bring a tea cup (white inside), saucer and bagged lunch. Instructor: Tanya Lester has experience reading tea leaves and tarot cards, is a reiki master, an author and an art model living on Salt Spring Island, B.C.

Castlegar Campus \$50
Tanya Lester
1 class: Apr. 25, Sat. 10 am-4 pm

WINE MAKING

Discover vintner's magic! You too can make wine like the professionals. Alex Nichol, former winemaker/proprietor of Nichol Vineyard Winery in Naramata unveils the mysteries of red and white wine making, including practical tips to ensure success.

new Nelson: Silver King Campus \$44
Alex Nichol
2 classes: June 2, 9, Tue. 7:30-9:30 pm

WINE TASTING

Heighten the enjoyment of the wines you drink! Alex Nichol, former winemaker/proprietor of Nichol Vineyard Winery in Naramata, introduces you to a tasting method used by vintners, wine merchants and sommeliers. Please bring a wineglass.

new Nelson: Silver King Campus \$37
Alex Nichol
1 class: Mar. 31, Tue. 7:30-9:30 pm

WOODWORKING BASICS

For those with limited to intermediate experience. Learn the use of basic hand and power tools, including table saws, band saws, joiners and planers and some basic joinery techniques. Choose your own project, to be approved by the instructor at the first class.

new Trail Campus: Rossland Secondary \$135
Phil Power
6 classes: Jan. 28-Mar. 4, Wed. 6-9 pm

GENEALOGY

On April 4th the West Kootenay Family History group will host a Genealogy workshop to celebrate their 20 year anniversary. Featured presenters will be Donna Fraser, founding member and vice president of Qualicum Beach Family History Society and Dr. Donald Davis, whose passion since retired has been English local history with a particular interest in the evolution of national censuses and their potential to inform the family and local historian. For more information or to register call the Castlegar campus at 250.365.1208.

wilderness & the environment

BACK COUNTRY CAMPING

Learn all the necessary components of surviving and living comfortably in the wilderness: how to choose the correct gear, what to bring, what not to bring, heavy and comfy versus light and fast, how to choose an appropriate campsite, set your tent up to withstand inclement weather, cooking plus much more! The course involves both an indoor and outdoor component including an overnight trip in the nearby mountains. Participants must provide their own camping and hiking equipment as well as be in good physical fitness, able to hike for 3-5 hours. Equipment list will be provided prior to start date.

new Trail Campus \$185

Emily Grady

3 classes: May 1-3, Fri. 6-9 pm, Sat. departing at 9 am returning 4 pm Sun.



BECOME ENERGY INDEPENDENT

Does solar work in the Kootenays? Can you get electricity from your backyard creek? Should you put up a wind turbine? Get an update on the latest ways to use renewable energy in your home. Jennifer of Jenergy Technologies has been designing and installing systems in the Kootenays for five years, including the solar emergency system at the Nakusp Arena.

new Nakusp Centre \$10

Jennifer Stephenson, MBA

1 class: Mar. 29, Sun. 3-5 pm

CANADIAN FIREARMS SAFETY: NON-RESTRICTED FIREARMS

Learn safe handling of all common types of firearms. Collecting, history and shooting techniques will be discussed. Required to obtain or renew a Firearms Acquisition Certificate. Ages 12 and up, but must be 18 to obtain the Possession and Acquisition License (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 \$95

Ron Ready, Ivan Hawley

2 classes: Feb. 28 & Mar. 1, Sat. 9 am-5 pm, Sun. 9 am-1 pm

Grand Forks Campus \$95

Dennis Millan

2 classes: May 2 & 3, Sat. & Sun. 9 am-5 pm

Kaslo Centre \$95

Dennis Millan

2 classes: Apr. 4 & 5, Sat. & Sun. 9 am-5 pm

Nakusp Centre \$95

Dorian Boswell

1 class: Mar. 8, Sun. 9 am-5 pm

Nelson: Silver King Campus \$95

Dennis Millan

2 classes: Mar. 28 & 29, Sat. & Sun. 9 am-5 pm

Trail Campus \$95

Colin Kenning, West Kootenay Marksmen

2 classes: Feb. 28 & Mar. 7, Sat. 9 am-5 pm

2 classes: May 23 & 24, Sat. & Sun. 9 am-5 pm

5 classes: Jan. 20-29, Tue. & Thur. 7-9:30 pm

& Jan. 31, Sat. 8:30-3:30 pm

CANADIAN FIREARMS SAFETY: RESTRICTED FIREARMS

Prerequisite: Non-Restricted Firearms.
Manual included.

- Castlegar Campus \$55
 Ron Ready, Ivan Hawley
 2 classes: Feb. 28 & Mar. 1, Sat. 1-5 pm
 & Sun. 9 am-1 pm
- Trail Campus \$55
 Colin Kenning, West Kootenay Marksmen
 3 classes: Feb. 3-10, Tue. & Thur. 7-9:30 pm
 1 class: Mar. 14, Sat. 9 am-5 pm
 1 class: May 30, Sat. 9 am-5 pm

COMPOSTING WITH CRITTERS

Methane released from landfills account for nearly 1/5 of our greenhouse gas emissions. One of the easiest things we can do to reduce our carbon footprint is to compost in our own backyards. Join RDKB's Solid Waste Program Coordinator, Tim Dueck and learn what you need to make a comfortable home in your backyard for 'friendly critters' who will help you get to ZERO waste AND provide you with valuable finished compost!

- new** Grand Forks Campus \$10
 Tim Dueck, RDKB
 1 class: Apr. 4, Sat. 10 am-noon
- new** Trail Campus \$10
 Tim Dueck, RDKB
 1 class: Mar. 25, Wed. 6:30-8:30 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 the outdoors.

- new** Trail Campus \$48
 Stu Deverney
 1 class: May 23, Sat. 1-4 pm

GEOGRAPHY OF HOPE, A GUIDED TOUR OF THE WORLD WE NEED

Journalist and author, Chris Turner from Calgary, researches the state of the art in sustainable living. He was assembling "a patchwork map of a world that works," but what he was really looking for was an answer or two for his newborn daughter – something he could tell her, once she was old enough to ask, about how we were going to get out of this mess. He quickly came to realize that the tools for building this sustainable world were more plentiful and much closer at hand than he'd imagined.

- new** Nelson: Capitol Theatre
 \$10 advance, \$15 at door. Tickets at College Campuses/Centre
 Chris Turner
 1 class: Feb. 16, Mon. 7-9 pm

GPS INTRO TO HANDHELD

Find your way out of the bush, retrace steps, and locate your position on a map. Learn about Geocaching and how to use GoogleEarth and the On-line Mapping function of the Selkirk Geospatial Research Centre website. Please dress for the conditions. GPS units available.

- Castlegar Campus \$48
 Stu Deverney
 1 class: May 9, Sat. 9 am-1 pm
- Trail Campus \$48
 Stu Deverney
 1 class: Apr. 18, Sat. noon-4 pm

GPS UNLEASHED

See page 25 for details.



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.

Register for the initial half hour free session, subsequent workshop \$10. **new**

- Castlegar Campus
 James Rodgers, Certified Energy Advisor,
 City Green Solutions
 1 class: Feb. 12, Thur. 6-7:30 pm
- Grand Forks
 James Rodgers, Certified Energy Advisor,
 City Green Solutions
 1 class: Feb. 10, Tue. 6-7:30 pm

Kaslo Centre
James Rodgers, Certified Energy Advisor,
City Green Solutions
1 class: Feb. 24, Tue. 6-7:30 pm

Nakusp Centre
James Rodgers, Certified Energy Advisor, City
Green Solutions
1 class: Feb. 3, Tue. 6-7:30 pm

Nelson Campus
James Rodgers, Certified Energy Advisor, City
Green Solutions
1 class: Feb. 5, Thur. 6-7:30 pm

Trail Campus
James Rodgers, Certified Energy Advisor, City
Green Solutions
1 class: Feb. 17, Tue. 6-7:30 pm

HUNTER TRAINING

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

Grand Forks Campus \$125
Dennis Millan
2 classes: May 9 & 10, Sat. & Sun. 9 am-5 pm

Kaslo Centre
Dennis Millan
2 classes: Apr. 25 & 26, Sat. & Sun. 9 am-4 pm

Nakusp Centre \$125
Dorian Boswell
2 classes: Mar. 7 & 8, Sat. & Sun. 9 am-5 pm

Nelson: Silver King Campus \$125
Dennis Millan
2 classes: Apr. 18 & 19, Sat. & Sun. 9 am-4 pm

Trail Campus \$125
Jim Smee
2 classes: Feb. 21 & 22, Sat. & Sun. 9 am-5 pm
9 classes: Apr. 2-30, Tue. & Thur. 7-9:30 pm

MAP AND COMPASS

The use of a map and compass is one of the most basic of outdoor skills. This class is designed to provide enough information and practical experience for students to feel comfortable with land navigation techniques.

new Midway, BCSS \$65
Fred Marshall
1 class: Apr. 4, Sat. 9 am-4 pm
Trail Campus \$85

Emily Grady
2 classes: Apr. 16 & 18, Thur. 6-9 pm, Sat.
10 am-4 pm

new Grand Forks Campus \$65
Fred Marshall
1 class: Apr. 18, Sat. 9 am-4 pm

MAP & COMPASS: ADVANCED

Explore advanced navigating and orientation skills using a map and compass. Learn more about relating maps to the topography of the land, triangulating to locate their position, maintaining course when faced with obstacles. Participants will do field work on Sat. and Sun. in the surrounding hills above Rossland/Trail. Must provide your own compass and map (1:50,000 Trail/Rossland 82 F/4). Prerequisite: basic map and compass or knowledge of topographical map features, how to take a bearing and how to use the map & compass together.

Trail Campus \$160
Emily Grady
4 classes: Apr. 21, 23, 25 & 26, Tue. & Thur.
6-9 pm, Sat. & Sun. 10 am-4 pm

S-100 FIRE SUPPRESSION

Perform wildland fire suppression tasks safely and effectively. Training is required by WCB OHSRs for all forest workers whose duties may include firefighting. Day 2 is outside. Please wear appropriate gear and bring a lunch.

Castlegar Campus \$175
Doug Harrison, Apex Forest Services
2 classes: Apr. 25 & 26, Sat. & Sun. 9 am-5 pm

Grand Forks Campus \$175
Doug Harrison, Apex Forest Services
2 classes: Feb. 19 & 20, Thur. & Fri. 9 am-5 pm

Nakusp Centre \$175
Robb Andersen
2 classes: May 2 & 3, Sat. & Sun. 9 am-4 pm

S-100 FIRE SUPPRESSION & SAFETY - RECERTIFICATION

To be eligible to take the S-100A you must have previously passed the S-100 Basic Fire Suppression and Safety Course. Participants are required to show proof of previous S-100 level training. Manual extra if required.

Nakusp Centre \$40
Robb Andersen
1 class: May 1, Fri. 6-9 pm

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LEGEND

C Castlegar • GF Grand Forks • K Kaslo • NA Nakusp • NE Nelson • T Trail

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registration information

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Tel 250.352.6601 toll-free 1.866.301.6601
Fax 250.352.5716

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

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 Information Systems
- Wilderness First Aid
- Worksafe Education Courses



CONTRACT TRAINING

- Customized First Aid & Safety training for business, industry & community groups.

THE SELKIRK ADVANTAGE:

- Quality instruction and facilities
- On-site training
- Flexible scheduling
- Customized refresher courses

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.

kootenay school of the arts summer 2009

STARTING THE WEEK OF JULY 5 ~

- Basic Blacksmithing
(*Dan Armstrong*)
- Drawing, Design, Colour & Paint
(*Deb Andrews*)
- Photoshop for Arts - Introduction
(*Shane Hainsworth*)
- Relief Print Landscape
(*Patrick Lloyd*)
- Start the Potter's Wheel
- Theatre Crafts and Design
(*Doug Scott*)

STARTING THE WEEK OF JULY 12 ~

- Handmade Paper Collage
(*Patrick Lloyd*)
- Intermediate Wheel Throwing
- Photoshop for Arts -Beyond the Basics
(*Shane Hainsworth*)
- Steel Sculpture (*Kevin Kratz*)
- Wire Jewellery Techniques
(*Joan Irvin*)

STARTING THE WEEK OF JULY 19 ~

- Chinese Ink Painting: Landscape
(*Jim Holyoak*)
- Drawing Monsters and Imaginary Beings
(*Jim Holyoak*)
- Intro to Plein Air (*June Hills*)
- Saori Freestyle Weaving
(*Terri Bibby*)

STARTING THE WEEK OF AUGUST 9 ~

- Printing On Clay
(*Laura McKibbon & Jasna Sokolovic*)

JULY YOUTH DAY CAMPS ~

- Digital Film Camps for Youth
(see page 24)
- Felt, Sew, Draw, Paint and More
- Little Potter (ages 8-12)
- Wire Jewellery with Beads
(ages 13-16)
- Young Authors & Illustrators
(ages 8-12)
- Young Potter (ages 13-16)

MORE WORKSHOPS TO COME...

Visit www.selkirk.ca/ksa for updated listings
and session details.

